Girls Incorporated of Greater Waterbury
Back to School & Fall Programs 2016

“JUST LIKE A GIRL!”

From science, to math, to karate, dance, gymnastics, Zumba, cooking, sewing, building, drawing, singing, creating...afterschool, school vacations, Friday nights, every day...

It’s what we do, every day... for every girl

For over 150 years...we are Inspiring ALL girls to be strong, smart, and bold!

Registration for all programs is open
Call 203-756-4639 info@girlsincswct.org

Girls Inc. of Greater Waterbury, 35 Park Place, Waterbury, CT 06702 203-756-4639 info@girlsincswct.org
Inspiring all girls to be strong, smart, and bold\textsuperscript{sm}.

Our research-based curricula comprise eight distinct areas of focus known as our National Identity Programs. Elements of these programs are incorporated into everything that we offer at Girls Inc. of GW.

Girls Inc. National Identity Programs

- **Girls Inc. Economic Literacy\textsuperscript{®}**: Introduces girls to money management, budgeting, savings, and investment concepts and skills.
- **Girls Inc. Friendly PEERsuasion\textsuperscript{®}**: Builds girls’ skills for resisting substance abuse pressure from peers and the media.
- **Girls Inc. Leadership & Community Action\textsuperscript{®}**: Partners girls and women in community action projects chosen by girls, building leadership skills and creating lasting change.
- **Girls Inc. Media Literacy\textsuperscript{®}**: Encourages critical thinking about negative or limiting stereotypes of girls and women in the media.
- **Girls Inc. Operation SMART\textsuperscript{®}**: Builds girls’ skills and interests in science, technology, engineering, and math (STEM).
- **Girls Inc. Preventing Adolescent Pregnancy\textsuperscript{®}**: Helps girls identify ways and reasons to avoid early pregnancy by providing health education and encouraging girls to plan future life goals.
- **Girls Inc. Project BOLD\textsuperscript{®}**: Strengthens girls’ abilities to lead safer lives, including self-defense, confiding in caring adults, and advocating for girls’ and women’s safety from violence.
- **Girls Inc. Sporting Chance\textsuperscript{®}**: Builds interest in fitness and sports, cooperative and competitive spirit, and healthy risk-taking.

Membership to Girls Inc. of GW is $20 annually and open to all girls ages 5-18!

Girls Inc. Bill of Rights

**Girls have the right to** be themselves and to resist gender stereotypes.

**Girls have the right to** express themselves with originality and enthusiasm.

**Girls have the right to** take risks, to strive freely, and to take pride in success.

**Girls have the right to** accept and appreciate their bodies.

**Girls have the right to** have confidence in themselves and to be safe in the world.

**Girls have the right to** prepare for interesting work and economic

It pays to be a member:

* Exclusive access to all our after school programs
* Free or reduced admission to our special programs
* Eligibility for college scholarship opportunities

Financial Aid for certain program fees is available and is determined on an individual basis. Contact our office for more information on applying for Financial Aid.

Girls Inc. hours of operation:

- **Mon.**: 9:00am-7:00pm
- **Tues.**: 9:00am-7:00pm
- **Wed.**: 9:00am-7:00pm
- **Thurs.**: 9:00am-7:00pm
- **Fri.**: 9:00am-8:00pm
- **Sat.**: 9:00am-2:00pm

**Programs start right after school**

Many Waterbury schools bus directly to our afterschool programs Monday-Friday:

- Bucks Hill
- Bunker Hill
- Carrington
- Hopeville
- Kingsbury
- Maloney
- Brass City Charter
- N. End Middle School
- Rotella
- St. Mary’s
- Tinker
- West Side
- St. Peter & Paul
Girls Inc. of Greater Waterbury
Out of School & Fall Programs

Programs offered after school begin 8/29 - scholarships and financial aid available

Transportation available from many Waterbury Schools. All girls are welcomed into our safe, all-girls, judgement free zone, where they are encouraged to be themselves. With a focus on homework and academic performance, girls can also expect to participate in deliberate learning activities and hands-on experiments and projects centered around the arts, media, science, math and so much more! Homework help is provided each day, additional tutoring is available on a one-on-one or small group session. (fees may apply)

GIRLStart (g. k-5) - $80/week—Monday-Friday, 2:45-5:45 - Girls have an opportunity to do their homework, and work on school work for about an hour, then they get their hands dirty with science experiments, arts & crafts, cooking, and much more. All kinds of activities and speakers are a part of this everyday program.

Jr. Leaders (g. 6-8) $80/week—Monday-Friday, 2:30—5:45—Utilizing the Girls Circle curricula, girls can expect to participate in activities centered around the arts, media, science, math and so much more! Volunteer hours and a community action project are required for all participants. This everyday program will encourage the girls to become leaders amongst their peers and prepare them for our Teen Leadership program.

