

ROCKFORD

COMMUNITY SERVICES



SPRING 2026

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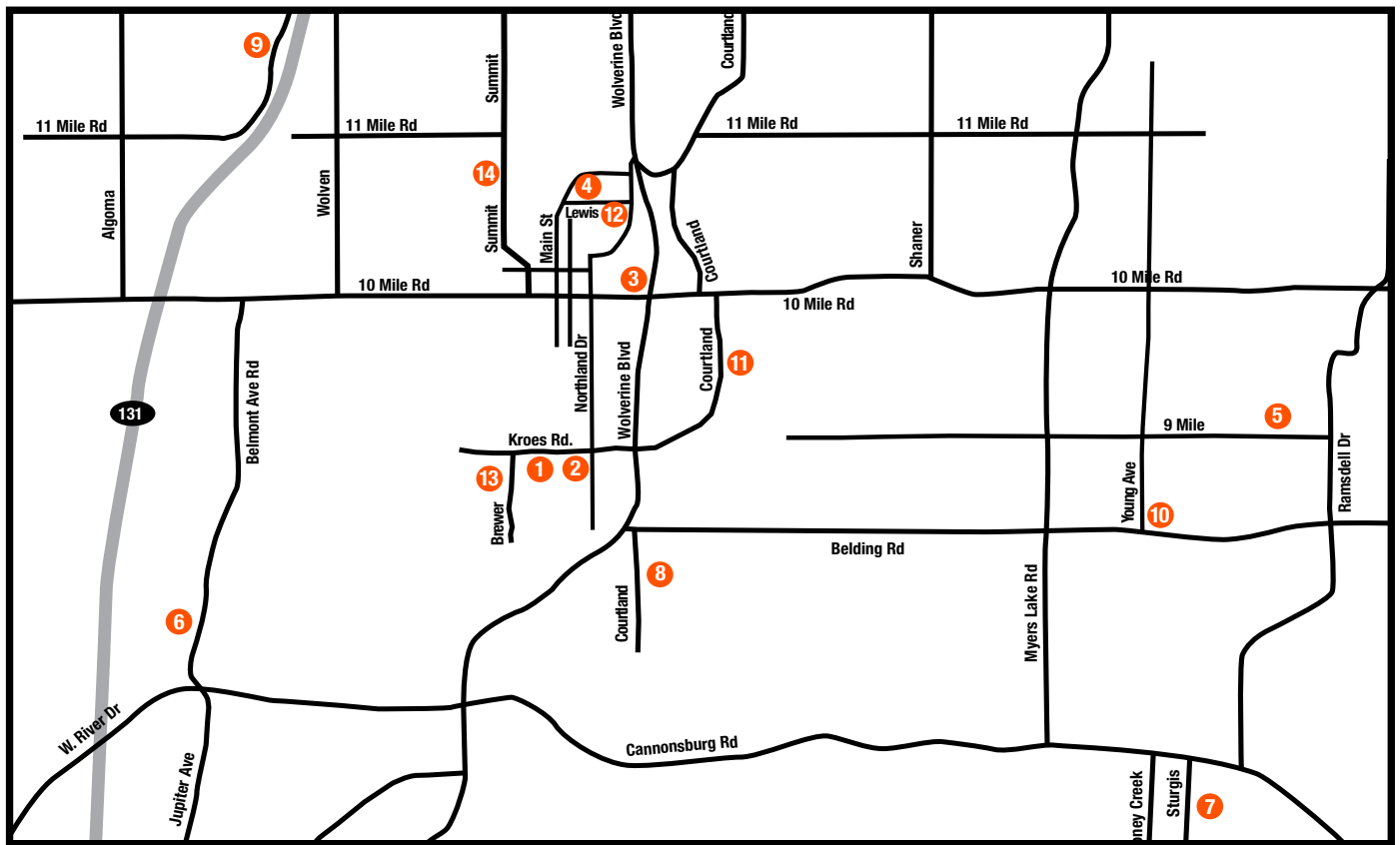
Rockford Public Schools



Quality Community – Quality Schools
Together Building a Tradition of Excellence

350 N. Main Street, Rockford, MI 49341





GENERAL INFORMATION

Enrollment is on a first-come, first-serve basis.

Tuition and fees for enrichment and recreation classes and community pool programs are used to offset the cost of this brochure and all instructional, administrative, printing and mailing costs.

Refund Policy:

A full refund will be made if:

1. Class is cancelled due to insufficient enrollment
2. Class fills before your registration is received

If you cancel and request a refund - a refund will be issued. If you cancel a Mini-Class the day of the class NO REFUND will be given. (Mini-Class - meets one or two times)

NO REFUND if you cancel on the day the class begins.

NO REFUNDS will be made after the class has started, regardless of attendance.

Weather cancellations: www.rockfordschools.org

When Rockford Public Schools are closed or dismissed early due to bad weather, Rockford Community Services activities will also be cancelled. Every attempt will be made to reschedule. However, when circumstances prohibit, classes will not be rescheduled and you will receive a refund.

Rockford Community Services enrichment classes will be held at one of the following locations:

- 1 **RHS - Rockford High School** - 4100 Kroes Rd.
- 2 **RFC - Rockford Freshman Center** - 4500 Kroes Rd.
- 3 **NRMS - North Rockford Middle School** - 397 E. Division St.
- 4 **RVA/RAB - River Valley Academy**
Rockford Administration Building - 350 N. Main St.
- 5 **ERMS - East Rockford Middle School** - 8615 9 Mile Rd.
- 6 **Belmont Elementary** - 6097 Belmont Ave.
- 7 **Cannonsburg Elementary** - 4894 Sturgis Ave.
- 8 **Crestwood Elementary** - 6350 Courtland Dr.
- 9 **Edgerton Trails Elementary** - 9605 Edgerton Ave. NE
- 10 **Lakes Elementary** - 6849 Young Ave.
- 11 **Meadow Ridge Elementary** - 8100 Courtland Dr.
- 12 **Parkside Early Childhood Center** - 156 Lewis St.
- 13 **Roguewood Elementary** - 3900 Kroes Rd.
- 14 **Valley View Elementary** - 405 Summit Ave.



Rockford Community Services

rps.digitalsignup.com

***Must register using a computer or tablet;
smartphones have difficulty completing registrations.***

350 Main Street, Rockford | Phone 616.863.6322

OFFICE HOURS: MONDAY-FRIDAY - 8:00AM – 4:00PM

Adult Enrichment

Adult Enrichment..... 4-9

Fitness & Recreation

Adult Fitness & Recreation..... 10-13

Seniors Unlimited

Senior Enrichment..... 14-17

Book Club 14

Culture Club 15

Summer Picnic..... 15

Bingo 16

Out to Lunch Bunch Bus Trips..... 16

Youth Enrichment

Youth Enrichment 18-22

GRASP Summer Math & Reading..... 19

Youth Fitness & Recreation

Youth Fitness & Recreation22-27

Summer Sports Camps..... 30-31

Aquatics

Open Swim.....27

Swimming Lessons 28-29

HS Summer School

Open Credit & Credit Recovery..... 32-33

COMMUNITY SERVICES
SUMMER HOURS
 Monday – Friday, 8:00am – 3:00pm
 June 4 – July 31
 Closed Fridays in July

NOTICE: Classes at Rockford Community Services are designed to be adult leisure-time classes and therefore children under the age of 17 are not allowed to attend classes unless otherwise stated. Enrollment in classes is limited. Classes will be canceled if they haven't reached their minimum, so please do not wait until the last minute to sign up.

ADULT ENRICHMENT



THE POWER OF AI: AN EVERYDAY EXPLORATION

AI is no longer a futuristic concept; it's a practical tool that can simplify your life today. This course is designed specifically for adult learners who want to move past the hype and start using AI for real-world tasks. We'll skip the dense jargon and focus on functional, everyday applications. What you'll learn:

- **Practical Efficiency:** Discover how AI can help you draft professional emails, organize complex schedules, and plan travel in minutes.
- **Creative Support:** Use AI as a digital partner for hobbies, brainstorming gift ideas, or enhancing your personal photos.
- **Safety & Security:** Develop a "skeptic's eye" to spot deepfakes and manipulated media. We'll cover the red flags of AI-generated content to ensure you stay informed and protected.
- **Privacy First:** Learn essential best practices to keep your personal data secure while exploring new tools.

Instructor: Angie Dressander is a former teacher and the current Instructional Technology Coordinator for Forest Hills Public Schools. She has spent the last 24 years exploring the exciting world of education and technology. Angie is on the Executive Board for the Michigan Department of Education's EdTech organization and has shared ideas at national conferences. For the past year and a half, she has been diving deep into the fascinating world of AI and discovering how it can make our lives easier and more interesting. Angie is excited to share this with others.

Thursdays, May 14 (2 wks) 4:30-5:00pm
RAB \$40 #1029-S26A

MICHIGAN SUNSET CANVAS PAINT

In this canvas paint event, we will paint a beautiful Michigan sunset landscape. Come join us for a night of fun. Instructor: Elly Cruz is a Spanish-Immersion teacher at Northpointe Christian School and the owner of Creador Art Studio located at 6710 Childsdale, Rockford.

Friday, June 19 7:00-9:00pm
Creador Art Studio \$20 #1042-U26A



DOG OBEDIENCE

This class is for adults and their dogs. It will be fast-paced while still covering all the basics of sit, stay, down, come, leave it, as well as walking on a loose leash. We will practice new exercises with increased levels of distraction each session. There will also be individual attention to each participant throughout the class time. Dogs must be fully vaccinated and 4 months or older. Please bring a hungry dog to class along with soft tasty dog treats. Include dog's name, age, and breed when registering & bring a copy of your dog's current vaccine record to the 1st class. Instructor: Lynn Begin has over 20 years of experience training dogs in obedience. She loves working with dogs and their owners.

Mondays & Thursdays, April 13 (5 classes) 6:30-7:30pm
ERMS \$120 #1809-S26A

Mondays & Thursdays, May 7 (5 classes) 6:30-7:30pm
ERMS \$120 #1809-S26B

IMPROV FOR ADULTS!

Remember the show *Who's Line is it Anyway?* Well, that's exactly what this class is about - learning and playing improv games each week. Improvisation helps us think on our feet and most importantly...makes us laugh! As a group, we will pick our favorite games and perform them at the end of the last class for family and friends. Instructors: Sam Prince majored in English & Theatre at the University of Michigan and has done many plays and films over the years. He started Samber Productions in 2020 and has done several performances and shows as well as many acting classes for children, teens and adults. Sam loves to see actors shine on stage! Jesse Lee has a background in education and acting. He has worked in the U.S, Asia, and most recently with Samber Productions on various projects and summer acting camps.

Rockford Masonic Lodge is located at 1430 Northland Dr NE.
Saturdays, April 18 (10 wks) 4:00-5:30pm
Rockford Masonic Lodge \$125 #1058-S26A

BACKPACKING BASICS

Have you ever dreamed of really exploring nature by backpacking to amazing destinations that you can only experience by hiking? Learn the basics of backpacking so you can enjoy some incredible experiences. We will review local, regional and national destinations, how to plan and prepare, essential items to bring, tasty food that is easy to prepare, selecting a day pack and an overnight/extended trip pack, as well as how to pack your backpack. Life is an adventure, and the beautiful outdoors is waiting for you to explore it. Instructor: Don Bratt is an avid outdoor enthusiast and adventurer who loves sharing his knowledge and experiences so others can enjoy all that nature has to offer. Don has backpacked portions of the John Muir Trail, Glacier National Park, Isle Royale National Park, The Grand Canyon, Lake Superior Provincial Park (Canada), Apostle Islands, Porcupine Mountains Wilderness State Park, and North & South Manitou Islands. Discover and enjoy the beautiful outdoors by learning backpacking basics.

