

Girls Incorporated of Worcester

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www.girlsincworcester.org



Non-Profit Org.
U.S. Postage
PAID
Worcester, MA
Permit No. 1777

Inspiring all girls to be strong, smart and bold. SM



girls inc.®

Regular Hours

WEEKDAYS
2:00-6:00 PM

Special Hours

VACATION WEEKS
7:30 AM - 6:00 PM

EARLY RELEASE DAYS
7:30 AM - 6:00 PM

**ALTERNATE SCHOOL
VACATION WEEKS**
for Charter Schools

YOUTHNET

SUMMER PROGRAMS
Camp Kinneywood &
In-Town
7:30 AM - 5:30 PM

Girls' Bill of RightsSM

Girls have the right to:

- be themselves and to resist gender stereotypes.
- express themselves with originality and enthusiasm.
- take risks, to strive freely and to take pride in success.
- accept and appreciate their bodies.
- have confidence in themselves and to be safe in the world.
- prepare for interesting work and economic independence.

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Fall/Spring 2011-2012



Girls Inc.'s Fall Programs

Offering enriching programs for girls in grades K - 12!

- **Drop-In** - Monday - Friday, 2:00 - 6:00 PM
Join us everyday after-school for our Fun, Affordable and Educational Programs: Homework Help, Cooking, Computers, Swimming, Crafts, Dance, Fitness and Nutrition, Money Management Skills, Girls Inc. Operation SMART[®] (science, math, and relevant technology) for K-6 girls and much more!
- **FREE Teen Programs with Annual Membership!**
 - **STEM Program** (science, technology, engineering and math) for Middle School Girls
 - **Leadership Programs** for High School Girls
 - **Dance** - all forms offered by the professional faculty of the Jo Ann Warren Studio
 - **Dear World: Voices of Worcester Girls Performance Troupe** uses expressive art forms to provide effective anti-bullying strategies and techniques through their voices.
- **Aquatics Program**
- **Girls Basketball League**
- **Volunteer/Internship Opportunities**
- **YouthNet**

Register today!

Contact us at 508.755.6455 x20 to inquiry about transportation from you daughter's school.

For new or updated information visit us at girlsincworcester.org or follow us on Facebook at Girls Incorporated of Worcester.



How to Register

Registration is Easy!

There is a one time registration fee of \$15 for all new members!

No refunds on deposits or fees.

Register one of two ways:

- Stop in at our front desk to complete a registration form:
Girls Inc., 125 Providence Street, Worcester
Monday – Friday from 9:00 AM - 6:00 PM

or

- Visit our website to download a form at
www.girlsincworchester.org

We reserve the right to cancel, combine or reschedule programs based on enrollment.

For additional information, please call 508.755.6455.

Girls Inc. Drop-In Program

Girls Incorporated of Worcester is continually developing our programs to meet the needs of our girls and families. The Girls Inc. Drop-In program offers girls a wide variety of activities designed to get girls moving, feeling great, exploring their creativity, and growing healthy and strong! This after-school program **just for girls** is carefully designed to encourage, support, and inspire girls to try new things, gain new physical and mental skills, and work hard to reach their full potential.



✿ Session Schedule ✿

Fall Programs

On-going Registration

Programs begin:

- **Drop-In Program**
Monday, August 29
- **Aquatics Program**
Monday, Sept. 12
- **Basketball League**
Try-outs: Sept. 17
“ Oct. 15
Practices: Nov. 7
Games: Dec. 3



Early Release Days and Coed Vacation Weeks

Early Release Days

- Seven Hills Charter School Half Day Friday Program and Alternate School Vacation Week Program
- Available to other charter school students. Please inquire.

Coed Vacation Weeks

- Register early! Limited space and fills up quickly.
- Check in at our front desk or visit our website for more information:
girlsincworchester.org

Summer Program

Registration begins:

January 9, 2012

- **Camp Kinneywood:**
Day camp filled with fun activities for girls and boys in grades 1-7. Coed Counselor-In-Training (CIT) Program, for grades 8-10.
- **Winthrop House:**
In-Town Summer Fun Program for girls grades K-8.
FREE! Intensive STEM and Dear World: Voices of Worcester Girls programs.

Party Rentals

Have your child's event at Girls Inc.!

Renting at Winthrop House:

- Pool Parties – \$200/2 hour minimum for up to 25 swimmers. Plus 1 hour in function room. *Additional fees for additional swimmers.*
- Alden Hall - \$750/up to 8 hours (*inclusive: set up and breakdown*)
\$400/Non-profits/up to 4 hours

Renting at Camp Kinneywood: *Call for details!*

All rentals based on availability.

For more information regarding fees, availability or to make a reservation, please contact us at 508.755.6455 ext. 23.



Drop-In Program

Girls Inc.'s Drop-In Program is the best place for girls after school!

