Girls Inc. of Greater Santa Barbara Goleta Valley Center

Spring 2016 Class Schedule

DAY	CLASS	GRADE	TEACHER	ROOM
Monday	International Artist	1st-2nd	Kyla	Art
	Career Exploration	1st-2nd	Jordan	Adventure
	Everybody Dance Now!***	1st-2nd	Madeline	Dance
	Team Challenge	1st-2nd	Jordon	Gym
	Art of Reading	3rd-4th	Rob	Library
	Cooking 101	3rd-4th	Grace	Kitchen
	Bienviendos!	3rd-4th	Jackie	SMART
	UCSB Robot Flash Mob	5th & 6th	Nicole	Technology
Tuesday	My Backyard	1st-2nd	Jordan	Adventure
	Art Around the World	1st-2nd	Rob	Art
	Indoor Soccer	1st-2nd	Madeline	Gym
	Simply Salads	1st-2nd	Jackie	Kitchen
	Imagineering Science	1st-2nd	Nicole	SMART
	Action for Safety	3rd-4th	Grace	Dance
	Ultimate Frisbee	3rd-4th	Jordon	Field
	Gutsy Girls	3rd-4th	Ari	Library
	Friendly PEERsuasion	5th & 6th	Julie	Back Building
Wednesday	Kinderfun Gymnastics*	K	Gym Staff	SBC Gym
	Kid Ability	1st-2nd	Madeline	Theater
	Art & Storytelling	1st-2nd	Kyla	Art
	Softball	1st-2nd	Jordan	Field
	Reading Out Loud	1st-2nd	Grace	Library
	Lego Robotics	3rd-4th	Jordon	SMART
	Everybody Dance Now!***	3rd-4th	Valeria	Dance
	Surf Tsunami	3rd-4th	Rob	Adventure
	UCSB Robot Flash Mob	5th & 6th	Nicole	Technology
Thursday	Celebrations	1st-2nd	Rob	Adventure
	Zumba	1st-2nd	Jordan	Dance
	Gutsy Girls	1st-2nd	Ari	Art Room
	Code Power	1st-2nd	Jordon	Technology
	Ice Skating**	1st-4th	Grace & Madeline	Offsite
	Farm to Table	3rd-4th	Kyla	Kitchen/Offsite
	Surf Happens	3rd & Up	Jackie	Offsite
	TVSB	5th & 6th	Nicole	Offsite
Friday	Gymnastics*	1st & up	Gym Staff	SBC Gym
	Detective Club	1st & 2nd	Grace	Adventure
	Painting Club	1st & 2nd	Kyla	Art
	Tech & Design Club	1st & 2nd	Madeline	Technology
	Makers Club	2nd -4th	Heidi	TBD
	Science Club	3rd & 4th	Rob	SMART
	Dinner Club	4th-6th	Ari	Kitchen

***Gymnastics is provided for an additional fee. Please see Donita for your rate.**
****Ice Skating is $56 for the entire quarter. Financial assistance is available.**
*****Everybody Dance Now is provided for $20**

Spring 2016 Class Descriptions
Our classes take place from 4:00-5:15pm followed by Homework Help from 5:15-6:00pm.

MONDAY

International Artist- Do the names Kahlo, O'Keeffe, Picasso, and Monet sound familiar to you? After this class you will become an expert on these international artist and many more as you learn about their work, the countries they came from, and produce your vary own work in the same style of the international artist that you learn about. Then put on an art show to share all that you have created with family and friends at the end of the quarter!
Instructor- Kyla
Grades-1st-2nd

Career Exploration- What do you want to be when you grow up? What are you good at doing and how could you make that into a career? What types of fun careers are there that involve science? What fun things could you do as a video game programmer? Learn the answers to these questions and more by taking part in this new and exciting class. Learn about all kinds of nontraditional, fun careers you could explore in your future.
Instructor- Jordan
Grades- 1st-2nd

Everybody Dance Now - Come explore the history of hip hop music and dance moves in this class put on by the Everybody Dance Now group. Each week girls will learn vocabulary relating to the moves they are learning, work on their motor skills, and explore the cultural context of how hip hop began and has evolved. *This class will be an additional $20 for the quarter.*
Instructor- Jordan & EDN Staff
Grades- 1st-2nd

