

girls inc.®

With centers in Albany
and Schenectady

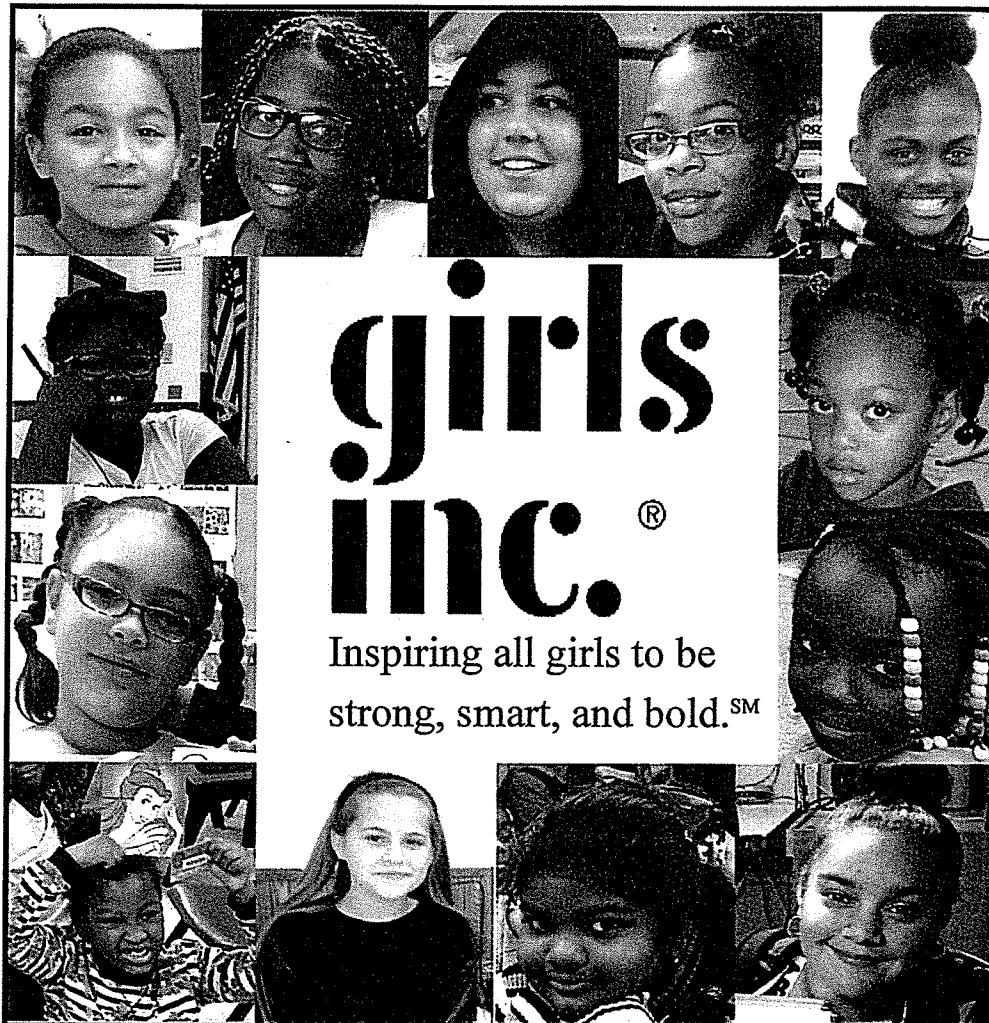
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Girls Incorporated® of the Greater Capital Region

Fall 2016 Schenectady FREE After - School Program Schedule and Descriptions



strong Strong
Bold Bold

REGISTRATION

In-person registration only. We are unable to register a member over the phone or internet.
Registration starts: **Tuesday, September 13, 2016 from 12:00 to 7:00 pm**
After this date register in-person **Monday – Friday from 9:00 am to 5:00 pm.**

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

IMPORTANT INFORMATION

PROGRAM DATES: The Fall 2016 session begins on Monday, September 19 and end on Friday, December 16, 2016.

