

# Monday Programs

First hour: 4:00-4:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Animal Queendom</b> Girls will learn about a variety of animals such as reptiles, mammals, and amphibians. They will learn the different types of animal species and the roles they play in their environment.	3 <sup>rd</sup> -6 <sup>th</sup>	15
<input type="checkbox"/> <b>Strength &amp; Conditioning</b> Girls will use this time to stretch, and actively engage all of their muscles through fun warm-ups and games. Girls will get a great work out while having fun.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Meet the SIMS</b> Play the SIMS computer game and create your own society.	3 <sup>rd</sup> – 6 <sup>th</sup>	12
<input type="checkbox"/> <b>Act It Out</b> Girls in this class will practice public speaking and reading by participating in monologues and/or short dramas based on characters they create. This will enhance their memory skills, as well as further develop their literacy skills.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Mind + Body</b> 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.	3 <sup>rd</sup> – 6 <sup>th</sup>	15

Second hour: 5:00-5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>My Girlfriend Zelda</b> 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 <sup>rd</sup> -6 <sup>th</sup>	15
<input type="checkbox"/> <b>Bone Zone</b> Bone Zone is designed to promote bone health for girls. Specifically, the activities integrate 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 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Aim High</b> Girls will learn the importance of setting long-term and short-term goals and how setting goals can help boost self-esteem.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Positively ME</b> 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.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Teens Stepping out</b> Girls will participate in outings helping with the community in the best way they can. Girls will show the community what it means to be Strong, Smart & Bold through volunteering.	6 <sup>th</sup> & Up	15

## Tuesday Programs

First hour: 4:00-4:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Bridges</b> 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 concepts 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 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Just Dance</b> Girls will learn various versions of dance including hip-hop & step.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Write It Up</b> Girls will explore the world of writing. They will use creative vocabulary to produce different pieces of hand written work.	3 <sup>rd</sup> - 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Challenge Accepted</b> Girls will be given daily challenges that will require cooperation and creative thinking to solve the problem. Throughout the session these challenges will become more and more difficult. If the girls can successfully work together they will be rewarded with use of the high ropes course.	3 <sup>rd</sup> - 6 <sup>th</sup>	15

Second hour: 5:00-5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Come Together</b> This class is all about team work. Girls will participate in games and sports that require girls to work together to achieve a certain goal.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Envision Your Vision</b> Girls will engage in discussion and hands on activities to better nurture their career and educational interest	3 <sup>rd</sup> - 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Nutritious &amp; Delicious</b> Food that is delicious and good for you?? Yes! Learn how to practice healthy living by learning portion control, caloric intake, why you should and shouldn't eat certain foods, when to eat and what to eat in order for you to be as healthy as possible.	3 <sup>rd</sup> - 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Project AIM</b> <i>**This class runs Tuesdays &amp; Thursdays; must be signed up for both days.**</i> Project AIM is different from other youth HIV prevention programs, in that it affects change in sexual behavior without focusing explicitly on sexual risk. Project AIM's efficacy to change youth behaviors is due to a holistic approach of helping youth to explore their future adult identities and develop specific problem-solving and goal-setting skills to support them in conceptualizing, planning for, and achieving their future dreams.	6 <sup>th</sup> & Up	12

Two-Hour Program: 4:00-5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Art with Mother Earth</b> Girls will combine art and science. In this program they will explore different forms of art and how science plays a role; for example, making their own paint, how to use <i>Plaster of Paris</i> to make sculptures & more!	3 <sup>rd</sup> - 6 <sup>th</sup>	10

## Wednesday Programs

First hour: 4:00-4:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Gardening Girls</b> Girls will learn basic gardening skills and aid with the creation of a Girls Inc. garden.	3 <sup>rd</sup> -6 <sup>th</sup>	15
<input type="checkbox"/> <b>Find the Art in You</b> Girls will learn simple techniques for drawing and painting.	3 <sup>rd</sup> -6 <sup>th</sup>	10
<input type="checkbox"/> <b>Around the World</b> Girls will participate in sports and recreational activities from countries around the world. They will also learn about the different lifestyles and cultures of these countries.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>For Ms. Meaghan</b> Girls will plan and execute a major fundraising event to raise money for the Meaghan Sammons Scholarship created in honor of Ms. Meaghan Sammons. The scholarship will be awarded to one of our members at the completion of the Spring 2019 session.	3 <sup>rd</sup> & Up	15
<input type="checkbox"/> <b>Banana Splits</b> Girls will discuss being in a home with a single parent or grandparent.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Media Smart Youth</b> This program will help girls better understand the complex media world and how it can influence their health. Girls will be encouraged to eat healthy, be active and think critically about marketing messages.	3 <sup>rd</sup> – 6 <sup>th</sup>	15

