



# SPRING PROGRAMS 2024

Registration  
available  
NOW!



**girls  
inc.**

Spring Term Dates:  
March 11th-June 8th, 2024  
(12 weeks)

of Central Connecticut 130 Lincoln Street Meriden, CT 06451  
203-235-7146 - [www.girlsinccentralct.org](http://www.girlsinccentralct.org)

# SPRING PROGRAM INFORMATION

## Membership

All program participants are required to have an annual Girls Inc. membership. This non-refundable membership fee is \$40. Member benefits include the following:

- ***Access to all programs and events for a year***
- ***Reduced member-only rate on select special events and programs (i.e. vacation camps)***
- ***An exclusive Girls Inc. T-Shirt***
- ***Free member-only event each term***
- ***Free parent educational workshop each term***

## How to Register

Spring program registration is available starting February 12th in-person at our center, over the phone (203-235-7146), or online at [girlsincmeriden.org](http://girlsincmeriden.org).



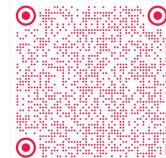
## Payment Options

Girls Inc. accepts cash, check, or card (Mastercard, Visa, Discover, American Express) payments. We offer automatic credit payments that can be scheduled for weekly, bi-weekly, or monthly withdrawal. Please contact our office for assistance with scheduled payment plans.

## Financial Assistance

**EVERY GIRL** Financial Assistance is available for qualifying recipients.

Scan the QR code to download our financial assistance



application or call 203-235-7146 to receive in a different format.



# THE GIRLS INC. EXPERIENCE

12-Week  
Term

K-5 Elementary Enrichment Programs

Spring Term Weekly Fee: \$62

Payment  
Plans  
Available



Through our programs and advocacy, hundreds of thousands of girls have successfully broken barriers and positively changed the trajectory of their lives. The Girls Inc. Experience is designed to lead to these long term outcomes:

- Strong/Healthy: Makes healthy choices and manages social/emotional health
- Smart/Educated: Motivated to achieve. Sets & achieves personal, educational, and career goals
- Bold/Independent: Has healthy relationships. Has sound body image (which is related to self confidence). Uses own voice & advocates for others and is resilient.

**We offer complimentary after school transportation  
from the following schools:**



- John Barry \*\*
- Nathan Hale
- Israel Putnam
- Roger Sherman



***\*Transportation is provided on a first come first serve basis\****

***\*\*Walking school bus***

After school each day, between 3:15 and 6:15 PM, students participate in a variety of programs, including homework help, make-and-take crafts, and a special Girls Inc. curriculum-focused activity.

Our curriculum-focused themes include the following:

- Mind + Body
- Economic Literacy
- Operation SMART (STEM)
- Stepping Stones (Encourages fun movement)

# “GIRLS WHO...” WORKSHOPS

Have your student take part in our “Girls Who...” Workshop series!

For each 4-week workshop, we’ll finish the sentence based on the theme— “Girls Who **Build**”, “Girls Who **Garden**”, and more!

Girls (ages 8+) will activate their brains using Girls Inc. Operation SMART curriculum. They’ll enjoy participating in STEM-based projects, allowing them to bring home themed creations made with their own hands and ingenuity.

**Thursdays 6:30-7:30 PM**



## Girls Who LEGO

March 14th-April 4th



## Girls Who Design

April 18th-May 9th



## Girls Who Game

May 16th-June 6th

*Fee for each 4-week workshop*

**\$65**

# PROJECT BOLD

Project Bold is an empowering, girl-focused experience that will build skills and personal power for avoiding or dealing with hurtful and dangerous situations. Girls Inc. believes girls have the right to be confident in themselves and be safe in their communities.

This program will enable girls to hone in on their personal strengths. Through interactive opportunities, girls explore various self-defense techniques, embrace positive self-image, learn to advocate for themselves and strengthen personal skill.

Classes will include special guests, interactive physical activities, and self-affirming projects to support girls in living safer lives in their homes, relationships, communities, and online.

**Free for Members**

**Ages 7-10**

**Tuesday  
6:00-6:50 PM**



# GYMNASTICS PROGRAMS

## Recreational Classes



*We strive to provide a fun, safe, and structured atmosphere where girls can learn at their own pace and achieve success at all levels.*



**Beginner:** Gymnasts are introduced to a wide variety of basic gymnastics skills on all four apparatus. In a structured and encouraging environment, each gymnast can learn at her own pace and comfort level.

*No experience necessary.*

**Intermediate:** Gymnasts that display a strong skill set on all four apparatus are invited to join intermediate to begin learning skills beyond the beginner level. *By evaluation only.*

### Monday

Beginner (ages 5-6)	4:00-4:40 PM	\$96
Beginner (ages 7-9)	4:40-5:20 PM	\$96
Beginner (ages 9+)	5:20-6:00 PM	\$96

### Wednesday

Intermediate (ages 9+)	4:00-4:50 PM	\$96
Intermediate (ages 5-8)	5:00-5:50 PM	\$96

### Saturday

Beginner (ages 4-5)	9:00-9:40 AM	\$96
Beginner (ages 6-9)	9:40-10:20 AM	\$96

# GYMNASTICS PROGRAMS

## Competitive Team

We are proud to offer girls (Ages 5+) the opportunity to participate in competitive gymnastics in the AAU League's Xcel Program. We have a long-standing tradition in competitive gymnastics and awesome coaching staff to help the girls reach their greatest potential. Each level participates in home and away meets throughout the competitive season. Each gymnast is placed into a training group based on a combination of their age and competitive level. Please contact the office for your gymnast's training group placement.

