



## **The Complete Student Winterim Experience**

**Explore. Serve. Grow.**

**With Shaine Walker, Kenny Bennett, and Sarah Perry**

Get ready for a transformative week of personal, academic, and professional growth! The **Complete Student Winterim Experience** is designed to help students excel in all areas—academics, moral integrity, physical well-being, and civic responsibility.

During this immersive **5-day experience**, students will:

- ✓ **Engage in community service** to make a meaningful impact.
- ✓ **Develop leadership and career readiness** through hands-on job shadowing (Seniors).
- ✓ **Strengthen their bodies and minds** with daily fitness challenges.
- ✓ **Gain valuable college insights** through 90-minute daily counseling sessions, covering college selection, time management, and personal development.

By the end of the week, students will leave with **a clear plan for their future, stronger leadership skills, and an understanding of how to integrate service and fitness into their daily lives.**

This unique opportunity is available for **\$140, with payments beginning May 15 and recurring monthly until November 15.**

**Prepare to step into your future with confidence, motivation, and the tools to succeed in both college and the workforce!**



## **Bake It Happen Winterim Experience**

**Bake. Create. Elevate.**

**With Katie Boulet**

Get ready for a **hands-on, flavor-filled journey** into the world of baking! The **Bake It Happen Winterim Experience** offers students the opportunity to master essential baking techniques while exploring the creativity, precision, and business acumen required in the industry.

During this immersive **5-day experience**, students will:

- ✓ **Master baking fundamentals**—from cookies and pastries to artisan bread and cakes.
- ✓ **Explore the art of presentation**, learning professional decorating and plating techniques.
- ✓ **Gain industry insights** by visiting local bakeries and learning from professionals.

By the end of the week, students will leave with **practical baking skills, a deeper appreciation for the craft, and an understanding of career pathways in the culinary and baking industry.**

This **deliciously enriching experience** is available for **\$525 per student, with payments beginning May 15 and recurring monthly until November 15.**

**Don't miss this opportunity to spark creativity, build expertise, and explore the endless possibilities in the world of baking.**



## **Cooking Around the Globe Winterim Experience**

**Taste. Learn. Explore.**

**With Austin Wells**

Embark on a **flavorful journey across continents** with the **Cooking Around the Globe Winterim Experience!** This immersive program invites students to explore the culinary traditions of five diverse countries—**America, Mexico, France, India, and Italy**—while mastering essential cooking techniques in a professional kitchen.

During this hands-on **5-day experience**, students will:

- ✓ **Prepare authentic dishes** from five global cuisine.
- ✓ **Learn from Michelin Star chefs** from Nashville, gaining professional culinary insights and techniques.
- ✓ **Understand the cultural significance** behind each dish and how food connects people across the world.
- ✓ **Develop meal planning and budgeting skills** to cook for small groups efficiently and affordably.
- ✓ **Work in a professional kitchen setting**, enhancing teamwork, time management, and plating techniques.

By the end of the week, students will leave with **culinary confidence, cultural appreciation, and practical cooking skills they can use for a lifetime.**

This **exciting global culinary experience** is available for **\$1400 per student, with payments beginning May 15 and recurring monthly until November 15.**

**Don't miss this opportunity to inspire a passion for cooking while enriching students' understanding of world cultures and meal planning**



## **Off the Field, In the Game: Sports Management Uncovered**

**Lead. Market. Manage.**

**With Jarius Satterfield**

Step beyond the sidelines and into the **thrilling world of sports management** with the **Off the Field, In the Game: Sports Management Uncovered** experience! This immersive program provides students with an inside look at the sports industry, covering key areas like **college athletics, professional sports, facility operations, marketing, and event planning.**

During this hands-on **5-day experience**, students will:

✓ **Visit top-tier sports venues** such as Austin Peay State University, Nissan Stadium, and Bridgestone Arena.

✓ **Meet industry professionals** and gain insight into careers in sports administration, marketing, and media.

✓ **Tour state-of-the-art facilities**, learning about the operations behind major sporting events.

✓ **Engage in real-world projects**, applying leadership, event coordination, and social media management skills.

✓ **Develop an understanding of sports marketing**, branding, and the business strategies that drive the industry.

