



## Santa Barbara Center Spring 2018 Class Schedule

of Greater Santa Barbara

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

#### MONDAY

**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.

**Home Alone:** Do you know your parent/guardian's phone number? What about the address where you live? How would you handle an emergency if you were home alone? Girls in this class will learn some essential life skills to use when they are older and have the opportunity to be left home alone.

**Go Girl Go!:** We already know the wonderful effects that physical activity participation can have on girls. It can enhance their lives physically, emotionally and socially. Go Girl Go! combines sports participation with an educational intervention that focuses on reducing and preventing the potential hazards of dealing with adolescent issues in unhealthy ways. The sports environment provides girls with experiences of teamwork, goal-setting, positive adult mentoring and leadership training, as well as a ready-made social support system.

#### TUESDAY

**Gutsy Girls in Literature:** "Strong, Smart and Bold" — The Girls Inc. library is filled with female characters who personify our Girls Inc. motto. Some come from classic books like Madeline, and others are less well-known—like Jackie Mitchell, a minor league baseball player who struck out Babe Ruth. In this course, we will explore fictional and historic women in literature, and each girl will create her own book recalling times she has shown her unique talents and strengths.

**Art in 3-D:** Are you tired of working with just crayons, paper, and paints when creating your art projects? Well, if so then this class is for you! Learn how to create

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different 3D art such as modeling, sculptures, assemblage, and mobiles. This class will allow you to explore your artistic abilities in 3-D!

**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 to prepare some creative, new, yummy, and fresh salads.

## WEDNESDAY

**Buzz On Books:** It's springtime! In this class, girls will "blossom" as readers as they "leaf" through the pages of all kinds of books—funny, touching, informative and empowering! Girls vote on their favorite each week, and at the end of the quarter, they will choose the book with the most "buzz."

**Fun and Fascinating Circle Play with Mr. Numbers:** "Wow" and "Cool" are what some girls have said about these amazing math patterns. While playing on the fun and fascinating Number Circles girls will experience the joy of being able to move their bodies, hop across number wheels, throw Frisbees, and make chalk circles. They see math concepts come to life in fun and friendly ways they have never experienced before! This class will help girls be more competent and confident in math all while having fun. YouTube videos at <https://goo.gl/RMgtM6> and [goo.gl/hWwcY4](https://goo.gl/hWwcY4)

**Gymnastics:** Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls 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.**

## THURSDAY

**College Connection:** College may be a long way away for a 1<sup>st</sup> or 2<sup>nd</sup> grader, but here at Girls Inc. we think it is never too early to learn about what it takes to get to college and what college life is like when you do attend college. In this class girls will build a solid foundation of what college options there are while exploring what colleges might be a good fit for their interests.

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**Tick Tock:** What time is it? Girls in this class will soon be able to answer that question all on their own. Girls will be exposed to time-related concepts such as time-telling vocabulary, the difference between a digital and analog clock, and why times differ in different parts of the world. Girls are sure to have fun in this interactive class about telling time!

**My Backyard:** This program is a comprehensive scientific and musical exploration of our backyard ecology. In cooperative groups, girls 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.

## **FRIDAY**

**Puppet Club:** In this exciting club, girls will learn the methods of making puppets and telling stories. The club will explore many simple forms of puppet making and in addition will also build several more complex puppets as a group and individually.

**Gardening Club-** Enjoy outdoor activities while learning about botany, biology and the environment that we live in! Come test your green thumb in the garden. Girls will be responsible for watering, weeding, composting, planting and cleaning the garden. The girls will even have a chance to harvest and taste our own herbs, fruits and vegetables!

**Construction Club:** Building is what this club is all about! Girls in this club will put their engineering and architectural skills to the test as they build out of Legos, cardboard, blocks, paper and more!





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

#### MONDAY

**The 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!

**Eco Art:** In this class girls will not only become artist, but will become environmentalist as well! In this earth friendly art class girls will be discovering their own artistic natures as they use recyclable, reusable, and nature's own found art materials for all of their projects. Come create and explore will learning to respect and care for the environment around you!

