

# girls inc.®

With centers in Albany  
and Schenectady

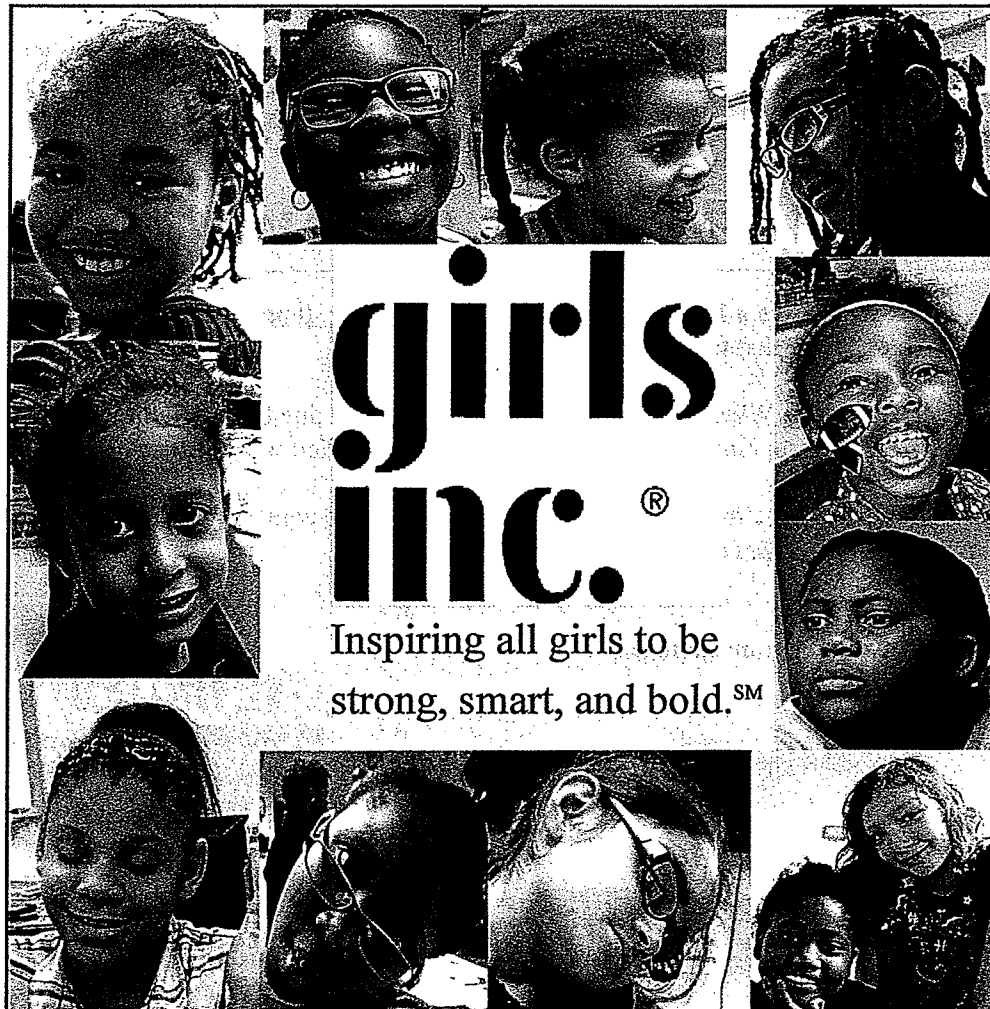
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## Girls Incorporated® of the Greater Capital Region

### Fall 2016 Albany FREE After - School Program Schedule and Descriptions



strong Strong Strong  
Bold Bold Bold

## REGISTRATION

**In-person registration only.** We are unable to register a member over the phone or internet.  
Registration starts: **Tuesday, September 14, 2016 from 12:00 to 7:00 pm**  
After this date register in-person **Monday – Friday from 2:00 pm to 5:00 pm.**

