

girls inc.

of Meriden

Winter Programs

Classes Start: **January 10th**

End On: **March 19th**

(10 Weeks Program)



Girls Inc. of Meriden
130 Lincoln Street
Meriden, CT 06451
203-235-7146

www.girlsincmeriden.org

Registration
Begins
December 13th



Girls Inc. of Meriden

Winter Program Brochure

All program participants are required to have a 2021/2022 Girls Incorporated membership. The membership fee is \$30 (non-refundable) and is valid through May 2022.

Class fees and membership fees are due at the time of registration. If there is an outstanding balance it must be paid in full before registering for a new class.

Payment Options for your convenience.

We offer scheduled payment to be done weekly, biweekly or monthly

- Cash
- Check
- Master Card
- Visa
- Discover
- American Express



Online registration available at
www.girlsincmeriden.org
As of December 13th

Financial Aid is available for qualifying recipients. For more information please call (203) 235-7146 to set up a Financial Aid meeting.

We follow the Meriden Public School calendar for vacations & holidays. **In the event of inclement weather please watch for cancellation information on the local TV stations, our FaceBook and Instagram page @GirlsIncOfMeriden, or call the office to listen to the cancellation line (203) 235-7146.**

**girls
inc.**

Inspiring all girls to be
strong, smart, and bold

Message from Executive Director

Due to the Covid-19 pandemic, we have all had to make adjustments in our lives to remain as vigilant as possible in the potential spread of this virus. Girls Inc. as an organization is no exception to adapting to change in the face of this pandemic. With the direction of the State of CT, our Local Health Department, and the Office of Early Childhood, we as an organization are dedicated to do everything we can within our control to take measures to help mitigate potential COVID-19 Spread. We will achieve this through increased cleaning practices, staggered program times, mask wearing, social distance practices, decreased program sizes, changed protocols for entering and exiting the building and basic hygiene practices. The overall goal is to keep all of the staff and the girls we serve within our power as safe as possible. Upon registration we will be providing families with a Parent Handbook that goes into more detail about the protocols that will be in place moving forward during the era of COVID. Below are a few things to keep in mind as we all know this situation is very fluid and can change rapidly, we want our families to know we have a structured plan in place if the need arises to shift our programming delivery methods.

1. At this point in time all programs that are being offered will be conducted in person/onsite within our center. Please pay attention to the times of classes for many of the classes we have had to decrease the time of the program to allow for adequate time to clean in-between.
2. Each child that is registered for programs (other than dance and gymnastics) will be provided a supply kit that will have all the basic elements that they will use for their programs that will be kept at Girls Inc. so we reduce sharing of materials for our programs.
3. In the event cases within the State begin to spike and we are faced with having to close down our physical doors to programming, we will transition right over to virtual interactive programming where we will put together weekly program packs that you will have in advance for your loved one, they will have everything they will need to participate in her scheduled program time slots.
4. Please note we will not be issuing refunds or credits on classes if we move to remote programming as we will be able to provide the same level of programming just remotely. Credits will only be applied if we are not able to provide instruction for a specific class on our end. We will handle this on a case by case basis and will communicate with families directly if this is the case.

Girls Inc. can't thank our community enough for the outpouring of support and confidence you have in us to impact the life of your loved one. We appreciate everyone's patience and understanding as we have all had to make so many sacrifices and there is so much that is out of all of our control. One thing is certain during this trying time, we are all Strong, Smart, and Bold with all we have been faced with these past months. We will all get through this together and are so lucky to have such a wonderful Girls Inc. network. I also want to make sure each of our families know that if you are experiencing any hardships from this crisis, don't hesitate to reach out for support. We may have access to community connections to assist you with your needs so please don't hesitate to reach out.

Sincerely,
Michelle

Enrichment Programs

Monday

Messy, Slimy, Goopy

Time: 5:00–5:50pm **Ages:** 6 & Up **Fee:** \$70



Are you all about making messes? Then this class is for you. Yes, there will be lots of slime but also all kinds of other intensely messy projects taking place. There will be nail polish dipping projects, spill paint masterpieces, glitter, sand art explosions and so much more! This is the perfect class where masterpieces created are best made outside the home!

