

**girls
inc.**

*With centers in Albany and
Schenectady*

301 Washington Ave
2nd Floor
Albany, NY

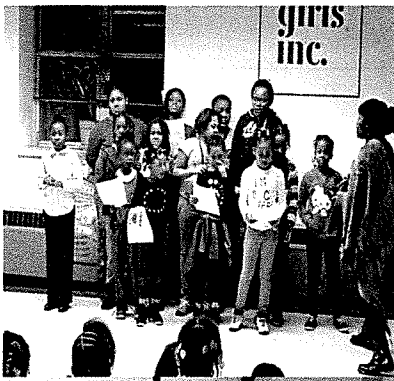
Ph: 518-512-2725

www.girlsinccapitalregion.org

info@gcr.girls-inc.org

*Girls Inc
of the
Greater Capital Region*

2017 Albany
After - School
Program Schedule



Celebrating
80
years
1937 - 2017



*Inspiring all girls to be
strong, smart, and bold.*

REGISTRATION

In-person registration only. We are unable to register a member over the phone or internet.
Registration starts: **Wednesday, September 13, 2017 from 12:00 to 7:00 pm**
After this date register in-person **Monday – Friday from 2:00 pm to 6:00 pm.**

*Registration is on a first-come, first-served basis.
Program space is limited.*

IMPORTANT INFORMATION

PROGRAM DATES: The 2017 session begins on **Monday, September 18th** and will end on **Friday, December 15th.**

LATE FEES: All girls need to be picked up by **5:30 pm**, except walkers. Following the **15 minutes grace period** (at **5:45 pm**) parents/guardians are charged **\$5.00** for every **15 minutes** the child is not picked up (payable upon pick-up). Members whose accounts are not current will not be allowed to attend programs.

PROGRAM ABSENCES: If your child cannot attend a program, please contact our office at 512-2725. If she misses three consecutive programs without calling, we will assume she is no longer interested and will offer her space to a girl on our waiting list.

Girls Inc. is wheelchair accessible.

INCLEMENT WEATHER & EMERGENCY INFORMATION

When Albany City Schools have a half day, Girls Inc. will open at 2:30 pm. Please do not have the school bus drop children off at Girls Inc. before that time.

CANCELLED PROGRAMS: When Albany City Schools are closed due to inclement weather, all Girls Inc. sites will be closed. After-School programs at extension sites will be cancelled when that school has a half day.

Extremely bad weather may cause the cancellation of programs. Girls Inc. Program Closing Hotline: 374-9800 ext. 279 for up-to-date information.

Thank you to the following program sponsors:



KIDS CORNER

Sponsored by First Niagara Foundation

Our Kids Corner Program is designed specifically for girls in K-2nd grade. It runs from 2:30-5:30 pm with a limit of 30 girls. It is a great place for the girls to make friends, have fun and learn about our six pillar programs. It is the building block for their academic skills and the foundation to their growing with our organization. Everyday girls will have the opportunity to receive assistance with their homework, be given a healthy snack, and take part in the month's theme based activities.

SEPTEMBER: Project Bold[®]

- During this month girls will learn skills and strategies to lead safer lives in their homes, in relationships, in their communities, and online. The Be Bold component builds girls' skills and personal power for avoiding or dealing with hurtful or dangerous situations and assists them in identifying resources that contribute to their safety.

OCTOBER: Fall Into Leaves

- Throughout the month girls will participate in activities designed to teach them about the changing seasons. They will learn about the different seasons in other parts of the world. Girls will participate in hands on activities designed to teach them about different foods that are popular during different season.

NOVEMBER: Sporting Chance[®]

- Girls learn to appreciate an active lifestyle as they develop movement and athletic skills, cooperative and competitive spirit, health awareness, and interest in sports and adventure. *The Stepping Stones*SM component gets 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.

DECEMBER: End of the Year Chances

- This month will be a time for girls to reflect on the past year. They will look back to the beginning of the year and take note of their accomplishments. Girls will have opportunities to work with a mentor on goal setting and learning about resolutions.

MONDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> HOMEWORK HELP Girls will be able to do their homework and get that extra needed help. They will be in a small setting and get more personal attention with their homework. Please make sure your child brings her homework with her.	3 rd & UP	Ms. ANA	10
<input type="checkbox"/> DOLLAR\$ SENSE & ME <i>Sponsored by TD Bank</i> This component comprises of activities around economic and financial concepts such as recognizing and counting money, exchanging goods and services, investing in the stock market, volunteering and donating. The program also covers entrepreneurship, career planning, budgeting, writing checks, taxes and government services and labor and management.	3 rd - 6 th	Ms. TRACY	15
<input type="checkbox"/> BUILD IT <i>Sponsored by GE</i> Girls will learn about building, architecture, and material science. They will get a chance to build a project as a team.	3 rd – 6 th	Ms. JORDYN	15
<input type="checkbox"/> BRIDGES This component enhances girls’ motor skills while introducing girls to the world of organized sports. Participants focus on the skills and strategies of four sports: softball (throwing, catching and striking); soccer (kicking and agility); basketball (shooting and teamwork); and tennis (striking and individual competence). Girls learn the concept of offence, defense, and teamwork, and develop skills in a progression that leads to game readiness. The four sport-specific skill sets can be applied to many other activities and provide a foundation for lifelong participation in sports.	3 rd – 6 th	S/A SPECIALIST	20
<input type="checkbox"/> INTERNET SAFETY Girls will learn how to be online safely, by learning about information sharing and the difference between safe websites and not so safe ones.	3 rd & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> Jr. EV3 ROBOTICS EV3 EGO Mindstorms allows you to build and program your own LEGO Robotics creations under the guidance of RPI student mentors. Learn how to control your EV3 Robot’s every move using sensors combined with the programming software. RPI mentors will help you and a partner work together to learn how to program your way through engineering challenges. You do not need prior experience. Each team of two will be provided a laptop and EV3 robotics kit to complete the projects during each session. Sorry, we keep the kits afterwards so we can come back next time.	3 rd -6 th	RPI	10
<input type="checkbox"/> ROAD TO SUCCESS <i>Sponsored by Bank of America</i> In this program girls will explore different careers of interest to them. They will learn about the education and/or training that is necessary to obtain these careers. Throughout the program girls will also work on skills that will help them be successful in any career. Skills include resume writing, interview techniques, and self-motivation.	6 th & UP	TEEN SPECIALIST	15

MONDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GIRLS GET THE MESSAGE <i>Sponsored by fingerprint</i> Girls and young women analyze messages, create and edit storyboards to change the messages in music videos and reality TV programs, conduct audits of magazines for advertising content and of newspapers for equity in gender coverage, consider the biases in various news sources, develop political campaign slogans and materials, screen films made by and about women, develop character sketches for TV shows and treatments for documentaries, and plan and conduct field trips to explore media businesses.	3 rd – 6 th	Ms. TRACY	15
<input type="checkbox"/> MEET THE SIMS Play the Sims game and create your own virtual family, and try to help them survive in Sims World.	4 th & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> ACTION FOR SAFETY This component builds negotiation, assertiveness, and self-defense skills as well as facilitation open and honest discussion about violence- including teasing and bullying, sexual harassment, dating violence, and physical and sexual abuse- to encourage and support girls who are being hurt and to lessen their fear and sense of isolation.	3 rd – 6 th	S/A SPECIALIST	20
<input type="checkbox"/> TEEN STEPPING OUT <i>Sponsored by Blue Shield</i> Girls will learn about the different civic organizations in the Albany area and then visit and volunteer with these organizations.	6 th & UP	TEEN SPECIALIST	11
<input type="checkbox"/> NUTRITION & ME <i>Sponsored by GE</i> Girls will learn about nutrition basics including how to read food labels, what a healthy plate looks like for meals, and how to make healthy snacks. Girls will also have the opportunity to plant and maintain vegetables in a local garden.	3 rd – 6 th	Ms. JORDYN	15

TUESDAY PROGRAM 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GOOGLE MADE W/CODE The Google Made with Code Initiative is inspiring millions of girls to learn to code and to help them see coding as a means to pursue their dream careers. Girls Inc., a lead contributor to the Initiative, 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.	3 rd & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> ADVENTURE GAMES Girls will participate in various activities that encourage team work. They will develop skills necessary to cooperate with others.	3 rd – 6 th	S/A SPECIALIST	20
<input type="checkbox"/> GEAR GIRLS <i>Sponsored by National Grid</i> Gear Girls is a Machining and Engineering Program for girls. This program introduces girls to the basic concepts and skills required in the precision trades. Girls explore their local industrial history and gains made by women, understand the links between art, history, industry, technology, and machining, and explore cultural connections to their families and communities. The program encourages girls to discover and explore profitable career options.	3 rd - 6 th	Ms. JORDYN	15
<input type="checkbox"/> FUTURES AND OPTIONS <i>Sponsored by TD Bank</i> This program covers economical and financial topics such as attitudes and values about money, career strategies, worker rights, taxes and other paycheck deduction, planning and budgeting, banking, using credit, shopping tips, renting vs. buying, avoiding predatory lenders and other financial traps, and investment options. Girls will learn on topic such as attitudes and values about money, career strategies, worker rights, taxes and other paycheck deduction, planning and budgeting, banking using credit cards and other financial traps and investment options.	6 th & UP	TEEN SPECIALIST	15
<input type="checkbox"/> I RUN THIS <i>Sponsored by Bank of America</i> Girls will learn the importance of running their own business. They will have the opportunity to create their own business at Girls Inc. and sell a product to other members.	3 rd – 6 th	Ms. TRACY	15
<input type="checkbox"/> PAGING DR. LIZ Girls will have an opportunity to work closely with AMC Students while learning about basic concepts within the fields of anatomy, biology, genetics, exercise and nutrition by way of hands on experiments and classroom activities.	3 rd & UP	ALBANY MED	10

TUESDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MY GIRLFRIEND ZELDA <i>Sponsored by GE</i> My Girlfriend Zelda is an introductory anatomy and physiology program. The program serves two essential purposes:	3 rd – 6 th	Ms. JORDYN	15
1. Helping girls learn about their bodies and how to stay healthy; and 2. Acquainting girls with some of the roles and responsibilities of health care professionals.			
<input type="checkbox"/> FUNDS FOR THE FUTURE <i>Sponsored by TD BANK</i> Girls will develop and implement fundraising activities so that they can take an educational trip. Responsibilities in this class will include running the Girls Inc store.	6 th & UP	Ms. KEISYHA	12
<input type="checkbox"/> AD CREATOR Learn how to use Publisher to create ads (advertising). As part of the class girls will create their own ads for merchandise sold in the Girls Inc. Store. These will be published in the Girls Inc Newspaper.	3 rd & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> JET SETTERS <i>Sponsored by Bank of America</i> Girls will learn the importance of a career plan, a plan including short-term and long-term goals leading to an ideal career. Career paths include the steps it takes an individual to get towards her goals and objectives. Girls will learn about various jobs and the skills needed to them as well as meet women in the careers.	3 rd - 6 th	Ms. TRACY	15
<input type="checkbox"/> GAMES, GAMES, GAMES Girls will play a variety of games that keep them thinking and test their listening skills.	3 rd – 6 th	S/A SPECIALIST	10

WEDNESDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MIND + BODY <i>Sponsored by MVP Health Care</i> Girls have the right to accept and appreciate their bodies, and are entitled to thrive in communities that invest in their total physical, mental, and emotional wellness. Girls need access to information, resources, and skills to be effective partners in promoting their own healthy development. To help ensure that girls have the support that they need to take charge of their own health, Girls Inc. has launched Girls Inc. Mind+Body SM , which focuses on four pillars that, according to research, play a major role in fortifying girls' ability to develop and sustain strong minds and strong bodies. They are: nutrition, physical activity, stress management, and body image.	4 th – 6 th	Ms. TRACY	15
<input type="checkbox"/> MICROSOFT OFFICE <i>Sponsored by Bank of America</i> Girls learn all about Microsoft office. They become familiar the different tools available for word, publisher and excel. Girls will use the programs to help create different projects.	3 rd & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> HIP HOP JUMP By participating in different jump rope activities girls will learn how jumping is good for physical fitness. They will also learn different tricks to use when jumping.	3 rd & UP	S/A SPECIALIST	12
<input type="checkbox"/> ACT IT OUT Girls are able to play out scenarios that they face in everyday life. They are able to participate on stage and show girls how they can overcome their fears and how to be able to handle situation in a most positive matter. Girls will have the opportunity to perform at Girl of the Month.	6 th & UP	TEEN SPECIALIST	15

WEDNESDAY PROGRAM 3:45-5:30 **(2 HOUR PROGRAM)**

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> BAKING WITH CHEMISTRY <i>Sponsored by GE</i> Girls will challenge themselves to combine the right ingredients with the correct measurements to create tasting baked goods. Girls will learn how to measure using tablespoons, cups, ounces, pounds, etc.	3 rd – 6 th	Ms. JORDYN	12

WEDNESDAY PROGRAM 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MIND TO HAND In the program girls will utilize art therapy. They will understand how art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being.	3 rd -6 th	Ms. TRACY	15
<input type="checkbox"/> TEEN TALK Girls will participate in forums centering on issues the teen population is facing today. They will have discussions around topics such as cyber bullying, relationships and peer pressure.	6 th & UP	TEEN SPECIALIST	15
<input type="checkbox"/> LET'S MOVE Girls will learn about the initiative developed by the first lady Michelle Obama and partake in healthy lifestyles and activities.	3 rd -6 th	S/A SPECIALIST	20
<input type="checkbox"/> SLIDE SHOW Girls will learn how to use PowerPoint to create a presentation and be able to run a slideshow.	3 rd & UP	COMPUTER SPECIALIST	10

THURSDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> SAFE IN MY WORLD This program builds self-confidence. It will raise awareness about gender violence and how to respond. Girls will look into cause and effect and gain strategies to protect themselves.	3 rd - 6 th	Ms. TRACY	15
<input type="checkbox"/> HOMEWORK HELP (MUST BE ALSO BE IN MONDAY CLASS) Girls will be able to do their homework and get that extra needed help. They will be in a small setting and get more personal attention with their homework. Please make sure your child brings her homework with her.	3 rd & UP	Ms. ANA	10
<input type="checkbox"/> ARTEENISTIC Girls will learn different styles of art. They will bring out their inner artist using different art mediums.	6 th & UP	TEEN SPECIALIST	15
<input type="checkbox"/> ALL STAR Girls will learn about the world's most popular sports and the athletes that play them. They will see that females can be great at any sport they put their minds too.	3 rd - 6 th	S/A SPECIALIST	20
<input type="checkbox"/> JOURNEYS IN SCIENCE Each week explore different areas of science biology, astronomy, medicine, chemistry, weather, and much more.	3 rd & UP	COMPUTER SPECIALIST	10

THURSDAY PROGRAMS 3:45-5:30

NOTE THE TIME

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> EXPLORE/BIO GIRLS <i>Sponsored by Albany Medical Center</i> Girls will explore multiple health care fields. Once a month they will take a field trip to Albany Medical Center to see these careers in action. For the second half of the program, girls will learn about life science and the environment by examining live animals and plants while taking care of them.	3 rd - 6 th	Ms. JORDYN	15

THURSDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> \$HE\$ ON THE MONEY <i>Sponsored by TD Bank</i> This component uses games, role plays, and art projects, and build girls' skills for identifying and counting money and to increase their understand of basic concept. Topics include using banks, saving for the future, planning for a career, differentiating between wants and needs, donating and volunteering, comparison shopping, taxes and government services, and global economics.	3 rd – 6 th	Ms. TRACY	15
<input type="checkbox"/> PUZZLE & WORD GAME CREATOR Create crossword, search a word, & other puzzles, and solve them.	3 rd & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> INTERNATIONAL COOKNG Girls will learn about the basic cooking steps. They will cook basic meals from around the world. Girls will learn to read recipes and measure ingredients.	6 th & UP	TEEN SPECIALIST	15
<input type="checkbox"/> BONE ZONE Girls will learn the importance of bone health. This program integrates two key messages: that by increasing weight-bearing physical activity and calcium consumption, girls can reduce their risk of developing osteoporosis later in life. Fun activities explore physiology, sports and movement, and nutrition.	3 rd - 6 th	S/A SPECIALIST	20

FRIDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> SISTER SISTER Girls will learn about the importance of leadership while becoming positive role models to Kids' Corner.	3 rd - 6 th	Ms. TRACY	15
<input type="checkbox"/> BOOM POW WOW <i>Sponsored by GE</i> Girls will try different science experiments that will teach them basic science principles and how these principles are used every day. Get ready to build, explode and explore science fun.	3 rd – 6 th	Ms. JORDYN	15
<input type="checkbox"/> DID YOU KNOW...? Go on online each week and follow the links, visit fun interactive websites and follow the clues to get answers. Was the name Google an accident? What makes popcorn pop?	3 rd & UP	COMPUTER SPECIALIST	10
<input type="checkbox"/> FREE YOURSELF Girls will participate in writing poetry that will be used as a technique to express themselves freely. They will also learn the different ways to write a poem and practice public speaking.	6 th & UP	TEEN SPECIALIST	15
<input type="checkbox"/> DANCE/STEP Girls will learn about different styles of dances. From hip hop to ballet, girls will have the opportunity to express themselves through dance. They will also create and perform a step routine for Girls Night Out.	3 rd & UP	S/A SPECIALIST	20

FRIDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> THIS IS MY LIFE <i>Sponsored by TD Bank</i> This program will introduce girls to real life scenarios. Through fun, hands-on activities girls will navigate through the financial world of careers, health insurance, car insurance, transportation costs, utility payments, mortgage, rent etc.	3 rd - 6 th	Ms. TRACY	15
<input type="checkbox"/> SCI GIRLS <i>Sponsored by GE</i> Girls will learn about basic science principles and lab safety while creating awesome science experiments! Topics include Physics, Chemistry, and Biology.	3 rd - 6 th	Ms. JORDYN	15
<input type="checkbox"/> ACT IT OUT A program designed to introduce girls to basic theater terms and expressions. All aspects of play production will be included. This program encourages self-expression.	6 th & UP	TEEN SPECIALIST	15
<input type="checkbox"/> MOVE AHEAD Girls will experience life size versions of classic board games such as Monopoly, Scrabble and UNO.	3 rd - 6 th	S/A SPECIALIST	20
<input type="checkbox"/> I'M THE ARCHITECT Create home floor plans, kitchen, living room, dining, bedrooms, bath, then add furniture to your rooms, and view your creation. Create a landscape design.	3 rd & UP	COMPUTER SPECIALIST	10