

MONDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MATH MONDAY Girls will use math to make hands-on artwork and digital creation designs. Thought provoking math concepts will be presented for challenges. The girls will have the opportunity to learn graphic design techniques using drawing software.	3 rd & UP	Ms. CAROL	10
<input type="checkbox"/> BUILD IT 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. TIA	15
<input type="checkbox"/> HOMEWORK HELP Must also be enrolled for Thursday class as well 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	Ms. ANA	15
<input type="checkbox"/> ALL STAR Girls 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	Ms. GIHANNI	20
<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	Ms. BRANDI	15

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

MONDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> IM THE ARCHITECT Girls will use architectural drawing software to design home floor plans. Time will be spent planning and drawing their design on paper.	3 rd & UP	Ms. CAROL	10
<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, how to make healthy snacks and how to plant and maintain a vegetable garden.	3 rd - 6 th	Ms. TIA	15
<input type="checkbox"/> DOLLAR\$, \$EN\$E & 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 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. GIHANNI	15
<input type="checkbox"/> TEEN 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	Ms. BRANDI	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	Ms. CAROL	10
<input type="checkbox"/> BOOM! POW! WOW! 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. TIA	15
<input type="checkbox"/> BRIDGES This program 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 offense, 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	Ms. GIHANNI	20
<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
<input type="checkbox"/> INFROMED & INCHARGE Healthy Relationships In the healthy relationships module, girls learn to identify, establish, and cultivate healthy relationships though 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	Ms. BRANDI	15

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<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> SIMS Play the Sims game and create your own society.	3 rd & UP	Ms. CAROL	10
<input type="checkbox"/> MY GIRLFRIEND ZELDA My Girlfriend Zelda is an introductory anatomy and physiology program. The program serves two essential purposes: Helping girls learn about their bodies and how to stay healthy and acquainting girls with some of the roles and responsibilities of health care professionals.	3 rd – 6 th	Ms. TIA	15
<input type="checkbox"/> I RUN THIS 15 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. GIHANNI	
<input type="checkbox"/> FUNDS FOR THE FUTURE Class is full. Must have been in Fall Session. 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. BRANDI	10

WEDNESDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> MICROSOFT OFFICE 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	Ms. CAROL	10
<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 workshop 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	Ms. ANA	10
<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	Ms. GIHANNI	20
<input type="checkbox"/> FRIENDLY <i>PEERSUASIAN</i> 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	Ms. BRANDI	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 Girls will challenge themselves to combine the right ingredients with the correct measurements to create tasty baked goods. Girls will learn how to measure using tablespoons, cups, ounces, pounds, etc.	3 rd – 6 th	Ms. TIA	10

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WEDNESDAY PROGRAM 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> WEDNESDAY WONDERS The girls will learn to navigate Windows and major internet browsers. They will virtually explore the universe with Google Earth and Google Space.	3 rd & UP	Ms. CAROL	10
<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	Ms. GIHANNI	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	Ms. BRANDI	15

THURSDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<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 & UP	Ms. CAROL	10
<input type="checkbox"/> BIO GIRLS 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. TIA	15
<input type="checkbox"/> HOMEWORK HELP Must also be enrolled for Monday class as well 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	Ms. ANA	10
<input type="checkbox"/> MIND + BODY Girls have the right to accept and appreciate their bodies, and are entitle 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 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.	3 rd & UP	Ms. GIHANNI	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	Ms. BRANDI	15

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THURSDAY PROGRAMS 4:45-5:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> PROJECT CREATION Girls will learn to plan a project from start to finish. During the twelve week session, they will be creating their project plans using Art, Technology, Science & Math.	3 rd & UP	Ms. CAROL	10
<input type="checkbox"/> GIRLS DIG IT 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 girls and women of today?	3 rd – 6 th	Ms. TIA	15
<input type="checkbox"/> THIS IS MY LIFE 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. GIHANNI	15
<input type="checkbox"/> INTERNATIONAL COOKING 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.	6 th & UP	Ms. BRANDI	15

FRIDAY PROGRAMS 3:45-4:30

<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> ENGINEER & DESIGN FUN Girls will learn about technical components of one or more hardware 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.	3 rd & UP	Ms. CAROL	10
<input type="checkbox"/> GIRLS OF FORENSICS Girls will learn how a forensic anthropologist creates biological profiles; they will end up solving problems using the research they find. This will put science and their minds to the test.	3 rd – 6 th	Ms. TIA	15
<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. GIHANNI	15
<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	Ms. BRANDI	15

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<u>PROGRAM</u>	<u>GRADE</u>	<u>STAFF</u>	<u>LIMIT</u>
<input type="checkbox"/> ART MANIA Through research on the computer girls will investigate and explore the science behind different forms of art. Girls will also learn about famous artists. This class may also have opportunities to create examples of what they learn about.	3 rd & UP	Ms. CAROL	10
<input type="checkbox"/> IN THE STARS Girls will learn a natural science that studies celestial and phenomena. Applying mathematics, physics and chemistry in an effort to explain the origin of those objects and phenomena and their evolution.	3 rd – 6 th	Ms. TIA	15
<input type="checkbox"/> \$HE\$ ON THE MONEY This program uses games, role plays, and art projects to build girls' skills for identifying and counting money. 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. GHANNI	15
<input type="checkbox"/> DOUBLE DUTCH Girls will learn coordination skills such as turning double dutch by learning new tricks and rhythm. Girls will work on a team to learn partnership while achieving a full body exercise.	6 th & UP	Ms. BRANDI	15