Second hour: 5:00-5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Homework Help</b> Girls will have the opportunity to develop their math and reading comprehension as well as receive help with the completion of their homework.	3 <sup>rd</sup> -6 <sup>th</sup>	15
<input type="checkbox"/> <b>All Star</b> Girls will engage in all types of sports while also learning about famous women who are well known athletes in each sport.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Dollars, \$ense, and Me</b> The class will explain differences between wants and needs. Girls will learn financial concepts such as budgeting, writing out checks, saving their money and how to spend wisely.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Growing Together</b> Growing together helps develop two-way communication skills to give girls an ally for future questions and dilemmas. Key topics include changes during puberty; anatomy, physiology, and hygiene; adolescent sexual development and feelings; and values and expectations for sexual behavior.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>I am the Architect</b> Create home floor plans with a kitchen, living room, dining room, bedrooms, bathrooms, then add furniture to your rooms, and view your creation. Create a landscape design, too.	3 <sup>rd</sup> – 6 <sup>th</sup>	12
<input type="checkbox"/> <b>Funds for the Future</b> 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 <sup>th</sup> & Up	12

# Thursday Programs

First hour: 4:00-4:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Let's Move</b> Girls will participate in games about healthy lifestyles developed by Michele Obama.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Friendly PEERsuasion</b> This program helps develop skills to resist peer pressure to use drugs, alcohol and other substances. Due to girls being under social pressures to use, they will learn healthy skills to responding to stress as well as building self-esteem.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Her Stories</b> Girls will learn about the ways of life, the experiences of girls, gender roles, and girl's social norms from different cultures throughout the world in the past, present and future	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Scribble Scrabble</b> 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 <sup>rd</sup> & Up	15

Second hour: 5:00-5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Hip Hop Jump</b> 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 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Girls Rock</b> Girls will learn the importance of giving back to their community and being leaders.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Hakuna Matata</b> With this "problem-free philosophy" girls will learn new and creative ways to handle stress. They will work to find ways to cope with both bad stress and good stress.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Project AIM</b> <i>**This class runs Tuesdays &amp; Thursdays; must be signed up for both days.**</i> Project AIM is different from other youth HIV prevention programs, in that it affects change in sexual behavior without focusing explicitly on sexual risk. Project AIM's efficacy to change youth behaviors is due to a holistic approach of helping youth to explore their future adult identities and develop specific problem-solving and goal-setting skills to support them in conceptualizing, planning for, and achieving their future dreams.	6 <sup>th</sup> & Up	12

Two Hour Programs: 4:00 – 5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Baking with Chemistry</b> 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 <sup>rd</sup> – 6 <sup>th</sup>	10

# Friday Programs

First hour: 4:00-4:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Gear Girls</b> Gear Girls is a machining and engineering program for girls that introduce them to the basic concepts and skills required in the precision trades.	3 <sup>rd</sup> -6 <sup>th</sup>	15
<input type="checkbox"/> <b>Kick It</b> This class will <i>only</i> focus on soccer. Girls will have the whole session to learn the ins and outs of the sport. Girls will learn and practice dribbling, shooting, blocking the goal, and the overall goal of working as part of a team.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>L.I.F.E.</b> Girls will learn basic life skills in the social and business world. They will be confident in their conversations and refine their manners.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>This Is Me</b> Girls will go through workshops and hands-on activities to understand themselves more deeply. Girls will be taught self-awareness skills to prepare them for tough situations. Girls will also research and find causes/topics that they are passionate about and how these causes/topics can influence their future.	3 <sup>rd</sup> – 6 <sup>th</sup>	15

Second hour: 5:00-5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Build It with Code</b> Girls will develop their understanding of coding & engineering in this class where they will construct objects with coding techniques.	3 <sup>rd</sup> -6 <sup>th</sup>	15
<input type="checkbox"/> <b>Yoga</b> This class will allow girls to relax, and find their peace while also learning the importance of balance, stability, and focus. Girls will get the opportunity to push themselves on an individual level to test their focus and ability to control their own body.	3 <sup>rd</sup> & Up	20
<input type="checkbox"/> <b>Media Smarts</b> Girls will learn about slogans and logos involved in the media.	3 <sup>rd</sup> – 6 <sup>th</sup>	15
<input type="checkbox"/> <b>Healthy Living</b> Girls will learn about physical fitness and health in this program. They will participate in different activities/exercises designed to help them live a healthier lifestyle. The class may also have the opportunity to visit local fitness facilities.	3 <sup>rd</sup> – 6 <sup>th</sup>	15

Two Hour Programs: 4:00 – 5:45pm

<u>Program Name</u>	<u>Grade</u>	<u>Limit</u>
<input type="checkbox"/> <b>Top Teen Chef</b> Girls will learn about and how to prepare different food items in order to compete in “Chopped” style kitchen challenges.	6 <sup>th</sup> & Up	15