

**Girls Incorporated of Greater Santa Barbara**  
**Class Schedule Winter 2012**  
**Goleta Valley Center**

<b>DAY</b>	<b>CLASS</b>	<b>GRADE</b>	<b>TEACHER</b>	<b>ROOM</b>
Monday	Theater Games	1 <sup>st</sup> -2 <sup>nd</sup>	Lindsay	Theater
Monday	Team Challenge	1 <sup>st</sup> -2 <sup>nd</sup>	Sam	Gym
Monday	Indiana Jane	1 <sup>st</sup> -2 <sup>nd</sup>	Emma	Library
Monday	Art Essentials	1 <sup>st</sup> -2 <sup>nd</sup>	Amber	Art
Monday	Jazz Dance	3 <sup>rd</sup> -4 <sup>th</sup>	Bella	Dance
Monday	Bone Zone	3 <sup>rd</sup> -4 <sup>th</sup>	Stacy	SMART
Monday	Leadership Lab	5 <sup>th</sup> & Up	Christina	Adventure
**Just for Kix Evening Dance Class**-Intermediate Tap				
Tuesday	Enchanted Castle	1 <sup>st</sup> -2 <sup>nd</sup>	Lindsay	Theater
Tuesday	Olympic Games	1 <sup>st</sup> -2 <sup>nd</sup>	Sam	Gym
Tuesday	Tap Dance	1 <sup>st</sup> -2 <sup>nd</sup>	Bella	Dance
Tuesday	My Backyard	1 <sup>st</sup> -2 <sup>nd</sup>	Lauren	Library
Tuesday	Women Who Rock	3 <sup>rd</sup> -4 <sup>th</sup>	Emma	Art
Tuesday	Science Fair	3 <sup>rd</sup> -4 <sup>th</sup>	Allie	SMART
Tuesday	Leadership Lab	5 <sup>th</sup> & Up	Stacy	Adventure
**Just for Kix Evening Dance Class**-Jazz				
Wednesday	Kinderfun Gymnastics-\$	K	Gym Staff	SBC Gym
Wednesday	Space Race	1 <sup>st</sup> -2 <sup>nd</sup>	Lindsay	Theater
Wednesday	State Smarts: The Virginias	1 <sup>st</sup> -2 <sup>nd</sup>	Sam	Computers
Wednesday	Art & Storytelling	1 <sup>st</sup> -2 <sup>nd</sup>	Amber	Art
Wednesday	Simply Soup'r	1 <sup>st</sup> -2 <sup>nd</sup>	Christina	Kitchen
Wednesday	Growing Up Body Basics	3 <sup>rd</sup> -4 <sup>th</sup>	Stacy	SMART
Wednesday	Meet the Author	3 <sup>rd</sup> -4 <sup>th</sup>	Phyllis	Library
Wednesday	*Basketball Team*\$	3 <sup>rd</sup> -6 <sup>th</sup>	Bella	Gym
Wednesday	Leadership Lab	5 <sup>th</sup> & Up	Emma	Adventure
Thursday	State Smarts: California Friends	1 <sup>st</sup> -2 <sup>nd</sup>	Sam	Computers
Thursday	Women Who Rock	1 <sup>st</sup> -2 <sup>nd</sup>	Emma	Art
Thursday	Career Exploration	1 <sup>st</sup> -2 <sup>nd</sup>	Stacy	SMART
Thursday	Kid Town	1 <sup>st</sup> -2 <sup>nd</sup>	Lauren	Kitchen
Thursday	Space Race	3 <sup>rd</sup> -4 <sup>th</sup>	Lindsay	Theater
Thursday	*Basketball Team*\$	3 <sup>rd</sup> -6 <sup>th</sup>	Bella	Gym
Thursday	Leadership Lab	5 <sup>th</sup> & Up	Phyllis	Library
Friday	Gymnastics-\$	1 <sup>st</sup> & Up	Gym Staff	SBC Gym
Friday	Mad Scientist Club	1 <sup>st</sup> & Up	Allie	SMART
Friday	Glee Club	1 <sup>st</sup> & Up	Sam	Theater
Friday	Ballet Club	1 <sup>st</sup> & Up	Bella	Dance
Friday	Photography Club	1 <sup>st</sup> & Up	Emma	Art
Friday	Leadership Lab	5 <sup>th</sup> & Up	Lindsay	Adventure