LATE FEES: All girls need to be picked up by 5:45 pm, except walkers . Following the 15 minutes grace period (at 6:00 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 374-9800. 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 **Schenectady 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 Schenectady 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 please contact the *Girls Inc. Program Closing Hotline* at 374-9800 ext. 279 for up-to-date information.

Thank you to the following program sponsors:



GE imagination at work

Bank of America

LIVE UNITED



United Way of the
Greater Capital Region

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**FIRST
NIAGARA**

The Review Family Foundation

Bender Scientific

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THE POWER OF ACTION

JUNIOR LEAGUE OF ALBANY, INC.
Women building better communities®

KIDS CORNER

*Sponsored by United Way of the Greater Capital Region
&*

First Niagara's Mentoring Matters

Our Kids Corner Program is designed specifically for girls in K-2nd grade. It runs from 2:30-5:45 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: Falling Sports

- Kids Corner girls will kick off the start of the Fall program by learning about several different fall sports, including soccer, football, and cross-country running. The girls will develop the skills through exercise to participate in the sport, learn to play as a team member, to play fair and improve their self-esteem.

October: Lady Lucy's Quest

- Author Karen Gross visits the girls this month and will read her book Lady Lucy's Quest. The girls will each receive a copy and take an in-depth look at the children's book. They will participate in the activities inspired by the book that will help them "believe in the power of the possible."

November: An Attitude of Gratitude

- This month centers on gratitude. Activities will encourage the girls to be grateful, converse with other girls about their emotions, de-emphasize material desires, and explain the sacrifices other individuals make in order to help them with what they need.

December: Music Around the World

- Our Culture and Heritage program is the focus for this month. Girls will have a blast moving their bodies while learning about music from around the world. Each week will introduce a new country and its cultural music. At the end of the session the girls will put on a dance show, with all the types of music they learned about, for the older girls.

MONDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> SECRET MILLIONAIRES\$ CLUB <i>Sponsored by TD Bank</i> Thinking of owning your own business someday? Taking this class will help you develop financial solutions to life's entrepreneurial challenges as you learn about creating a business.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> CLUB ZOOM <i>Sponsored by GE</i> Is your learning style of a hands-on? If it is this program is for you! Girls will participate in hands-on science experiments using examples from the PBS Club Zoom!	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> NUTRITIOUS & DELICIOUS Food that is delicious and good for you?? Yes! Learn how to practice healthy living by learning portion control, caloric intake, why they should and shouldn't eat certain foods, when to eat and what to eat in order for them to be as healthy as possible. Written by the doctors of the educational program, "The Doctors", girls will learn how to create their favorite foods in alternative healthy ways using the recipes from the book "The Doctors Diet" as well as other healthy recipes.	3 rd – 6 th	Ms. YAQUI	15
<input type="checkbox"/> DID YOU KNOW? <i>Sponsored by Bender Scientific</i> 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	Ms. PATTY	12
<input type="checkbox"/> ACTION FOR SAFETY Girls will learn to increase their sense of personal safety through experimenting with verbal responses to a variety of situations. Girls will learn a wide range of self defense options, including running away from dangerous situation, and skills such as blocks, hand techniques, kicks and releases.	3 rd & UP	SPORTS & ADVENT	20
<input type="checkbox"/> INTERNATIONAL COSMETOLOGY Girls will learn the history and practice the method of cosmetology from different cultures. They will also examine what it takes to own their own cosmetology business.	3 rd & UP	Ms. DIAGA	15
<input type="checkbox"/> GETTING IT TOGETHER Girls will develop a life action plan and through focusing on strengths rather than weaknesses girls will develop realistic and achievable goals.	6 th & UP	TEEN PROGRAM	15