FREE programs for members!

Circuit Sisters LEGO® Team (g. 6-8) & Jr. LEGO® League (gr. 3-5)
Tuesdays, 5:30-7:00—Girls take part in this hands-on, project/solution driven LEGO® robot building program, designed to introduce girls to real-world engineering challenges.

Ages K-2 —Saturdays 10:00—11:00—We offer a fun environment for girls to build whatever they desire! If you can dream it, you can build it! Grab your friends and hang out with us on Saturdays!

NEW! Young Inventor’s Club & Invention Convention
Monday 5:30—6:30 pm ages 5+

Calling all fixers...creative types...problem solvers...
We’ll turn everyday items into fun, creative problem solutions. Make your own “whatchamacallit” and other great, problem solving things! Includes a Spring Invention Convention Showcase!

All-Day Mini-Camps!
We’re open when school is not, and we’ve got great days planned! All-day mini-camps are open to all girls, grades K-8 and run from 8:30am-5:30pm
Fee include lunch, snack, and all activities.
Members: $30/day  Non-members: $40/day

October:
Friday, October 7th—Fall into Great Fun as we have great activities, a few surprises and plenty of things to do!
Monday, October 10th—Columbus Day—plan for great fun with a special field trip, guest chef and many fall activities!

November:
Tuesday, November 8th—Election Day—vote for fun with an amazing day of activities, special guests and a few surprises! Girls will “report” the happenings of the day with a focus on Media and Music.
Friday, November 11th—Veterans Day—Everything USA! Celebrate our Veterans with a small celebration, and great activities that show off our girls’ freedom to be themselves!

December:
Tuesday December 27 thru Friday December 30th
Come celebrate the holiday break with us! Great seasonal activities that add up to F-U-N!!! *facility closes and all programs end by 3:00 pm on 12/30

Friday Night Fun! - 6:00—8:00 pm
Open to all girls in grades K-8. Girls join their friends for great fun with science, art, music, movies and more!
Check out our “Middle School” and “Teen Only” events throughout the session.
Girls Inc. Leadership

"At Girls Inc. we learn about leadership, and that we shouldn’t be afraid to be girls. We shouldn’t be afraid of being ourselves.”

2015 Teen Leader

Delivered by Positive Adult Role Models in a safe, all-girls environment, our leadership programs encourage our young girls to take risks, face challenges head on, and take responsibility for their futures.

Leadership programs components include:

♦ Community action project, volunteer hours
♦ Required academic performance for literacy & math
♦ Career exposure, shadowing, internships
♦ Guest speakers from a variety of careers
♦ College trips, college prep planning, FAFSA assistance
♦ Exclusive scholarship opportunities
♦ Opportunity to build life-long friendships
♦ Employment opportunities (age 16+)

Teen Leadership
With a focus on leadership, graduation, college and job ready skills, girls will be equipped for their futures. Under the direction of our Mentoring team, girls will be exposed to many different career and educational opportunities.

♦ College tours and campus visits
♦ Career options, skills assessment
♦ Job interview skills, resume writing
♦ Community action project with volunteer hours
♦ Opportunities to work directly with career women in various careers—shadowing & internships available
♦ Friday night Fun—open Mic Nights

Open to all girls ages 13+, weekly meeting, various programs offered throughout the week

$35 annual fee

College Scholarship Opportunities
Girls Inc. of GW girls have exclusive opportunities to apply for several college scholarships. Only Girls Inc. GW members are eligible for the following scholarships:

Girls Inc. National Scholarship
Multiple scholarships ($2,500-$15,000) are awarded each year and are open to 8th, 11th or 12th grade girls who are members of a Girls Inc. affiliate.

Patricia H. Mayfield Memorial Book Scholarship
Awards $250 towards college books and supplies and is open to graduating senior girls who are members of Girls Inc. GW.

Visit our website for specific college scholarship information: www.girlsincswct.org

Jr. Leadership
With a focus on developing leadership skills, girls will be exposed to mentoring opportunities, direct access to career women and opportunities to select a community action project.

♦ Lots of exposure to media, music, and the arts
♦ Science and math programming
♦ Direct mentoring opportunities
♦ Career tours—shadowing and Jr. Internship opportunities
♦ Girls Circle programming

Open to all middle school girls, meeting afterschool daily—$80/wk

Additional opportunities for Friday Night activities—2nd Friday of each month (included with annual membership)
YOU’RE INVITED!