**\*Girls wishing to participate on our Basketball Team must register for both days. There is also a \$50 fee for the quarter to participate\***

**\$- There is an additional fee for Gymnastics. Please ask at the front desk for your rate.**

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\*All classes are from 4:00-5:15pm and Homework Help is from 5:15-6:00pm

**MONDAY**

**Theater Games-** In this dramatic arts class girls will learn all about the art of improvisation and will also be exposed to the basic elements of other various forms of dramatic expression all while increasing their willingness to perform in front of others. (Culture and Heritage)

Instructor- Lindsay

Grades: 1<sup>st</sup>-2<sup>nd</sup>

**Team Challenge-** In this class, girls compete in teams in various sports and sports-related activities to introduce them to the basic concepts of teamwork and sportsmanship. They will gain points based on how well they work together and how positive they are with their teammates and the opposing teams. (Sports & Adventure)

Instructor- Sam

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Indiana Jane-** What is archaeology? What do archaeologists do and would you enjoy it? In this class you will learn these things as well as be introduced to the world of archaeology using sciences and learn about lots of different cultures across time. Explore and question the cultures you learn about as well as learn the role of women in them to observe how it has changed over time! (Culture and Heritage)

Instructor- Emma

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Art Essentials-** Learn all the skills and knowledge you need to be a successful artist in this new and exciting class. Learn about famous artists and works of art and practice their techniques in artwork that is all your own. Perfect your techniques and see your progress through daily sketching and journaling. (Culture and Heritage)

Instructor- Amber

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Jazz Dance-** This class will be geared toward a beginning level jazz dancer (those with previous experience will be able to work at a higher level as well). Emphasis will be placed on increasing flexibility, posture, and ballet basics as the girls work to develop skills such as a grand batma, chaine turn, pirouette prep or single turn, pique, pas de bourre, chasse and beginning leaps. (Sports & Adventure)

Instructor- Bella

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Bone Zone-** When thinking about your health, many young girls would not think that it is very important to take care of their bones. The key message for this class is "Powerful Bones. Powerful Girls." This class will actively teach the girls how to keep strong bones through sports/movement, nutrition, and knowledge. (Health and Sexuality)

Instructor- Stacy

Grade- 3<sup>rd</sup>-4<sup>th</sup>

**Leadership Lab-** Once again this quarter the girls in Leadership Lab will be exposed to a wide variety of curricula content areas throughout the quarter. Girls will have the opportunity to go offsite regularly so please check your parent file for a bi-weekly calendar with their schedule details. (Self Reliance and Life Skills)

Instructor- Christina

Grades- 5<sup>th</sup> & Up

**\*\*Just for Kix Evening Dance Class\*\* - Intermediate Tap-** This class is for girls who have experience in tap either through Girls Inc. or other dance studios. Girls will build on skills such as shuffles, slaps, digs, toes, etc. to create diverse combinations. Hop shuffles, buffalos, and single time steps will be highly focused on in this class to increase balance, stamina, and clean sounds while tapping. **There is an additional fee of \$120 for the quarter for this class from 6:15-7:15 pm.** Snacks will be provided for the girls from 6:00-6:15 prior to the start of class so girls do not need to be picked up prior to the end of class from Girls Inc.

## TUESDAY

**Enchanted Castle-** Take a fantasy trip aboard the Fairy Tale Express. Girls will plan travel routes to the Enchanted Castle and make literacy stops. Girls will learn about comparing and contrasting, style, character, vocabulary, and moral values. When they reach their destination, they will use their imagination and ingenuity to create their own fairy tale dramas. (Self Reliance and Life Skills)

Instructor- Lindsay

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Olympic Games-** Do you have the dream to one day be an Olympic champion? Do you see yourself taking the gold, silver, or bronze in Field Hockey, the Long Jump, or Tennis? This class will offer you the foundation to be successful at some of your favorite Olympic Sports. (Sports and Adventure)

Instructor- Sam

Grade- 1<sup>st</sup>-2<sup>nd</sup>

**Tap Dance-** This class will continue to build on the skills build during the first quarter of tap and introduce those girls new to tap to the basic skills such as shuffle, slaps, digs, and toes. Girls with previous experience will now continue on to learning hop shuffles, slap combinations, and time steps. All girls will develop a greater sense of musical rhythm, stamina, core strength, and flexibility. (Sports & Adventure)