Tuesdays, April 14 (2 wks) 6:30-8:00pm
RAB \$15 #1018-S26A



PLANT-BASED COOKING 101

This community cooking series offers participants the opportunity to learn in a hands-on format how to cook and prepare vegetarian and vegan dishes using various plant-based ingredients (tofu, tempeh, textured vegetable protein, soy curls, seitan, jackfruit, hearts of palm, legumes, mushrooms, and store-bought products such as Impossible Meat and Beyond Beef). Participants will build foundational cooking skills while preparing a complete, satisfying meal during each class, drawing from recipes inspired by global cuisines. Classes are designed for all skill levels - come ready to cook, learn, and share a meal together. Once registration closes, the instructor will email participants the list of ingredients which will need to be purchased and brought to class. There may be some plant-based preparation required prior to class, i.e. marinating, soaking, or tofu pressing. Instructor: Elise Kolenda is a local Rockford resident and expert home chef with a passion for cooking multicultural cuisines. Her love of plant-based cooking began in college while working at a health-food restaurant, and she has been a vegetarian or pescatarian for over 20 years. Elise enjoys sharing her knowledge and inspiring others to explore global flavors in approachable, hands-on ways.

Cuisine: Eastern European

Menu: Mushroom Seitan Stroganoff with Beet Salad

Thursday, April 23 6:00-8:00pm

RAB \$60 #1913-S26A

Cuisine: Japanese

Menu: Mapo Tofu with Baby Boc Choy & Jasmine Rice

Thursday, April 30 6:00-8:00pm

RAB \$60 #1913-S26B

Cuisine: Tex-Mex American

Menu: Vegan Nacho Pizza with Textured Vegetable Protein & Bean Salad

Thursday, May 7 6:00-8:00pm

RAB \$60 #1913-S26C

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

Cuisine: Indian

Menu: Baked Jackfruit Biryani with Cucumber Raita

Thursday, May 21 6:00-8:00pm

RAB \$60 #1913-S26D

Cuisine: Michigander

Menu: Cherry Balsamic Tempeh with Roasted Cauliflower & Baby Potatoes

Thursday, June 4 12:00-2:00pm

RAB \$60 #1913-U26A

Cuisine: American South

Menu: Cheesy Grits Bowl with BBQ Soy Curls & Kale

Thursday, June 18 12:00-2:00pm

RAB \$60 #1913-U26B

Cuisine: Middle Eastern

Menu: Tempeh Shakshuka with Pomegranate & Fennel

Thursday, July 9 12:00-2:00pm

RAB \$60 #1913-U26C

Cuisine: Native American

Menu: Succotash with Garlic Herb Butter Lion's Mane Mushrooms & Wojapi

Thursday, July 16 12:00-2:00pm

RAB \$60 #1913-U26D

Cuisine: Chinese

Menu: Home-Style Tofu Stir Fry Over Jasmine Rice with Egg Rolls

Thursday, July 30 12:00-2:00pm

RAB \$60 #1913-U26E

Cuisine: Korean

Menu: Spicy Korean Kimchi Rice Bown with Impossible Beef

Thursday, August 13 12:00-2:00pm

RAB \$60 #1913-U26F

Cuisine: African

Menu: Chickpea Eggplant Tagine with Cinnamon Couscous

Thursday, August 27 6:00-8:00pm

RAB \$60 #1913-U26G

An advertisement for piano lessons. It features a black background with white piano keys on the left. On the right, there is a treble clef and a musical staff with notes. The text reads: "PIANO LESSONS FOR ALL AGES", "Proven method • Experienced instructor", "Private in-person or online options", "Recitals • Convenient Rockford location", and "KAREN NAGLE PIANO STUDIO (616) 826-4626 | kfnagle@msn.com".



MICHIGAN NATURE SERIES

Instructor: Emeritus Professor Ray “Gator” Gates is a retired biology professor from Cornerstone University. Prior to his 41 years teaching biology, botany, zoology, and ornithology at Cornerstone, Gator was a Park Ranger Naturalist for Gallatin National Forest West Yellowstone, Nature Director at Lake Ann Camp and Camp Brookwoods, adjunct professor at Kuyper College and Spring Arbor College, and active in the Master Naturalist Program with the Kent/Michigan State University Extension. Ray believes that the best instructors are those that love their subject matter and enjoy sharing with others.

MICHIGAN FROGS (PART 1)

Learn to identify frogs by their sight and sound. Participants will learn about the biology and ecology of Michigan frogs. Interested upper elementary+ aged students are welcome to register if attending with a parent/guardian. This class meets at the DeWitt Science Center on Cornerstone University’s campus. Cornerstone University, 1001 E Beltline Ave NE, Grand Rapids, MI 49525

Saturday, April 25 9:00-11:00am

Cornerstone University \$20 #1286-S26A

MICHIGAN SPRING WILDFLOWERS

Discover woodland flowers called spring ephemeral bloom before the trees leaf out. Join Gator to look for these spring beauties, including trilliums and Virginia bluebells at Aman Park. Interested upper elementary+ aged students are welcome to register if attending with a parent/guardian. This class meets at Aman Park, 0-1859 Lake Michigan Dr, Grand Rapids, MI 49534.

Saturday, May 2 9:00-11:00am

Aman Park \$20 #1284-S26A

MICHIGAN WETLANDS - THE BOG ADVENTURE (PART 1)

We will discuss the four major types of wetlands, what makes a wetland, and the value of wetlands. Participants will experience the wonders of a bog, learn about the four types of carnivorous plants, and discuss the hydrophilic soils that are only found in the bog. The first 2 hours will be in the classroom at the DeWitt Science Center on Cornerstone University’s campus and the second 2 hours will be at Saul Lake Bog for a dry bog walk. Interested upper elementary+ aged students are welcome to register if attending with a parent/guardian. This class meets at the DeWitt Science Center on Cornerstone University’s campus. Cornerstone University, 1001 E Beltline Ave NE, Grand Rapids, MI 49525. Saul Lake Bog, 10471 6 Mile Rd NE, Rockford, MI 49341

Saturday, May 16 9:00am-1:00pm

Cornerstone University \$35 #1285-S26A



Sustainability LIVE + LEARN

Join us for our Spring/Summer FREE event series. Whether you like learning, socializing, or shopping, there's something for everyone! No registration necessary.

Website: www.RockfordSusCom.us

Email: SusComInfo@rockford.mi.us



Organic Lawns 101

April 15 | 6:30-7:30pm

at Rockford City Hall

This classroom-style lecture introduces homeowners to organic, science-based lawn care. Presented by Steve Veldheer, Founder of Good Sweet Earth.



Trivia Night!

April 23 | 7:30-9:30pm

at Rockford Brewing Company

Join us for *Movies, Myths & Mother Earth* Trivia Night! Come with friends, or join a team to make new ones.



Summer Swap

June 18 | 6:30-7:30pm

at Rockford United Methodist Church

Bring your gently used summer items, toys, equipment and kids' clothes to swap for something new-to-you.



SCAN TO LEARN MORE

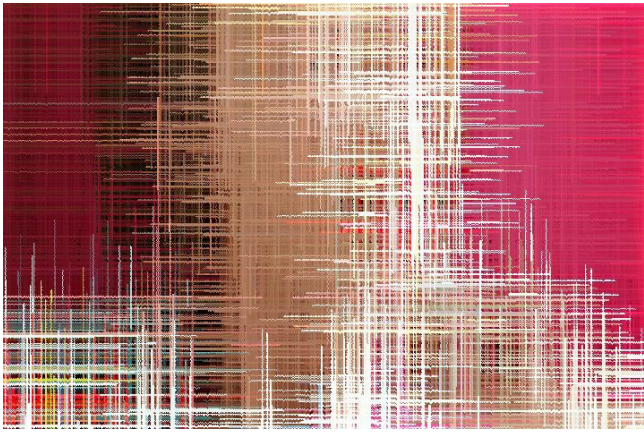
Rockford Community Services

TEACHERS NEEDED!

No special training necessary - just your talent!

We are always looking for instructors for our Community Services enrichment program. If you wish to share your skill or knowledge in a particular area, consider teaching a Community Services enrichment class.

Please call Jason, Julie or Chris at 616.863.6322 for more information.



THREADS OF TIME: A HISTORICAL STORYTELLING SERIES WITH CAROLINE COOK

Join Caroline Cook for an engaging one-hour presentation that brings Grand Rapids to life through its rich history, architecture, art, landmarks, culture, and people. A gifted storyteller with a deep well of knowledge and a genuine love for the city, Caroline weaves facts and narratives into presentations that are evocative, relevant, entertaining, and hopeful. Whether you are a lifelong resident or new to the area, you'll leave with fresh insights, meaningful connections, and a renewed appreciation for Grand Rapids.

A GRAND HISTORY OF RIVER CITY

Grand, indeed. Grand in rich, glorious details, but really, more like a short story than a long tale. Our history is but a blink in time. Retelling the story of who and when in Grand Rapids history is unbelievably fleeting compared to world history, yet immensely interesting...so much so, that it is an enormous task to confine the discussion to one hour. This visual presentation is 60ish minutes of fabulous historical photographs supporting a timeline beginning with geology through present time and into the future.

Wednesday, April 29 6:00-7:00pm
RAB \$15 #1130-S26A

PARK TO PARK TO PARK

It's hard to imagine today's cities without public parks. But it wasn't always that way. The history of intentional green spaces within an urban setting began in the western world in the 1800's...about the same time that Grand Rapids was putting down roots and blossoming. As we virtually motor between the multitude of parks within our city, you'll hear the where-why-when narrative of these oases in the city. You'll then appreciate the early heroes of our park efforts and the re-commitment of today's park leaders. Registration for both parts is not required, as each class stands on its own.

Part One (Downtown) Wednesday, May 27 6:00-7:00pm
RAB \$15 #1130-S26B

Part Two (The Outer Ring) Tuesday, June 23 10:00-11:00am
RAB \$15 #1130-U26A

MATHIAS ALTEN & ARMAND MERIZON

Have you considered that it is very difficult to enter a prominent building in downtown Grand Rapids and not find a painting by Mathias Alten or Armand Merizon? Their work pleasantly surprises us inside on public walls throughout the city - in the GR Public Library, St. Cecilia Music Center, historically significant churches, hospitals, universities and galleries. Mathias Alten lived 1871-1938. Armand Merizon lived 1920-2010. Their lives overlapped for 18 years...perhaps just a smidge of their artistic careers. These two world-renowned, master artists made their home in Grand Rapids and are to be celebrated and appreciated here! Registration for both parts is not required, as each class stands on its own.

Part One (Mathias) Tuesday, July 28 10:00-11:00am
RAB \$15 #1130-U26B

Part Two (Merizon) Tuesday, August 25 10:00-11:00am
RAB \$15 #1130-U26C

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

ECO-STEWARD WORKDAYS

Help restore natural biodiversity around Rockford by removing invasive species, planting natives, and cleaning up the Rogue River!