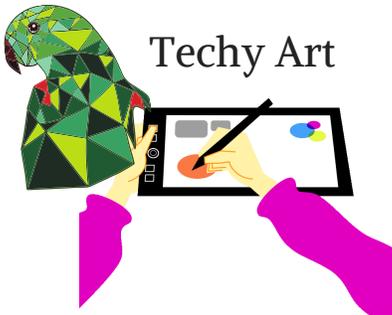
Young Entrepreneurs

Time: 6:00–6:50pm **Ages:** 6 & Up **Fee:** FREE

Girls Inc. National Identity Program



Join us for this new class that is sure to spark the entrepreneur bug in all of us! Girls will learn about economic literacy and gain the confidence they need to manage and understand money, what it takes to run a business - from goods and services, supply and demand, profits and more! Then they will get to put what they learned into action as they create a product to sell and truly become the next up and coming young entrepreneur!



Techy Art

Time: 7:00–7:50pm **Ages:** 7 & Up **Fee:** \$70

In this awesome new program when we combine the tech world with that of the craft world! Girls will get to create unique and beautiful art pieces using apps on iPads and Chromebooks. They will also learn about internet and app safety as they go. At the end of the class, they will get to print and then design a portfolio of all their amazing tech art!



Connect2Compete.

Access to technology at home is critical to the quality of a student's education, yet many students in America lack internet access. That's why we're working to provide opportunities for families and students by offering low-cost internet to qualified households with the Cox Connect2Compete program.

Visit www.Cox.com/C2C for full details.

COX.

*Offer available to customers in Cox service areas who (i) meet program eligibility criteria, (ii) have not subscribed to Cox internet service within the last 90 days, and (iii) have no unpaid debt for Cox services or unreturned equipment. Families with K-12 children are eligible if they qualify for one of the following programs: the National School Lunch Program, SNAP, WIC, Head Start, LIHEAP, and/or TANF who receive Year-round Respite Services, Project-Based Teachers or Section 8 Project-Based Rental Assistance (PBRA), and/or who have in-home reading. Not available in all areas. The annual contract requires no specific terms/requirements and an early termination fee. \$100/month includes Connect2Compete internet service (up to 20 Mbps download speeds) and one year of modem rental (may include related third-party gateway). Additional equipment & extra. Equipment must be returned on service cancellation. Advertised program pricing available while eligibility criteria are met. Includes Cox Wi-Fi hotspot network access at multiple locations across the country. See www.cox.com/hotspots for available coverage areas and hotspots. No installation charge for standard install or one provided unless additional installation, applicable taxes, and other fees are extra. Actual internet speeds vary and are not guaranteed. See www.cox.com/InternetOutcomes for complete Cox Internet Outcomes. Then current internet service and modem rental rates will apply when program eligibility requirements are no longer met. Offer, prices and eligibility requirements are subject to change. Other restrictions apply. Offer and eligibility are also subject to Connect2Compete program terms and conditions. Visit www.cox.com/C2C for complete details. Connect2Compete is a program to provide home internet service for families. It is not a school program, and is not endorsed or required by your school. Your school is not responsible for Connect2Compete accounts. No school funds were used for this notice.

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Enrichment Programs

Tuesday

Winter Wonderland

Time: 5:00–5:50pm

Ages: 5 & Up

Fee: \$70



Oh, the weather outside might be frightful, but here at Girls Inc., it sure is delightful! Join us for this seasonal class where all crafts and activities will be winter and snow themed. So, grab your hot chocolate, your favorite scarf and mittens, and join us!

Photography 101

Time: 5:00–5:50pm

Ages: 7 & Up

Fee: \$70



Are you the type of girl who loves to take pictures and is intrigued by all things photography? Then this class is the one for you! There will be weekly themes that will teach them all about the world of photography as they learn about taking pictures, photo editing, and sharing. They will also touch on photo safety such as what you take photos of, what you post, privacy settings on social media, and more. Your own device is not necessary as girls will be using iPad and photo editing apps on site. At the end of the session each girl will get a photo album with their favorite pictures that they took!

Media Smarts

Time: 6:00–6:50pm

Ages: 7 & Up

Fee: FREE

Girls Inc. National Identity Program



From TV shows to marketing campaigns to YouTube and TikTok videos - girls today are bombarded by media images. Unfortunately, it is rare for the messages the girls are getting from the media to be positive. In this new class girls will be encouraged to think critically and advocate for change in the media images they see, investigate the use of slogans, logos, target marketing, and even create their own positive media messages!

