



Spring Workshops

Grades 4th and UP

Mondays - Jr. Carpentry Workshop-

Rocklin- Lifehouse Campus

April 29th - May 20th 9:30am-12:30pm

Workshops are one day per week for 4 weeks- \$325

Includes: Jr. Carpentry / Minute/ Gym Grades 4th -8th



***Jr. Carpentry**

Plan, Design, Measure, Create, and Customize!!!

This is Jr. Carpentry.

Students will build their very own wooden projects. In making these projects, the students will be using wood and tools to make their own creations. Best of all they get to customize and take it home. We will be making a wooden candy dispenser on this day.

***Minute to Get IT**

After Jr. Carpentry... join us for this fast-paced class where everyone has a ton of fun. Here we will be reenacting some of the challenges from the TV series "Minute to Win It". This is a great way to learn team building and create friendships. Each week we will be dividing into teams and work through "blueprints" that will challenge your depth perception, hand-eye coordination, agility, patience, and problem-solving techniques. No athletic experience required but come prepared to move.

***PE/Gym**

To finish off our day...Let's head outdoors for a fun time of games.

Kickball, Relays, Soccer, NERF Wars, Dodgeball, and more.

ALL the exercise with DOUBLE THE FUN!!

Please wear tennis shoes and bring a water bottle. **Students may take just Gym ala carte for \$75 11:30-12:20.**



Grades 4th and UP

Tuesdays - Drones Workshop-
Rocklin- Mosaic/CalFit Campus

April 30th -May 21st 9:30am-12:30pm

Workshops are one day per week for 4 weeks- \$325

Includes: Drones/ Science Labs / Gym **Grades 4th -8th**



***Drone Aviation**

This exciting STEM course aims to introduce students in the unmanned aerial vehicles industry (UAV or Drones).

Our class objectives will focus on mastering the flight planes, execution of piloting the drones, and creating unique obstacle courses.

Space is limited. Drones are provided.

***Fun Science Labs**

Come join us for ALL HANDS-ON fun, exciting science labs. Each team will break out all the science equipment to perform weekly science labs that will spark curiosity on how things move, how things react, and how things are made. No lecture or book work just pure hands-on exploration of science.



***PE/Gym**

To finish off our day...Let's head to the gym for a fun time of games. **Kickball, Relays, Soccer, NERF and more.**

ALL the exercise with DOUBLE THE FUN!!

Please wear tennis shoes and bring a water bottle. All equipment and Nerf guns/Rivals and bullets provided (PE is held at CalFit next door. Class will walk together with teacher.) **Students may take just Gym ala carte for \$75 11:30-12:20**



Grades 4th and UP

Wednesdays - Jr. Carpentry Workshop-

Rocklin- Mosaic/CalFit Campus

May 1st - May 22nd 9:30am-12:30pm

Workshops are one day per week for 4 weeks- \$325

Includes: Jr. Carpentry / Lego / Gym Grades 4th -8th

Students may take just Gym ala carte for \$75 11:30-12:20



***Jr. Carpentry**

Plan, Design, Measure, Create, and Customize!!! This is Jr. Carpentry.

Students will build their very own wooden projects. In making these projects, the students will be using wood and tools to make their own creations. Best of all they get to customize and take it home. We will be creating a wooden tiered plant display on this day.

***Lego Bridge Building**

Students will explore various types of "bridge construction methods" including suspension, draw and turn-table. Once a building concept is reviewed, students will work together in small groups to build their very own version of that style of bridge out of Legos. The bridges that they build can be as long as 12 feet! The activities lead students to make initial use of the scientific method through observation, reasoning, prediction, and critical thinking.

***PE/Gym**

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Hands in Motion

Spring Workshops

April 29th - May 22nd

Carpentry, Drones, Science Labs, Gym, Minute to Get it, and Lego

Workshops are one day per week for 4 weeks.

You may register for multiple workshop days.