Annual Rogue River Cleanup

Saturday, April 18 | 10am - 2pm

Richardson-Sowerby Park, 10 W Division St NE

Eco-Steward Workdays

Saturdays, 9am-Noon

April 4th - Meet at the Rockford Dog Park

April 11th - Meet at Extremis, 239 Northland Dr NE

May 2nd - Meet at Community Cabin, 220 N Monroe St

Thursdays, 6:30-8:30pm

June 18th - Meet at the Rockford Dog Park

July 16th - Meet at the Rockford Dog Park

August 20th - Meet at Glen Park on Glen Park Drive



For more information, contact:

Website | www.RockfordSusCom.us

Email | info@rockford.mi.us

FINANCE

RETIREMENT INCOME

This class is designed to educate you about the subject matter of Retirement Income in the least irritating and boring manner possible. Topics covered include, but are not limited to: inflation (this might just be on your mind hmmm?), taxable vs. tax free assets (you'll definitely have questions), qualified plans, rollover considerations, Social Security (yes, please!), Medicare (a must), estate conservation and distributing assets in an organized fashion. YOU WILL NOT BE FALLING ASLEEP! Instructor: Adam Fliehman is a Fiduciary and Investment Advisor Representative and holds the FINRA series 7, 66, 6, 63 licenses as well as insurance licenses for Life, Health, Disability and Long-Term Care. Adam lives in Rockford with his family and is the owner and operator of Fliehman Financial. Securities and Advisory Services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC Fliehman Financial is independently owned and operated.

Tuesday, April 14 6:30-8:30pm

RFC \$10 #2160-S26A

Thursday, April 23 6:30-8:30pm

RFC \$10 #2160-S26B

Tuesday, May 5 6:30-8:30pm

RFC \$10 #2160-S26C

Thursday, May 21 6:30-8:30pm

RFC \$10 #2160-S26D

Tuesday, June 9 10:00am-12:00pm

RFC \$10 #2160-U26A

Tuesday, July 7 10:00am-12:00pm

RFC \$10 #2160-U26B

Tuesday, August 4 10:00am-12:00pm

RFC \$10 #2160-U26C

Thursday, August 20 10:00am-12:00pm

RFC \$10 #2160-U26D



UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

Learn the basics of your home and auto insurance policies. In this discussion, we will review a sample home and auto insurance policy, looking at key terms and coverages within the policies. This class will allow you, the consumer, to better understand how to protect your assets. This class is designed for any person or family that would like to understand what they are paying for as it relates to insurance. This will be a fun, interactive class with plenty of questions and answers. Instructor: Justin Goushaw is the agency owner with Farm Bureau Insurance in downtown Rockford. He has been a member of this community for over 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

Tuesday, May 5 6:30-8:00pm

RFC FREE #1337-S26A



TRAVEL SERIES

It is always a great time to start planning for upcoming adventures! Come to a travel seminar and start PLANNING! Kate has traveled to over 75 countries (and is still counting). She loves to share her experiences, ideas, and travel scenarios. Having been in the travel industry for years, she knows all the ins and outs of travel. She's traveled for work, play, 'in style', on a budget, and as a volunteer. Whether you are traveling solo, with friends, or with a group, Kate can advise on all the pros and cons of each. So, pick a destination or two and start DREAMING of faraway lands and adventures! Instructor: Kate Engel is a veteran of the travel industry and a foreign language fan. Join her to learn about the culture of a country and create a better understanding of the world! It is an experience that can change your life.

THE BALTICS - EASTERN EUROPEAN HAVENS!

Lithuania, Latvia, and Estonia - 3 European countries that border the Baltic Sea! Complete with cobble streets, stunning scenery, beaches, and medieval towns, along with fascinating history, these little known/traveled destinations deliver a great experience at a lower cost!

Tuesday, April 14 6:30-8:30pm

RAB \$8 #1030-S26A

CRUISIN' THE CARIBBEAN

Whether you 'cruise' through the islands of the Caribbean or find a restful stop at one of the thousands of islands, there is more to the islands than just the beaches! We'll chat about several islands, what there is to see and do, and whether a cruise fits the bill, or a stay or island hop is worth it!

Tuesday, April 28 6:30-8:30pm

RHS \$8 #1030-S26B

FINLAND

Finland is an ALL-SEASON destination with amazing sights and activities for all ages. Whether you are biking through the Archipelago or visiting Santa's workshop in the Arctic, it has it all: history, museums, lakes, the sea, and the Northern Lights! Come discover why the 'Moomins' live here!

Tuesday, April 21 6:30-8:30pm

RHS \$8 #1030-S26C

UNDERSTANDING THE BASICS OF TERM & WHOLE LIFE INSURANCE

Life insurance can be a confusing topic. What life insurance is right for me? What is the difference between Whole Life and Term Life insurance? Do I need life insurance? In this class, we will have an interactive discussion on the basics of Whole Life and Term Life insurance. We will review key terms and strategies so that you will walk away with basic knowledge of life insurance. Instructor: Justin Goushaw is the agency owner with Farm Bureau Insurance in downtown Rockford. He has been a member of this community for over 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

Tuesday, May 12 6:30-8:00pm
RFC FREE #1338-S26A

UNDERSTANDING YOUR INVESTMENTS

An unvarnished perspective as to why investment products may be recommended, how to tell if your investments are in your absolute best interest, as well as what to look for in a prospectus. The class also focuses on how to tell the difference between the suitability and fiduciary standard, how to discover the true costs of your portfolio, how financial advisers get paid, and how different investment products operate. Participant questions are encouraged. Instructors: Fred Iacovoni AWMA® and Tyler Kotlarz CFP® are fiduciary advisors with Synergy Wealth Management LLC, a local independent fee-only Registered Investment Advisor (RIA) in Cascade. Fred and Tyler are staunch advocates for transparency in the financial industry and the fiduciary standard.

Tuesday, April 28 6:30-7:45pm
Virtual FREE #1331-S26A

Tuesday, May 19 6:30-7:45pm
RHS FREE #1331-S26B

Tuesday, June 16 6:30-7:45pm
Virtual FREE #1331-U26A

Tuesday, July 28 10:00-11:15am
RHS FREE #1331-U26B

Tuesday, August 18 6:30-7:45pm
Virtual FREE #1331-U26C

MEDICARE MADE SIMPLE – 101 (INTRODUCTION)

This entry level class is designed for those who will be turning 65 within the next year or who are newly eligible due to a loss of group health coverage or Social Security disability. Topics:

- Medicare Parts A, B, C, D
- Eligibility and enrollment (avoid penalty)
- Medicare costs and coverage
- Working past age 65
- Supplemental options: Medigap vs. Medicare Advantage
- Differences between Medicare Advantage Plan & a Medigap Plan
- Medicare Part D prescription drug coverage
- Minimizing the Part D coverage gap (donut-hole)
- Healthcare costs in retirement
- Preventative and value-added services (dental, vision, hearing)

Making the right choices, particularly when you are first eligible, could save you hundreds or even thousands of dollars over your lifetime. This class will help you start the Medicare planning process with the basic knowledge you will need to make right choices.

NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid. Instructor: Kristin Rocheleau and Amy Orr help people choose the right individual health insurance plans. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. They are both independent health insurance advisors.

Wednesday, May 20 6:30-8:00pm
RAB FREE #1878-S26A

MEDICARE MADE SIMPLE – 102 (INTERMEDIATE)

This refresher (intermediate) class is designed for those who will be turning 65 within the next year or who are newly eligible due to a loss of group health coverage or Social Security disability. Topics:

- Medicare Parts A, B, C, D
- Eligibility and enrollment (avoid penalty)
- Medicare costs and coverage
- Working past age 65
- Supplemental options: Medigap vs. Medicare Advantage
- Differences between Medicare Advantage Plan & a Medigap Plan
- Medicare Part D prescription drug coverage
- Minimizing the Part D coverage gap (donut-hole)
- Healthcare costs in retirement
- Preventative and value-added services (dental, vision, hearing)

Making the right choices, particularly when you are first eligible, could save you hundreds or even thousands of dollars over your lifetime. Attending this class will help you start the Medicare planning process with the basic knowledge you will need to make right choices. NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid. Instructor: Kristin Rocheleau and Amy Orr help people choose the right individual health insurance plans. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. Both are independent health insurance advisors.

Wednesday, May 27 6:30-8:00pm
RAB FREE #1879-S26A

Find us on

ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

ADULT FITNESS & RECREATION

CAPOEIRA: THE BRAZILIAN MARTIAL ART

Capoeira is a martial art that is highly cardio-based. Learn to blend kicks and dodges together through flowing movements that are often said to resemble a dance. This unique martial art originated in Brazil and has spread in popularity throughout the globe.

Capoeira is a martial art that will bolster one's strength, balance and flexibility. Instructor: Juston Espinoza began training Capoeira in 2005 at Grand Valley State University and immediately fell in love with the art. He began teaching classes in 2008, leading courses for a variety of programs throughout the state of Michigan. In 2016 Juston founded Grand Rapids Capoeira as a way to continue training and sharing Capoeira with the community. Juston likes to keep classes light yet engaging, always having fun while training hard. He aims to create a space where training is enjoyable, even after doing 500 kicks, and any questions are always welcome.

Tuesdays, April 14 (7 wks) 7:30-8:30pm

RFC \$105 #1012-S26A

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

SUMMER ADULT LEARN 2 ROW

Ages 18+ Coed. Join our Summer Adult Learn 2 Row program and discover the power and rhythm of rowing in a supportive, high-energy environment. Designed for beginners, this program teaches essential techniques, water safety, and teamwork while building strength and endurance on the water. Whether you're looking for a new fitness challenge or a fun way to connect with others, you'll gain confidence, skills, and a love for the sport under expert guidance.

Coaches: Elaina Loveless and Wyatt Frahm.

SESSION 1

M/W/Th, July 6 (2 wks) 6:15-8:00pm

Jupiter Boathouse \$180 #8162-U26A

SESSION 2

M/W/Th August 10 (2 wks) 6:15-8:00pm

Jupiter Boathouse \$180 #8162-U26B

APTITUDE FITNESS

All Classes at Aptitude Fitness + Yoga
251 Northland Dr NE, Rockford, MI 49341

RISE AND SHINE VINYASA

Rise and Shine Vinyasa is a high-energy morning class that blends dynamic movement, breath awareness, and mindfulness to energize and uplift you for the day ahead. This invigorating flow will get your body moving, increase flexibility, and focus your mind. As always, listen to your body and modify the practice as needed to suit your unique needs. Start your day feeling strong, centered, and ready to take on whatever comes your way.

M/W/F, April 20 (4 wks) 9:15-10:00am

Aptitude Fitness \$90 #1482-S26A

M/W/F, May 18 (4 wks) 9:15-10:00am

Aptitude Fitness \$90 #1482-S26B *skip May 25

M/W/F, June 15 (4 wks) 9:15-10:00am

Aptitude Fitness \$90 #1482-U26A

M/W/F, July 13 (4 wks) 9:15-10:00am

Aptitude Fitness \$90 #1482-U26B

STRENGTH & STRETCH

Strength & Stretch blends strength-building exercises with flexibility and stretching, offering a well-rounded approach to fitness. This versatile workout can be tailored to suit individual preferences and fitness goals, providing a balanced mix of strength training and mobility work to enhance overall performance and flexibility. Preferred weights range from 5lbs-25lbs. Shoes are optional for this class, allowing you to move freely and comfortably.

M/W/F, April 20 (4 wks) 5:30-6:15am

Aptitude Fitness \$95 #1467-S26A

M/W/F, May 18 (4 wks) 5:30-6:15am

Aptitude Fitness \$95 #1467-S26B *skip May 25

M/W/F, June 15 (4 wks) 5:30-6:15am

Aptitude Fitness \$95 #1467-U26A

M/W/F, July 13 (4 wks) 5:30-6:15am

Aptitude Fitness \$95 #1467-U26B

CHAIR YOGA

Chair Yoga is a versatile practice suitable for everyone. In this class, you'll use the support of a chair to safely flow into yoga poses, move, and focus on your breath. The benefits of chair yoga include improved mobility, increased strength, enhanced flexibility, reduced stress, pain relief, and a clear mind. This gentle yet effective practice helps you feel stronger, more relaxed and centered, making it perfect for all fitness levels. No yoga experience is needed.

