



of Greater Santa Barbara

## Santa Barbara Center Winter 2017 Class Schedule

### 1<sup>st</sup>-2<sup>nd</sup> Grades

#### MONDAY

**Best Part of Me:** Inspired by an award-winning photographer's project, girls in this class will use different media to create art projects emphasizing body image, self-esteem and diversity. Through celebrating the strength of their bodies, girls will create a portfolio that highlights the best parts of themselves.

**Zelda MD:** This program is an introductory anatomy and physiology class that helps the girls to learn about their bodies and how to keep them health. Girls will also learn what the roles are of health care professionals. The girls use a specially constructed doll developed to help them simulate surgery.

**Steppingstones:** This class will get girls running, jumping, leaping, twisting, bending, and balancing as they utilize a variety of sports and movement-related equipment, including jump ropes, balls, scooters, bats, bowling pins, nets, hoops, and scoops. They begin to move more confidently and skillfully, get used to structured physical activity, learn about the positive connection between physical activity and health related fitness, and accept sport as legitimate activity for girls and women.

**Yoga (2<sup>nd</sup> grade only):** Relax, breath, and stretch. Girls will learn a variety of ways to relieve their stress by exploring the art of Yoga. The girls will learn new breathing techniques and practice their strength and balance together. The girls will gain both a strong mind and body.

## TUESDAY

**Knock Knock! Who's There? Books!:** LOL! Through knock-knock jokes, riddles, puns, and tongue twisters, girls will discover the funny side of reading. Girls will read aloud and practice their joke delivery on our volunteers. Then, we'll explore funny books, nonsense words, and lots of silly poems, all while getting valuable practice in reading—and laughing—out loud!

**Storybook Science:** Calling all scientists! Each week, girls will make storybook magic come to life by conducting hands on experiments inspired by the scientific elements of some of their favorite stories. Which little pig can engineer the strongest house? How much support does a bridge need to hold 21 elephants? Girls will discover the answers to these questions and many more by delving into the scientific accuracy of storybooks.

**It All Adds Up!:** In this new and exciting class, girls will practice their math skills through art, literature, drama, movement and indoor and outdoor games. Each girl will improve her basic math skills and learn new techniques that can be used equally well on the playground as in the classroom. Girls will also practice mathematical concepts in engaging ways, building their confidence in their math and reading abilities. Who knew math could be so fun?

**Master Chef Jr. (2<sup>nd</sup> grade only):** Inspired by the hit television series, girls will compete in cooking challenges each week focused around nutrition and a specific cooking skill. As girls master each skill, they will build essential life skills and discover new approaches to healthy eating.

## WEDNESDAY

**Art that Tells Stories:** Santa Barbara Museum of Art Teaching Artist Itoko Maeno, focuses on visual storytelling, from personal memories to Greco-Roman mythology with drawing, painting and sculpting projects inspired by contemporary works of art currently on view in the Museum galleries.

**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, smoothies, and a variety of other nutritious foods.

**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. Gymnastics is a wonderful way to build self-esteem and great poise, and posture as well. They will stretch at the beginning of each class and then move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign up-sorry, no exceptions.**

**Yoga (1<sup>st</sup> grade only):** Relax, breath, and stretch. Girls will learn a variety of ways to relieve their stress by exploring the art of Yoga. The girls will learn new breathing techniques and practice their strength and balance together. The girls will gain both a strong mind and body.

**Mysterious Machines (2<sup>nd</sup> grade only):** We use different types of machines every day, and they make our lives easier, but how on earth do they work? In this class, we will be learning about inclined planes, wedges, levers, wheels, axles, pulleys and screws through hands-on activities. Our goal is to design a machine by the end of the class that will be able to move a roll of pennies three feet. Can we do it do it? We have eight weeks to figure it out together!

## THURSDAY

**Bibbidi, Bobbidi, BOLD!:** Most girls know the Disney version of Cinderella, but hundreds of versions of the tale exist all over the world. The goal of this course is to introduce girls to different versions of this classic tale and then to recreate aspects of the story so Cinderella is stronger, smarter, and bolder—because you can't rely on a fairy godmother to get what you need, and those glass slippers must have hurt!

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**Art in 3D:** Are you tired of working with just crayons, paper, and paints when creating your art projects? If so this class is for you. Learn how to create different 3D art such as modeling, sculptures, assemblage, and mobiles. This class will allow you to explore your artistic abilities.

**What's for Lunch?:** What do kids in your town eat for lunch? Do they have tacos, hot dogs, or burgers? Do they eat hummus, plantains, or dumplings? In this class girls will go on a tasting trip around the world sampling the different kinds of foods children have for lunch. Girls in this class are sure to discover how delicious and how much fun lunch can be!

**Theatre Games (2<sup>nd</sup> Grade Only):** In this dramatic art class girls will learn about the art of improvisation and will also be exposed to the basic elements of other various forms of dramatic expression, while increasing their willingness to perform (small skits and short plays) in front of others.

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## Santa Barbara Center Winter 2017 Class Schedule

### 3<sup>rd</sup>-4<sup>th</sup> Grades

#### MONDAY

**Meet the Author:** Which popular book series is written by a team of three women? Which author left her books all over New York City for people to find and keep? Who published her first novel at the age of 13? Which author (besides themselves!) lives in Santa Barbara? In reading these authors' books, girls will discover some classics as well as some new favorites to enjoy.