Grades 4th & up

Rocklin Lifehouse Campus

Mondays 9:30-12:30	Ala Carte Gym: Mondays
Jr. Carpentry Workshop Grades 4 th -8 th Includes: Carpentry/ Minute/ PE: Gym \$325	11:30-12:20 Grades 1 st - 3 rd PE Grades 4 th -9 th - Gym & PE Games Ala carte \$75/ 4 weeks

Grades 4th & up

Rocklin Mosaic/CalFit Campus

Tuesdays 9:30-12:30	Wednesdays 9:30-12:30
Drones Workshop Grades 4 th -8 th FULL WAITLIST ALA CARTE GYM IS STILL OPEN Drones/Science Labs/ Gym	Jr. Carpentry Workshop Grades 4 th -8 th Includes: Carpentry/ Lego/ Gym \$325

Ala Carte Gym:
Tuesdays

11:30-12:20

Grades 1st- 3rd PE
 Grades 4th-H.S.- Gym & PE Games
 Ala carte
 \$75/ 4 weeks

Ala Carte Gym:
Wednesdays

11:30-12:20

Grades 1st- 3rd PE
 Grades 4th-H.S.- Gym & PE Games
 Ala carte
 \$75/ 4 weeks



Hands in Motion

Spring Workshops Grades 1st-3rd

April 29th - May 22nd

Steam, Art, and PE

Workshops are one day per week for 4 weeks.

You may register for multiple workshop days.



Grades 1st-3rd

The Lifehouse Campus

Mondays 9:30-12:30	Ala Carte Gym: Mondays
STEAM Workshop Grades 1 st -3 rd Includes: STEAM/Art / PE: Gym \$325	11:30-12:20 Grades 1 st - 3 rd PE Games Ala carte \$75/ 4 weeks

Grades 1st-3rd

Rocklin Mosaic/CalFit Campus

Wednesdays 9:30-12:30	Ala Carte Gym: Wednesdays
STEAM Workshop Grades 1 st -3 rd Includes: STEAM/Art/ PE: Gym \$325	11:30-12:20 Grades 1 st - 3 rd PE Games Ala carte \$75/ 4 weeks



Grades 1st-3rd

Mondays - STEAM Workshop-

The Lifehouse Campus

April 29th - May 20th 9:30-12:30pm

Workshops are one day per week for 4 weeks- \$325

Includes: STEAM/Creative Arts/ Gym Grades 1st-3rd

Students may take just Gym ala carte for \$75 11:30-12:20



***STEAM-**

This engaging Hands-On class will cover multiple subjects such as math, language arts, history, science, and art using a weekly thematic topic. Creating a place where kids can explore and learn their potential while building relationships with fellow homeschooling students is of high priority.

***Creative Arts-**

Paint, sculpt, draw, create! We will do it all in this class. With age-appropriate activities, students will explore the creative process, develop their artistic skills, and experiment in painting, drawing, and mixed media. Everyone gets to go home with their own unique art projects. New projects for this workshop. Theme: Summer Fiesta- Mixed media art.

***PE/Gym**

To finish off our day...Let's head to PE for a fun time of games.

Kickball, Relays, Soccer, Relays and more.

ALL the exercise with DOUBLE THE FUN!!

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Grades 1st - 3rd

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Students may take just Gym ala carte for \$75

11:30-12:20



Hands in Motion



Spring Workshops

May 2nd - May 23rd

NEW!!! Flag Football and Nerf WARS
Held at CalFit

Workshops are one day per week for 4 weeks.
You may register for multiple workshop days.



Thursdays 10:30-11:20	Thursdays 11:30-12:20
Flag Football Grades 4 th – H.S. \$95	Nerf WARS Grades 4 th – H.S. \$95



Flag Football:

In this class, the students will be playing, exercising, and learning all at the same time. This class will focus on the skills of flag football along with some non-competitive play. All play equipment provided. Please bring a mouthguard, wear shoes/clothes to move in, and a water bottle.

Nerf Wars:

This Nerf class is for the kid who wants to see a little more action using the new Nerf Rival Guns. We will be focused mostly on fast pace Nerf Games in the gym along with battle strategies. Bring lots of WATER and wear good gym shoes- you'll need it as you run around battling it out! Nerf Rival guns and ammo will be provided for class time. Safety glasses are required.