Chairs provided in the studio

Mondays, April 20 (6 wks) 10:15-11:00am

Aptitude Fitness \$60 #1441-S26A *skip May 25

Mondays, June 8 (6 wks) 10:15-11:00am

Aptitude Fitness \$60 #1441-U26A

ZUMBA®

Get ready to dance with this mood-boosting workout with a dance-party vibe! Originally inspired by Latin American music, Zumba® now features rhythms from around the world. Whether you're a fitness enthusiast seeking a cardio challenge or new to exercise and looking for a fun alternative to the gym, this class is for you.

Mondays, April 20 (6 wks) 6:30-7:15pm
Aptitude Fitness \$60 #1435-S26A *skip May 25

Mondays, June 8 (6 wks) 6:30-7:15pm
Aptitude Fitness \$60 #1435-U26A

RESTORATIVE YOGA

Embrace self-love and self-care with this restorative Hatha Yoga class, designed for all levels. This slow-paced, nurturing practice offers a gentle, supportive environment perfect for unwinding and recharging. Ideal for those seeking a calming, mindful experience, it provides time to slow down, relax, and reconnect with your body in a compassionate and soothing way.

Sundays, April 19 (6 wks) 6:00-7:00pm
Aptitude Fitness \$60 #1410-S26A *skip May 24

Sundays, June 7 (6 wks) 6:00-7:00pm
Aptitude Fitness \$60 #1410-U26A *skip July 5

MOM + BABY BARRE

Move, connect, and build strength with your baby close to your heart. This 45-minute class combines barre-inspired movement with gentle strength and posture work designed for parents in the pre- or postnatal season. Perfect for non-mobile babies, you can wear your little one in a carrier or have them nearby on a blanket. Expect low-impact movement that supports stability, confidence, and community – all in a welcoming space made for you and your baby. No barre experience needed, just bring your baby and your beautiful, real self. Babies up to 18 months (not walking) welcome.

Wednesdays, April 22 (6 wks) 10:30-11:15am
Aptitude Fitness \$60 #1470-S26A

Wednesdays, June 3 (6 wks) 10:30-11:15am
Aptitude Fitness \$60 #1470-U26A

FULL BODY YOGA

This 60-minute Trauma-Informed Hatha Yoga class is designed for all levels, focusing on gentle movements, stretching, and guided breathing to promote relaxation and balance. Taught with a trauma-sensitive approach, the class recognizes and honors each participant's unique experiences, creating a safe, supportive space. Through mindful practice, you'll enhance flexibility, release tension, and cultivate a sense of well-being, all while fostering safety and peace on the mat.

Tues/Thur, April 21 (6 wks) 7:00-8:00pm
Aptitude Fitness \$75 #1481-S26A

Tues/Thur, June 2 (6 wks) 7:00-8:00pm
Aptitude Fitness \$75 #1481-U26A

EXPRESS BARRE

In this 30-minute Barre class, you'll experience a unique blend of dance, Pilates, and strength training for a dynamic full-body workout. Barre combines the elegance of dance with the toning and strength-building benefits of Pilates and strength exercises, creating an engaging and effective fitness routine. Perfect for those looking to strengthen, tone, and improve flexibility, this class offers a comprehensive workout in just half an hour!

Mondays & Fridays, April 20 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-S26A

Mondays & Fridays, May 18 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-S26B *skip May 25

Mondays & Fridays, June 15 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-U26A

Mondays & Fridays, July 13 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-U26B



Rockford Freshman Center

Teens 14 years and 8 months old are eligible.

SEGMENT 1 COURSES

Monday–Thursday

April 27–May 19 | 3:00–5:00 pm

June 8–25 | 9:00–11:00 am

July 13–30 | 9:00–11:00 am

Rockford Freshman Center

All students welcome; including those who completed Segment 1 with another provider.

SEGMENT 2 COURSES

April 27, 29, May 4 | 5:00–7:00 pm

June 16, 18, 23 | 11:00 am–1:00 pm



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BEGINNING ADULT FENCING

Welcome to our adult fencing class, where enthusiasts of all levels come together to hone their skills, compete, and immerse themselves in the elegant Olympic Sport of Fencing. Known also as Physical Chess, fencing combines anaerobic and aerobic elements, developing eye and hand coordination and a great sense of balance and flexibility. Our experienced coaches are US National Champions. The class begins with a focus on the fundamentals of fencing, including proper en garde, footwork, and blade work. Safety is paramount, so participants will be equipped with regulation fencing gear, including masks, jackets, and gloves. Our coaches prioritize creating a supportive and inclusive environment where all fencers can learn and grow without fear of injury. As the class progresses, participants can engage in friendly sparring sessions where they can apply their skills during the fencing bouts. Whether your goal is to improve your fitness, unleash your competitive spirit, or indulge in the thrill of swordplay, our adult fencing class offers a welcoming and stimulating environment for fencers of all backgrounds and aspirations. Join us as we embark on this exhilarating journey through the art and sport of fencing! Ages 16 and up.

Class held at Grand Rapids Area Fencing Academy (GRAFA)
1345 Monroe NW, Suite 102, Grand Rapids, MI 49505
Wednesdays, April 15 (6 wks) 7:00-8:00pm
GRAFA \$100 #1403-S26A



WERQ® DANCE FITNESS

Ages 13 & Up. A fiercely fun dance fitness class for ALL LEVELS based on chart-topping pop, rock, and hip-hop music and high-energy dance steps. The WERQ® warm-up previews the steps to be used in class, and the cool-down combines yoga-inspired static stretching with balance poses. NO EXPERIENCE IS NECESSARY. Bring a water bottle and a sweat towel, and expect to burn around 500-900 calories while dancing to your favorite songs!

Tuesdays, May 19 (7 wks) 6:30-7:30pm
RAB Cafeteria \$56 #1449-U26A

Tuesdays, July 7 (6 wks) 6:30-7:30pm
RAB Cafeteria \$48 #1449-U26B

WERQ® FITNESS: ZUMBA®

Zumba® is an exciting, effective, and fun Latin-inspired dance fitness party helping millions of people on their way to healthier and happier lives. Zumba® combines Latin rhythms and easy-to-follow dance and fitness moves for an exciting hour of calorie-burning and body-energizing fun! We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Zumba® combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class. No dance experience is necessary! Just come ready to move, sweat, and have a GREAT time! Instructor: Monica Sanders.

Thursdays, May 21 (7 wks) 7:00-8:00pm
RAB Cafeteria \$56 #1451-U26A

Thursdays, July 9 (6 wks) 7:00-8:00pm
RAB Cafeteria \$48 #1451-U26B

PICKLEBALL

ADULT PICKLEBALL Ages 18 & up.



Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. It brings together people from all athletic backgrounds. Whether you’re a beginner or an experienced player, the rules are simple, and the game is easy to learn. Participants should wear comfortable/athletic clothing and tennis/gym shoes, and bring paddles. The Intermediate session is playing only.

Mondays, May 4 (4 wks) *skip May 25
NRMS Upper Gym \$32
6:30-8:00pm Beginners #3205-S26C
8:00-9:30pm Intermediate #3205-S26D

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

TENNIS

“SHORTS AND SKIRTS” SOCIAL TENNIS LEAGUES

(MEN: Shorts and WOMEN: Skirts)

***SKILL LEVEL:** These leagues are two-tiered: Intermediate (USTA 3.0 +) and Advanced (USTA 4.0 +). Examples of each: You currently play tennis regularly or on a USTA team and know your rating. You played on a varsity team in high school and/or college. This program is NOT for beginners or advanced beginners!

***WHAT IT IS:** This program will be fun and offers competitive play, drills, and coaching!

***FORMAT:** Warm-up drills/coaching followed by Competitive Play. The format for competitive play will change each week.

To name a few:

- Round Robin Doubles
- Up and Down the River Same Partner
- Fast Four Tournament
- Random Partner Draw Match
- Up and Down River, Switch Partners

Scores/points are recorded each week, and prizes are awarded on the last night!

Max # of Players: Men 16, Women 16.

***BOTH LEAGUES** will play on MONDAY NIGHTS. July 27 and August 3 are reserved for “Make Up” days

Indicate your level (intermediate or advanced) at sign-up.

Mondays, June 1 (8 wks) 6:30-8:30pm

RHS Tennis Courts \$120 #3137-U26A Men

Mondays, June 1 (8 wks) 6:30-8:30pm

RHS Tennis Courts \$120 #3137-U26B Women

ADULT RED ROBIN TENNIS TOURNAMENT

(Red Ball ~ Round Robin Tournament)

Ages 15 and up. Come out and have a little fun at this “Red Ball” tournament! You will be surprised how the red tennis balls test your skills on the court! They have a way of leveling the playing field! This will be a Round Robin format using Fast Four scoring (no-ad, four-game sets). Any combination of players (m/m, mixed, f/f). Please indicate who your partner is. Up to 12 teams.

\$50 per team includes balls and prizes

Sunday, July 19 (1 wk) 1:00-4:00pm

RHS Tennis Courts \$50 #3139-U26A

ADULT TENNIS LESSONS

BEGINNER/ADVANCED BEGINNER

Coach Katie Hunting, USPTA/RSPA Professional Tennis Instructor. This is a class designed for beginner or newer/occasional tennis players and features instruction regarding specific strokes, serve, and strategy. Class Maximum: 16

Thursdays, June 4 (8 wks) 6:30-7:30pm

RHS Tennis Courts \$120 #3136-U26A

KETTLEBELL AMPD

Ages 13 & Up. Kettlebell AMPD is a group fitness format that takes heart-pumping music and kettlebell moves and combines them into an hour of calorie-torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective, full-body workout. Combining the benefits of strength training, functional movements, and cardiovascular exercise, this program is a safe and effective workout for all ages and fitness levels. No experience necessary! Instructor: Monica is an AFAA Certified Group Fitness Instructor and has been teaching a variety of fitness classes in the area since 2010.

Wednesdays, May 20 (7 wks) 7:00-8:00pm

RAB Cafeteria \$60 #1450-U26A

Wednesdays, July 8 (6 wks) 7:00-8:00pm

RAB Cafeteria \$52 #1450-U26B

ADULT GOLF LESSONS

BEGINNING AND INTERMEDIATE

Work on your golf skills and get ready for summer play! You will work on the basic skills, including etiquette, stance, grip, putting, chipping, and driving. *Max enrollment of 6 golfers per session.

For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford

SESSION 1:

Tuesdays, June 9 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-U26A

Tuesdays, June 9 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-U26B

Wednesdays, June 10 (4 wks) 9:30-10:30am

Golf Emporium \$110 #2050-U26C

Wednesdays, June 10 (4 wks) 11:00am-12:00pm

Golf Emporium \$110 #2050-U26D

Wednesdays, June 10 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-U26E

Wednesdays, June 10 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-U26F

SESSION 2:

Tuesdays, July 7 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-U26G

Tuesdays, July 7 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-U26H

Wednesdays, July 8 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-U26I

Wednesdays, July 8 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-U26J

SENIORS UNLIMITED

TECHNOLOGY ASSISTANCE AVAILABLE

Tech Information and assistance by Holly Young.

Classes are one hour long and lecture-style, with plenty of time for Q&A. The instructor, Holly Young, has a “no question is too dumb” philosophy and has a knack for explaining technical topics in easy-to-understand language. She has a passion for all things “techie”. All sessions are held at the RPS Administration Building located at 350 N. Main Street.

