

## MIDDLE SCHOOL CLASSES

### Goldfinch Speed Jr. High

We live by, 'Build a better human first, then a better athlete,' and mix it up with sprints, jumps, squats, and more! Our goal? To instill great movement habits and foster a love for training, all in a lively and encouraging vibe. Led by former Iowa State football player, and owner of Goldfinch Athletics, Jeff Woody. Think of it as the ultimate prep for high school sports—technique, education, and a lot of fun! You'll only need training shoes to get to work.

6<sup>th</sup> - 8<sup>th</sup> grade

Location: Central Campus Gym

Dates: Monday & Wednesday March 25<sup>th</sup> - May 8<sup>th</sup>

No class April 10<sup>th</sup>

Time: 4:00 PM - 5:00 PM

Instructor: Jeff Woody

Class Limit: 50

<https://dmps.revtrak.net/WS-Redirect/?wsresource=eventDetail.html%3fid%3d1422043>

### Middle School Art Creating Comics

Learn how to make comic books! In this class, we will explore the visual storytelling of comics and how to create our own stories. We will discuss different forms of art and techniques that are part of visual storytelling. Learn how to compose storyboards and scenes for the characters you design. Students are encouraged to bring their own supplies, but we will have some available to use.

6<sup>th</sup> - 8<sup>th</sup> grade

Location: Merrill Middle School

Dates: Tuesdays March 26<sup>th</sup> - April 30<sup>th</sup>

Time: 4:00 PM – 5:00 PM

Instructor: Carissa Dannen

Class Limit: 15

<https://dmps.revtrak.net/WS-Redirect/?wsresource=eventDetail.html%3fid%3d1422805>

## **Jewels Academy Science**

Are you interested in experiments and learning new things? If you are this will be the class for you. Here you will learn all about STEM which is Science, Technology, Engineering, and Mathematics. You will be making fun projects like a homemade bouncy ball, Lava lamp, Bioplastics, and so much more. If you want to learn more about STEM sign up here!

6<sup>th</sup> - 8<sup>th</sup> grade

Location: Weeks Middle School

Dates: Fridays March 29<sup>th</sup> - May 3<sup>rd</sup>

Time: 4:00 PM - 5:00 PM

Instructor: Jewels Academy

Class Limit: 15

<https://dmps.revtrak.net/WS-Redirect/?wsresource=eventDetail.html%3fid%3d1422830>

## **Middle School Spring Break Basketball Camp**

Need something to do over spring break? How about working on your basketball skills? Whether you are a beginner or pro, this camp is designed to improve your basketball game. We will work on dribbling, shooting, passing, rebounding and defense. This camp is for boys & girls in 6th-8th grade!

6<sup>th</sup> - 8<sup>th</sup> grade

Location: Harding Middle School

Dates: Mon – Fri March 11<sup>th</sup> – March 15<sup>th</sup>

Time: 10:00 AM - 12:00 PM

Instructor: North/Harding coaches

Class Limit: 50

<https://dmps.revtrak.net/WS-Redirect/?wsresource=eventDetail.html%3fid%3d1422880>