Join NYC dancer and choreographer Krista Nichols this year at Girls Inc! No experience necessary! All levels of dancers are welcome! Each new student will recieve two pairs of tights and a Girls Inc t-shirt!

Contact us for more info!

35 PARK PL.
WATERBURY CT 06702
203.756.4639
Come Join Us For Our Free Open House!

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<td>5: Ballet</td>
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Advance Classes are open to all students with prior dance experience. All class are 45 minutes long.
Gymnastics

You will **FLIP** for this year’s gymnastics program!

*Our programs offer something for everyone!*

**NEW! Me & My Gal**—under 3 with adult female

**Tumbling Tots**—ages 3-5

**Beginner 1**—ages 6+

**Beginner 2**—various ages- must have cartwheel

**NEW THIS YEAR! Intermediate**—by invitation only - must have back handspring, group meets 3x/week

All programs focus on skill development and includes basic mat skills, balance beam and uneven bars.

*Girls are advanced based on skill level*

Check out our open houses & meet our coaches in September
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<th>Class/ Sessions</th>
<th>Day/Time</th>
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<td>Beginner 1 (ages 6+)</td>
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<td>Intermediate (must have back handspring)</td>
<td>Monday, Wednesday &amp; Thursday 5:30PM-7:00PM</td>
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Karate BE BOLD!

New! Year Long Program includes uniform, 4 competitions (breaking & form), awards banquet and 2 grading ceremonies!

Who: All girls, ages 6-18
When: Tuesdays & Thursday’s 6PM-7PM
Where: Girls Inc. of GW Gym, 35 Park Place in Waterbury

Fee: $600 for the entire year—$75 deposit, $75 Oct, Nov, Jan, Feb, Mar, Apr, May 10% savings if paid in full at the time of registration, 25% discount on 2nd child enrolled

Fee includes 2 sessions per week, uniform, 4 competitions (Nov, Jan, Mar, May), awards banquet for girls & one guest in February, two grading ceremonies—Feb & June!

Why This Program? Girls Inc. believes that girls have the right to have confidence in themselves and be safe in the world. Girls are entitled to feel safe as they go through life, and they are entitled to be safe in their homes, schools, and communities.

Starts 10/4. Contact GISWCT today to sign up!
#203-756-4639 or email info@girlsinswct.org

Girls Incorporated
of Greater Waterbury
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Waterbury, CT 06702
203-756-4639

www.girlsinswct.org
info@girlsinswct.org
www.facebook.com/GISWCT
Girls Inc.’s Sew it up

Under the direction of Suzanne Rae, a Brooklyn-based women’s ready-to-wear line designer, Girls Inc. is again offering the opportunity to learn a basic life skill, while combining the contemporary designs of today with the self-expression that design and sewing offers.

Who: All girls, ages 9-16
When: Saturday 9:30—12:00 pm
Where: Girls Inc. 35 Park Place in WTBY
Fee: $600 for the entire year—$75 deposit, $75 per month October—May (no payments due in Dec. or June...10% savings if paid in full at the time of registration, 25% discount on 2nd child enrolled)

A Full year program focused on sewing skills and fashion design. Upcycling and project based learning drive this entire program. Girls participate in our Holiday fashion show on December 17th and our Girls Inc. Runway on June 3, 2017

Check out our Ladies only program kicking off October 12th!
Bring a friend and join our alumnae for these great sessions. Each session meets each Wednesday morning from 10-11:30 and includes snack!
Bring your own fabric, patterns and designs or use some that we have!
$35 for the session

Just looking to learn basic sewing skills? Join our mini-sessions and learn the basics of sewing, including simple repairs, hems, zippers, etc.!

Wed 5:30-6:30 or Sat 12:30—1:30
Each 4 wk session $50
Sess #1—10/15, 10/22, 10/29, 11/5
Sess #2—11/12, 11/19, 12/3, 12/10

Program Starts 10/1! Contact GISWCT today to sign up!
#203-756-4639 or email info@girlsinswct.org

Program generously funded by the Connecticut Community Foundation

www.girlsinswct.org
info@girlsinswct.org
www.facebook.com/GISWCT

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of Greater Waterbury
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Inspiring all girls to be strong, smart, and bold.
The Story through the Lens

Calling all girls ages 9+

The camera tells a story...learn how to take amazing photos! Tell your story through the lens...participating girls will have the opportunity to work on the Runway performance video and photos with professional photographers!

Who: All girls, ages 9+
When: Wed. 5:30—6:30 10/12-11/16
or
Sat. 12:30—2:00 pm 10/15-11/19
Cost: $99 session, includes digital camera, all supplies, field trips, etc.

All girls will get to display their photos during our Gallery Week 11/28-12/3 and take photos during our Holiday Fashion show on 12/17.