APPS, APPS, APPS

Everyone wants me to download their app! We will discuss which apps are worth downloading, which ones to avoid, and how to research new ones that come along in the future. (Pre-registration is required)

Tuesday, May 26 11:00am

RAB - Community Services \$12 #3414-S26A

HOLLY'S TECH TIME

Holly is also offering 30-minute one-on-one appointments on class days (you do not need to attend a class to schedule a one-on-one). Bring your phone, tablet or laptop with you to receive personalized help with your device. Appointments must be scheduled in advance by calling our office to get a time and what information you need. NOT COVERED: desktop computers, any kind of networking, or wireless printers. (Pre-registration is required, and time will be assigned when you register)

Tuesday, May 26

RAB - Community Services \$25 #3416-S26A



Join our Community Services Team at the Rockford Administration Building to make a unique item. We'll have the supplies and provide the directions, you bring the fun! Each month, we'll have a new craft or recipe to create your own item to take home. We could be painting, molding clay, decorating cookies, making bows, working with wood, decoupage, etc. Your registration fee will cover all the expenses for your item. We will make sure our step-by-step processes are simple enough for the beginner, yet exciting enough for the experienced crafter. This class will be a guaranteed hour of fun! (Pre-registration is required)

Friday, May 8 \$8 10:00-11:00am

RAB - Community Services #1505-S26A



2026 Luncheon

Who - All graduates, students, and friends of Rockford High School before and including the Class of 1976, who will be given a special recognition

What - 10:30 am Social time with beverages
12:00 Sit-down lunch

When - Saturday, June 27, 2026
This event is held annually on the last Saturday of June

Where - Rockford Senior High School Cafeteria
4100 Kroes Street, Rockford, Michigan 49341

Cost - \$20 per person

Reservations - No later than Friday, June 1, 2026
Visit www.rockfordgolden.org for info

BOOK CLUB

Free book use is limited to the number of books available in each month's "Book In A Bag". Books can be picked up in the Community Services office after each month's meeting. Call 616.863.6322 for info. There is no cost to join.

COMMUNITY SERVICES MEETING ROOM
350 N. MAIN ST., ROCKFORD
Come to the Community Services entrance on Lewis St. (across from Parkside)
Second Tuesday, 10:00-11:00AM

UPCOMING BOOKS

TUESDAY, APRIL 21, 2026

EXILES By Christina Baker Kline

TUESDAY, MAY 12, 2026

FINDING DOROTHY By Elizabeth Letts

TUESDAY, JUNE 9, 2026

THE WOMAN THEY COULD NOT SILENCE
By Kate More

TUESDAY, JULY 14, 2026

WE BEGIN AT THE END By Chris Whitaker

TUESDAY, AUGUST 11, 2026

PARIS LIBRARY By Janet Skeslien Charles

CULTURE CLUB EVENTS

MAY: DIAL M FOR MURDER - CIVIC THEATRE

A new version of the celebrated murder mystery that inspired Hitchcock's masterpiece! Tony is convinced that his wife, Margot, has been cheating on him. Now it seems that the affair is over, but in his jealousy, Tony spins a web of suspicion and deception that will tighten around them and ensnare them both in danger, recrimination, and murder. Adaptation by Jeffrey Hatcher. RATED: PG for mature situations. Transportation provided by RPS.

Deadline to register is 4/24/26

Friday, May 1 \$50 #5221-S26A

6:30pm departure from RAB parking lot, 350 N. Main Street (Community Services parking lot).

10:30pm approximate return to Rockford

JUNE: LEGALLY BLONDE - CIVIC THEATRE

A fabulously fun award-winning musical based on the adored movie, *Legally Blonde: The Musical*, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams at Harvard Law. RATED: PG-13 for suggestive language, references, and innuendo. Transportation provided by RPS.

Deadline to register is 5/27/26.

Friday, June 10 \$50 #5218-U26A

6:30pm departure from RAB parking lot, 350 N. Main Street (Community Services parking lot).

10:30pm approximate return to Rockford



SUMMER PICNIC

Join other local residents for some fun! Enjoy a nice BBQ lunch and enjoy the music and humor of Dusty Chaps Trio.

FRIDAY, JUNE 19, 2026, 12:00 – 2:00PM

\$15/person #5008-U26A

Doors open at 11:45am, lunch at 12:00pm, and band starts at 12:30pm.

Rockford Administration Building, 350 N. Main Street, Rockford

Pre-registration required; Sorry, cannot take walk-ins.

LIMITED SPACE, REGISTER EARLY!

JULY: THE GREAT GATSBY - BROADWAY GR

The Great Gatsby is a Broadway extravaganza based on the classic American novel by F. Scott Fitzgerald. The Tony Award®-winning new musical is an unforgettable journey of love, wealth, and tragedy that brings the Roaring Twenties to life on stage. Directed by Marc Bruni, this story of extravagance and longing features choreography by Dominique Kelley. RATED: PG. Transportation provided by RPS. Deadline to register is 5/20/26.

Tuesday, July 21 \$65 #5292-U26A

6:30pm departure from RAB parking lot, 350 N. Main Street (Community Services parking lot).

10:30pm approximate return to Rockford

SEPTEMBER: HELL'S KITCHEN - BROADWAY GR

Ali is a 17-year-old girl full of fire – searching for freedom, passion, and her place in the world. How she finds them is a New York City coming-of-age story you've never felt before – *Hell's Kitchen*, a new musical from 16-time Grammy® Award winner Alicia Keys, whose new songs and greatest hits about growing up in NY inspire a story made for Broadway. Rebellious and stifled by an overprotective single mother, Ali is lost until she meets her mentor: a neighbor who opens her heart and mind to the power of the piano. Set to the rhythm of the 90s, *Hell's Kitchen* is a love story between a mother and daughter. It's about finding yourself, your purpose, and the community that lifts you. Come remember where dreams begin. RATED: PG. Contains some strong language and moments with mature themes. Transportation provided by RPS.

Activity Level: MED. *Deadline to register is 7/30/26.

Tuesday, September 15 \$65 #5247-F26A

6:30pm departure from RAB parking lot, 350 N. Main Street (Community Services parking lot).

10:30pm approximate return to Rockford

OCTOBER: THE NOTEBOOK - BROADWAY GR

Based on the best-selling novel that inspired the iconic film, *The Notebook* tells the story of Allie and Noah, both from different worlds, who share a lifetime of love despite the forces that threaten to pull them apart. *The Notebook* is directed by Michael Greif (*Dear Evan Hansen*, *Next to Normal*, *RENT*) and Schele Williams (*The Wiz*, *Aida*), and features music and lyrics by multi-platinum singer-songwriter Ingrid Michaelson, and choreography by Katie Spelman. RATED: PG. This production uses flashing lights, periods of darkness, and theatrical haze. Transportation provided by RPS. Activity Level: MED. *Deadline to register is 8/28/26.

Tuesday, October 13 \$65 #5222-F26A

6:30pm departure from RAB parking lot, 350 N. Main Street (Community Services parking lot).

10:30pm approximate return to Rockford

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

OUT TO LUNCH BUNCH BUS TRIPS

GUN LAKE CASINO

Take a ride on our lucky bus and try your hand at winning big! A premier gaming and entertainment destination, Gun Lake Casino offers a diverse range of thrilling gaming options, including 2,500 state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno. Gun Lake Casino also contains several high-quality dining amenities, including Shkodé, CBK Brewery, 131 Sports Bar & Lounge, and Harvest Buffet. As part of our group, you will receive \$10.00 in free slot play and \$10.00 in dining dollars if you are, or sign up to be, a GLC Rewards Member. Must be 21 years of age with a valid ID to enter the casino. Transportation provided by Rockford Public Schools. Activity level: LOW.

Thursday, April 23 \$15 #1650-W26B

9:00am departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

Thursday, May 21 \$15 #1650-S26A

9:00am departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

Thursday, August 6 \$15 #1650-U26A

9:00am departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

BINGO

Rockford Administration Building
Located at 350 N. Main Street, Rockford
2nd Friday of the month - **1:00-3:00pm**

Pre-registration is required

Join other local residents for some fun conversation,
coffee & cookies and chances to win prizes!

Please call 616.863.6322 and let us know if you will be
attending. We must have a minimum number of participants
to play, as well as a max group size limit.

****Deadline to sign up is 9:00am the morning of BINGO.**

\$1.00/3 Cards \$2.00/6 Cards or \$3.00/9 Cards
Pay at the door!

Fridays April 17, May 8, 1:00pm
(next date will be in September)

MAY - WHITECAPS BASEBALL GAME

Take me out to the ballpark! Join us for a fun afternoon at LMCU Stadium watching the West Michigan Whitecaps play ball. Registration gets you transportation and a box seat with our group. The Whitecaps are the Detroit Tigers' Upper A affiliate team located in Comstock Park. Buy some peanuts and Cracker Jack or enjoy a variety of food items from locations throughout the park (food available on your own). With entertainment happening between every inning, you might not care if you ever go home! Root, root, root for the home team, but there will be no shame in having a great day with our Seniors Unlimited group. Transportation provided by RPS. Activity level: MED.

Wednesday, May 20 \$23 #5160-S26A

10:30am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

1:45pm approximate return to Rockford

JUNE - SHIPSEWANNA BROWN BAG TOUR

Travel by motorcoach to Northern Indiana for the day! At each tour stop, you will receive a free gift to fill your Brown Bag (bag provided by the tour guide). Be aware that some stops will only accept cash for purchases. Our itinerary this year includes stops at Rise and Roll Bakery, Dutch Country Market, Ben's Pretzels, Davis Mercantile, Yoder's Meat and Cheese, E & S Bulk Foods, and dinner at The Carriage House home. This is a fun-filled day, experiencing some of the wonderful places in Shipshewana and the beautiful Amish community. Price includes transportation, a tour, gifts, tips, and a full-dinner experience in an Amish home. This is a very active day! Transportation provided by Great Lakes Motorcoach. Activity level: HIGH.

Monday, June 1 \$105 #5240-S26A

7:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

7:30pm approximate return to Rockford

AUGUST - DAY TRIP TO FISHTOWN IN LELAND, MI

Join us for a fun-filled charter bus trip to Northern Michigan! Fishtown in Leland is one of the few remaining commercial fishing complexes on the Great Lakes, offering visitors a window into the history of Great Lakes commercial fishing and maritime traditions. The picturesque historic shanties and tugs provide a perfect backdrop to an amazing day trip. Fishtown is part of the quaint village of Leland, which also offers great shopping, dining, beaches, and rockhounding. Hall Beach, right next to the Fishtown break wall, is one of the best places to find Leland Blue. Whether you want to wander the local shops, eat fresh whitefish until you burst at the seams, or just relax for a few hours on the beach, you are sure to enjoy this beautiful day on the shores of Lake Michigan. Transportation provided by Great Lakes Motorcoach. Activity level: MED.

Friday, August 7 \$50 #1522-U26A

8:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

7:00pm approximate return to Rockford

FREE LEGAL ADVICE FOR SENIORS!

Attorney Michael Herring offers free legal advice to our seniors on the last Monday of every month at the Rockford Community Services building, located at 350 N. Main Street, Rockford. If you are interested, you must call our office at 616.863.6322 to get on the schedule. Each appointment is scheduled for 30 minutes.

Monday, April 27, between 10:00am and 12:00pm

***Next appointments will be in September**

JOIN US AND BECOME A PART OF QUILTS OF VALOR®!