Instructor- Bella

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**My Backyard-** This program is a comprehensive scientific and musical exploration of our backyard ecology. In cooperative groups, students work together as scientists, authors, artists and performers to understand the creatures they see every day in their own backyards. Girls will research the habits and habitats of creatures commonly found in the backyard and use observation and measurement to conduct research and create secret codes. (Careers & Life Planning)

Instructor- Lauren

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Women Who Rock-** Music is such an important part of life, that the girls should be exposed to the women who made such a big contribution to the music industry. The girls will learn about the various types of music along with the women that made them Rock. They will also discuss the various lyrics of music from today, to the music of yesterday. (Culture and Heritage)

Instructor- Emma

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Science Fair-** Girls in this class will learn what it takes to create a successful science fair project. Choose your project, examine a question, create a hypothesis, do research, and conduct an experiment all your own. Girls will work on their own in groups to design and execute a science experiment and celebrate by a culminating science fair where they can showcase their findings to their friends and families! (Careers and Life Planning)

Instructor- Allie

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Leadership Lab-** Once again this quarter the girls in Leadership Lab will be exposed to a wide variety of curricula content areas throughout the quarter. Girls will have the opportunity to go offsite regularly so please check your parent file for a bi-weekly calendar with their schedule details. (Self Reliance and Life Skills)

Instructor- Stacy

Grades- 5<sup>th</sup> & Up

**\*\*Just for Kix Evening Dance Class\*\*-Jazz-** Girls in this class will be working toward increasing flexibility, posture, and basic ballet technique. For the beginning level Jazz dancer girls will work to develop skills such as grand batma, chaine turn, pirouette prep or single turn, pique prep, pas de bourre, chasse and beginning leaps. Those with previous experience will work toward Jazz II skills such as side batmas, double pirouettes, pique turns, tourjete pre, jetes, jumps a la second and much more. **There is an additional fee of \$120 for the quarter for this class from 6:15-7:15 pm.** Snacks will be provided for the girls from 6:00-6:15 prior to the start of class so girls do not need to be picked up prior to the end of class from Girls Inc.

## **WEDNESDAY**

**Space Race-** Learn all about our solar system and the planets within it by “exploring” each planet and learning how it differs from the others. Learn why our sun is important and why humans couldn’t live on any planet other than earth. Learn what astronauts do and the details involved in space exploration! (Self Reliance and Life Skills)

Instructor- Lindsay

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**State Smarts: The Virginias-** Use the computer to learn all about geography and the states of Virginia & West Virginia. Explore popular cities and learn about local history, landmarks, and culture as well as state facts like the state flower, bird, flag, and more. All the information you need will be at your fingertips! (Self Reliance and Life Skills)

Instructor- Sam

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Art and Storytelling-** This program engages girls creatively by having them do art projects based on popular fiction. Girls will get a chance to read a story, then use their own creativity in interpreting the story by producing a work of art all their own. (Self Reliance and Life Skills)

Instructor- Amber

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Simply Soup'r** - Do you enjoy cooking at home and eating nice tummy warming soups? Then this class is for you. You will be making a variety of soups from all over the world and sampling each one. You will then be able to take home your own recipe book and make these delicious soups at home! (Self Reliance and Life Skills)

Instructor- Christina

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Growing up Body Basics-** Girls in this class will learn how and why their body is changing, what to expect from puberty, as well as learn the appropriate names, locations, and functions of their body parts. The emphasis will be on the fact that body changes are normal, OK, and that whenever they occur that is the right time for each girl. (Heath & Sexuality)

Instructor- Stacy

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Meet the Author-** In this course, girls will be introduced to the life and work of some exceptional authors, including Mary Pope Osborne, Kate DiCamillo, Patricia Polacco, Kay Thompson, and more. Girls will learn about each author's life and hear how events in her childhood often inspired her to become a writer. Girls will read books by each of the authors and, in the process, discover some classics as well as some new favorite books to enjoy. (Self Reliance and Life Skills)

Instructor- Phyllis

Grades- 3<sup>rd</sup>-4<sup>th</sup>

**Basketball Team-** Girls Inc. has joined with the Santa Barbara Parks and Recreation League and will be playing games against other Santa Barbara schools and after school programs. Games will be held on Thursdays and practice will be on Wednesdays. **Girls must be able to attend both days in order to be on the team. There is an extra fee of \$50 to participate in the league. Girls must enroll in both Wednesday and Thursday's classes in order to participate.** Games will be held at other schools as well as in the gym. (Sports and Adventure)

