



## Programs Available On Demand

Announcing programs available on demand at GSCM's new Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215 -Please request the program at least 8 weeks before any of the date choices.

**ALL programs to be scheduled by contacting Sherry Dowdell at [sdowdell@gscm.org](mailto:sdowdell@gscm.org) or fax 410.358.9918**

The following information must be provided in your email:

Name of program:

Number of participants:

Age level of group:

First Choice Date and time:

Second Choice Date and time:

Third Choice Date and time:

As programs come in, Sherry will email the request to the program facilitator and see if they are available. She will then reply to the sender. Once dates and times are confirmed, the program will be added to our registration system and you can then register. You must register prior to 2 weeks before the program or the program will be cancelled.

### **Dance Around The World**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** Troop Leader determines

**Length:** 1 hour

**Age:** Any

**Minimum:** 15 - **Maximum:** open

**Description:** **Around The World** is a taste of dance styles from different cultures, Latin America, Africa, India the USA and more. A brief cultural background leads into a fun interactive dance class with lots of variety. Girls gain new understanding and appreciation for creative cultural contributions.

### **The Best Of Broadway**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** Troop Leader determines

**Length:** 1 hour

**Age:** Any

**Minimum:** 15 - **Maximum:** open

**Description:** Shows like Hairspray, Westside Story, Dreamgirls, Ragtime and Once on This Island are entertaining and educational. Girls are taught the historical significance of these shows while learning the movement. What was the social out cry during those periods that sparked these theatrical expressions?

### **It's your story tell it with movement!**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** Troop Leader determines

**Length:** 1 hour

**Age:** Any

**Minimum:** 15 - **Maximum:** open

This theatre program with contemporary style choreography will have the girl learning story telling through movement.

### **It's your story tell it with theatre games**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** Troop Leader determines

**Length:** 1 hour

**Age:** Cadette, Senior, Ambassador

**Minimum:** 15 - **Maximum:** open

Theatre games uses a variety of exercises in call and response, improv and unity building to teach basic acting technique while having lots of fun and laughs.

### **Group Singing Lab**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** Troop Leader determines

**Length:** 1 hour

**Age:** Daisy, Brownie, Junior

**Minimum:** 15 - **Maximum:** open

Group singing lab examines the basics in singing techniques, ear training and understanding your vocal instrument. Girls leave with a foundation to build and a clearer understanding and appreciation for singing.

### **Family Fun Night**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per person

**Date:** Troop Leader determines

**Length:** 1 hour

**Age:** Any

**Minimum:** 15 - **Maximum:** open

Dance workshops get the whole family moving to gain better fitness, create positive memories and develop practical skills for healthy habits at home. Ask about this signature DAB class.

### **Self Defense Workshop**

**Name:** Girl Power!

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per participant per hour (under 13 yrs old) and \$20 per participant per 1.5 hours (13 yrs and older)

**Date:** Troop Leader determines

**Length:** 1 hour or 1 ½ hours

**Age:** Any

**Minimum:** 15 - **Maximum:** 50

**Description:** This hands-on workshop provides basic self defense training through Washington's Karate Dojo. Girls will have the opportunity to practice proper defense techniques while defending themselves from different grabs and holds. Participants will learn how to handle uncontrollable scenarios and empower themselves through self defense. Other topics to be discussed are physical fitness, self esteem and bullying. Girls will receive a student manual and certificate of completion after completing this course.

### **Empowerment Lecture**

**Name:** Confidence From the Inside Out!

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per participant

**Date:** You Choose

**Length:** 1 hour

**Age:** Any

**Minimum:** 15 - **Maximum:** 50

**Description:** Empowerment lectures are designed to motivate and emphasize self-esteem, confidence, health and fitness. Master Monique Washington-Jones of Washington's Karate Dojo offers an open forum and welcomes dialogue from the audience as they discuss self confidence, where to find it, how to hold on to it and when to use it! The goal is to promote positive attitudes and healthy lifestyles. The lecture includes discussion, writing exercises and ends with a question and answer session. Troopers will receive a certificate of completion after completing this course.