**Girls Golf:** Our partnership with the First Tee provides a wonderful opportunity for the girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with a phenomenal golf pro Page O'Brien Jazinski. **This program is offsite and the girls will not return to the center until 5:30 p.m.** Girls must obey club policy, which requires them to wear a Girls Inc. t-shirt and closed toed shoes.

**Girls Who Code: Part Two (4<sup>th</sup> grade only):** Girls in this class will learn the core concepts of computer science through projects and games based on their interests such as music, art, storytelling and more. Girls will work with computer science experts to learn coding and computer skills through games, logic and a variety of projects. Come learn what it takes to be a part of the growing field of women in computer science!

#### TUESDAY

**Action for Safety:** This course teaches girls about self-defense and violence prevention. It also teaches the girls the negotiation, assertiveness, and self-defense skills that help them avoid violent situations and increase their personal safety.

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**Master Chef Jr. (3<sup>rd</sup> grade only):** Inspired by the hit television series, girls will compete in cooking challenges each week focused around nutrition and a specific cooking skill. As girls master each skill, they will build essential life skills and discover new approaches to healthy eating.

**Basketball (4<sup>th</sup> Grade Only) :** This class will not only teach and develop basketball skills, but it will enhance girls overall athletic ability. Girls will participate in drills geared towards improving hand-eye coordination, jumping ability, shooting, dribbling, speed and agility. Games will be held against the basketball team from the Girls Inc. Goleta Valley Center. A schedule will be released with games times and locations.

## WEDNESDAY

**Where in the World is Cinderella?:** Could she be in Egypt? China? Zimbabwe? The answer is yes, yes, and yes! The Cinderella tale has been around since the 9<sup>th</sup> century, with a variation of this famous story in most cultures. The goal of this course is to discover the rich tradition of the international Cinderella stories--and to create a strong, smart, and bold Cinderella tale ourselves!

**Surf Happens:** Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! **We will be offsite each week and will not return to the center until 5:30 p.m.** Girls will need to bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Girls are required to have some basic swimming skills. There may be an additional fee associated with this class. Scholarships are available through the Surf Happens Foundation. Please see the front desk for additional details.

**Curie-osity Project (4<sup>th</sup> Grade Only):** Experiment, explore and experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Each week we will meet a different female scientist at UCSB, visit her lab or research site, and learn about topics as varied as how sea stars breathe, how our brains learn, how electricity works, and how computers understand what we say. Girls will learn to make observations

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and record findings in their field notebooks. Girls will also interview scientists, learn about STEM careers, and write about them. This class will extend over two quarters so that at the end of the spring quarter, we will publish a book about women scientists and engineers at UCSB! **This program is offsite and the girls will not return to the center until 5:45 p.m.**

## **THURSDAY**

**Music to Count On:** Students explore the many ways that music and math are connected. They begin by listening and moving to music and constructing simple four-count rhythm patterns. Then, they extend the patterns to create new arrangements and eventually create a musical composition. They will also create their very own instruments using their bodies (clapping, stomping, snapping), pencils, books, blocks and more.

**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, use team building techniques and practice presentation skills.

**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. Gymnastics 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 ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign up-sorry, no exceptions.**



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## Santa Barbara Center Winter 2017 Class Schedule

### 5<sup>th</sup>-6<sup>th</sup> Grades

#### MONDAY

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#### TUESDAY

**HERstory:** Have you ever wondered which women made it possible for all women today to vote, become professionals, make a statement, influence the entire decade with style, and much more? HERstory will introduce you to the women pioneers of the past and talk about their importance in the present.

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### WEDNESDAY

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### THURSDAY

**Detective Lab:** Using “tools of the trade,” girls in this class will become young detectives as they collect, record, and analyze data. Girls will also examine various materials and investigate “evidence” to solve their own mysteries.

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**Women Who Rock:** Music is such an important part of life, that the girls should be exposed to the women who made such a big contribution to the music industry. The girls will learn about the various types of music along with the women that made them Rock. They will also discuss the various lyrics of music from today, to the music of yesterday.

**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. Gymnastics 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 ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign up-sorry, no exceptions.**





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### Kinderfun

#### MONDAY

**Art and 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.

#### TUESDAY

**Let's Get Physical:** Girls will get to enjoy a variety of workout routines and discuss which ones best fit their needs. The girls will also talk about healthy eating habits and the importance of keeping their bodies healthy.

#### WEDNESDAY

**ABC 1-2-3:** Focusing on math and literacy building blocks, girls will participate in hands-on activities and projects that deepen their understanding of phonics, sight words, word families, addition, subtraction, and telling time.

**Gymnastics (before class time):** 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. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. They will stretch at the beginning of each class, and then move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply).** **Because space is limited, payment is due at sign up-sorry, no exceptions.**

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## THURSDAY

**Roberta's Rainforest:** Come and explore the tropical rainforest of South America! The girls will learn all about tropical rainforest weather, insects, plants, water, birds, people, and animals. As the girls travel they will collect specimens from the rainforest and build a rainforest in their room.

## FRIDAY

**Crafty Kids Club:** In this club, girls will create different types of art pieces and crafts. They will learn how to express themselves through their creations and simply enjoy different ways to create art.

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