

Monday Programs

First hour: 3:45-4:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Build It Girls will learn about building, architecture and material science. They will get a chance to build projects as a team.	3 rd -6 th	15
<input type="checkbox"/> I Run This 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	15
<input type="checkbox"/> Homework Help Must also be signed up for Thursday class. Girls will get to spend some time working on their homework with a teacher and other students. This is an opportunity to ask questions and get extra needed help on tricky problems.	3 rd – 6 th	10
<input type="checkbox"/> Make It Math Monday The girls will use math to make hands-on art work and digitally created designs. Thought provoking math concepts will be presented for challenges. The girls will have the opportunity to learn graphic design techniques using drawing software products.	3 rd – 6 th	15
<input type="checkbox"/> Road to Success 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	15

Second hour: 4:45-5:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Boom Pow Wow Girls will try different science experiments that will teach them basic principles and how these principals are used every day. Get ready to build, explode and explore science fun.	3 rd -6 th	15
<input type="checkbox"/> Bridges This component enhances girl's motor skills while introducing girls to the world of organized sports. Participants focus on the skills and strategies of four sports: softball, soccer, basketball & tennis. Girls learn the concept of offense and defense, teamwork and develop skills in the 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	15
<input type="checkbox"/> Art Mania The girls will investigate and explore the science behind art making. They will learn about the material chemical compositions of different art materials as they produce their own masterpiece.	3 rd – 6 th	15
<input type="checkbox"/> Teens Stepping Out Girls will learn about the different community organizations in the Albany area. They will then visit and volunteer with these organizations.	6 th & Up	15

Tuesday Programs

First hour: 3:45-4:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> My Girlfriend Zelda My Girlfriend Zelda is an introduction to anatomy and physiology. The program serves two essential purposes: 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.	3 rd -6 th	15
<input type="checkbox"/> Jet Setters 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 for them as well as meet women in the careers.	3 rd -6 th	15
<input type="checkbox"/> Minecraft, SIMS & More Girls will play the classroom version of Minecraft while exploring educational topics of interest. Girls will also have the opportunity to play the SIMS computer game.	3 rd – 6 th	15
<input type="checkbox"/> Paging Dr. Liz Girls will have an opportunity to work closely with Albany Med 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 – 6 th	10
<input type="checkbox"/> Informed & Incharge: Healthy Relationships Girls learn to identify, establish, and cultivate healthy relationships through assertiveness and negotiation skills. Throughout the program, girls experience the power of a positive sister support system and build critical thinking skills for being sexually healthy	6 th & Up	15

Second hour: 4:45-5:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Nutrition & Me 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.	3 rd -6 th	15
<input type="checkbox"/> Media Smarts The Media Smarts component includes activities around media topics such as investigating the use of slogans, logos, merchandising, and target marketing; tackling issues of concern such as beauty, diversity, and stereotypes in media.	3 rd – 6 th	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 to.	3 rd – 6 th	15
<input type="checkbox"/> Google Made w/ Code The girls will learn to program with Google Made w/ Code. They will progress at their own individual pace. Girls Inc is committed to helping girls discover how science, technology, engineering and math (STEM) offer exciting opportunities today and for the future.	3 rd – 8 th	15
<input type="checkbox"/> Funds for the Future 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	15

Wednesday Programs

First hour: 3:45-4:30pm

	<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/>	Dollars, \$ense & Me This program includes activities around economic and financial concepts such as recognizing and counting money, exchanging goods and services, investing in the stock market, volunteering & donating. This program also covers entrepreneurship, career planning, budgeting, writing checks, taxes and government services.	3 rd -6 th	15
<input type="checkbox"/>	Scrapbook of FAME <i>Scrapbook of FAME (my Family And ME)</i> celebrates girls and their families. In this fun and artistic environment, girls create scrapbooks that express their world. Girls will enjoy the process of creating their own scrapbook and sharing stories with significant adults.	3 rd – 6 th	15
<input type="checkbox"/>	Surfs Up! The girls will be honing their computer and data entry skills using Word or Power Point as they produce documents from researched topics. They will have the opportunity to complete homework assignments using the lab.	3 rd – 6 th	15
<input type="checkbox"/>	Girls Make The Message Girls Make the Message is a community action media project where they craft and communicate their own messages as digital video public service announcements, and by participating in public dialogue around issues important to them and the community.	6 th & Up	15