### **Experimental Movement Concepts Theatre**

**Name:** Imagine That!

**Location:** Girl Scouts of Central Maryland's Seton Program Center

**Cost:** \$109

**Date:** You choose

**Length:** 8 one hour sessions

**Age:** Daisy

**Minimum:** 10 - **Maximum:** 50

**Description:** Girls will use their imagination to explore their creativity as stories and fantasies come to life through dramatic play. Fun, fast-paced, and perfect for tiny performers!

**Name: Theater Arts I**

**Location:** Girl Scouts of Central Maryland's Seton Program Center

**Cost:** \$109 per girl for the entire 8 sessions

**Date:** You choose

**Length:** 8 one hour sessions

**Age:** Brownie, Junior

**Minimum:** 10 - **Maximum:** 50

**Description:** Girls will begin developing basic acting skills in performance, improvisation, and movement while exploring all kinds of fun in dramatic arts.

**Name: Theater Arts II**

**Location:** Girl Scouts of Central Maryland's Seton Program Center

**Cost:** \$109 per girl for the entire 8 sessions

**Date:** You choose

**Length:** 8 one hour sessions

**Age:** Cadette, Senior, Ambassador

**Minimum:** 10 - **Maximum:** 50

**Description:** Girls will learn more advanced acting techniques and develop skills while studying all aspects of theatre. Classes will focus on the importance of character development, the actor's movement, and game playing while learning.

**Experimental Movement Concepts Dance**

**Name: Creative Movement**

**Location:** Girl Scouts of Central Maryland's Seton Program Center

**Cost:** \$109 per girl for the entire 8 sessions

**Date:** You choose

**Length:** 8 one hour sessions

**Age:** Daisy

**Minimum:** 10 - **Maximum:** 25

**Description:** In this class, dancers' dreams of becoming a beautiful ballerina or a handsome prince will come to life. From the first plie, to the final curtain call on stage, dancers will not only learn the basics of ballet and tap, they will also come to appreciate the joy that comes from dancing!

**Name: Dancin' For Fun**

**Location:** Girl Scouts of Central Maryland's Seton Program Center

**Cost:** \$109 per girl for the entire 8 sessions

**Date:** You choose

**Length:** 8 one hour sessions

**Age:** Brownie, Junior, Cadette, Senior, Ambassador

**Minimum:** 10 - **Maximum:** 20

**Description:** Girls will be introduced to basic combinations of Jazz and Hip Hop.

**Name: Tumbling**

**Location:** Girl Scouts of Central Maryland's Seton Program Center

**Cost:** \$109 per girl for the entire 8 sessions

**Date:** You choose

**Length:** 8 Forty Five to one hour sessions (Forty Five Minutes for Daisy and One Hour for Brownie)

**Age:** Daisy, Brownie

**Minimum:** 10 - **Maximum:** 25

**Description:** Girls will be introduced to basic tumbling in a fun & safe environment. Basic instruction may include proper technique for cartwheels, rolls, hopping, jumping, landing, leaping, balancing and weight transfer on and off equipment.

**Name: Fun Basics *in the Kitchen with Chef Brian***

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10

**Date:** You Choose

**Length:** 1 hour

**Age:** ALL

**Minimum:** 10 - **Maximum:** 15

**Description:** Learn basic cooking skills while having fun making healthy meals, and snacks. For you and your family to share

**Name:** *Kitchen Magic in the Kitchen with Chef Brian*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10

**Date:** You Choose

**Length:** 1 hour

**Age:** ALL

**Minimum:** 10 - **Maximum:** 15

**Description:** Learn how science is applied to everyday home materials, in the kitchen. We will turn mayo into glue and many more fun experiments.

**Name:** *Cooking Around the World in the Kitchen with Chef Brian*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15

**Date:** You Choose

**Length:** 1 hour

**Age:** ALL

**Minimum:** 10 - **Maximum:** 15

**Description:** Come and learn international recipes, while advancing your cooking skills. We will prepare and taste recipes from Italy, Japan, and many more locations.

**Name:** *Room Arts*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$17 per girl

**Date:** You Choose

**Length:** 2 hours

**Age:** Girl Scout Brownie and Junior

**Minimum:** 20 - **Maximum:** 100

**Description:** Making decorating fun, girls will experiment with colors and fabric samples to see which ones they like best together! Then they will create a design board for a super cool, totally unique room of their own just like a professional decorator.