### Team Strong

\$330 Term Fee

Practice is  
4.75 hours per week

Tue: 4:45-6:15 PM  
Fri: 4:30-6:15 PM  
Sat: 10:30-12:00 PM

### Team Smart

\$360 Term Fee

Practice is  
5.5 hours per week

Mon: 6:00-8:00 PM  
Wed: 6:00-8:00 PM  
Sat: 2:00-3:30 PM

### Team Bold

\$378 Term Fee

Practice is  
6 hours per week

Tue: 6:00-8:00 PM  
Fri: 6:00-8:00 PM  
Sat: 12:00-2:00 PM





# DANCE PROGRAMS



**Girls explore self-discovery while learning the basic concepts of dance, including rhythm, musicality, and fundamental techniques in a recreational setting. These programs include a Mind + Body component that allows dancers time to reflect on their individuality before expressing themselves through dance movement.**

**Ballet/Tap:** Introduces basic techniques and terminology of ballet and tap dance. Ballet portion of the class focuses on proper posture, body positions, and alignment, while tap portion explores coordination, rhythm, and timing within a range of musical accompaniment.

**Contemporary:** An expressive dance style that combines elements from other genres including modern, jazz, lyrical, and ballet. It connects the mind and body through a series of fluid dance movements.

**Hip-Hop:** Introduces dancers to basic music-listening skills, body movement, and fun! It offers a safe space where they can explore rhythm and range of motion while enjoying being a kid.

**Jazz:** Incorporates traditional, Broadway, and contemporary styles in a fun, high-energy atmosphere. Introduces across-the-floor technique, center combinations, and flexibility exercises set to the upbeat rhythm of contemporary music.

## Monday

Hip-Hop (ages 10-12)	6:00-7:00 PM	\$92
Contemporary (ages 8+)	7:00-8:00 PM	\$92

## Tuesday

Jazz (ages 7+)	6:00-7:00 PM	\$92
Hip-Hop (ages 7-10)	7:00-8:00 PM	\$92

## Wednesday

Hip-Hop (ages 13+)	6:00-7:00 PM	\$92
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## Thursday

Hip-Hop (ages 7+)**	6:30-7:30 PM	\$92
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## Saturday

Ballet/Tap Combo (ages 5-8)	10:30 AM-12:00 PM	\$136
Hip-Hop (ages 5-8)	12:00-12:45 PM	\$70

**2024 DANCE RECITAL**  
**Sunday, May 19th**

**\*\*Thursday Hip-Hop 7+ accepting new registrations until May 28th, as this class will be accommodating for new participants in the May dance recital. All other classes accepting returning Winter students only.**



# BOLD FUTURES

## LEADERSHIP PROGRAM

Girls will begin to develop leadership and life skills while building relationships that demonstrate the value of mentorship, networking, peer support and community engagement. They will also learn the importance of advocacy and social justice through many different opportunities. Teens are also challenged to give back to the greater community through volunteering, with many different opportunities for giving back, available during the school year. Field Trips and Social Events with the girls will be planned throughout the term.



High School	Middle School	Elementary (Grades 3-5)
\$115 Term Fee	\$115 Term Fee	\$75 Term Fee
Monday 6:30-8:00 PM	Wednesday 6:30-8:00 PM	Thursday 6:30-7:30 PM



# VACATION CAMP

No school? No problem! Have your student join us during spring break for a vacation camp experience full of games and enrichment activities.

For Kindergarten through Grade 8 students.

While snacks will be provided, students should bring their own lunch. Runs 9:00 AM-5:00 PM

## Summer Camp Preview

A P R I L

8th-12th

### Fee for Full Week:

Member

\$200

Non-Member

\$250

### Fee Per Day:

Member

\$45

Non-Member

\$55

# IMPORTANT SPRING TERM DATES

## March

**2nd** - Gymnastics Meet (Bristol)  
**8th** - International Women's Day  
**9th** - Winter Term Ends  
**11th** - Spring Term Begins  
**15th** - All Women's Equal Pay Day  
**16th-17th** - Gym. Meet (Windsor)  
**18th-22nd** - After School  
Professional Appreciation Week  
**21st** - Open House  
**29th** - CLOSED (Good Friday)

## April

**8th-12th** - Summer Camp Preview  
Vacation Camp (No other programs)  
**11th** - Open House  
**13th-14th** - Gym. Meet (Somers)  
**16th-22nd** - National Volunteer  
Week/Week of Service  
**27th-28th** - Gym. Meet (Windsor)

## May

**4th** - Open House at Meriden  
Daffodil Festival  
**4th-5th** - Gym Meet (Simsbury)  
**8th** - Annual Strong, Smart, Bold  
Awards Benefit  
**12th** - Mother's Day,  
Women in Mathematics Day  
**18th-19th** - Gymnastics Meet  
(District Championships)  
**27th** - CLOSED (Memorial Day)  
**28th** - Menstrual Hygiene Day  
**30th** - Camp Parent Orientation

## June

**8th** - Spring Term Ends  
**16th** - Father's Day  
**17th** - Summer Camp Begins  
**19th** - CLOSED (Juneteenth)  
**23rd** - Title IX Anniversary,  
Int'l Women in Engineering Day

In partnership with schools and at Girls Inc. centers, we focus on the development of the whole girl. She learns to value herself, take risks, and discover and develop her inherent strengths. The combination of long-lasting mentoring relationships, a pro-girl environment, and evidence-based programming equips girls to navigate gender, economic, and social barriers, and grow up healthy, educated, and independent.

The logo for Girls Inc. features the word "girls" in a lowercase, rounded, sans-serif font, with a red dot above the 'i'. Below "girls" is the word "inc." in a similar lowercase, rounded, sans-serif font, also with a red dot above the 'i'. The entire logo is rendered in a vibrant red color.

Inspiring all girls  
to be strong,  
smart, and bold