By the end of the week, students will leave with **practical skills, industry connections, and a deeper understanding of the many career opportunities in sports management.**

This **dynamic sports industry experience** is available for **\$230 per student, with payments beginning May 15 and recurring monthly until November 15.**

**Don't miss this opportunity to help your child explore the exciting world of sports management and set the foundation for a future in the industry!**





## **Wild South: Exploring Animal Habitats in Kentucky & Tennessee**

**Discover. Conserve. Explore.**

**With Alyssa Ray**

Immerse yourself in the **natural wonders of the Wild South** with this exciting **5-day Winterim experience!** **Wild South: Exploring Animal Habitats in Kentucky & Tennessee** takes students on an unforgettable journey through the region's most fascinating ecological, biological, and geological sites, offering hands-on learning about conservation and wildlife preservation.

During this immersive experience, students will:

- ✓ **Explore educational and engaging sites**, such as **Mammoth Cave, the Chattanooga Aquarium, and the Nashville Zoo.**
- ✓ **Engage with local experts** to learn about environmental conservation and the impact of human activity on ecosystems.
- ✓ **Discover regional biodiversity**, gaining insight into the delicate balance of wildlife habitats.
- ✓ **Participate in hands-on activities**, using technology and scientific methods to study and protect natural environments.
- ✓ **Understand the role of sustainability**, learning how conservation efforts shape the future of our planet.

By the end of the week, students will leave with **a deeper appreciation for the natural world, a greater understanding of wildlife conservation, and the knowledge to make a lasting impact on environmental sustainability.**

This **enriching conservation experience** is available for just **\$400 per student, with payments beginning May 15 and recurring monthly until November 15.**

**Don't miss this opportunity for your child to explore, learn, and make a difference in preserving our ecosystems!**



## **From Battlefields to Ballads: Discovering Nashville's Soul**

**Where History Echoes & Music Tells the Story**

**With Kristen Johnson**

Step into the **heart of Tennessee** with this immersive **5-day Winterim experience**, where students will explore **the deep connections between history, culture, and music in Nashville, Franklin, and beyond**. From **Civil War battlefields to the iconic stages of Music City**, this program will introduce students to the pivotal moments, diverse communities, and artistic influences that have shaped Nashville's unique identity.

Through interactive site visits, cultural experiences, and culinary explorations, students will:

- ✓ **Trace the historical evolution of Nashville**, from ancient Greek influences to Civil War battlefields.
- ✓ **Analyze the political and cultural impact** of figures like **Andrew Jackson** and Nashville's immigrant communities.
- ✓ **Discover how music has defined the city**, visiting landmarks like the **Ryman Auditorium**, **Country Music Hall of Fame**, and the **National Museum of African American Music**.
- ✓ **Explore the region's artistic and architectural heritage**, from the grandeur of **Cheekwood Estate** to the lasting legacy of **Belle Meade Plantation**.
- ✓ **Engage in hands-on learning**, including **interactive scavenger hunts** and **historical reenactments**.

By the end of the week, students will **gain a deeper understanding of Nashville's evolving identity**, bridging the past with the present through **music, history, and cultural storytelling**.

This **unforgettable cultural experience** is available for **\$455 per student**. **with payments beginning May 15 and recurring monthly until November 15.**

**Don't miss this chance for your child to experience Nashville's soul—where every battlefield, melody, and street corner tells a story!**



## **Mindful Creations: Crafting Your Path to Mental Wellness**

**Create. Reflect. Connect.**

**With Rebecca Perantoni**

Step into a week of creativity, mindfulness, and self-care with **Creative Wellness: A Week of Crafting, Mindfulness, and Connection!** This experience invites students to engage in hands-on art activities while exploring the benefits of yoga, meditation, and emotional wellness practices.

During this enriching experience, students will:

- ✓ **Explore hands-on crafting techniques** including pottery, macrame, and knitting, while connecting to the mindfulness of creating with their hands.
- ✓ **Learn the basics of meditation and yoga**, using these practices to cultivate emotional awareness and stress relief.
- ✓ **Engage in reflective journaling and group discussions**, fostering connections with peers while exploring how creativity and mindfulness impact mental health.
- ✓ **Participate in local community activities**, visiting local artisans and creative spaces to understand the historical and therapeutic benefits of different crafts.
- ✓ **Create a personalized self-care routine**, combining their favorite activities from the week to maintain mental well-being long after the experience ends.

By the end of the week, students will leave with new **mindfulness practices, creative skills, and a deeper understanding** of how art, mindfulness, and self-care intersect for **emotional wellness**.