**Name:** *Sewing Sampler*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$17 per girl

**Date:** You Choose

**Length:** 2 ½ hours

**Age:** Girl Scout Brownie and Junior

**Minimum:** 20 - **Maximum:** 65

**Description:** Cool stuff made by sewing! Learn this basic life skill and keep this talent for the rest of your life! You will make a sewing sampler using 3 different stitches and get a head start on your Sew Simple badge. Your sampler can be turned into a pin cushion, a cool patch for your jeans or even a quilt!

**Name:** *Art to Wear*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$18 per girl

**Date:** You Choose

**Length:** 2 ½ hours

**Age:** Girl Scout Junior

**Minimum:** 20 - **Maximum:** 65

**Description:** Personalize a fashion accessory with your own distinctive touch! In this workshop, you will use your own design ideas to turn something ordinary into extraordinary. Explore the possibilities of turning plain white bandanas into works of art. This workshop is designed to introduce you to a new way of changing a plain white, ready to wear item into something gorgeously made by your own hands. The techniques used will be a great introduction into the world of textile design.

**Name: Puppets & Dolls, You write the Play!****Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215**Cost:** \$17 per girl**Date:** You Choose**Length:** 2 ½ hours**Age:** Girl Scout Brownie**Minimum:** 20 - **Maximum:** 65**Description:** Make a fun hand puppet and design your own doll! Enjoy this relaxing time to explore all the possibilities of creating your hand puppet and a doll you'll be proud to display. Bring your imagination!**Name:** Taste of Techbridge Program: Make it Green**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215**Cost:** \$10 per girl**Date:** You Choose**Length:** 2 hour program**Age:** Girl Scout Cadette, Senior, Ambassador**Minimum:** 20 - **Maximum:** 65**Description:** Girls learn about green design and in the process develop science and engineering skills. They construct a green studio from start to finish - from brainstorming an idea, to creating a floor plan, to building "green." Girls explore and reflect on their energy usage in their home and consider ways in which they can change their habits to lessen their environmental impact. Each Girls Go Techbridge program-in-a-box has career components to encourage girls to visualize their futures in engineering. Girls earn a Make It Green patch.**Name:** Taste of Techbridge Program: Design Time**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215**Cost:** \$10 per girl**Date:** You Choose**Length:** 2 hour program**Age:** Girl Scout Cadette, Senior, Ambassador**Minimum:** 20 - **Maximum:** 65**Description:** This unit combines girls' love of play and creativity with the engineering design process. To introduce the engineering design process and get creative juices flowing, girls customize pencil bags for their "clients," and create a unique bubble wand and solution. Girls also work together in teams to brainstorm toy ideas, sketch their idea, and prototype their toy. Girls have a chance to name their toy and make a marketing plan. Using job descriptions from Techbridge career cards and a scientific method of inquiry, girls start to develop real life skills and greater confidence in their science, engineering and technology abilities. Girls Go Techbridge programs-in-a-box help girls gain critical thinking and practical life skills while promoting cooperation and teamwork. Girls earn a Design Time patch.**Name:** Taste of Techbridge Program: Power it Up!**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215**Cost:** \$10 per girl**Date:** You Choose**Length:** 2 hour program**Age:** Girl Scout Cadette, Senior, Ambassador**Minimum:** 20 - **Maximum:** 65**Description:** Girls learn about electronics and circuitry through a series of hands-on investigations. They begin with exploration of Snap Circuits™, learn about basic electronic components and build different kinds of circuits. Rounding out this unit, the girls learn how to solder and put their skills to action, making circuits that they can take home. Girls feel empowered as they learn practical life skills, and have a better understanding of electrical energy. Girls earn a Power It Up! patch.**Name:** Taste of Techbridge- Engineers to the Rescue!**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215**Cost:** \$10 per girl**Date:** You Choose**Length:** 2 hour program**Age:** Girl Scout Cadette, Senior, Ambassador**Minimum:** 20 - **Maximum:** 65**Description:** Survival skills meet science as you learn engineering skills. Choose from the following for your 'taste' of this Techbridge program: water filters, wind-powered cranks, a message-carrying car, and safe shelter for your troop's (make-believe) camping trip in Yellowstone National Park. After an earthquake strikes your fictional campground your electrical

power, your food, and your water source are unavailable. How will you get out of this predicament? By applying your engineering, problem-solving and design savvy! Go girl power!