Clay Creations

Time: 7:00–7:50pm

Ages: 7 & Up

Fee: \$80



In this class girls will get creative using different clay mediums to create one of a kind animals, structures, gifts, jewelry, and more. They will learn to mix and blend colored clay, make their own homemade clay, paint the structures they make, and more as they use their creativity to make their masterpieces!



GirlsIncOfMeriden



GirlsIncOfMeriden



Enrichment Programs

Wednesday

Team Sports

Girls Inc. National Identity Program

Time: 5:00–5:50pm

Ages: 6 & Up

Fee: \$25



In this fun new class, girls will be challenged through obstacle course experiences, various sporting techniques, and other physical game challenges. They will work on their hand eye coordination skills through throwing, catching, running, walking, balancing and more! They will also learn how to work together as a team and the importance of being a team player. This class will be taught by a licensed PE teacher.

Improv Anyone



Time: 6:00–6:50pm

Ages: 6 & Up

Fee: \$70

If you have a knack to act or like to role play and be creative, this is where you will want to be! Girls will have a chance to explore their creative side each week with different improv games that will help to ignite one's creativity when playing out a character or scene, help girls to gain confidence in challenging themselves to be bold when in character, and to allow them to be in a space that encourages creativity through improv techniques. Each week will be a different theme to keep the girls engaged and constantly encouraging them to take risks creatively!

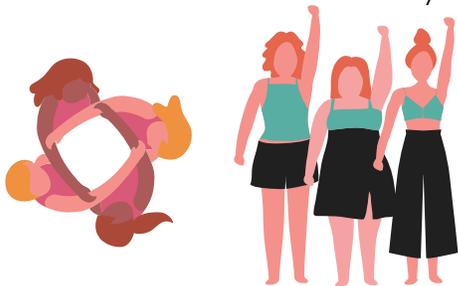
Girl Power

Girls Inc. National Identity Program

Time: 6:00–6:50pm

Ages: 7 & Up

Fee: Free



Do you want to inspire the girl in your life to be Strong, Smart, and Bold? Then join this program where girls will learn about influential women in our history who helped pave the way for the freedoms and rights we enjoy today because of their bravery! Girls will create their own voice by creating posters, commercials, and art work that represents who they are and how they want to make a difference in this world. This is a great program to help girls find their voice, learn about advocacy, and start to think about how to make a difference.

Modge Podge Creations

Time: 7:00–7:50pm

Ages: 7 & Up

Fee: \$70



Join us for this new class that is sure to let your creativity shine! Girls will make fabulous picture frames, canvas art, room décor, and so much more all using different techniques with modge podge. Come join the fun with this trendy art class!

Enrichment Programs

Thursday

Fabulously Me

Time: 5:00–5:50pm

Ages: 6 & Up

Fee: \$70



In this program girls will dig deep and focus on their inner beauty while looking into boosting one's self-esteem through guided hands on activities and crafts. Part of feeling fabulous is self-care so girls will also make relaxing items like stress balls, bath bombs, face masks and more. So, come join us and have fun reminding yourself just how fabulous you are!

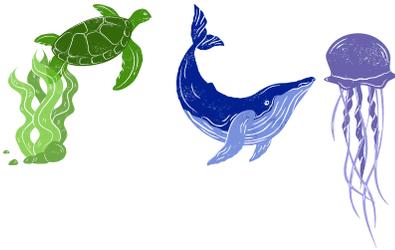
Marine Science

Girls Inc. National Identity Program

Time: 6:00–6:50pm

Ages: 6 & Up

Fee: FREE



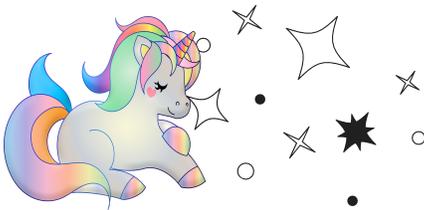
Join us for this fun new class where we will explore our underwater world! Girls will learn about ocean animals (from the tiniest of algae to the largest of whales), aquatic science, ecosystems, and so much more. So, grab your scuba gear and dive on in, the water's fine!