Quilts of Valor® is a nationwide foundation created to “Cover service members and veterans touched by war with comforting and healing quilts.” A Quilt of Valor® (QOV) is a quality, handmade quilt, machine or hand quilted. It is awarded to a service member or veteran who has been touched by war. The quilt says unequivocally, “Thank you for your service and sacrifice in serving our nation.” Quilters/sewers meet once a month to work together on a quilt that will be awarded to a service member. We welcome anyone with a little sewing experience. If you don’t sew, we can still use help in cutting and preparing fabric that will be used in our quilts. You may also be interested in donating fabric for our quilts. We hope to see you there!

Third Monday of every month, 1:00-3:00pm

Rockford Administration Building, 350 N. Main St, Rockford

HOME SAFETY & ACCESSIBILITY ESSENTIALS FOR AGING ADULTS

This course explores key principles that support successful aging in place by promoting long-term independence and function within one’s own home. Participants will learn practical education strategies, tips, and techniques for fall prevention, home accessibility, and effective home modifications. The class also highlights common safety risks found throughout the home and provides actionable solutions to reduce hazards and optimize the living environment. By the end of the session, attendees will be equipped with evidence-based approaches to create safer, more functional spaces that empower older adults to remain in their homes with confidence and comfort. Instructor: Trent Paveglio, MS, OTR/L, is a board-certified and licensed Occupational Therapist working in outpatient neurological rehabilitation with expertise in fall prevention, balance training, adaptive equipment/technologies, ADL/IADL performance training, and home evaluations. Trent’s current focus is targeting his clients’ environmental barriers to independence and formulating strategies, working through home modifications and introducing adaptive equipment/technologies that allow his clients the best opportunity to maintain the highest level of function/independence within their own home.

Wednesday, June 3, 4:30pm-5:30pm

**FREE - Life Beyond Barriers Rehabilitation Group
521 E Division St, Rockford**

Day Camp



Get the kids out of the house this summer!



3 weeks to choose from. Scan the QR code for details!

Mobile Parties



Celebrate your community with:

- Laser Tag
- Foam Parties
- Archery Tag
- Cornhole
- Throw Bowling
- VR Games
- Inflatables



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616.345.0698



battlegrmobile.com

YOUTH ENRICHMENT



CHALLENGE ISLAND SERIES

Challenge Island is a screen-free STEAM enrichment program where kids work in small teams to build, create, experiment, and problem-solve together. Through imaginative themes and hands-on challenges, children collaborate, share ideas, and test solutions in a supportive, no-pressure environment. Challenge Island programs are intentionally designed to strengthen creativity, collaboration, communication, and confidence. There is no competition between teams - every child participates, contributes, and succeeds while developing social skills and creative problem-solving abilities.

SUPER STEAMIO FAMILY ADVENTURE

All Ages. This is a hands-on, STEAM event where families work together as a team to tackle creative engineering challenges inspired by classic video-game adventures. Families design and test a STEAMio Platform Jump, build a Pyramid Slingshot, and engineer STEAMio Carts through collaborative problem-solving. This event is designed to encourage teamwork, creativity, and memorable family experiences in a fun, low pressure environment. The class fee is for an entire family unit - please register ONE parent/guardian only.

Tuesday, April 21 (1 day) 5:00-8:00pm
RAB \$100 #1217-S26A

SLIMETOPIA: DINERS, DRIVE THRUS & DIVES

Ages 7-13. Kids team up for a cross-country culinary road trip through the slimiest stops in the USA. Campers create food-inspired slimes while tackling creative, hands-on STEAM challenges in between labs. This camp blends experimentation, engineering, and collaboration, encouraging creativity and teamwork.

Monday - Thursday, July 6-9 8:30am-12:00pm
Meadow Ridge Elementary \$280 #1174-U26A

JURASSIC ISLAND STEAM CAMP

Ages 6-11. Calling all budding paleontologists! In Jurassic Island Camp, kids work in small teams to explore a prehistoric world through hands-on, screen-free STEAM challenges. Campers collaborate to build, test, and problem-solve as they uncover dinosaurs, ancient ecosystems, and creative engineering solutions. This imaginative camp emphasizes teamwork, creativity, and confidence-building in a fun, supportive environment.

Monday-Thursday, August 3-6 8:30am-12:00pm
Meadow Ridge Elementary \$280 #1173-U26A

SLIMETOPIA: SHAKE, RATTLE & SUSHI ROLL

Ages 7-13. In this STEAM workshop campers work in small teams through a sequence of hands-on activities that alternate between slime creation and engineering design. Kids create Bento Box Slime, engineer a Ring of Fire-inspired restaurant structure, and finish with Rockin' Ramen Noodle Slime. This workshop encourages creativity, collaboration, and problem-solving in a high-energy, supportive setting.

Thursday, June 11 (1 day) 9:00am-12:00pm
Meadow Ridge Elementary \$63 #1216-U26A

CREADOR ART STUDIO

6710 Childsdale, Rockford, MI 49341

Instructor: Elly Cruz is a Spanish-Immersion teacher at Northpointe Christian School and the owner of Creator Art Studio in Rockford.

ARTS & CRAFTS DAY CAMP

Arts & Crafts Day Camps are designed to provide fully immersive experiences that engage the senses and provide an environment of creativity. In this day camp session, we will explore different art mediums, learn some art techniques, and make fun art & craft projects.

Grades K-2 Monday-Thursday, June 15-18 9:00am-12:00pm
Creator Art Studio \$120 #1045-U26A

Grades 3-5 Monday-Thursday, June 22-25 9:00am-12:00pm
Creator Art Studio \$120 #1045-U26B

WATER WEEK DAY CAMP

Grades K-5. Get ready to explore the wonders of water in this day camp! We will do a variety of STEAM-based projects, art, and outdoor activities.

Monday - Thursday, July 20-23 9:00am-12:00pm
Creator Art Studio \$100 #1043-U26A

AROUND-THE-WORLD DAY CAMP

Grades K-5. Get your passports ready for this around-the-world adventure! Each day we will explore a new country as we play games, make crafts and food, learn new words, and design art from each country!

Monday-Thursday, August 3-6 9:00am-12:00pm
Creator Art Studio \$100 #1044-U26A

grasp

Grand Rapids Academic Summer Programs



GRAND RAPIDS ACADEMIC SUMMER PROGRAM (GRASP)

GRASP is a correspondence program for students in Kindergarten through 8th grades which helps students maintain reading and/or math skills while they are on summer break. Students will receive their course materials containing 9 lessons at the end of the school year (online materials are available for grades 4th-8th: SEE REGISTRATION). Each lesson should take your student approximately one hour to complete. This is a self-paced course, but all completed lessons must be submitted by August 8th.

Completed lessons can be mailed to GRASP for scoring and will be returned with instructor feedback via the email address provided. Or, new this year, lessons can be scored with a parent/guardian cell phone instead of mailing them in! Details regarding this process will be sent to the email provided in May. Students who successfully complete and submit at least 7 lessons with 70% accuracy are awarded a certificate. Those who successfully complete and submit all 9 lessons with 70% accuracy will receive a medal! Certificates and medals will be distributed by your student's school at the beginning of the next school year. Please note that this registration is for the booklet/online registration to a self-paced course. This is NOT an in-person or virtual class.

***Registration closes at noon on April 15, 2026.**

PLEASE NOTE, refunds will not be given if the order is cancelled after April 15, 2026. CREDIT CARD PAYMENT ONLY.

Kindergarten Math \$30 #2110-U26A
Kindergarten Reading \$30 #2110-U26B
Kindergarten Math & Reading \$50 #2110-U26C
1st Grade Math \$30 #2111-U26A
1st Grade Reading \$30 #2111-U26B
1st Grade Math & Reading \$50 #2111-U26C
2nd Grade Math \$30 #2112-U26A
2nd Grade Reading \$30 #2112-U26B
2nd Grade Math & Reading \$50 #2112-U26C
3rd Grade Math \$30 #2113-U26A
3rd Grade Reading \$30 #2113-U26B
3rd Grade Math & Reading \$50 #2113-U26C
4th Grade Math \$30 #2114-U26A
4th Grade Reading \$30 #2114-U26B
4th Grade Math & Reading \$50 #2114-U26C
5th Grade Math \$30 #2115-U26A
5th Grade Reading \$30 #2115-U26B
5th Grade Math & Reading \$50 #2115-U26C
6th Grade Math \$30 #2116-U26A
6th Grade Reading \$30 #2116-U26B
6th Grade Math & Reading \$50 #2116-U26C
7th Grade Math \$30 #2117-U26A
7th Grade Reading \$30 #2117-U26B
7th Grade Math & Reading \$50 #2117-U26C
8th Grade Math \$30 #2118-U26A
8th Grade Reading \$30 #2118-U26B
8th Grade Math & Reading \$50 #2118-U26C

BEYOND THE ROCK CAMP

Calling all future filmmakers, actors, actresses, and reporters!

Join the award-winning High School Television Station of the Year program Beyond the Rock for an exciting week of camp!

Grades 6-12. Learn how to operate top of the line professional video equipment while learning videography and editing basics, as well as music track production. Students will focus on being a team to create their own music videos or short films to take home with them at the end of the week. Lights, Camera, ACTION!

Instructors: Kris DeYoung has been the instructor for the BTR program for 16 years and Jason Springer has been the classroom video technician for 28 years. Together they have helped to lead their students to a total of 17 High School Television Station of the Year awards by the Michigan Association of Broadcasters and recently received their 11th straight. Both have a background in storytelling and video production in front of and behind the camera. The program can boast of multiple alumni in the field in various capacities.

Monday-Thursday, June 8-11 9:00-11:00am
RHS \$75 #2237-U26A

Monday-Thursday, August 3-6 9:00-11:00am
RHS \$75 #2237-U26B





LEGO® SUMMER SERIES

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LEGO® BRICKS 4 KIDZ® MINING & CRAFTING CAMP

Ages 5-11. Experience the world of Minecraft™ with LEGO® bricks in this fun camp. Steve is jumping for joy as he introduces the newest members of his Minecraft™ world. Campers will work in pairs and small groups to bring their virtual designs to life by building new mob figures, mosaics and custom models, incorporating LEGO® Bricks. So, are you ready for the challenge? Each camper gets a Minecraft™ themed minifigure with accessories to keep.

Monday-Thursday, June 15-18 9:00am-12:00pm
RHS \$129 #2652-U26A

Monday-Thursday, July 20-23 1:00-4:00pm
RHS \$129 #2652-U26B

LEGO® BRICKS 4 KIDZ® CRUISIN' THE JUNGLE CAMP - JUNIOR ENGINEERS

Ages 4-8. Come explore the jungle using LEGO® Bricks in our BRAND NEW Cruisin' the Jungle Camp! During this adventure, campers will hop in the Jungle Boat Cruiser and encounter the wonders, dangers, and surprises the wild jungle has to offer! Campers will have to navigate around the chomping crocodiles of the river to make friends with the animals of the jungle like monkeys, elephants, and much more! So, pack your adventure bags and treasure maps, and get ready to explore this summer at our Cruisin' the Jungle Camp! Participants receive a minifigure with accessories to take home!

Monday-Thursday, June 15-18 1:00-4:00pm
RHS \$129 #2629-U26A

Monday-Thursday, July 20-23 9:00am-12:00pm
RHS \$129 #2629-U26A

LEGO® BRICKS 4 KIDZ® JOURNEY WITH SHARKS

Ages 5-11. Embark on an underwater adventure with Journey with Sharks at Bricks 4 Kidz®, where Shark Week comes to life through LEGO® building! Perfect for kids aged 5-11, this camp blends the thrill of shark exploration with the joy of LEGO® building. Aspiring Shark Biologists will work in pairs to construct LEGO® models of various sharks, from the mighty Great White to the legendary Megalodon, and learn about their fascinating habitats. Dive into a week of creating motorized sharks, intricate sea life mosaics, and discovering the wonders of the deep blue. Sign up now for a splash of education and a wave of fun!

