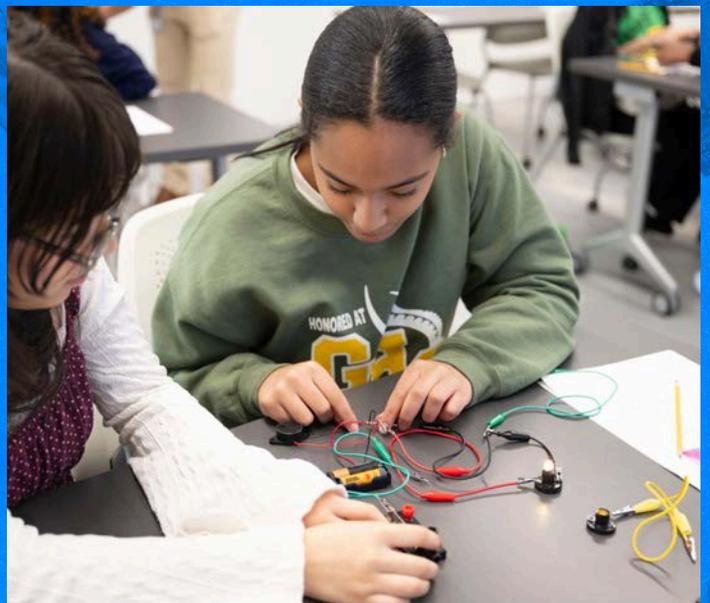


# WINTER 2025 PROGRAM CATALOG



# WHAT'S HAPPENING AT THE LEARNING LAB THIS WINTER?

## Weekly After-School Courses

10-week courses. December 1st through February 19th. Weekly attendance expected.

- Elementary Courses | Grades 3-5
- Middle School Courses | Grades 6-8
- High School Courses | Grades 9-12



## Workshop Series

Sign up for sessions individually!

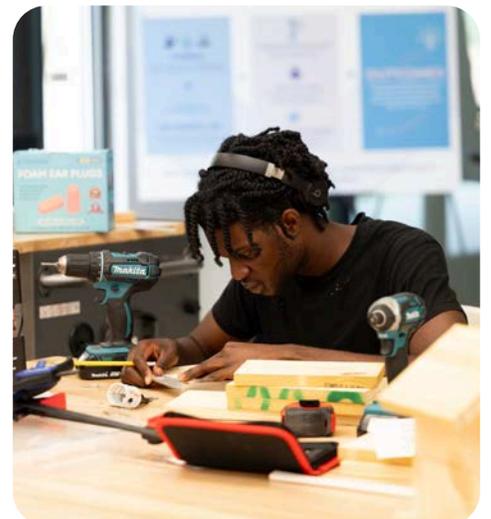
- Healthcare Careers Explorations | Grades 9-12
- Building Your Blueprint | Grades 9-12
- Building Your Future Toolkit | Grades 6-8
- Makerspace Workshops | Grades 6-8



## Exploration Events

Exploration events are great opportunities to wander, tinker and discover!

- Friday Nights at the Lab | Grades 6-12
- Open Exploration Time | Grades 6-12
- Saturday Community Fest | Grades 1-3



# WINTER AT A GLANCE

## December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

-  First/Last Day of After-school Courses
-  Healthcare Career Workshop (High School)
-  Makerspace Workshop (Middle School)
-  Build your Blueprint Workshop (Middle School)
-  Build your Blueprint Workshop (High School)
-  Friday Nights at the Lab
-  Open Exploration
-  Saturday Community Fest
-  Family Celebration Night
-  Registration Opens for Next Session

## Academic Support

Every Tues & Thurs | 4:00 - 5:30 PM

No class? No problem. Come work on your homework, knock out a project, and get support from our staff and volunteers.

## Golf Club

Every Tues, Wed & Thurs | 3:00 - 4:00 PM

Take some time to work on your game before class starts. Coach Danielle has all the tips you'll need to become a pro.

## Friendly Reminders...

- Registration is required in advance for all TGR programs.
- Attendance is expected for all registered programs.
- Program requirements may vary. Check instructions on each page.
- Students may register for multiple programs, just make sure schedules do not overlap.

# Elementary Courses | Grades 3-5

Register for individual courses based on student grade. Courses begin the week of December 1st and last through February 19th. Weekly attendance is expected.