Second hour: 4:45-5:30pm

	<u>Program Name</u>	<u>Staff</u>	<u>Grade</u>	<u>Limit</u>
<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	15
<input type="checkbox"/>	Microsoft Office The girls will be practicing their computer and data entry skills using Word, Publisher, Power Point and Excel. They will be able to work independently to learn the software available to complete homework assignments.		3 rd – 6 th	15
<input type="checkbox"/>	Scribble Scrabble 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	15
<input type="checkbox"/>	Friendly PEERsuasion Girls Inc. Friendly PEERsuasion develops the skills of girls ages 11 to 14 to resist pressure to use harmful substances, such as drugs, alcohol, tobacco, and house hold chemicals. Girls learn to identify healthy alternatives to risky behavior and invite peers to join them in acting on their smarter choices.		6 th & Up	10

Two-Hour Program: 3:30-5:30pm

	<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/>	Baking with Chemistry 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	12

Thursday Programs

First hour: 3:45-4:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Sister Sister Girls will learn about the importance of leadership while becoming positive role models to Kid's Corner.	3 rd – 6 th	15
<input type="checkbox"/> Homework Help Must be signed up for Monday's class Girls will get to spend some time working on their homework with a teacher and other students. This is an opportunity to ask questions and get extra needed help on tricky problems.	3 rd – 6 th	10
<input type="checkbox"/> Board Game Creation Girls will explore the design process for making board games and will invent their own unique game. They will use computer software to produce their unique game components. They will also research digital gaming development.	3 rd – 6 th	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	15

Second hour: 4:45-5:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Dance/Step Girls will learn about different styles of dance 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	20
<input type="checkbox"/> Project Creation Girls will learn to plan a project from start to finish. During the thirteen weeks they will be creating project plans using art, technology, science and math.	3 rd – 6 th	15
<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	15

Two Hour Programs: 3:30 – 5:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Explore! 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	10

Friday Programs

First hour: 3:45-4:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> Girls Dig It	3 rd -6 th	15
<p>This program will introduce girls to the dynamic world of archaeology, which is the study of human history through artifacts and other physical remains. This program will also provide girls with opportunities to explore questions of gender and culture. What roles have girls and women of the past played? How are these roles different or the same as the roles of women and girls today?</p>		
<input type="checkbox"/> This Is My Life	3 rd -6 th	15
<p>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.</p>		
<input type="checkbox"/> Engineering & Science Fiction	3 rd – 6 th	15
<p>Girls will learn about the technical components of one or more electronic devices. The girls will have the opportunity to learn engineering and technical terminology as they explore the technology, math and science involved in making the device.</p>		
<input type="checkbox"/> International Cooking	6 th & Up	15
<p>Girls will learn the basic steps in cooking while cooking meals from around the world. Girls will learn the skills to read recipes and measure ingredients.</p>		

Second hour: 4:45-5:30pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> In the Stars	3 rd -6 th	15
<p>Girls will learn natural science that studies phenomena. Applying mathematics, physics and chemistry in an effort to explain the origin of those objects and phenomena and their evolution.</p>		
<input type="checkbox"/> Mind + Body	3 rd -6 th	15
<p>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. Girls Inc. focuses on four pillars that to achieve this: nutrition, physical activity, stress management, and body image.</p>		
<input type="checkbox"/> I'm the Architect	3 rd – 6 th	15
<p>Girls will use Architecture Drawing Software to design home floor plans. Time will be spent planning and drawing their design on paper.</p>		
<input type="checkbox"/> Free Yourself	6 th & Up	15
<p>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.</p>		