Sugar and Spice

Time: 7:00–7:50pm

Ages: 7 & Up

Fee: \$70



To all the girly girls who love all things unicorn, pink, and shiny-this new art class was made for you! Girls will be making crafts that are sure to bring out the girly side in all of them and add some sparkle and spice to their lives, because as they saying goes "girls are made of sugar and spice and everything nice!".



Inspiring all girls to be
strong, smart, and bold



Dance Programs

Dance is offered to girls ages 2 and up.

The winter session is your last opportunity to sign up for our dance program. No new dancers will be allowed to register after the middle of January because preparations for the dance recital at the end of the Spring Session have begun.

Any dancer taking two 1/2 hour classes will be charged a special rate of \$70 for both.



Wednesday

Hip - Hop	Ages: 9 & Up	Time: 5:15-6:00pm	Fee: \$70
Hip-Hop	Ages: 6 - 8	Time: 6:00-6:45pm	Fee: \$70
Hip-Hop	Ages: 9 & Up	Time: 7:00-7:45pm	Fee: \$70



Thursday

Musical Theatre	Ages: 6 & Up	Time: 5:00-5:30pm	Fee: \$70
Tap	Ages: 5 - 7	Time: 5:45-6:15pm	Fee: \$50
Ballet	Ages: 5 - 7	Time: 6:15-6:45pm	Fee: \$50
Ballet	Ages: 8 & Up	Time: 7:00-7:30pm	Fee: \$50
Tap	Ages: 8 & Up	Time: 7:30-8:00pm	Fee: \$50



Dance Programs



Dance is offered to girls ages 2 and up.

The winter session is your last opportunity to sign up for our dance program. No new dancers will be allowed to register after the middle of January because preparations for the dance recital at the end of the Spring Session have begun.

Any dancer taking two 1/2 hour classes will be charged a special rate of \$70 for both.

Saturday

Dancing Darlings with 1 parent/guardian	Ages: 2 - 4	Time: 9:15-9:45am	Fee: \$50
Ballet	Ages: 5 - 7	Time: 10:00-10:30am	Fee: \$50
Tap	Ages: 5 - 7	Time: 10:30-11:00am	Fee: \$50
Tap	Ages: 8 & Up	Time: 11:15-11:45am	Fee: \$50
Ballet	Ages: 8 & Up	Time: 11:45-12:15pm	Fee: \$50

NEW
NEW
NEW
NEW

Are you interested in your loved one experiencing dance with more one on one instruction? This year we are happy to offer private or duo lessons. If interested, please call the office for more information.

Limited spots are available.

Ages: 7 & Up



Gymnastics Programs



Recreational Classes

Our gymnastic program offers an opportunity for girls to learn new skills and master new challenges in a safe, fun, and educational setting with trained, certified staff.

No new gymnast will be allowed to register after the middle of January.

Preparations for the showcase at the end of the Spring Session have begun.

Monday



Beginner
No experience necessary

Ages: 5 - 8

Time: 5:00-5:50pm

Fee: \$70

Tuesday

Beginner
No experience necessary

Ages: 8 & Up

Time: 5:00-5:50pm

Fee: \$70

Thursday

Intermediate

Must have at least 2 years of gymnastic experience.
Gymnasts will be evaluated by the coaching staff to determine level placement. Invite only.

Ages: 8 & Up

Time: 5:00-5:50pm

Fee: \$70



Saturday

Beginner
No experience necessary

Ages: 5 - 8

Time: 9:00-9:50am

Fee: \$70

Tiny Tumblers

Ages: 3 & 4

Time: 10:00-10:30am

Fee: \$60

Beginner
No experience necessary

Ages: 8 & Up

Time: 10:40-11:30am

Fee: \$70

Intermediate

Must have at least 2 years of gymnastic experience.
Gymnasts will be evaluated by the coaching staff to determine level placement. Invite only.

Ages: 8 & Up

Time: 11:40am-12:30pm

Fee: \$70

Gymnastics Programs

Competitive Team

We are proud to offer girls the opportunity to participate in competitive gymnastics. We have a long standing tradition in competitive gymnastics and awesome coaching staff to help the girls reach their greatest potential. We compete in AAU, which gives our gymnasts a higher level and more gyms to compete with.

BRONZE LEVEL

Team Fee: \$250

Age: 6 & up

By evaluation only. Will compete in most meets during the competitive season.