Monday-Thursday, June 22-25 1:00-4:00pm
RHS \$129 #2669-U26A

Monday-Thursday, July 27-30 1:00-4:00pm
RHS \$129 #2669-U26B

LEGO® BRICKS 4 KIDZ® VIDEO GAME DESIGN

Ages 9-13. Students will develop a range of coding and problem-solving skills as they create fun, space-themed video games. Game designers will think creatively, reason systematically, and work collaboratively to create various video games. Each Game Design unit includes a mini-model rocket built with LEGO® Bricks that will be the main character of all the games. Each game progressively teaches more advanced capabilities within the Scratch® video game design software. Students will be excited to actually play their very own completed video games. Participants receive a flash drive which contains their games.

Monday-Thursday, July 13-16 9:00am-12:00pm
RHS \$150 #2648-U26A

LEGO® BRICKS 4 KIDZ® ADVANCED ROBOTICS: SUMOBOTS

Ages 9-13. Get ready to build, program, and battle your very own robotic sumo wrestler in our Sumobots Advanced Robotics Camp! Using Bricks 4 Kidz® advanced robotics kits, campers aged 9-13 will work in pairs as they dive into the exciting world of robotics, learning how to design and code robots to push their opponents out of the ring. Through hands-on challenges, team collaboration, and strategic problem-solving, campers will enhance their engineering and programming skills while having a blast. Whether you're a seasoned builder or new to robotics, this camp will take your skills to the next level. Let the battles begin!

Monday-Thursday, July 13-16 1:00-4:00pm
RHS \$150 #2670-U26A

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

LEGO® BRICKS 4 KIDZ® GAME ON: MARIO EDITION!

Ages 5-11. For kids today, it's all about the world of online video games and apps! Working in pairs, campers will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros, Roblox, Beyblades, and Pokémon come to life through the use of our robots, mosaics, and 3D art, all made out of LEGO® Bricks. Don't forget classic Nintendo and SEGA themes such as Zelda, Duck Hunt, Pacman, and Sonic the Hedgehog! Each day will be a new adventure as the virtual and LEGO® worlds combine! Participants receive a video game-themed prize to keep!

Monday-Thursday, June 8-11 9:00am-12:00pm
RHS \$129 #2647-U26A

Monday-Thursday, July 6-9 9:00am-12:00pm
RHS \$129 #2647-U26B

LEGO® BRICKS 4 KIDZ® GALAXY FAR AWAY

Ages 5-11. Inspired by NASA and Star Wars™, this camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration while enjoying models based on the popular Star Wars™ franchise. We will work in pairs using our Project Kit to make moving LEGO® Star Wars™ themed models, play group games, complete challenges and more. Come use your imagination and creativity while experiencing an adventure that's out of this world! All campers take home a Star Wars™ themed minifigure to keep!

Monday-Thursday, June 8-11 1:00-4:00pm
RHS \$129 #2637-U26A

Monday-Thursday, July 6-9 1:00-4:00pm
RHS \$129 #2637-U26B

LEGO® BRICKS 4 KIDZ® MASTER CHALLENGE CAMP

Ages 5-11. Ready for a thrilling building challenge? Join the Bricks 4 Kidz® Master Challenge, inspired by the dynamic LEGO® Masters TV show! Ideal for kids aged 5-11, this camp is a playground for budding master builders. Each day brings exciting new challenges, where campers will learn advanced LEGO® techniques, collaborate on imaginative projects, and test their creativity. From constructing towering structures to engineering moving creations, it's a journey of innovation, teamwork, and endless fun. Step into the role of a master builder and create wonders with LEGO®. Sign up now and let the epic building challenge begin! Each camper gets a goodie bag of B4K and LEGO® themed items to keep!

Monday-Thursday, June 22-25 9:00am-12:00pm
RHS \$129 #2668-U26A

Monday-Thursday, July 27-30 9:00am-12:00pm
RHS \$129 #2668-U26B



ACTING AND IMPROV!

Sam Prince majored in English & Theatre at the University of Michigan and has done many plays and films over the years. He started Samber Productions in 2020 and has done several performances and shows as well as many acting classes for children, teens and adults. Sam loves to see actors shine on stage! Jesse Lee has a background in education and acting. He has worked in the U.S, Asia, and most recently with Samber Productions on various projects and summer acting camps.

INTRO TO ACTING!

Ages 8-13. This course is all about introducing acting to kids - no experience necessary! Our curriculum is designed to boost their confidence and allow them to "break out of their comfort zone". As a class, we will choose and rehearse a short play and perform it on the last day of class for family and friends!

Tuesdays, April 14 (8 wks) 6:30-8:00pm
NRMS \$150 #1056-S26A

IMPROV AFTER SCHOOL - MIDDLE SCHOOL

Grades 6-8. Does your child have some creative humor? Well, if they are in middle school, we have an after-school class for them! We will get together and play a bunch of improv games every week. Think *Who's Line is it Anyway?* for kids! A performance of their favorite games will happen at the end of the last session for family and friends.

Thursdays, April 16 (8 wks) 6:30-8:00pm
NRMS \$195 #1059-S26A

IMPROV AFTER SCHOOL - ELEMENTARY

Grades 1-5. Does your child have some creative humor? Well, we have an after-school class for them! We will get together and play a bunch of improv games every week. Think *Who's Line is it Anyway?* for kids! A performance of their favorite games will happen at the end of the last session for family and friends. Feel free to send a snack for your child for 3:40-4:00pm. Class runs from 4:00-5:30pm.

Thursdays, April 16 (8 wks) 3:40-5:30pm
Roguewood Elementary \$195 #1080-S26A

FRENCH FOR FUN SUMMER CAMP

Grades 6-8. Does your student dream of traveling to France or love trying something new? Students will learn basic French greetings, everyday nouns, and exploring towns across France through games and cultural activities. The week wraps up with a favorite highlight - enjoying crepes the Frenchy way! No prior French experience is required, just curiosity and enthusiasm. C'est magnifique! This camp provides students with an opportunity to get to know French before choosing their elective language in 8th or 9th grades. Instructor: Madame Dudka has been a French teacher for RPS since 2000. She teaches 8th-12th grade and loves to engage students in learning through positive experiences.

Monday-Friday, June 15-19

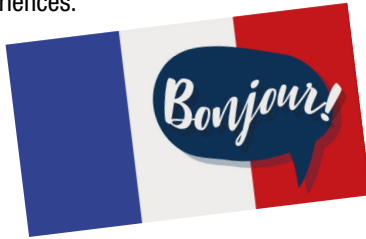
9:00-11:00am

NRMS \$125 #1343-U26A

Monday-Friday, August 3-7

9:00-11:00am

NRMS \$125 #1343-U26B



BROADWAY BOOTCAMP

Level up your stage skills this summer with Broadway Bootcamp! We can't wait to welcome your performer to our high-energy camp taught by our team of theatrical professionals including Broadway and Disney+ actress, Kate Reinders! Kate is a veteran Broadway Actress known for her roles in *Wicked* (Glinda), *Something Rotten!* (Portia), *Gypsy* (June), and *Beautiful: The Carole King Musical* (Cynthia Weil). Her extensive theater credits include *Into the Woods*, *Good Vibrations*, and *The Adventures of Tom Sawyer*. Disney+ fans may recognize her as Drama Teacher, Miss Jenn, on *High School Musical: The Musical: The Series*. Campers will get to dive into an experience designed to build confidence, creativity, and performance skills through singing, dancing, and acting. Our fun, supportive environment is great for both entry level performers and those ready for master-class level opportunities. Performers will be grouped thoughtfully by age, talent, and experience level to ensure everyone feels supported and appropriately challenged throughout our time together. This limited opportunity will be built around a Broadway-inspired theme, culminating in a musical revue filled with performances connected to the week's focus. Our elementary students should come ready to learn material we have prepared to teach them in our traditional Broadway Bootcamp experience. *We encourage our afternoon 2.0 campers to come prepared with a song, dance, or scene to work on with our team throughout the camp.* **NOTE: The elementary and secondary 2.0 groups will meet at their respective times Monday-Wednesday. Both groups will meet from 9:00-11:30am on Thursday for a combined rehearsal. Family and friends are invited to join at 11:30am for the final performance.**

BROADWAY BOOTCAMP - Completed Grades K-5

Monday-Thursday, July 13-16 (1 wk) 9:00am-12:00pm

TBD \$195 #2227-U26A

BROADWAY BOOTCAMP 2.0 - Completed Grades 6-12

Monday-Thursday, July 13-16 (1 wk) 1:00-4:00pm

TBD \$195 #2228-U26A

YOUTH FITNESS & RECREATION

SPRING STUNT CLASS-BEGINNER

Current grades 3-6. Looking to learn how to stunt like the cheerleaders you see on the sidelines and at competitions? Join us for our Spring Stunt class! Over the course of 5 weeks, participants will be taught age/experience-appropriate stunting techniques and sequences. Participants will be grouped based on skill levels, ensuring all levels of experience learn something new! From beginners learning the basics to advanced cheerleaders perfecting their stunts, everyone is welcome! Current Rockford cheerleaders and coaches will be leading this class, offering a hands-on and safe environment for aspiring cheerleaders to learn. Required items: Comfortable and appropriate practice clothing, including a T-shirt, shorts/leggings, socks, and tennis shoes. Please have hair tied back out of the cheerleader's face, remove all jewelry before class, and have a water bottle for each athlete. Instructors: RHS Competitive Cheer Coaching staff, assisted by RHS cheerleaders.

Mondays, April 20 (5 wks) 6:00-7:00pm

RHS Gymnastics Room \$60 #2025-S26A

SPRING STUNT CLASS-ADVANCED

Current grades 3-6. Looking to stunt like the cheerleaders you see on the sidelines and at competitions? Join us for our Spring Advanced Stunt Class! This class is designed for experienced athletes who are ready to take their stunting to the next level. Participants must have completed at least two seasons of Rocket, Exhibition, All-Star, or other comparable cheer experience to be eligible to register. Over 5 weeks, athletes will focus on higher-level stunt progressions and more advanced sequences. Training will include extended-level skills, controlled transitions, release elements, inversions (as appropriate), and advanced dismounts. Athletes will be grouped based on current skill ability to ensure proper progression, safety, and continued growth. Emphasis will be placed on technique refinement, strength, timing, and elite stunt group communication. This class is ideal for committed cheerleaders looking to build confidence and consistency in more complex stunts in a structured, high-level training environment. Current Rockford cheerleaders and coaches will lead this class, providing hands-on instruction in a safe and supportive setting. Required Items: Comfortable and appropriate practice clothing, including a T-shirt, shorts/leggings, socks, and tennis shoes. Please have hair tied back out of the athlete's face, remove all jewelry before class, and bring a water bottle to each session. Instructors: RHS Competitive Cheer Coaching Staff, assisted by RHS cheerleaders.

Mondays, April 20 (5 wks) 5:00-6:00pm

RHS Gymnastics Room \$60 #2026-S26A

BASKETBALL

GIRLS CLINIC

Grades 3-5.

The goal of the clinic is to build girls' core basketball skills such as ball handling, defense, offense, rebounding, shooting, and conditioning. There will be competitive team play during the clinic.

Instructor: Mrs. Joyce, RPS PE Teacher.

Tuesday-Thursday, April 21 (1 wk) 4:00-5:00pm
NRMS Gym \$30 #3112-S26A

ULTIMATE FRISBEE

A FUN, FAST ALTERNATIVE TO COLLISION SPORTS!