Please see backside for 5:00-5:45 programs

MONDAY PROGRAMS 5:00-5:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MEDIA SMARTS <i>Sponsored by Review Foundation</i> Girls will research and discuss the use of slogans, logos, merchandising and target marketing in media TV shows and media campaigns. They will then address issues such as beauty, diversity and equality portrayed from the media.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> LOGIC, PUZZLES & GAMES <i>Sponsored by GE</i> Girls will improve their problem solving skills through fun puzzles and math games such as Sudoku! Also, they will learn how math is used in making and breaking codes.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> CONDUCT CONTROL Through self-realization, self-reflection, and self-reliance activities, girls will discover and shape a better sense of who they are and who they want to become in their futures. They will learn how to practice proper etiquette, awareness and correction of their conduct in public and how to behave in respectful ways during conflicts. They will do this while gaining comprehension of the importance of introspection, self regulation, empathy, sympathy and camaraderie.	3 rd – 6 th	Ms. YAQUI	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	SPORTS & ADVENT	20
<input type="checkbox"/> GO ROLLER COASTER CRAZY <i>Sponsored by Bender Scientific</i> Build and run an amusement park, learn how to play Roller Coaster Tycoon.	4 th & UP	Ms. PATTY	12
<input type="checkbox"/> TEENS STEPPING OUT Girls will learn about the different civic organizations in the Schenectady area and take them to visit and volunteer with these organizations.	6 th & UP	TEEN PROGRAM	11

TUESDAY PROGRAMS 4:00-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GIRLS ON THE RUN (Must also be in class on Thursday) In this program girls will be inspired to be joyful, healthy, and confident using a fun, experienced-based curriculum which creatively integrates running. By the end of the program girls will be physically and emotionally prepared to complete a 5K run with their teammates.	3 rd – 5 th	SPORTS & ADVENT	10

TUESDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> ASPIRE HIGHER Girls will practice goal-setting and decision-making skills through a variety of role-playing and simulated activities. They will learn the difference between short-term and long-term goals. They will also learn the steps they need to take to achieve their goals.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> JUST DANCE Girls will learn various forms of dance such as hip hop and step.	3 rd – 6 th	Ms. DIAGA	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 & UP	Mr. AARON	15
<input type="checkbox"/> MEET THE SIMS <i>Sponsored by Bender Scientific</i> Play the Sims game and create your own society.	4 th & UP	Ms. PATTY	12
<input type="checkbox"/> JUST SPEAK Students will have the opportunity to learn how to confidently speak in public using a step-by-step program that includes organizing a speech, overcoming nervousness, and employing visual aids. As the course progresses, students will work with a speaking coach, be provided an opportunity to speak during the class, and present their own speech in front of the student body. This is a fun and interactive course with in-class demonstrations and opportunities for participation.	6 th & UP	GE TOASTMASTERS	10
<input type="checkbox"/> MAKING PROUD CHOICES Girls will learn how to practice abstinence, how to deal with the potential sexual pressures/influences opposed on them by their peers, safe sex, pregnancy prevention, as well as HIV/AIDS, STI's and STD's.	6 th & UP	Ms. YAQUI	15

Please see backside for 5:00-5:45 programs

TUESDAY PROGRAMS 5:00-5:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> DOLLAR, SENSE & ME <i>Sponsored by TD Bank</i> This program explains differences between wants and needs. Girls will learn financial concepts such as budgeting, writing checks, savings and spending wisely.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> HOMEWORK HELP Girls will have the opportunity to strengthen their math and science skills with hands on activities and homework help.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> PUZZLE & WORD GAME CREATOR <i>Sponsored by Bender Scientific</i> Girls create Crosswords, Search A Word, & other puzzles, then solve them.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> GIRLS MAKE THE MESSAGE <i>Sponsored by Review Foundation</i> Girls will learn the fundamental basics of TV production. Girls will create a PSA to reflect their learning.	6 th & UP	TEEN PROGRAM	15

WEDNESDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> THE FUTURE YOU <i>Sponsored by Bank of America</i> Girls will explore various careers that match their current interests and skills, as well as learn about various post-secondary and/or trade school opportunities available upon graduating from high school.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> CHALLENGE YOURSELF <i>Sponsored by GE</i> Every week girls will work in groups or pairs to complete a new challenge. Girls will learn about building, architecture, and material science through these challenges.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> ADVENTURE GAMES <i>Sponsored by Junior League of Albany</i> Girls will participate in various activities that encourage teamwork. They will develop skills necessary to cooperate with others.	3 rd & UP	SPORTS & ADVENT	20
<input type="checkbox"/> AD CREATOR <i>Sponsored by Bender Scientific</i> Learn how to use Publisher to create ads (advertising) for different items (sold in the Girls' Inc. Store). To be published with the Girls Ink newspaper.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> GROWING TOGETHER Girls will learn about puberty, health, hygiene, anatomy as well as coping mechanisms for dealing with personal, physical and peer pressures.	4 th – 6 th	Ms. YAQUI	15
<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 such as resume writing, interview techniques, and self-motivation.	6 th & UP	TEEN PROGRAM	15

Please see backside for 5:00-5:45 programs

WEDNESDAY PROGRAMS 5:00-5:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GIRLS GET THE MESSAGE <i>Sponsored by Review Foundation</i> Girls will understand concepts of stereotypes and diversity in the media. They will also cognize marketing tactics.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> KEEP ON SWIMMING! KEEP ON LEARNING! <i>Sponsored by GE</i> Girls will learn about marine life, the environment, and the importance of water on the Earth. Come learn about sharks and much more!	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> BRIDGES This program provides a safe non-threatening environment for girls to unleash their energy and become physically powerful without fear. In girls only sports programs girls play all key positions and assume all leadership roles. Thus in this program girls can move to a level of confidence and sports competency that makes them ready for new challenges.	3 rd – 6 th	SPORTS & ADVENT	20
<input type="checkbox"/> #WATCHUSSHINE Girls will learn how to maintain a strong sense of self worth, positive body image and self esteem. They will learn how the media influences body shaming, negative senses of themselves, bullying and negativity as well as how to help lift up, encourage and support each other's positive opinions and views of each other and themselves. Through various activities, social experiments and team building exercises girls will create a social media "challenge" that will positively promote self esteem, body confidence and pride in themselves inside and out.	3 rd & UP	Ms. YAQUI	15
<input type="checkbox"/> GET THE SCOOP & BE A REPORTER <i>Sponsored by Review Foundation</i> Girls will write news stories, their thoughts and ideas, for a Girls Inc. newspaper.	4 th & UP	Ms. PATTY	12
<input type="checkbox"/> FUNDS FOR THE FUTURE Girls will run the Girls' Inc store and raise money to take an educationally based trip. They will create Flyers, fundraise, and look towards their future.	6 th & UP	TEEN PROGRAM	5

THURSDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> SCRABBLE AND SCRIBBLE Girls will improve their overall literacy skills (spelling, reading, writing and arithmetic) through playing Scrabble, Operation and other activities. They will then create their own personal dictionaries and math books based on the words and scores.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> BODY PARTS BY Dr. FRANK N STEIN <i>Sponsored by Bender Scientific</i> Is there a doctor in you? Human anatomy is the study of the systems of the body which is made up of cells, tissues, and organs. Girls will explore human anatomy to help explain and understand how organs and other structures of the body work.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> GIRLS MAKE THE MESSAGE <i>Sponsored by Review Foundation</i> Girls will learn the fundamental basics of TV production. Girls will create a PSA to reflect their learning.	6 th & UP	TEEN PROGRAM	15

THURSDAY PROGRAMS 4:00-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> GIRLS ON THE RUN (Must also be in class on Tuesday) In this program girls will be inspired to be joyful, healthy, and confident using a fun, experienced-based curriculum which creatively integrates running. By the end of the program girls will be physically and emotionally prepared to complete a 5K run with their teammates.	3 rd – 5 th	SPORT & ADVENT	10

THURSDAY PROGRAMS ~~4:00-5:45~~ (2 Hour Programs)