Register by calling Girls Inc. at 203-756-4639 or email reception@girlsincswct.org
Back for 2016! We’re ringing in the new school year with a ton of new programs…

Saturdays are chock full of fun at Girls Inc.!

**Saturday sessions run 10/15-12/17 9 sessions (no programs 11/26) Open House 10/1**

**YOU GO GIRL!**

Kicking off a healthy new year and in partnership with Waterbury Hospital, Taft, and Girls On The Run, Girls will have a chance to train with local mentors afterschool and on Saturdays by participating in fun, healthy activities, as we gear up for our first annual Girls On The Run marathon in June!

“HAVE A BALL WITH US!” every Saturday morning from 9:00 – 10:00 am OR 1:00 – 2:00 pm for skills, drills, fun, friends and great sports action! Open to all girls ages 5+

We’re playing everything and trying our hand at new things too! Open to all girls who want to have fun…beginners and intermediate players welcome!

All fun, all morning…snacks included!

$100 includes t-shirt and equipment!

Sweet Sounds on Saturday

Girls Inc. now offers Saturday music lessons!

Learn how to play the guitar, piano, or organ in an individual or group lesson. Contact us for more information on rates and scheduling.

For more information or to register
Call 203-756-4639
info@girlsincswct.org

Dance & gymnastics on Saturdays, too!
Spend Saturdays with us!

Let your voice be heard!

Join us for choir and singing every Saturday morning. Our group will work together and perform in flash mobs and local concerts!

Open to all girls ages 5+ Must love music!

Saturdays 10:00–11:30 am $65 fee

**Calling all doodlers!**

Girls ages 8+ Saturdays from 9:30—11:00 and learn how to draw. Cartoons, landscapes, animals, cartoons, or whatever you can think of, we can help you learn to draw! Session fee $75 includes all materials & snack.
Calling all **GIRLS** 4th – 8th graders to code for social good

Join your friends and some of the best minds in coding to design and create apps for a better world. The vision is simple: everyone, anywhere, should have the tools to change the world at their fingertips.

**No prior coding experience required!! Refreshments & Lunch will be provided!**

Saturday, October 8, 2016 @ Girls Inc. of Western Connecticut

35 Park Place
Waterbury, CT
8:30 AM - 4:00 PM

Here are some of the nonprofits that we have worked with in the past!

Register on-line [HERE](#)
Or by contacting Girls Inc. at 203-756-4539 or email at info@girlsincswct.org

Check out [www.rhokjr.org](http://www.rhokjr.org) for additional information.
Questions - email pgans@rhokjr.org
SAVE THESE DATES!

Celebrating International DAY OF THE GIRL,
October 11th!
Join us for great activities and celebrate being a girl everyday at Girls Inc!

Registration for all programs is now open
Call 203-756-4639
info@girlsincswct.org

Boo Bash!
Limited space, register today!
Registration deadline is Friday, October 23rd

Girls dressed as ghouls, ghosts, and goblins, get ready to brave our haunted house (if you dare!), strut your stuff in our costume contest, gobble up Halloween treats, and enjoy a ton of crafts and games!

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www.twitter.com/GIRLSINCWCT
www.girlsincswct.org

Winter Wonderland
Friday, December 16, 2016
6:00pm–9:00pm

Dress up in your best holiday cheer and join us for a Winter Wonderland Holiday Party! All girls will have tons of fun with festive games and activities, have dinner, snack on seasonal treats and even have a visit from Santa!

RSVP by Friday, 12/9
Fee: $10 for members
$15 for non-members
*snacks included
Girls Inc. of Greater Waterbury always welcoming volunteers & mentors!

Want to be a part of inspiring and empowering all girls to be strong, smart, and bold®? Girls Inc. always welcomes volunteers, mentors, Girls Inc. and Girls Club alumnae. Contact us for more information on getting involved.

Our programs are portable! Call Girls Inc. for more information on bringing our creative, hands-on programs for girls to your Greater Waterbury area school or community center.

Look for our “Throwback Thursday” and “Timeless Tuesday” events just for Alumnae! Coming in October!

Celebrate your birthday with us! Party packages available.
Dance, Gym, Zumba and Cooking packages starting at $100 for 2 hours.
Other rooms available for arts & crafts, science parties...all kinds of rooms, all kinds of fun!
Call today for info. 203-756-4639

Use our facility for your next meeting!
Wi-Fi access, day time, evening and weekend availability. Meeting rooms, large space for team building...with or without kitchen access.
Call for more info. 203-756-4639

Need a speaker or looking for a workshop for girls or young women? We have a vast directory of available presenters and speakers for any sized event.