



girls inc.

of Meriden



Fall Programs 2023

Term Begins:
September 11th

Term Ends:
December 2nd
(12 weeks)

Winter Term begins December 4th

130 Lincoln Street Meriden, CT 06451
203-235-7146 - www.girlsincmeriden.org

FALL PROGRAM INFORMATION

All program participants are required to have
an annual Girls Inc. membership.
The membership fee is \$40 (non-refundable).

Payment Options for your convenience:

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

*We also offer automatic credit payments that can be scheduled
for weekly, biweekly, or monthly withdrawal*



Financial Assistance is available for qualifying recipients. Scan the QR code to download our financial aid application or call 203-235-7146 to receive in a different format.

**girls
inc.**

Inspiring all girls to be
strong, smart, and bold



Online registration available at
www.girlsincmeriden.org
Starting August 14th, 2023

BENEFITS OF A GIRLS INC. MEMBERSHIP

Your annual \$40 membership includes:

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

- ✓ GIE
- ✓ Leadership
- ✓ Project BOLD
- ✓ Dance
- ✓ Gymnastics



THE GIRLS INC. EXPERIENCE

12-Week
Term

K-5 Elementary Enrichment Program

Fall Term Weekly Fee: \$62

Payment
Plans
Available

Lock in last year's rate of
\$51/week by registering for
the full school year!

Cannot be combined with other discounts.



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 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***



Each day, from 3:15-6:15 PM students participate in time for 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)

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, 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.

Fall Term Fee: \$80

Program runs September 11th through December 2nd.

Ages 7+

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



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.



Tiny Tumblers: Toddlers become familiar with gymnastics skill basics and equipment, through both unstructured play and structured activities, all with the comfort of having a parent/guardian by their side. ***Parent/guardian participation required.***

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.***

Tuesday

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

Beginner (ages 6-8)	4:00-4:40 PM	\$96
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Thursday

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

Tiny Tumblers (18 mos.-3 yrs.)	4:00-4:30 PM	\$80
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Saturday

Beginner (ages 4-5)	9:00-9:40 AM	\$96
Beginner (ages 6-8)	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. Fee includes cost for home meet and 3 away meets in the competitive season.

Team Strong	Team Smart	Team Bold
\$330 Term Fee	\$360 Term Fee	\$378 Term Fee
Practice is 4.75 hours per week	Practice is 5.5 hours per week	Practice is 6 hours per week
Wed: 4:45-6:15 PM Fri: 4:30-6:15 PM Sat: 10:30-12:00 PM	Tue: 6:00-8:00 PM Thu: 6:00-8:00 PM Sat: 2:00-3:30 PM	Wed: 6:00-8:00 PM Fri: 6:00-8:00 PM Sat: 12:00-2:00 PM





DANCE PROGRAMS



*Girls flourish in an atmosphere of self-discovery through movement. Girls are encouraged to be **STRONG, SMART, and BOLD** while learning the basic concepts of dance, including rhythm, musicality, and fundamental techniques in a recreational setting.*

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.

Step: A form of percussive dance where students use their entire body as an instrument to produce rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.

Monday

Step It Up! (ages 8+)	5:00-6:00 PM	\$92
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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Saturday

Ballet/Tap Combo (ages 5-8)	10:30 AM-12:00 PM	\$92
Hip-Hop (ages 5-8)	12:00-12:30 PM	\$92
Ballet/Tap Combo (ages 9+)	12:30-2:00 PM	\$92

LEADERSHIP

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 will be planned throughout the year, with the girls.

12-week term

Program runs September 11th through December 3rd.

NEW!

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



SPECIALTY EVENTS

Stay tuned for dates and info on specialty events throughout the year, including free community events, free member-only events, free member-only parent educational workshops, and family events with reduced rates for members. Events like Pottery Night, Tie Dye Craze, Family Paint Night, and more, are what you and your family can look forward to!



IMPORTANT FALL TERM DATES

August

14th - Fall Registration Open
25th - Summer Camp Ends
26th - Nat'l Women's Equality Day
28th - Camp Parent Satisfaction Survey Opens
28th-31st - CLOSED
30th - Meriden Public Schools Begin School Year

September

1st - CLOSED
4th - CLOSED Labor Day
8th - Int'l Literacy Day
10th - Camp Parent Satisfaction Survey Closes
11th - Fall Term Begins, Board Mtg.
20th - Nat'l Voter Registration Day
21st - United Way Day of Caring, Black Women Equal Pay Day

October

6th - Vacation Camp
9th - Indigenous People's Day Event
11th - Int'l Day of the Girl, Nat'l Coming Out Day
16th - Board Meeting

November

6th - Winter Registration Opens
7th - "She Votes" (Specialty Day Camp)
8th - National STEM Day
10th - Veterans Day Event
13th - Board Meeting
23rd-24th - CLOSED Thanksgiving Holiday
28th - Giving Tuesday

December

2nd - Fall Term Ends
4th - Winter Term Begins
4th-8th - Computer Science Education Week
25th-30th - CLOSED

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.



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