**This transformative experience is available for \$450 per student, with payments beginning May 15 and recurring monthly until November 15.**

🎨 **Don't miss out on this opportunity to explore creativity, relaxation, and connection in a week designed for personal growth and well-being!**



## **Powering Up with Energy: Discovering Energy Production**

**Innovate. Explore. Energize.**

**With Dan Saucer**

Embark on an electrifying **5-day Winterim experience** that takes students inside the world of **energy creation, distribution, and innovation**. **Powering Up with Energy** offers an interactive journey through the science behind electricity, featuring hands-on activities, expert-led discussions, and field trips to some of the most **advanced energy production sites** in the region.

During this immersive experience, students will:

- ✓ **Explore the science of energy** by visiting **nuclear power plants, hydroelectric dams, and energy facilities**.
- ✓ **Engage in hands-on STEM projects**, including **building wind turbines and experimenting with energy consumption**.
- ✓ **Meet industry professionals** to learn about careers in **electrical, mechanical, and civil engineering**.
- ✓ **Investigate the future of sustainable energy**, analyzing the impact of **renewable power sources**.
- ✓ **Develop leadership skills** by sharing knowledge through a **teaching experience with middle school students**.

By the end of the week, students will have **a deeper understanding of energy production, practical STEM skills, and a clearer vision of future career opportunities** in the energy sector.

This **dynamic STEM experience** is available for just **\$350 per student, with payments beginning May 15 and recurring monthly until November 15.**

⚡ **Don't miss this chance to spark your child's passion for science, engineering, and the future of energy!**





## **Tabletop Triumphs: A Week of Epic Adventures**

**Imagine. Strategize. Conquer.**

**With Hunter Galbraith**

Step into the world of **tabletop role-playing games (TTRPGs)** with this **exciting 5-day Winterim experience!** **Tabletop Triumphs: A Week of Epic Adventures** invites students to embark on thrilling quests, create unforgettable characters, and dive into the immersive storytelling of **Dungeons & Dragons**.

During this adventure-filled experience, students will:

- ✓ **Master the fundamentals of D&D**, learning the rules, mechanics, and strategies of the game.
- ✓ **Create and develop their own characters**, exploring creative writing and role-playing skills.
- ✓ **Engage in a dynamic campaign**, using teamwork, problem-solving, and critical thinking to navigate challenges.
- ✓ **Bring their creations to life with 3D modeling and printing**, designing custom miniatures for their characters.
- ✓ **Foster collaboration and communication**, working with peers to build shared narratives and unforgettable moments.

By the end of the week, students will leave with **newfound storytelling skills, creative confidence, and a deeper appreciation for the art of tabletop gaming.**

This **unforgettable gaming experience** is available for just **\$130 per student, with payments beginning May 15 and recurring monthly until November 15.**

🎲 **Don't miss this opportunity for your child to embark on an adventure of creativity, strategy, and epic storytelling!**



## **Art Techniques with Sarah Spillers: A Week of Painting and Color Mastery**

**Create. Learn. Express.**  
**With TBA**

Step into the world of color, technique, and artistic expression with **Art Techniques with Sarah Spillers: A Week of Painting and Color Mastery!** This workshop invites students to engage in the process of acrylic painting while exploring the fundamentals of color theory, portraiture, and the techniques that make each piece come to life.

**During this inspiring week, students will:**

- ✓ **Explore monochromatic acrylic painting**, creating a portrait of their choice using one color.
- ✓ **Learn the fundamentals of color theory**, including how to mix tones and create depth and dimension through paint.
- ✓ **Gain hands-on experience in a studio setting**, working independently and with guidance from professional artist Sarah Spillers.
- ✓ **Develop patience and persistence**, using trial and error to refine their techniques and improve their final work.
- ✓ **Receive personalized feedback and reflect on their artistic growth**, both technically and creatively.

By the end of the week, students will leave with a **finished portrait** and enhanced artistic skills, as well as a deeper understanding of **color theory, technique, and the power of art to communicate and express emotion.**

**This enriching workshop is available for \$300 per student (or \$350 if fewer than 10 students enroll), with all supplies, lunch, and snacks included. Payments begin May 15 and recur monthly until November 15.**

✏️ **Don't miss the chance to develop your painting skills, unlock your creative potential, and gain valuable artistic experience under the guidance of local artist Sarah Spillers!**