## 3rd Grade

### Discovering Animals and Their Habitats

Every Tuesday | 4:00 - 5:15 PM

Academic support provided from 3:00 - 4:00 PM

Through fun projects and hands-on activities, students will explore how animals adapt to habitats from the Arctic to the rainforest. Get ready for a wild and exciting adventure!

## 4th & 5th Grade

### Force and Motion Extravaganza

Every Wednesday | 4:00 - 5:15 PM

Academic support provided from 3:00 - 4:00 PM

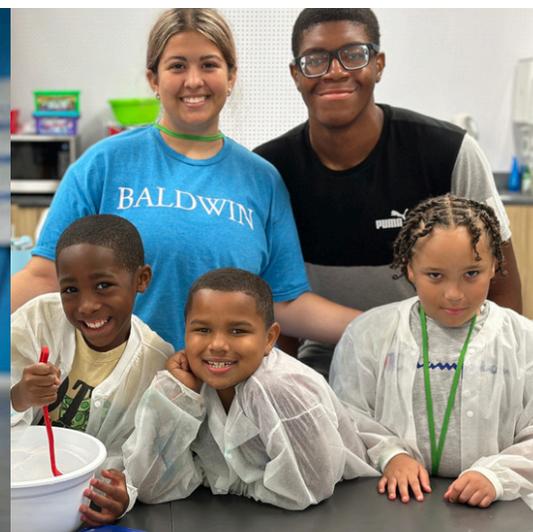
Explore gravity, friction and Newton's laws with hands-on experiments that make science come alive. From launching balloon rockets to building catapults, each week is packed with fun and discovery!

### LEGO Innovation Station

Every Thursday | 4:00 - 5:15 PM

Academic support provided from 3:00 - 4:00 PM

Love LEGO and STEAM? Dive into hands-on projects with LEGO Education SPIKE! Explore science, creativity and teamwork while building skills in literacy, math and more.





# More Winter Fun!

## Winter WonderLAB Grades 4 & 5 Saturday, December 27 1:00 - 3:00 PM

Welcome to the Lab for a winter fun day! Students will dive into hands-on activities including art projects, STEAM experiments and interactive games. This is a drop-off event and we can't wait to welcome your students for a great afternoon.



## MLK Day of Service Grades 3 - 5

Monday, January 19  
1:00 - 3:00 PM

Our youngest citizens are invited to join us for an MLK Day of reflection, creativity and service. Please drop off your students from 1-3:00pm here at the TGR Learning Lab for a look at the life and legacy of the Rev. Dr. Martin Luther King Jr. and have a guided service project that will benefit a local shelter.



# Middle School Courses **Grades 6-8**

Register for individual courses. Courses begin the week of December 1st and last through February 19th. Weekly attendance is expected.

## **OBS Creator's Lab:**

**From Screen to Scene with Mr. RiZ**

**Every Monday | 4:00 - 5:30 PM**

Step into the world of digital creators! Students will use OBS Studio to record and produce content. They'll learn to plan, record and edit using Adobe Rush, adding intros, outros and thumbnails. By the end, they'll have a polished video portfolio!

## **The Curious Chemist:**

**Experiment, Discover, Create with Ms. Stef**

**Every Tuesday | 4:00 - 5:30 PM**

Do you love making things bubble, fizz, or float? Explore fun, hands-on experiments, from growing gummy bears to stacking rainbow liquids. Design your own labs, test your ideas and end the course by showcasing your very own experiment!



## **Inside Out:**

**Power of Your Mind with Ms. Stef**

**Every Wednesday | 4:00 - 5:30 PM**

Ever wonder what's happening inside your brain? Explore how thoughts, feelings and mindfulness connect to make your mind amazing. Through brain challenges, creative projects, experiments and even a sheep brain dissection, you'll discover how your brain works and just how powerful you are!

## **Time Capsule Lab:**

**Evolution of Ideas with Mr. RiZ**

**Every Wednesday | 4:00 - 5:30 PM**

Every passion has a story. In this storytelling course, students will explore a topic they love and learn its history. They'll research, write scripts and record narration or interviews to produce a short documentary or podcast that captures how ideas evolve and influence the world today.

## **Explore the Game:**

**Golf Clinic with Coach Danielle**

**Thursdays | 4:00 - 5:30 PM**

A fun, weekly golf clinic where students can discover the game of golf, learn new skills and have a great time! Players will explore the basics from grip and swing to putting and short game in a relaxed, hands-on setting with our TGR golf coach.

# Workshop Series **Grades 6-8**

Register for individual workshop sessions. Attendance is expected for registered sessions.