Team Challenge- In this class, girls compete in teams in various sports and sports-related activities to introduce them to the basic concepts of teamwork and sportsmanship. They will gain points based on how well they work together and how positive they are with their teammates and the opposing teams. (Sports & Adventure)
Instructor- Jordon
Grades- 1st & 2nd

Art of Reading- When is a child's first trip to an art gallery? It's when she opens the pages of a picture book. When is a child's first reading success? It's when she "reads" the illustrations. In this class, girls will explore a variety of books, discover the art that is inside, and "read" the pictures to understand why illustrations are so important in telling a story. And of course, girls will create art-tastic masterpieces of their own!
Instructor- Rob
Grades- 3rd & 4th

Cooking 101- This hands-on class gives young girls the beginning skills and confidence they need in order to prepare healthful snacks independently in the kitchen. Girls will be introduced to basic kitchen safety and easy-to-use tools in order to create fun recipes such as veggie wraps, sandwiches, and granola.
Instructor- Grace
Grades- 3rd & 4th

Bienvenidos- Quieres aprender a hablar espanol? This class will teach you the very basics of the Spanish language. Learn general verbs, colors, numbers, greetings, days of the week and more! Girls in this class are sure to have fun and learn a new language.
Instructor- Jackie
Grades- 3rd & 4th

UCSB Robot Flash Mob- Are you interested in programming robots? Do you have a creative side and love to design? In partnership with UCSB's Engineering Department, girls in this class will have the opportunity to design, create, and program their own microcontroller robots! Come learn the basics of Arduino Blink programming, meet with college engineers, and have a blast creating your own Robot Flash Mob!
Instructor- Nicole
Grades- 5th & 6th

TUESDAY

My Backyard- This program is a comprehensive scientific and musical exploration of our backyard ecology. In cooperative groups, students work together as scientists, authors, artists and performers to understand the creatures they see every day in their own backyards. Girls will research the habits and habitats of creatures commonly found in the backyard and use observation and measurement to conduct research and create secret codes.
Instructor- Jordan
Grades- 1st-2nd

Art Around the World- Discover the beauty of other cultures through the world of art. Girls will enjoy creating things from Rome, France, and Italy. They will also have an opportunity to learn about the culture and see how unique artwork can be. (Culture and Heritage)
Instructor- Rob
Grades- 1st-2nd

Indoor Soccer- Girls Inc. has joined with the Santa Barbara Boys and Girls Club League and will be playing games against other teams and after school programs. Games will be held mostly on Thursdays (starting at 4 or 5pm). A schedule will be released with games times and locations.
Instructor- Madeline
Grade- 1st & 2nd

Simply Salads- Salads are often considered healthy but less than inspiring in options. This class will change that myth and teach girls a wide variety of salads to make. The girls will be able to use their cooking skills and prepare some creative and new yet yummy and fresh salads.
Instructor- Jackie
Grades- 1st & 2nd

Imagineering Science- Have you ever wondered what it would be like to design and build cool contraptions for a major theme park like Disneyland? Taking up the mantle of "Imagineer", the girls will be given fun, creative challenges and activities that will introduce them to the basics of physics, engineering, and teamwork. From rollercoasters to edible cars, the girls will use their imaginations in order to create gadgets and gizmos fit for "the most magical place on Earth!"
Instructor- Nicole
Grades- 1st & 2nd

Action for Safety- This course teaches girls about self-defense and violence prevention. It teaches the girls the negotiation, assertiveness, and self-defense skills that help them avoid violent situations and increase their personal safety. Girls will also be learning martial arts principles to further develop self defense.
Instructor- Grace
Grades- 3rd & 4th

Ultimate Frisbee- Who gets more air than a basketball player, more floor than a rugby player and pulls at every tournament? *An Ultimate Player*. Ultimate Frisbee is a fast-paced, exciting, and non-contact team game. Girls in this class will learn the fundamentals of sport while developing razor sharp throwing, stamina, grace and agility. Ultimate girls will also learn self-regulation and gain a better understanding of the meaning of fair play.
Instructor- Jordon
Grades- 3rd & 4th

