

## April 2, 2020 Virtual Happenings



**CLASS IS IN SESSION!**

School may be out, but Professor Spikes has some assignments for any kids up to the challenge. Each day, Spikes will post a different worksheet on this web page. Each day will focus on a different subject (i.e. math, geography, etc...). For those who'd like to complete the baseball-related tasks, simply fill out the PDFs and email them to [info@redwingsbaseball.com](mailto:info@redwingsbaseball.com). You can also print out the PDFs, write in the answers, take a picture of the sheet and email to us as well. If you have trouble accessing any of the assignments please let us know via email as well.

We'll randomly pick one lucky student each day who completes the assignment to join us on-field for batting practice before a Red Wings game in 2020. If your child is selected for the batting practice experience you will be notified via email.

Assignments will be posted each morning at 9 am.

MARCH 30 - APRIL 3 ASSIGNMENTS

Monday assignment (3/30): *Batting practice winner: Olivia - 3rd grader at Scribner Road*

[BOX SCORE READING](#)

Tuesday assignment (3/31):

[GEOGRAPHY II](#)

Wednesday assignment (4/1):

Thursday assignment (4/2):

Friday assignment (4/3):

[https://www.milb.com/rochester/news/professor-spikes-class-in-session?tcid=fb\\_article&fbclid=IwAR2e32957NfyzwxMWZ9uW20uZgkNvDZkfAQQtjOifWyk6CSuz1O1AiVQNv8](https://www.milb.com/rochester/news/professor-spikes-class-in-session?tcid=fb_article&fbclid=IwAR2e32957NfyzwxMWZ9uW20uZgkNvDZkfAQQtjOifWyk6CSuz1O1AiVQNv8)



While the Rochester Museum and Science and Strasenburgh Planetarium are temporarily closed, check out these science experiments you can do at home

## Science Activities for Home

Make sure to check back often as we will be continually adding new content.

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### Curiosity Bites

#### **At-home Science Experiments**

We wanted our community to get their hands-on science-fix in, so we're providing you with instructions for science experiments that you can do at home! Check out the fun experiments below, we'll be adding more soon!

- [Baking Soda Volcano](#)
- [Coffee Filter Chromatography](#)
- [What is in the Cereal You Eat?](#)
- [Fishing for Ice Cubes](#)
- [Vinegar Pennies](#)
- [What is a Magnetic Shield?](#)
- [The Vitamin C Challenge](#)
- [The Rubber Chicken Experiment](#)
- [Kaleidoscope Making](#)
- [Optical Illusions with Volume](#)
- [Loop-the-Loop](#)
- [Ever Wonder About Air?](#)
- [Air and Lift - The Bernoulli Effect](#)

- [An Eggs-ellent Experiment!](#)

Check out RMSC's Virtual Classroom with science experiments and activities that align with NYS Science Learning Standards K-12

## Science Activities & Demonstrations By Grade Level

If you're a parent teaching for the first time at home or an educator working with your students remotely, we've gathered these science experiments and demonstrations to complement learning. Science experiments are divided by grade levels.

<https://rmsc.org/science-museum/programs-and-events/item/734-virtual-classroom>



## At-Home Workouts

### YMCA 360: Your Virtual YMCA

The Y may be closed temporarily, but we're still here for our community. That's why we're

so excited to launch online exercise and youth programs to support your health and well-being from home with [YMCA360 Opens a new window](#).

### **BARRE OPENS A NEW WINDOW**

This is our revolution that blends the best of ballet and strength in a safe and exciting class.

### **BOOTCAMP OPENS A NEW WINDOW**

Our circuit-based classes are energetic, fun and allow you to tailor the workout intensity to your fitness and skill level.

### **TAI CHI OPENS A NEW WINDOW**

This unique martial art is for all ages and levels. Tai Chi promotes strength, coordination, posture, concentration, and energy level.

### **WEIGHTLIFTING OPENS A NEW WINDOW**

Learn the basics of core Olympic lifts with professional instruction and demonstration.

#### **Y BOX OPENS A NEW WINDOW**

Our homegrown boxing program, YBOX is a total-body workout featuring the basics of boxing from punching and elbow strikes to footwork and defense.

#### **YOGA OPENS A NEW WINDOW**

With different levels for everyone, Y yoga is an effective combination of traditional movements and mindfulness using flexibility, breathing and strength.

#### **Recharge with the Y From Home**

Find a sense of peace and connection with your body while releasing tension with this **at-home video series** **Opens a new window**

led by PMA-certified **Pilates instructor, certified Breathwork facilitator and Clinical Qigong practitioner**, Tutu Mora (Dorothy).

We'll feature a new video every weekday at 3pm CST **here on YouTube** **Opens a new window.**

#### **My Y Virtual**

The **My Y Virtual YouTube channel** features a variety of workouts, from Pilates, to Tabata, to mind body and cardio and strength and a 14-minute workout specifically for active older adults.



Writers & Books has gone virtual! Check out this page offering virtual readings and talks on Mixcloud and YouTube, plus online courses.

<https://wab.org/>



AFTER



Missing the George Eastman Museum? Check out the link below for virtual tours, podcasts and at-home hands-on activities.

Photo copyright George Eastman Museum, from their page.

<https://www.eastman.org/>