## **Building Your Future Toolkit: Skills for Success with Ms. Van**

### **Dorm Room Cooking**

**Thursday, Dec 4 | 4:00 - 5:30 PM**

Dining on a budget can be delicious! Learn to eat seasonally and cook creative microwave meals like spring rolls and mango sticky rice.

### **Reset Room: Rest, Relax, Refocus**

**Thursday, Dec 18 | 4:00 - 5:30 PM**

Take a moment to rest and relax through different activities such as recharge relay, stretch breaks and celebration!

### **Dream it, Do it**

**Thursday, Jan 15 | 4:00 - 5:30 PM**

New year resolutions can be hard. Let's think forward to how you can grow. This is a safe space to be real and come up with the steps to achieve our dreams.

### **Operation Get It Together**

**Thursday, Jan 29 | 4:00 - 5:30 PM**

Is your backpack full of loose papers and you need a moment? Take time to slow down and learn to implement an organizational plan.

### **High School Planning** \*7th grade only\*

**Thursday, Feb 12 | 4:00 - 5:30 PM**

Planning for high school can be scary. This session helps you explore school options and get support with their applications.

## **Carpentry Workshops: with Mr. Mez**

### **Holiday Tech-Craft**

**Thursday, Dec 11 | 4:00 - 5:30 PM**

Design a wooden holiday ornament to create a personalized keepsake for the holidays.

### **Tool Time: Pencil Holder Edition**

**Thursday, Jan 8 | 4:00 - 5:30 PM**

Use woodworking tools and techniques to build a pencil holder, emphasizing safety, measurement and craftsmanship.

### **Picture Perfect Carpentry**

**Thursday, Jan 22 | 4:00 - 5:30 PM**

Build a picture frame while learning the basics of carpentry. Measure, cut and assemble wood from start to finish.

### **Lock It In: Build Your Own Mini Treasure Chest**

**Thursday, Feb 5 | 4:00 - 5:30 PM**

Create your own miniature treasure chest using carpentry skills. Personalize it to create a functional keepsake.

### **Grow & Build: Window Herb Planter**

**Thursday, Feb 19 | 4:00 - 5:30 PM**

Build your own wooden planter while learning to safely use basic woodworking tools. Measure, cut, assemble and decorate it, then plant seeds to take home.

# High School Courses | Grades 9-12

Register for individual courses. Courses begin the week of December 1st and last through February 19th. Weekly attendance is expected.

## **Tiger Robotics:**

**First Robotics Competition Team with Mr. Mez**

**Every Monday, Tuesday | 4:00 - 5:30 PM**

**Saturday | 10:00 AM - 2:00 PM**

Students will design, build and code robots for the FIRST Robotics Competition, developing hands-on STEM and leadership skills through teamwork and competition.



## **Under the Microscope:**

**Science of Animal Life with Ms. Stef**

**Every Monday | 4:00 - 5:30 PM**

Step into the lab to explore the diversity of animal life through dissections, slides and observations. Students investigate how structure and function connect across species through hands-on labs and comparative analysis.



## **The Influence Lab:**

**Creative Direction in Media & Culture with Mr. RiZ**

**Every Thursday | 4:00 - 5:30 PM**

Explore how culture shapes media and how media shapes us. Students act as creative directors, researching a cultural trend and designing a campaign that reimagines its future while building creative and analytical skills through storytelling and design.



## **Explore the Game:**

**Golf Clinic with Coach Danielle**

**Tuesdays | 4:00 - 5:30 PM**

A fun, weekly golf clinic where students can discover the game of golf! Players will explore the basics from grip and swing to putting and short game in a relaxed, hands-on setting with our TGR golf coach.



# Workshop Series | Grades 9-12

Register for individual workshop sessions. Attendance is expected for registered sessions.

## **Greens to Goals: Healthcare Careers Explorations**

Philadelphia College of Osteopathic Medicine:

### **Explore the World of Heart Health**

**Wednesday, Dec 3 | 4:15 - 5:30 PM**

Discover how the heart works and why it's one of the most vital organs in the body.

Philadelphia College of Osteopathic Medicine:

### **Game On: Inside Sports Medicine**

**Wednesday, Jan 14 | 4:15 - 5:30 PM**

Explore how sports medicine professionals help athletes recover from injuries and improve performance.