Gutsy Girls- "Strong, Smart and Bold!" Our library is filled with feisty females who personify our Girls Inc. motto. Some are familiar characters, and others are less well-known; some are fictional, and others lived exciting lives long ago. In this course, we will meet a gutsy group of these girls and women in the pages of books—and then make the books come alive by activities to show that we are equally strong, smart, and bold!
Instructor- Ari
Grades- 3rd & 4th

Friendly PEERsuation- This program provides participants with fun and exciting activities to strengthen assertiveness and leadership skills as they become PEERsuaders. The girls will participate in activities and discussions on communication, stress management, pressure from peer and media, and harmful substance abuses.
Instructor- Julie
Grade- 5th & up

WEDNESDAY

Kinderfun Gymnastics - Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn several skills such as balance, concentration, and strength training. Gym is a wonderful way to build self-esteem and great poise and posture as well. They will stretch out at the beginning of each class, and then move on to the equipment and floor exercises. **There is an extra fee to participate in the class, sliding scale fee applies.**
Instructor: Gymnastics Staff
Grades: Kindergarten

Kid Ability- Say no, run away, tell an adult. In this nationally recognized program girls will learn about their own strengths and abilities as well as how to speak assertively. Girls will also learn about situations that could be considered unsafe, and will identify adults who they can turn to for help.
Instructor- Madeline
Grades- 1st-2nd

Art & Storytelling-This program engages girls creatively by having them do art projects based on popular fiction. Girls will get a chance to read a story, then use their own creativity in interpreting the story by producing a work of art all their own.
Instructor- Kyla
Grades- 1st-2nd

Softball- Learn batting and fielding fundamentals, tips, drills and softball techniques in this beginner softball class. Combining team play and individual skills, girls will grasp the basics of the game while building strong bodies.
Instructor- Jordan
Grades- 1st-2nd

Reading Out Loud-What do hula hoops have to do with reading? What are sentence charades? How many tickets can you win by reading at the Kooky Carnival? Through active games and board games--as well as hosting a weekly story time with an adult--girls will twist, wiggle, and strut their way to improved reading skills.
Instructor- Grace
Grades- 1st-2nd

Lego Robotics - In this STEM class, girls will be introduced to real-world engineering challenges by designing, building, testing, and programming Lego based robots to complete a variety of tasks. They will apply real-world science and math concepts, learn critical thinking, and use team building and presentation skills.
Instructor- Jackie
Grades- 3rd-4th

Everybody Dance Now - Come explore the history of hip hop music and dance moves in this class put on by the Everybody Dance Now group. Each week girls will learn vocabulary relating to the moves they are learning, work on their motor skills, and explore the cultural context of how hip hop began and has evolved. *This class will be an additional $20 for the quarter.*
Instructor- Valeria & EDN Staff
Grades- 3rd & 4th

Surf Tsunami- The girls in this class will become "surfers" as they research the world's best beaches and then use surfer slang to report which beaches are slammin, which are shommy, and what makes waves juicy. Working cooperatively, girls will plan simulated trips to the leading surf spots, using geography skills to find and research the locations and math skills to budget their "travel expenses. Girls will also study waves, buoyancy, air pressure, tides, the ocean floor, and tsunamis; and practice problem solving, setting and accomplishing goals, and communication skills. Surf's Up!
Facilitator- Rob
Grades- 3rd-4th

UCSB Robot Flash Mob- Are you interested in programming robots? Do you have a creative side and love to design? In partnership with UCSB's Engineering Department, girls in this class will have the opportunity to design, create, and program their own microcontroller robots! Come learn the basics of Arduino Blink programming, meet with college engineers, and have a blast creating your own Robot Flash Mob!
Instructor- Nicole
Grades- 5th & 6th

THURSDAY

Celebrations- Have you ever wondered what other countries celebrate? Well, this class will open your eyes to all the fabulous holidays that other countries celebrate. The girls might learn a specific art project, play a game that is popular for the holiday, or maybe cook some delicious food. Come and celebrate with us!
Instructor- Rob
Grade-1st-2nd

Zumba- Girls in this class will be a part of a high-energy dance parties packed with kid-friendly Latin inspired routines. By breaking down steps, adding games, and cultural exploration components into the class structure, girls will build skills in leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness.
Facilitator- Jordan
Grades- 1st-2nd