Grades K - 6

Monday - Friday, 2:00 - 6:00 PM

\$10 per day*

**Sliding fee scale; Limited financial assistance available.*

- **Daily Snack**
- **Homework Help/Tutoring**
- **Computer Lab**
- **Crafts**
- **Girls Inc. Operation SMART[®]**
(Science, Math, and Relevant Technology)
- **Girls Inc. Economic Literacy[®]**
- **Dance Classes & Performing Arts** - *All forms offered by the professional faculty of the Jo Ann Warren Studio*
- **Fit Girls - Exercise, Nutrition, Cooking, Swimming and Gym**



Come see what Girls Inc. has to offer!

Special Pre-Teen and Teen Programs

Grades 7 - 12

Girls Promoting Safety (GPS) Program: A violence prevention program for middle school girls designed to prepare girls to avoid being victims of violence and to break the fear and isolation of girls who are being hurt. Funded in part by the Women's Initiative of the United Way of Central Massachusetts. *Contact your child's middle school on how to get involved.*

Girls Inc. Friendly PEERSuasion[®]: This program helps girls develop the skills to resist pressure to use harmful substances, such as drugs, tobacco and alcohol. After learning healthy ways to manage stress and to deflect peer, media, and other pressures, the girls become peer educators for younger girls.

FREE TEEN PROGRAMS!!

Contact us to inquire about transportation from your daughter's school.

Girls Inc. Leadership Academy: Learn how to discover your inner potential, set exciting goals, make a positive impression, speak confidently in public, and much more! For girls grades 10 - 12. This program is made possible by generous support by UNUM and Leading Women MASS.

Thinking SMART: This program links girls ages 12 to 14 with professionals (particularly women) in the STEM fields. These "SMART Partners" help plan and deliver the program, encouraging girls to think like scientists by thinking with scientists.

Dear World: Voices of Worcester Girls:

A unique program that uses a variety of expressive art forms as a foundation to empower girls by providing them with effective anti-bullying strategies and techniques that will serve as a platform to let their voices be heard. Funded by Women's Initiative of the United Way of Central Massachusetts.

YouthNet: Girls Inc. of Worcester is proud to be a YouthNet site for middle school girls. Offered after school on **Monday, Wednesday and Friday.**

Career Exploration Day: An annual event where girls will discover their future by meeting successful, inspirational women who work in a variety of rewarding professions.



American Red Cross Courses

Babysitting Course \$50

Ages 11 & up
8 weekly 1.5 hour sessions
offered 4 times per year

First Aid Course \$50

Ages 11 & up
12 weekly 1.5 hour sessions

CPR Course \$50

Ages 11 & up
12 weekly 1.5 hour sessions

Aquatics Program

Fall Swim Lessons Begin Monday, September 12

The Girls Inc. Fuller Aquatics Center offers American Red Cross swim lessons for all ages: parents and babies, children, adults, and seniors!



Learn-To-Swim Program: (Ages 6 and up) Classes are designed to help participants of all ages. Learn-To-Swim is based on a six-level progression system allowing swimmers to develop their swimming and survival skills, along with water safety.

Parent and Child Swim: (Ages 6 months-3 years) Parents and children learn together to increase child's comfort level in the water and build a foundation of basic skills. This level adds a fun twist to introducing water safety concepts.

Beginner Level: (Ages 4-5) Children are taught basic water safety and survival skills. Focusing on gaining greater independence and comfort in and around water environments:

- Level 1- Introduction to Water Skills
- Level 2- Fundamental Water Skills
- Level 3- Stroke Development
- Level 4: Stroke Improvement

**New!!!
Adult Swim Lessons
& Family Swim**

"Highest Quality at the Lowest Rates!"

\$75 for 10 week session
Family Swim Drop-In: \$10 for 1 parent & 2 children
\$5 per extra person
Children must be accompanied by an adult

To register or for a schedule stop into Girls Inc. or visit our website to download a registration form!



All classes subject to change due to registration enrollment.

Girls Inc. Basketball League

"The Only All Girls League Around"

For girls grades 3 - 11

League Fee: \$150/player plus one-time \$15 registration fee
Limited scholarship funds are available.

Concentrates on skill building and healthy competition!!



Try-outs held at Winthrop House, 125 Providence St.

1st try-outs and registration will be Saturday, September 17

2nd try-outs and registration will be Saturday, October 15

3rd thru 5th grade ~ 9:15 to 10:00am
6th and 7th grade ~ 10:15 to 11:00am
8th thru 11th grade ~ 11:15am to noon

- **Try-out to be placed on a team!**
- **Practices begin Monday, November 7 at Winthrop House weeknights**
- **Games begin Saturday, December 3 at the Nativity School**
- **Varsity players are not permitted to play**



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