Practice is 5.5 hours a week:

- Monday & Wednesday
6:00 - 8:00pm
- Saturdays
12:30 - 2:00pm



SILVER, GOLD, AND PLATINUM LEVELS

Team Fee: \$275

Age: 6 & up

By evaluation only. Includes home and away meets through the competitive season.

Practice is 6 hours a week:

- Tuesdays & Thursdays
6:00 - 8:00pm
- Saturdays
1:00 - 3:00pm



The Rotary Club of Meriden is a proud supporter of the Girls Inc. gymnastics program. Thank you!



ROTARY CLUB
OF MERIDEN, CONNECTICUT

Teen Passport Program

Calling all tweens and teens- this new program was built with you in mind!!

Pick and choose the programs you want to explore.

This program is perfect for busy teens!

By purchasing a Winter 2022 "Teen Passport", you will have access to any 5 of the 9 special event nights we are offering for girls in middle and high school. There will be one event a week for the session- days and time will change.

Fee: \$75
per Teen Passport

Pre-Registration
for the events
is required.
Space is limited.

Tik Tok Dancing

Whether you've taken this program in the past or it's your first time, come and join us as we master the latest and greatest Tik Tok dances! Taught by our dance instructor Tina, this program is sure to get you moving and having fun!

Date: Tue. January 18th
Time: 6:30-8:00pm



Self Care Spa Experience

Now, more than ever, it is important to take care of ourselves. Join us for a night full of diy spa experiences for you to enjoy like bath bombs, facials, and more!

Date: Tue. January 25th
Time: 6:00-7:30pm



Tye Dye Extravaganza

Do you like to Tye Dye? Then look no further! You will be provided a number of items to Tye Dye but feel free to bring in extra items if you wish. Learn new ways to get that perfect look. You may be surprised at how it's done!

Date: Wed. February 2nd
Time: 6:00-7:30pm



The Art of Henna Tattoos

Have you ever wanted to learn how to make beautiful henna tattoo styles? Here you will learn and practice how to create one of a kind beautiful creations.

Date: Tue. February 15th
Time: 6:00-7:30pm



Mixed Media Photo Exploration

Using technology and utilizing multi-media apps, you will take a photo of yourself and turn that into a one of a kind creation! Girls will then decorate a frame that goes along with your theme so you can hang it up proudly!

Date: Wed. February 23rd
Time: 6:00-7:30pm



Valentines Cake Decorating

You asked for it and it's back! Marissa from The Chocolate Chip Bakery will once again wow you with step by step instructions on making a masterpiece just in time for Valentines Day! You will learn how to pipe, ice, and decorate your own individual conversation heart cake.

Date: Thu. February 10th
Time: 6:00-7:30pm



Hammer, Nail, Wood and String Art Night!

Get ready to create string art like no other! Using hammers and nails to layout a template for their string, girls will create a cactus, heart, star, animal, or whatever their creativity brings them! We will provide the supplies and expertise, and you supply the creativity for your piece.

Date: Tue. March 1st
Time: 6:00-7:30pm



No Sew Pillow Creations

Everyone loves to cozy up with their favorite pillow, and now you can create your own! We will use fleece to create a nice, comfy, and stylish addition to your bed! We will have a variety of patterns to choose from for your creation.

Date: Wed. March 9th
Time: 6:00-7:30pm



Pot of Gold Fun!

All you lucky leprechauns come together for a night of fun! Decorate pretzel rods into magical St. Patrick's Day treats that are full of rainbows and chocolate. You will also make festive fabric mini wreaths to decorate your room!

Date: Thu. March 17th
Time: 6:00-7:30pm



Teen Leadership Programs



Leaders in Training and Junior Leaders

Our leadership groups are split up into two groups– Junior Leaders and Leaders in Training (L.I.T.).

The LIT program will serve as a stepping stone to Junior Leaders. Both groups will help the girls to develop the leaders within themselves and will allow them to take an active role in Girls Inc. and in the community. They will also learn the importance of advocacy and social justice through many different opportunities. Girls will participate in weekly meetings that will focus on developing communication and leadership skills, team building activities, and life skills and pressures they may be facing in everyday life situations such as drugs, alcohol, sex, violence and other emotional topics at an age appropriate level. Girls in both groups will be asked to volunteer for various community and Girls Inc. events throughout the school year, depending on the ongoing COVID crisis. To attend the special end of the year trip, girls must have completed a minimum of 30 volunteer hours.