**Name: Taste of Techbridge Program- ThrillBuilders!**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** You Choose

**Length:** 2 hour program

**Age:** Girl Scout Cadette, Senior, Ambassador

**Minimum:** 20 - **Maximum:** 65

**Description:** Welcome to the crazy carnival of your own creation. Explore simple machines all around us as you build your choice of the following for your 'taste' of a Techbridge program: a merry-go-round, a bean-bag toss, or a roller coaster car. Levers, pulleys, screws and gears abound as you engineer the ultimate playground. Wheee!

**Name: Medieval Maidens**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$10 per girl

**Date:** 3 hour program

**Age:** Girl Scout Juniors

**Age:** Girl Scout Cadette, Senior, Ambassador

**Minimum:** 25 girls - **Maximum:** 100 girls

**Description:** Find out how girls and women lived during the middle ages. What did they wear? What did they do for fun? You will learn the answers to these questions and play some Medieval games. Every participant will receive a patch and a book from the Medieval Maidens book series!

**Name: Dance Dance Dance**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$17 per girl

**Date:** 2 hour program

**Age:** Can be tailored for any age level

**Minimum:** 15 girls - **Maximum:** 30 girls

**Description:** Discover the fun of achieving fitness through dance. Learn dance moves and techniques, then practice them in several routines choreographed to pop music. Everyone can experience the joy of dancing regardless of experience. You will also get a brief taste of strength & stretch exercise technique with a fun new twist! You will earn your Girl Scout Junior 'Dance' badge. Wear comfortable clothes and tennis shoes and bring a towel or mat for the floor.

**Name: Maryland Native Species**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Who says you have to travel to a foreign country to find amazing animals? Many intriguing animals live in your own backyard! Come get to know some special hometown heroes. This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name: Critter Costumes**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Wear feathers like a bird, fur like a mammal, or scales like a reptile! Wild and wonderful animal fashions give clues for classifying critters. Children play dress-up and use their powers of observation to explore distinctions between vertebrate animals. This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name: Fear: Friend or Foe?**

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Are you afraid of creatures that crawl, creep, or slither? Should you be? Meet some animals that may turn your fear to fascination. Learn why many feared animals are essential in maintaining a balanced environment and healthy ecosystem. This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name:** *Night Shift*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** When the sun sets, "night shift" animals come on duty! Learn about special senses that allow these animals to navigate in the dark. Test your own nocturnal sensory skills and meet Zoo creatures of the night when they make a day trip to our Girl Scout program center. This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name:** *Living Places, Living Planet*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Animals live in the most amazing places! Through this interactive presentation, travel the world to see the many habitats that wild animals call home. Let animals from the Maryland Zoo in Baltimore help you understand what living things need to survive, and learn about the global resources that animals and humans must share.

**Name:** *Going, Going, Gone*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Every day, more species and habitat vanish. Why? Study cause and effect as they relate to happenings in our natural world. Discover along the way that everything we do has an impact – big or small – on our world. Learn ways that each of us can protect the richness of life on our planet. This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name:** *Scaly Skins*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Learn about creatures scaly and slithery! Spend time with cold-blooded Zoo animals and discover what's cool about herpetology. Reach out to a reptile today! This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name:** *On the Wing*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** What's so special about a bird? Meet some of our feathered friends and learn about their unique adaptations in this exciting program about feathers and flight. This program features a presentation and animals from the Maryland Zoo in Baltimore.

**Name:** *Amazing Adaptations*

**Location:** Urban Program and STEM Center, 4806 Seton Drive, Baltimore 21215

**Cost:** \$15 per girl

**Date:** 1 hour program

**Age:** Brownie, Junior, Cadette

**Minimum:** 15 - **Maximum:** 100

**Description:** Why do elephants have trunks? Can you jump as far as a frog? Learn about some of the amazing adaptations animals have for life in the wild, and use our challenge activities to compare them to our abilities. This program features a presentation and animals from the Maryland Zoo in Baltimore.