<input type="checkbox"/> G.I. DANCE TEAM Girls will learn and perform dance routines and step routines.	3 rd & UP	Ms. DIAGA	2
<input type="checkbox"/> FAB FASHION Through various “Fashion Challenges” girls will use their own creativity to design and construct pieces of fashion. Creating an outfit using their developing senses of their unique styles and individuality, girls will ultimately design, plan and execute a fashion show where they will show their creations at the culmination of the session.	3 rd & UP	Ms. YAQUI	12
<input type="checkbox"/> BAKING W/CHEMISTRY <i>Sponsored by GE</i> Girls will challenge themselves to combine the right ingredients with the correct measurement to create tasty baked goods. Girls will learn how to measure using tablespoons, cups, ounces, pounds, etc.	3 rd – 6 th	Mr. AARON	15

THURSDAY PROGRAMS 5:00-5:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MY COMMUNITY & ME <i>Sponsored by Bank of America</i> Girls will see how a community works, including different businesses, agencies and organizations. They will also learn how they can contribute to their community (food & clothing drives, community cleanup, etc.)	3 rd - 6 th	LIFE SKILLS	15
<input type="checkbox"/> CLICK TO PAINT <i>Sponsored by Bender Scientific</i> Girls will learn how to use Paint to draw and create pictures on the computer.	3 rd & UP	Ms. PATTY	12
<input type="checkbox"/> PROJECT CITIZEN A program in civic education that will increase knowledge, enhance skills, and develop understanding of how we can all work together to make our communities better.	6 th & UP	TEEN PROGRAM	11

FRIDAY PROGRAMS 4:00-4:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> EXPRESS HERSELF Girls will participate in weekly journaling and activities based on expressing themselves in different ways.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> MOVE AHEAD <i>Sponsored by Junior League of Albany</i> Girls will learn the value of volunteering in their community. They will give back to others and learn the meaning behind volunteerism.	3 rd – 6 th	SPORTS & ADVENT	20
<input type="checkbox"/> SCRAPBOOK OF FAME Girls will create scrapbooks unique to their interest, dreams, cultures and connections. By creating their scrapbook, girls will be able to share the stories of their lives.	3 rd – 6 th	Ms. DIAGA	15
<input type="checkbox"/> GEAR GIRLS <i>Sponsored by National Grid</i> Girls will be inspired to look into their own creativity, non-traditional career paths, and help them understand how local problems are solved by machinists and engineers.	3 rd & UP	Mr. AARON	15
<input type="checkbox"/> FOR MS. MEAGHAN Girls will plan and execute the SECOND major fundraising event to raise money for the Meaghan Sammons Scholarship created in honor of Ms. Meaghan Sammons to be awarded to one of our members at the completion of the Spring 2017 session.	4 th & UP	Ms. YAQUI	15
<input type="checkbox"/> TOP TEEN CHEF Girls will learn about and how to prepare different food items in order to compete in “Chopped” style kitchen challenges.	6 th & UP	TEEN PROGRAM	15

FRIDAY PROGRAMS 5:00-5:45

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> ACT IT OUT Girls in this class will practice reading and public speaking by participating in monologues and/or short dramas based on characters they create. It will enhance their memory skills, as well as further develop their literacy skills.	3 rd – 6 th	LIFE SKILLS	15
<input type="checkbox"/> ZELDA <i>Sponsored by GE</i> Girls will learn about human anatomy through various hands-on activities that show them how their systems and organs work. They will also perform operations on our Zelda doll.	3 rd – 6 th	Mr. AARON	15
<input type="checkbox"/> A DIFFERENT LIFE Girls will learn about the ways of life and experiences of girls from different cultures throughout the world.	3 rd – 6 th	Ms. YAQUI	15
<input type="checkbox"/> AROUND THE WORLD Girls will participate in sports and recreation activities from countries around the world. They will learn about the lifestyles and cultures of these different countries.	3 rd – 6 th	SPORTS & ADVENT	20