Instructor- Bella

Grade- 3<sup>rd</sup>-6<sup>th</sup>

**Leadership Lab-** Once again this quarter the girls in Leadership Lab will be exposed to a wide variety of curricula content areas throughout the quarter. Girls will have the opportunity to go offsite regularly so please check your parent file for a bi-weekly calendar with their schedule details. (Self Reliance and Life Skills)

Instructor- Emma

Grades- 5<sup>th</sup> & Up

## THURSDAY

**State Smart: California Friends-** Learn all about the Magnificent States of the West. Girls will travel around Oregon, Washington, Arizona, Nevada, and many more. Girls will learn about important state facts using the internet. Lets' expand their mind in geography and see where it takes them (Self Reliance and Life Skills).

Instructor- Sam

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Women Who Rock-** Music is such an important part of life, that the girls should be exposed to the women who made such a big contribution to the music industry. The girls will learn about the various types of music along with the women that made them Rock. They will also discuss the various lyrics of music from today, to the music of yesterday. (Culture and Heritage)

Instructor- Emma

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Career Exploration-** What do you want to be when you grow up? What are you good at doing and how could you make that into a career? What types of fun careers are there that involve science? What fun things could you do as a video game programmer? Learn the answers to these questions and more by taking part in this class. Learn about all kinds of nontraditional, fun careers you could explore in your future. (Careers and Life Planning)

Instructor- Stacy

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Kid Town-** In groups, students set up stores complete with store fronts, products and prices. These stores help young children learn about community life while developing reading, writing, speaking, and art and math skills. (Self Reliance and Life Skills)

Instructor- Lauren

Grades- 1<sup>st</sup>-2<sup>nd</sup>

**Space Race-** Learn all about our solar system and the planets within it by “exploring” each planet and learning how it differs from the others. Learn why our sun is important and why humans couldn't live on any planet other than earth. Learn what astronauts do and the details involved in space exploration! (Self Reliance and Life Skills)

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Instructor- Phyllis

Grades- 5<sup>th</sup> & Up

### **FRIDAY**

**Gymnastics-** Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn several skills such as balance, concentration, and strength training. Gym is a wonderful way to build self-esteem and great poise and posture as well. They will stretch out at the beginning of each class, and then move on to the equipment and floor exercises. There is an extra fee to participate in the class, sliding scale fee applies. (Sports and Adventure)

Instructor-Gym Staff

Grades- 1st-8th

**Mad Scientist Club-**This club will be jammed packed with fun hands on science experiments. Work your way each Friday through the scientific method as you test and try your way through all kinds of crazy experiments. After this club you are sure to walk away thinking “Science is Fun!”

Instructor- Allie

Grades- 1<sup>st</sup> & Up

**Glee Club-** Learn the basics of music and performing by taking this fun new club. Learn about rhythm, beat, tempo, singing and rounds, and the musical scale. Learn everything you need to learn about the basics of singing and music while having a blast with your Girls Inc. Glee Club friends! (Culture and Heritage)

Instructor- Sam

Grades- 1<sup>st</sup> & Up

**Ballet Club-** This club will be a structured ballet class modeled after the American Ballet Theater Curriculum. Class will begin with 20 minute barre routine, center stretches, across the floor ballet exercises, and will commence with work on beginning and intermediate Swan Lake Choreography. (Sports & Adventure)

Instructor- Bella

Grades- 1<sup>st</sup> & Up

**Photography Club-** Say Cheese! In this club girls will get the opportunity to express themselves through the magic of photography. Learn how to make a statement, get your voice heard, and see how powerful one picture can be. This club will really get you to open your eyes. (Self Reliance and Life Skills)

Instructor- Emma

Grades- 1<sup>st</sup> & Up

**Leadership Lab-** Once again this quarter the girls in Leadership Lab will be exposed to a wide variety of curricula content areas throughout the quarter. Girls will have the opportunity to go offsite regularly so please check your parent file for a bi-weekly calendar with their schedule details. (Self Reliance and Life Skills)

Instructor- Lindsay

Grades- 5<sup>th</sup> & Up