Fee: \$100

for entire school year

Classes start September 20th

Leaders in Training

Grades 6th–8th

Mondays 5:00–6:30pm

Junior Leaders

Grades 9th–12th

Mondays 6:30–8:00pm



Strong, Smart, and Bold Fun Academy



Elementary School

Grades K-5

We offer complimentary transportation from the following schools Israel Putnam, and Nathan Hale on a first come first serve basis when enrolled in our small group tutoring program.

Join this fun program that offers enrichment and academic support programs for our members in the core afterschool hours. Where you select from a menu of daily program options to fit your needs.

Academic Tutoring: Girls will receive age-appropriate small group tutoring. As a participant in academic tutoring, your girl will have the opportunity to develop and enhance her skills in math, english, language arts, writing, reading comprehension, and homework assistance, allowing her to feel more confident in the classroom.

Fees are based on the entire session which will run from January 3rd through March 18th.

We follow the Meriden Public School's Calendar and do not hold programs when there is no school or scheduled vacations.

Monday's

Academic Tutoring

Time: 3:20 - 4:30pm

Fee: \$45

Young Inventors

Time: 4:30 - 5:30pm

Fee: \$45



Girls will learn about being an entrepreneur by learning about the art of inventing, by generating new ideas for products, creating prototypes and logging their successes and failures when inventing in their very own log book of ideas. This program is sure to bring out ones creative spirit.

Tuesday's

Academic Tutoring

Time: 3:20 - 4:30pm

Fee: \$50

Science Time



Time: 4:30 - 5:30pm

Fee: \$50

Girls will explore the world of science through various experiments, hypotheses, theory's and more. Girls will discover various science concepts through hands on activities that will get their minds thinking and may even be a little messy too.

Wednesday's

Academic Tutoring

Time: 3:20 - 4:30pm

Fee: \$55

Around The World Exploration

Time: 4:30 - 5:30pm

Fee: \$55

Girls will explore Countries where they will learn about different cultures. They will be hands on recreating games, activities, and more that make exploring the world so exciting. They will keep a detailed passport with all they have learned while traveling the World.



Thursday's

Academic Tutoring

Time: 2:50 - 4:00pm

Fee: \$55

Messy Arts & Crafts

Time: 4:00 - 5:30pm

Fee: \$55

Girls will get creative in this class using various messy artistic elements to make art like paint, glue, modge podge and more. They will create one of a kind masterpieces that is sure to tap into their creative minds.

Friday's

Academic Tutoring

Time: 3:20 - 4:30pm

Fee: \$55

Fitness In Motion

Time: 4:30 - 5:30pm

Fee: \$55

Girls will get moving in this class designed to make fitness and wellness fun. They will participate in classes like Zumba, yoga, dance and more. Providing an environment that makes fitness fun to help promote a healthy lifestyle.



Important Dates to Remember

Winter 2022



Monday, December 6th – Priority registration opens for winter session for current fall members **only**.



Saturday, December 11th – Last day fall session.



Monday, December 13th – General registration opens for winter session.



Thursday, December 23rd – Office open half day.



**Friday, December 24th
thru
Saturday, January 1st** – Closed for holiday recess.



Monday, January 3rd – SSBF Academy resumes.



Monday, January 10th – Winter session begins.



Monday, January 17th – Closed in observance of MLK Day.



**Saturday, February 19th
thru
Tuesday, February 22nd** – Closed for February break.



Monday, February 28th – Priority registration opens for spring session for current winter members **only**.

Note: no new dancers or gymnastics accepted in the spring session.



Monday, March 7th – General registration opens for spring session.



Saturday, March 19th – Last day of winter session.



Monday, March 21st – Spring session begins.

It is the policy of Girls Incorporated of Meriden to follow the Meriden School Systems calendar for classes. If a class is cancelled due to the school calendar the organization does not make the class up. As well, if a class is cancelled due to weather related issues the policy of Girls Inc. is that we do not make up the class as it is considered an act of nature. However, if a class is cancelled due to an instructor cancellation, the class will be made up at the discretion of Girls Inc., the instructor, and available space in the building. At least one week's notice will be provided to announce the make up class.



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