**Girls Golf:** Our partnership with the First Tee provides a wonderful opportunity for girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with phenomenal golf pro Page O'Brien Jasinski. **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-toe shoes.

#### TUESDAY

**Sea Scientist:** Join Santa Barbara Channelkeeper, a local environmental group that works to keep our creeks, beaches and ocean clean and healthy for people and wildlife, for a hands-on exploration of the Santa Barbara creeks, beach and underwater kelp forest in the Seafari Sea-Scientist class. In this class girls will learn about these different ecosystems, why they are important, and have a chance to then visit them. The class will culminate with a trip out of the Santa Barbara Harbor aboard Channelkeeper's Research Vessel to visit the kelp forest where girls will be

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able to see divers descend underwater and view the wildlife in the kelp forest via a camera attached to a monitor onboard.

**College Bound:** Learn what it takes to be on the path for a bright future in college. Girls in this class will not only learn about college access, but will also gain skills that will help them be successful getting to college and as a part of college life. Learn about time management skills, stress coping skills, and how to deal with life's pressures in this class all about being bound for college success!

**Moves and Grooves:** A Five, Six, A Five, Six, Seven, Eight...Girls in this class will learn a variety of dance steps and dance movements ranging from Hula to Bollywood to swing and more. Girls will be moving and groovin' in this fun filled class!

### WEDNESDAY

**Plant Powered:** Girls in this class will learn about fueling their bodies through fruits, vegetables, and whole grains. Girls will learn vegan and vegetarian recipes and how they can fill their plate with all the necessary ingredients for a balanced diet leaving meat out. Mmmmm delicious!

**Surf Happens:** Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens and the Surf Happens Foundation. 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. **We will be offsite each week and will not return to the center until 5:30 p.m.** 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):** Explore and experience life at a university! After having an opportunity to tour the UCSB campus, each week girls will meet and interview women scientists, conduct experiments in college labs, and learn about STEM careers. At the end of the spring quarter, girls will write, illustrate, and publish a book about the women scientists and engineers they met at UCSB! **This is the third quarter of this class. Girls who were enrolled in this class during fall and winter quarter will automatically be enrolled for this quarter. It is offsite, and girls will not return to the center until 5:45 p.m.**

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**Santa Barbara Museum of Art (4<sup>th</sup> GRADE ONLY):** Girls in this class will have the opportunity to work with Santa Barbara Museum of Art teaching artist Itoko Meno. The girls will learn about a current museum exhibition, create art in the same style as the exhibition, and will have an opportunity to visit the museum as well.

## **THURSDAY**

**Fun and Fascinating Circle Play with Mr. Numbers:** “Wow” and “Cool” are what some girls have said about these amazing math patterns. While playing on the fun and fascinating Number Circles girls will experience the joy of being able to move their bodies, hop across number wheels, throw Frisbees, and make chalk circles. They see math concepts come to life in fun and friendly ways they have never experienced before! This class will help girls be more competent and confident in math all while having fun. YouTube videos at <https://goo.gl/RMgtM6> and [goo.gl/hWwcY4](https://goo.gl/hWwcY4)

**Girls Who Read, Girls Who Lead:** Through literature and class discussion, girls in this class will explore the Girls Inc. Bill of Rights and how each of them individually and as a group can incorporate these rights into their attitudes, beliefs, and behaviors. Girls will also learn and read about other strong, smart, and bold girls and women fighting for female rights around the world because girls who read, are girls who lead!

**Girls Golf Advanced (Girls MUST have already completed 2 quarters of Girls Golf to be eligible for this course) (4<sup>th</sup> GRADE ONLY):** Girls who have completed a minimum of two quarters of Girls Golf are welcome to join this advanced course where Coach Page will further work on improving golf skills, teach more golf terminology, work on goal setting, and delve deeper into the First Tee curriculum focusing on the nine core values and healthy habits. **Girls may be offsite and will not return until 5:30pm.** Girls must wear a Girls Inc. t-shirt and closed toed shoes.