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

## IMPORTANT INFORMATION

**PROGRAM DATES:** The Fall session begins on Monday, Sept. 19 and ends on Friday, Dec. 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 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, 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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JUNIOR LEAGUE OF ALBANY, INC.  
Women building better communities®

## KIDS CORNER

*Sponsored by United Way of the Greater Capital Region*

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### *First Niagara's Mentoring Matters*

Our Kids Corner Program is designed specifically for girls in K-2<sup>nd</sup> 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:** 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 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 <sup>rd</sup> & UP	Ms. ANA	10
<input type="checkbox"/> \$HE'\$ ON THE MONEY <i>Sponsored by TD Bank</i> Girls will learn the importance of good money management, how to establish a budget, and practice with real life budgeting scenarios.	3 <sup>rd</sup> – 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> CREATIVE WRITING Girls will learn how to write a successful story. They will get creative and write poems using expression projects.	3 <sup>rd</sup> – 6 <sup>th</sup>	CULTURE & HERITAGE	15
<input type="checkbox"/> ROCK STARS <i>Sponsored by GE</i> Have you ever wondered how the Grand Canyon and the Egyptian Pyramids were formed? This program dives into both natural and manmade landmarks across the world to see how they were made.	3 <sup>rd</sup> – 6 <sup>th</sup>	OP SMART	15
<input type="checkbox"/> KICK IT <i>Sponsored by Junior League of Albany</i> Girls will understand the fundamentals of soccer. They will learn about the different offensive and defensive positions as well as practice their skills.	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	20
<input type="checkbox"/> MIND + BODY <i>Sponsored by MVP</i> Girls will learn how to maintain a strong, healthy body through different activities. They will also learn why it is important to have both a strong mind and body in order to be the healthiest they can be.	6 <sup>th</sup> & UP	TEEN PRPGRAM	15

## MONDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> FREEDOM WRITERS Girls will learn to vent emotions and feelings in a positive way. Different types of writing will be explored; such as keeping journals, poems and pictures.	3 <sup>rd</sup> – 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> CULTURAL CONVERSATION Girls will learn basic phrases in other languages (Chinese, Spanish, Hindi, Arabic, ASL). They will engage in a cultural exchange project with a class from another country (or a different first language).	3 <sup>rd</sup> – 6 <sup>th</sup>	CULTURE & HERITAGE	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 <sup>rd</sup> – 6 <sup>th</sup>	OP SMART	15
<input type="checkbox"/> DO NOT PASS GO Girls will experience life size versions of classic board games such as Monopoly, Scrabble and UNO.	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	20
<input type="checkbox"/> TEENS STEPPING OUT Girls will learn the value of volunteering in their community and will give back to others as they learn the meaning behind volunteerism.	6 <sup>th</sup> & UP	TEEN PROGRAM	11

## TUESDAY PROGRAM 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.	3rd - 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> MAGIC WITHIN This program utilizes writing to explore dreams, goals, frustrations and self-expression. The girls will be able to identify their aspirations for their futures and express themselves through their work.	3rd - 6th	CULTURE & HERITAGE	15
<input type="checkbox"/> GEAR GIRLS <i>Sponsored by GE</i> Girls will learn about nontraditional career paths in machining and engineering introducing them to basic concepts of this discipline.	3rd – 6th	OP SMART	15
<input type="checkbox"/> HOCKEY <i>Sponsored by Junior League of Albany</i> Girls will learn the skills necessary for the game of hockey. They will learn the rules and various plays to be successful.	3rd – 6th	Mr. ALEX	20
<input type="checkbox"/> ARTEENISTIC Girls will learn different styles of art. They will bring out their inner artist using different art mediums.	6th & UP	TEEN PROGRAM	15

## TUESDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> BODY IN BALANCE Girls will explore the changes of a growing girl. This program will cover puberty and hygiene. They will learn ways to keep their body healthy through exercise, eating, and overall wellness.	3 <sup>rd</sup> – 6 <sup>th</sup>	Ms. TRACY	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.	3 <sup>rd</sup> – 6 <sup>th</sup>	CULTURE & HERITAGE	15
<input type="checkbox"/> UNDER THE SEA <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 <sup>rd</sup> – 6 <sup>th</sup>	OP SMART	15
<input type="checkbox"/> RIM BOUND <i>Sponsored by Junior League of Albany</i> Girls will learn the fundamentals of basketball. Girls will use their dribbling, passing, shooting, and defensive skills to help their team win games.	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	20
<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 <sup>rd</sup> -6 <sup>th</sup>	RPI	10
<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 <sup>th</sup> & UP	Ms. KEISYHA	5

## **WEDNESDAY PROGRAM 3:45-5:30**

<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 correct ingredients and measurements to create perfect tasting baked goods.	3 <sup>rd</sup> – 6 <sup>th</sup>	OP SMART	15

## **WEDNESDAY 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 <sup>rd</sup> & UP	MS. ANA	10
<input type="checkbox"/> SISTER SISTER Girls will learn about the importance of leadership while becoming positive role models to Kids' Corner.	3 <sup>rd</sup> - 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> DO IT YOURSELF (DIY) Girls will learn how to make and revamp articles of fashion, using everyday items from old clothing to neglected materials.	3 <sup>rd</sup> - 6 <sup>th</sup>	CULTURE & HERITAGE	15
<input type="checkbox"/> ULTIMATE FRISBEE Girls will learn the full motions of the upbeat game Ultimate Frisbee. This will help girls utilize their skills to create better forms of teamwork.	3 <sup>rd</sup> - 6 <sup>th</sup>	Mr. ALEX	20
<input type="checkbox"/> DOUBLE DUTCH Girls will learn the basic skills to jumping rope as they increase their physical fitness. They will learn how to jump and turn. There will be activities to test their listening skills as well as learning how to be a team player.	6 <sup>th</sup> & UP	TEEN PROGRAM	15



## WEDNESDAY PROGRAM 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> NUTRITIOUS & DELICIOUS	3 <sup>rd</sup> – 6 <sup>th</sup>	Ms. TRACY	15
Girls will learn healthy eating through hand on activities. They will also learn about portion control, caloric intake and healthy non-fat substitutions.			
<input type="checkbox"/> MUSIC AND ME	3 <sup>rd</sup> – 6 <sup>th</sup>	CULTURE & HERITAGE	15
Girls will learn about the influence of music in Pop culture. Hip-hop, pop, blue, and jazz will be areas of focus. They will also learn about different instruments and beat making.			
<input type="checkbox"/> STEPPING	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	20
Girls will learn the art of stepping and use their bodies to create beats. Girls will create a routine and perform a step show.			
<input type="checkbox"/> PROJECT CITIZEN	6 <sup>th</sup> & UP	TEEN PROGRAM	15
This program focuses around civic education that will increase knowledge, enhance skills, and develop an understanding of how we can work together to make our communities better.			

## THURSDAY PROGRAMS 3:45-5:30

\*Note the time

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> WORLD CUISINE Girls will learn to prepare foods from around the world. Focus will be placed on measuring and understanding different cultural practices with food.	3 <sup>rd</sup> - 6 <sup>th</sup>	CULTURE & HERITAGE	15
<input type="checkbox"/> EXPLORE/BIO GIRLS <i>SPONSORED BY ALBANY MEDICAL CENTER</i> Girls will learn about life science and the environment by learning about different animals and their habitats.	3 <sup>rd</sup> - 6 <sup>th</sup>	ALB MED/OP SMART	15

## THURSDAY PROGRAM 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<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 <sup>rd</sup> - 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> SMASH IT Girls will learn the full fundamentals of tennis. Basic skills such as serving, fore-hand, back hand, and scoring will be taught.	3 <sup>rd</sup> - 6 <sup>th</sup>	Mr. ALEX	20
<input type="checkbox"/> TEEN TALK Girls will participate in forums centering on issues the teen population is facing today. Teen will have discussions around topics such as cyber bullying, relationships, and peer pressure	6 <sup>th</sup> & UP	TEEN PROGRAM	20

## THURSDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> OVERCOMING OBSTACLES Girls will learn communication, decision-making, goal setting, and problem solving. These skills will help them to overcome obstacle in life such as bullying, peer pressure, and other daily challenges.	3 <sup>rd</sup> - 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> COMMIT TO BE FIT <i>Sponsored by Junior League of Albany</i> Girls will learn fun ways to stay healthy through nutrition and fitness. They will set their own goals for nutrition and fitness and be rewarded for achieving these goals.	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	20
<input type="checkbox"/> SCRATCH Scratch is software developed by MIT’s media lab to introduce several aspects of gaming and computer programming. You will get the chance to create a variety of interactive digital media with RPI students as your mentors. Come have fun making animations, create cartoon characters, and make your own games, animate photographs and much more. Each will be provided a laptop to create and save their projects on during each session. You do not need prior experience.	3 <sup>rd</sup> - 6 <sup>th</sup>	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 such as resume writing, interview techniques, and self-motivation.	6 <sup>th</sup> & UP	TEEN PROGRAM	15

## FRIDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> I RUN THIS <i>Sponsored by TD Bank</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 <sup>rd</sup> – 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> DISCOVERY Girls will learn different ways to help around the community. They will discover how much they can accomplish by working as a team.	3 <sup>rd</sup> – 6 <sup>th</sup>	CULTURE & HERITAGE	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 <sup>rd</sup> – 6 <sup>th</sup>	OP SMART	15
<input type="checkbox"/> BONE ZONE <i>Sponsored by Junior League of Albany</i> Girls will learn about different exercises that promote the prevention of osteoporosis and promote bone health.	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	20
<input type="checkbox"/> GET THE SCOOP BE A REPORTER Girls will write news stories, their thoughts and ideas, for a Girls Inc. newspaper.	5 <sup>th</sup> & UP	Ms. PATTY	10
<input type="checkbox"/> INTERNATIONAL COOKING Girls will learn about basic cooking steps. They will cook meals from around the world, learn to read recipes, and measure ingredients.	6 <sup>th</sup> & UP	TEEN PROGRAM	15

## FRIDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> I'M THE ARCHITECT <i>Sponsored by Bender Scientific</i> Create home floor plans, kitchen, living room, dining, bedrooms, and bath. Add furniture to your rooms, and view your creation. Create a landscape design.	3 <sup>rd</sup> & UP	Ms. PATTY	10
<input type="checkbox"/> GIRLS GET THE MESSAGE Girls will understand concepts of stereotype and diversity in the media. They will also recognize marketing tactics.	3 <sup>rd</sup> – 6 <sup>th</sup>	Ms. TRACY	15
<input type="checkbox"/> FASHION FORWARD Girls will learn the influence of clothes, and jewelry and accessories in today's society. they will take a behind the scenes look of the fashion industry.	3 <sup>rd</sup> – 6 <sup>th</sup>	CULTURE & HERITAGE	15
<input type="checkbox"/> MOTHER EARTH <i>Sponsored by GE</i> Girls will learn the science behind growing plants and the importance of recycling.	3 <sup>rd</sup> – 6 <sup>th</sup>	OP SMART	15
<input type="checkbox"/> YOGA Girls will have a chance to learn the healing arts of yoga, as well as calming positions, and stretches. This will teach them to think first and act second.	3 <sup>rd</sup> – 6 <sup>th</sup>	Mr. ALEX	15
<input type="checkbox"/> MEDIA AND ME Girls will participate in celebrating positive roles for girls and women in the media. Investigate different types of media, practice creating their own media messages, and talk about issues of violence and stereotypes.	6 <sup>th</sup> & UP	TEEN PROGRAM	15