## **Introduction to EMS**

**Wednesday, Jan 28 | 4:15 - 5:30 PM**

In EMS 101, students dive into Emergency Medical Services with the Narberth Ambulance through hands-on activities and expert talks, gaining key skills and teamwork experience in this vital field.

Philadelphia College of Osteopathic Medicine:

### **Power Up: Taking Charge of Your Health Journey, Health Literacy & Self-Advocacy**

**Wednesday, Feb 11 | 4:15 - 5:30 PM**

Learn skills to understand medical information and communicate effectively with healthcare providers. Empower yourself to make informed decisions and take control of your own health journey.

## **Building Your Blueprint: College and Career Series with Ms. Van**

### **Reset Room: Rest, Relax, Refocus**

**Wednesday, Dec 10 | 4:00 - 5:30 PM**

Take a moment to rest and relax through different activities such as recharge relay, stretch breaks and celebration!

### **Dream it, Do it**

**Wednesday, Jan 7 | 4:00 - 5:30 PM**

New year resolutions can be hard. Let's think forward to how you can grow. This is a safe space to be real and come up with the steps to achieve our dreams.

### **Operation Get It Together**

**Wednesday, Jan 21 | 4:00 - 5:30 PM**

Is your backpack full of loose papers and you need a moment? Take time to slow down and learn to implement an organizational plan.

### **Mastering Your Resume**

**Wednesday, Feb 4 | 4:00 - 5:30 PM**

Create your resume to highlight your skills and experiences! Learn what makes a strong resume and get support in crafting yours.

### **Dorm Room Cooking**

**Wednesday, Feb 18 | 4:00 - 5:30 PM**

Dining on a budget can be delicious! Learn to eat seasonally and cook creative microwave meals like spring rolls and mango sticky rice.

# Exploration Events | All Grades

Events are open for TGR Learning Lab members. Advanced registration is required.  
You must register for each event individually.

## Friday Nights at the Lab | Grades 6-12

Friday Nights @ The Lab is the perfect way to kick off your weekend with friends, fun and exciting activities! Sign up to get all the details and enjoy the excitement!

### Crafts and Cocoa: Friday, Dec 5 | 5:30-7:30 PM

Grab a cup of cocoa and get creative with fun DIY crafts you'll love to keep!

### Movies + Mac and Cheese: Friday, Jan 9 | 3:30-5:30 PM

Kick off the new year with food and enjoy a movie night with board games and good vibes!

### Cookies and Coding: Friday, Feb 6 | 3:30-5:30 PM

Celebrate love and STEM! Design a digital creation in a beginner coding challenge, then decorate and enjoy your own cookies.

## Open Exploration Time | Grades 6-12

### Winter Dates: Dec 13, Jan 24 and Feb 21 | 10:00 AM - 12:00 PM

Come in for an open lab session where you can dive into a variety of hands-on activities. Whether you're working on a project or just trying something new, this is your time to explore.

- Design and build in the Makerspace using 3D printers, laser cutters, and robotics kits.
- Create in the Media Lab by filming a short video, mixing music, or exploring digital art.
- Experiment like a scientist and dive into hands-on biology and chemistry activities.

## Saturday Community Fests | Grades 1-3

### Winter Dates: Dec 13, Jan 10 and 24, Feb 7 and 21 | 12:45 - 3:00 PM

Join us for Saturday Fun at the TGR Learning Lab! Enjoy art, games, leadership activities and hands-on STEAM projects with our fun, engaging educators.



# Ready to Register?



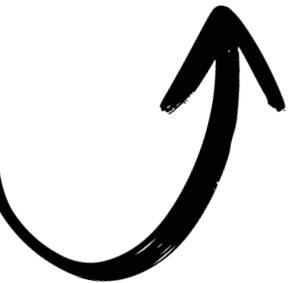
## Already a member?

If you're already a regular at the Lab, just scan here to register for Winter!



## New to the Lab?

Scan here for instructions on how to sign up or call us at 267-900-3970!



[Or use this link to visit our website.](#)

# Getting to the Lab

📍 7401 Lansdowne Ave, Philadelphia, PA 19151

If you're taking SEPTA, you can take the 30, 65, 103, 105, or 106 bus traveling toward or from 69th Street Station. We recommend getting off at the 75th Street bus stop, near Rose Playground, and walking the path along Lansdowne Avenue.



📞 267-900-3970

🌐 [Philadelphia.tgrlearninglab.org](http://Philadelphia.tgrlearninglab.org)

📷 @TGRLL\_philadelphia