## **FRIDAY**

**Jewelry Club:** Learn how to make your own bracelet, necklace, or earrings in this awesome club. Make jewelry for your family and friends while learning different techniques and new creative ways to make various types of jewelry.

**Snack Shack:** Girls will create their own menu of treats to sell to Girls Inc. families each Friday. They will also be responsible for learning the business aspects of running a snack bar, including preparing food, handling the cash register, making change, managing a budget, and promoting their sales.

**Gymnastics:** Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls 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.**





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## Santa Barbara Center Winter 2018 Class Schedule

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

#### MONDAY

**Girls Golf:** Our partnership with the First Tee provides a wonderful opportunity for girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with phenomenal golf pro Page O'Brien Jasinski. **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-toe shoes.

**College Road Trip:** Jump on in and join us on the imaginary college bus where we will set off to explore colleges around the US. Is staying close to home where you want to be? Or maybe you want to explore living on the East Coast? Girls in this class will learn about the different public and private colleges around America and what it takes to get in to them and be successful once they are there!

#### TUESDAY

**Moves and Grooves:** A Five, Six, A Five, Six, Seven, Eight...Girls in this class will learn a variety of dance steps and dance movements ranging from Hula to Bollywood to swing and more. Girls will be moving and groovin' in this fun filled class!

**Growing Up Body Basics:** Girls in this class will learn how and why their body is changing, what to expect from puberty, as well as learn the appropriate names, locations, and functions of their body parts. The emphasis will be on the fact that body changes are normal, OK, and that whenever they occur that is the right time for each girl.

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## WEDNESDAY

**Surf Happens:** Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens and the Surf Happens Foundation. 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. **We will be offsite each week and will not return to the center until 5:30 p.m.** 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:** Explore and experience life at a university! After having an opportunity to tour the UCSB campus, each week girls will meet and interview women scientists, conduct experiments in college labs, and learn about STEM careers. At the end of the spring quarter, girls will write, illustrate, and publish a book about the women scientists and engineers they met at UCSB! **This is the third quarter of this class. Girls who were enrolled in this class during fall and winter quarter will automatically be enrolled for this quarter. It is offsite, and girls will not return to the center until 5:45 p.m.**

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## THURSDAY

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**Wonder Women:** There are so many inspiring women around the world standing up for what they believe in and advocating for girls and women's rights everywhere, but we don't always hear about them through mainstream media or in school. Girls in this class will research different women making a difference and create a

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presentation to share their learnings with the younger girls. Here's to strong, smart, and bold women and girls everywhere!

## **FRIDAY**

**Code Crew:** Girls in this club will help design the curricula based on their interest. Do you want to learn more about coding or would you rather take a computer apart to see what is inside? Did you enjoy Lego Robots and want to explore more, or are you interested in learning a new computer program like PowerPoint? Girls in this club will explore their curiosity in the computer lab as a part of Code Crew!

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### Kinderfun

#### MONDAY

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#### TUESDAY

**Debbie's Desert:** Girls in this class will go on an imaginary scientific camping trip adventure! In this exciting class the girls will be exploring the desert habitat, learning about desert insects, plants, and animals. This class will enrich the girls' engagement with scientific content in biology and ecology while contributing to their positive sense of enjoying scientific.

#### WEDNESDAY

**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 on their own that relates to the story they just read.

**Gymnastics (3:00-4:00):** Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls 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.**

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## THURSDAY

**Young Scientist:** Science, technology, engineering, and math are all part of the fun of being a young scientist. Girls in Young Scientist will explore the scientific method through a variety of hands-on, minds-on challenges and activities. Young Scientist get their hands dirty, make big mistakes, and have a blast getting scientific!

## FRIDAY

**Proud Performers:** Girls in this class will have the opportunity to practice being BOLD as they learn to sing, dance, speak, and perform in front of their peers and family. Girls will learn about stage presence and other techniques like projecting their voice to ensure they are seen and heard by any audience they are in front of!

**Gymnastics (3:15-4:15):** Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls 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.**