Gutsy Girls "Strong, Smart and Bold!" Our library is filled with feisty females who personify our Girls Inc. motto. Some are familiar characters, and others are less well-known; some are fictional, and others lived exciting lives long ago. In this course, we will meet a gutsy group of these girls and women in the pages of books—and then make the books come alive by activities to show that we are equally strong, smart, and bold!
Instructor- Ari
Grades- 1st-2nd

Code Power – Girls Inc. is committed to helping girls discover how science, technology, engineering, and math (STEM) and its many applications offer exciting opportunities today and for the future. Through our Google Made with Code Project, girls will be introduced to coding, building upon programming in which girls explore STEM as part of their lives and potential career options. Each session provides a basic coding experience in an interactive and hands-on environment that girls also find fun and exciting. There really is nothing she can't do with coding as a tool in her belt.
Instructor- Jordon
Grades-1st-2nd

Ice Skating- This is an entry level class for girls looking to master the skills of ice skating for recreational purposes. It is designed for the beginner of all stages and run by our professionally trained figure skating instructional staff. There is a $70 additional fee for the quarter.
Instructor- Grace & Madeline
Grades- 1st-4th

Farm to Table - In this class, girls will be learning about food, farming, and money! Each week the girls will be given a budget to use at the Goleta Farmer's Market. They will then bring their purchased food items back to the center to create a delicious dish. Girls will discuss price points, cost per serving, and more!
Instructor- Kyla
Grades- 3rd & 4th

Surf Happens - Come experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! ***Girls must be able to swim and feel confident in the ocean in order to participate in this club!*** We will be offsite each week and will not return to the center until 6pm. Girls will need to bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Priority will be given to those girls who have previously participated in Surfing with Girls Inc.
Instructor- Jackie, April, and Surf Happens Staff
Grades- 3rd & up

TVSB –This quarter, the girls have been offered an amazing opportunity to visit the TVSB studio, where they will learn all about video production. By shadowing, producers, directors, reporters, editors, camera operators and audio engineers, girls will learn about all the different careers in this field and what each entails. At the end of the

quarter, girls will create and produce their very own project, based on a community social issue. **Please note that this program is offsite and the girls will not return to the center until 5:15.**
Instructor- Nicole
Grades- 5th & 6th

FRIDAY

Gymnastics- Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn several skills such as balance, concentration, and strength training. Gym is a wonderful way to build self-esteem and great poise and posture as well. They will stretch out at the beginning of each class, and then move on to the equipment and floor exercises. There is an extra fee to participate in the class, sliding scale fee applies.
Instructor-Gym Staff
Grades- 1st & Up

Detective Club – In Detective Club, you will spend eight weeks becoming a super sleuth! We will practice deductive reasoning and observation, and we'll conduct science experiments to analyze the clues you might find at the scene of a crime. Hone your skills dusting for fingerprints, analyzing handwriting, decoding secret messages, and more!
Instructor- Grace
Grades- 1st & 2nd

Painting Club – Girls in this club will practice painting and large-scale art making skills. Every other week, the girls will work on the Girls Inc. mural in progress at Estero Park.
Instructor- Kyla
Grades- 1st & 2nd

Makers Club- Create, invent and learn! Using craft, hardware supplies, and electronics, girls in this club will participate in do-it-yourself building projects each week.
Instructor- Heidi
Grades- 1st & 2nd

Tech & Design Club-Learn how to make cool things on the computer by learning the language of computers: coding! In this club, we will be using visual programming languages Blockly and Scratch to teach the basics of coding. Impress your friends with your tech creations!
Facilitator- Madeline
Grades- 1st & 2nd

Science Club-This club will be jammed packed with fun hands on science experiments. Work your way each Friday through the scientific method as you test and try your way through all kinds of crazy experiments. After this club you are sure to walk away thinking "Science is Fun!"
Instructor- Rob
Grades- 3rd & 4th

Dinner Club - Girls in this club will be preparing dinner dishes to sell to parents and families on Friday evening. Girls will not only prepare the dishes themselves, but they will also advertise for the club, learn about price points, learn to handle money as they run the dinner club counter, and most of all have fun!
Instructor- Ari
Grades- 4th- 6th