

# Hands in Motion

## Spring Workshops

April 21<sup>st</sup> - May 15<sup>th</sup>

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 4<sup>th</sup> & up**  
**Rocklin Lifehouse Campus**

<b>Mondays</b> <b>9:30-12:30</b>
Jr. Carpentry Workshop Grades 4 <sup>th</sup> -8 <sup>th</sup> <b>Includes:</b> Carpentry/ Minute/ PE: Gym <b>\$325</b>



**Grades 4<sup>th</sup> & up**  
**Rocklin Mosaic/In-Shape Campus**

<b>Tuesdays</b> <b>9:30-12:30</b>	<b>Ala Carte Gym:</b> <b>Tuesdays: 11:30-12:20</b>
Drones Workshop Grades 4 <sup>th</sup> -8 <sup>th</sup> <b>Includes:</b> Drones/Science Labs/ Gym <b>\$325</b>	Gym & PE Games Ala carte Held at In-Shape <b>\$95/ 4 weeks</b>




<b>Wednesdays</b> <b>9:30-12:30</b>	<b>Ala Carte Gym:</b> <b>Wednesdays: 11:30-12:20</b>
Jr. Carpentry Workshop Grades 4 <sup>th</sup> -8 <sup>th</sup> <b>Includes:</b> Carpentry/ Lego/ Gym <b>\$325</b>	Gym & PE Games Ala carte Held at In-Shape <b>\$95/ 4 weeks</b>





**Grades 4<sup>th</sup> & up**  
**Rocklin In-Shape Fitness**

	<b>Thursdays</b> <b>10:30-11:20</b>	<b>Thursdays</b> <b>11:30-12:20</b>	
	<b>Soccer</b>	<b>Nerf WARS</b>	
	<b>Grades 4<sup>th</sup> – H.S.</b> <b>\$95</b>	<b>Grades 4<sup>th</sup> – H.S.</b> <b>\$95</b>	



ALL the exercise with DOUBLE THE FUN!!

Soccer- Join us for some skills training and scrimmage play.

Nerf Wars- for the kid who wants to see a little more action using the new Nerf Rival Guns. We will be focused mostly on fast-paced Nerf Games in the gym along with battle strategies.

Please wear tennis shoes and bring a water bottle.



# Spring Workshops

Grades 4<sup>th</sup> and UP

**Mondays - Jr. Carpentry Workshop-**

**Rocklin- Lifehouse Campus**

**April 21st - May 12<sup>th</sup> 9:30am-12:30pm**

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

**Includes: Jr. Carpentry / Minute/ Gym**      Grades 4<sup>th</sup> -8<sup>th</sup>



## **\*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 tiered crate boxes. (same as Wed.)

## **\*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.



**Grades 4<sup>th</sup> and UP**

**Tuesdays - Drones Workshop-**

**Rocklin- Mosaic/In-Shape Campus**

**April 22<sup>nd</sup> -May 13<sup>th</sup> 9:30am-12:30pm**

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

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

**Students may take just Gym ala carte for \$95 11:30-12:20**



**\*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 fun science experiments 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 indoors at In-Shape Fitness- next door. Class will walk together with teacher.) **Students may take just Gym ala carte for \$95 11:30-12:20**



**Grades 4<sup>th</sup> and UP**

**Wednesdays - Jr. Carpentry Workshop-**

**Rocklin- Mosaic/In-Shape Campus**

**May April 23<sup>rd</sup> - May 14<sup>th</sup> 9:30am-12:30pm**

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

**Includes: Jr. Carpentry / Lego / Gym Grades 4<sup>th</sup> -8<sup>th</sup>**

**Students may take just Gym ala carte for \$95 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 making tiered crate boxes. (same as Monday)

### **\*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**

To finish off our day...Let's head to the gym 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. All equipment and Nerf guns/Rivals and bullets provided (PE is held at In-Shape Fitness next door. Class will walk together with teacher.) **Students may take just Gym ala carte for \$95 11:30-12:20.**



# Hands in Motion

## Spring Workshops Grades 1<sup>st</sup>-3<sup>rd</sup>

April 21<sup>st</sup> - May 14<sup>th</sup>

Steam, Art, and PE

Workshops are one day per week for 4 weeks.

You may register for multiple workshop days.



### Grades 1<sup>st</sup>-3<sup>rd</sup>

#### The Lifehouse Campus

	<b>Mondays</b> <b>9:30-12:30</b>
	STEAM Workshop Grades 1 <sup>st</sup> -3 <sup>rd</sup> <b>Includes:</b> STEAM/Art/ PE <b>\$325</b>

### Grades 1<sup>st</sup>-3<sup>rd</sup>

#### Rocklin Mosaic/In-Shape Campus

<b>Wednesdays</b> <b>9:30-12:30</b>	<b>Ala Carte Gym:</b> <b>Wednesdays</b>
STEAM Workshop Grades 1 <sup>st</sup> -3 <sup>rd</sup> <b>Includes:</b> STEAM/Art/ PE <b>\$325</b>	<b>11:30-12:20</b> Grades 1 <sup>st</sup> - 3 <sup>rd</sup> PE Games Ala carte Held at In-Shape <b>\$95/ 4 weeks</b>



**Grades 1<sup>st</sup>-3<sup>rd</sup>**

**Mondays - STEAM Workshop-**

**The Lifehouse Campus**

**April 21<sup>st</sup> - May 12<sup>th</sup> 9:30-12:30pm**

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

**Includes: STEAM/Creative Arts/ Gym Grades 1<sup>st</sup>-3<sup>rd</sup>**



**\*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. Mon/Wed. projects are identical.

**\*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!!**

Please wear tennis shoes and bring a water bottle.



**Grades 1<sup>st</sup>-3<sup>rd</sup>**

**Wednesdays - STEAM Workshop-**  
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**Students may take just Gym ala carte for \$95**

**11:30-12:20**



*Hands in Motion by Jennifier Androkitis*  
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