Join the Rockford Ultimate Frisbee Club!

We have a 3rd-8th grade co-ed team and a high school co-ed team. We welcome players of all skill levels - even if you don't know how to throw a frisbee. Ultimate frisbee is so fun! It's a lot of running, co-ed, and non-contact. It is in the works to make it an official club sport at the high school too!

EQUIPMENT NEEDED: (not included in the registration fee)

- Jersey \$45 (unless you have one from a previous season)
- Cleats are required (soccer, lacrosse, or football) *We have several donated cleats! There is a chance we have your size.*
- Disc, \$15 (optional)

MacKay-Jaycees Park 2531 Kalamazoo Ave SE, GR, MI 49507

GRADES 3-8

Practices: Sundays, April 12 (6 wks) 1:00-3:00pm
NRMS Practice Field \$125 #1495-S26A

ULTIMATE FRISBEE SUMMER SESSION

GRADES 3-8

Practices: Tuesdays, June 23 (6 wks) 6:00-8:00pm
NRMS Practice Field \$125 #1495-U26A

Games: Wednesdays, 6:00-8:00pm @MacKay-Jaycees Park

GRADES 9-12

Mondays, June 22 (7 wks) 6:00-8:00pm
MacKay-Jaycees Park \$65 #1495-U26B

READY-SET-CHEER YOUTH CHEER PROGRAM

Grades K-2. New and continuing cheerleaders will learn and practice foundational cheerleading skills such as motions, chants, vocals, jumps, gymnastics, flexibility, and stunting! If you joined us for our Fall session, this session aims to build on the skills the athletes learned in previous sessions, while learning new, fun material. RHS cheerleaders will also join in to assist! Required items: Comfortable and appropriate practice clothing, including a T-shirt, shorts/leggings, socks, and tennis shoes. Please have hair tied back out of the cheerleader's face and a water bottle for each athlete. Each participant receives a bow. Instructor: AnnMarie Dome, assisted by RHS cheerleaders.

Thursdays, April 23 (5 wks) 5:30-6:30pm
NRMS Lower Gym \$60 #2023-S26A

CAMP ACTIVE

Entering Grades 2-6. This recreational summer camp is designed to keep your child active, meet new friends, and engage in fun activities. Your child will participate in a variety of games that they can play with their friends all summer long. Some activities include, but are not limited to: Dodge Ball, Capture the Flag, Squirt Gun Fun, Kickball, and Ultimatum. This is a popular summer camp, and sessions fill up quickly. Instructor: Ester Joyce, P.E. Teacher. Max of 40 participants per session.

Meet at door #2 in front of Roguewood.

SESSION 1:

Tuesday-Thursday, June 9-11 (1 wk) 9:00-11:00am
Roguewood fields \$50 #2520-U26A

SESSION 2:

Tuesday-Thursday, June 9-11 (1 wk) 11:00am-1:00pm
Roguewood fields \$50 #2520-U26B

SESSION 3:

Tuesday-Thursday, June 16-18 (1 wk) 9:00-11:00am
Roguewood fields \$50 #2520-U26C

CAMP FUNSHINE

Ages 5-8. This camp is filled with a mixture of activities to ensure kids will have fun. Activities include, but are not limited to: sports fun, water fun, wooded adventure, and also wind-it-down options of books, LEGOS®, coloring, or puzzles. You must be 5 years old by the start of the camp. Meet at door #2 in front of Roguewood.

Tuesday-Thursday, June 9-11 (1 wk) 1:00-3:00pm
Roguewood fields \$50 #2524-U26A

Tuesday-Thursday, June 16-18 (1 wk) 12:00-2:00pm
Roguewood fields \$50 #2524-U26B

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

SPRING COED MIDDLE SCHOOL ROWING

Join coaches Elaina Loveless and Wyatt Frahm for a fun and education-filled learn-to-row program. Coaches will introduce rowers to the sport of rowing and expand and fine-tune their skills. Preparing athletes to enjoy the sport, have fun, and get ready for high school rowing is the core of this program. Come out and learn why rowing is an international sport. 30 seats available
M/W/Th, April 13 (6 wks) 6:00-7:30pm
Jupiter Boathouse \$135 #2221-S26A

CAPOEIRA FOR KIDS

Ages 5-11. Capoeira is a martial art that blends kicks and dodges, creating flowing movements that are often said to resemble a dance. Originating in Brazil, Capoeira has spread around the globe. Students learn movements and music while building their confidence and situational awareness. Instructor: Juston Espinoza began training Capoeira in 2005 at Grand Valley State University and immediately fell in love with the art. He began teaching classes in 2008, leading courses for a variety of programs throughout the state of Michigan. In 2016 Juston founded Grand Rapids Capoeira as a way to continue training and sharing Capoeira with the community. Juston likes to keep classes light yet engaging, always having fun while training hard. He aims to create a space where training is enjoyable, even after doing 500 kicks, and any questions are always welcome.
Thursdays, April 16 (7 wks) 6:15-7:00pm
Roguewood Elementary \$70 #1013-S26A

GIRLS INDOOR VOLLEYBALL LEAGUE

GRADES 3-4, 5 and 6

Teams will play local schools and will practice once or twice a week, depending on the coach's availability and gym space.
Registration Deadline: Sunday, August 2.
Games will be played on Saturdays in September, October, and possibly November.

Practice will begin the week of August 31.

Grades 3-4 #3182-F26A ERMS \$75
Grades 5 #3182-F26B ERMS \$75
Grades 6 #3182-F26C ERMS \$75

VOLUNTEER COACHES NEEDED!

If you are interested in coaching, please email Chris at
Cmaxwell@rockfordschools.org



EVOLUTION TENNIS

EVOLVE YOUR GAME!



Featuring the USTA 10 & Under Format
Coordinator/Instructor: Katie Hunting, USPTA/RSPA
Certified Tennis Professional

USTA 10 & UNDER TENNIS PROGRAM

\$50 per session – RHS tennis courts

SESSION 1: 16 per age group

June 9-11: Tuesday, Wednesday & Thursday

Ages 5 & 6, 8:15-9:15am #3162-U26A

Ages 7 & 8, 8:15-9:15am #3162-U26B

Ages 9 & 10, 8:15-9:15am #3162-U26C

SESSION 2: 16 per age group

June 16-18: Tuesday, Wednesday & Thursday

Ages 5 & 6, 8:15-9:15am #3162-U26D

Ages 7 & 8, 8:15-9:15am #3162-U26E

Ages 9 & 10, 8:15-9:15am #3162-U26F

SESSION 3: 16 per age group

June 23-25: Tuesday, Wednesday & Thursday

Ages 5 & 6, 8:15-9:15am #3162-U26G

Ages 7 & 8, 8:15-9:15am #3162-U26H

Ages 9 & 10, 8:15-9:15am #3162-U26I

Weather: Make-ups will be on Mondays or Fridays. The instructor will inform the students on which day.

YOUTH TENNIS MATCH PLAY!

Ages 7-10. Match Play is an opportunity for players ages 7-10 years old who can rally the ball over the net at least two times in a row or more, and can keep score using basic scoring (first to get 4 points wins). Players will learn/practice playing games and keeping score. Players do not need to be enrolled in summer lessons to participate. Limit 12.

Friday, June 12 (1 wk) 9:00-10:30am
\$12 #3163-U26A

Friday, June 19 (1 wk) 9:00-10:30am
\$12 #3163-U26B

Friday, June 26 (1 wk) 9:00-10:30am
\$12 #3163-U26C

Weather: "Match Play" make-up days will typically be on Mondays if the main tennis camp schedule needs to be adjusted due to rain during the week, or if it rains on Fridays.

YOUTH GOLF LESSONS

BEGINNING AND INTERMEDIATE

Ages 10-18. Work on your golf skills and get ready for summer play. You will work on the basic skills, including etiquette, stance, grip, putting, chipping, and driving. Max of 6 golfers per session. For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford.

Wednesdays, July 8 (4 wks) 9:30-10:30am

Golf Emporium \$100 #2049-U26A

Wednesdays, July 8 (4 wks) 11:00am-12:00pm

Golf Emporium \$100 #2049-U26B

COMMUNITY SERVICES

SOCCER

FALL SOCCER COED SOCCER GRADES DK-6

Practices begin the week of August 31 with games on Saturdays, starting September 12. Games end on October 17. Practices and games will be at various locations in the district. Practices will be one night a week, Mon-Fri, and the coach will choose the night. Please note practice conflicts during registration. Requests are not guaranteed. No pierced earrings or jewelry allowed.

DK-K.....#3101-F26A

1-2.....#3101-F26B

3-4.....#3101-F26C

5-6.....#3101-F26D

FEE: \$75

The deadline to register is Sunday, August 2.

*DK-K: Parents please stay at practice to assist with your child.

FALL COED SOCCER GRADES 7-8

This is a coed team that will play in a coed league on weeknights and Saturdays. The coach will pick 2-3 nights for practice. Practices will begin the week of August 31. There will be travel to area schools or fields. The team will play between 6 and 8 games.

The deadline for registering is Sunday, August 16.

Saturdays, September 12 (8 wks)

RFC \$120 #3105-F26A

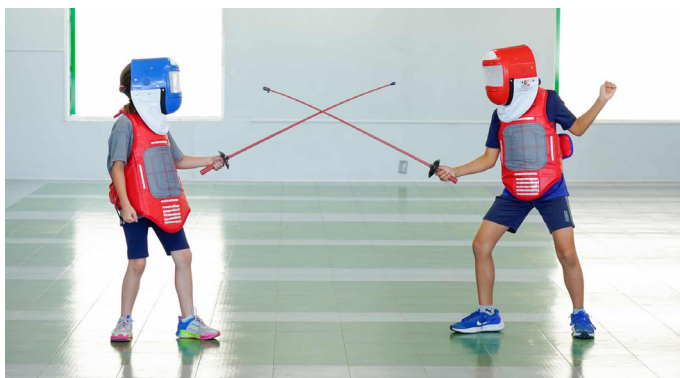
VOLUNTEER COACHES NEEDED

Please contact Chris at cmaxwell@rockfordschools.org

REGISTER AT RPS.DIGITALSIGNUP.COM

FENCING

Classes held at Grand Rapids Area Fencing Academy (GRAFA)
1345 Monroe NW, Suite 102, Grand Rapids, MI 49505



BEGINNING YOUTH FENCING

Ages 8-15. Fencing is a competitive sport of strategy, finesse, skill, and endurance. Fencing offers children and teens a positive physical activity and teaches life skills such as confidence, focus, decision-making, and respect, along with improving balance, flexibility, and mental agility. Learn the fundamentals with games, exercises, footwork, and bouts with fellow novice fencers. Professional coaches, Mikhail and Arkadiy Sarkisov, both former Soviet Champions and US Cadets and Junior National team coaches, are instructors. Students should wear sweatpants (no jeans), a T-shirt, and clean athletic shoes with laces. Equipment provided.

Tuesdays, April 14 (6 wks) 6:00-7:00pm

GRAFA \$80 #1402-S26A

Tuesdays, May 26 (6 wks) 6:00-7:00pm

GRAFA \$80 #1402-U26A

YOUTH FENCING CAMP

Ages 8-15. Fencing is a competitive sport of strategy, finesse, skill, and endurance. Fencing offers children and teens a positive physical activity and teaches life skills such as confidence, focus, decision-making, and respect, along with improving balance, flexibility, and mental agility. Learn the fundamentals with games, exercises, footwork, and bouts with fellow novice fencers with all equipment provided. Instructors: GRAFA's coaching staff, with many years of professional coaching experience. Camp is combined with other Parks and Recreation Departments.

Tuesday-Thursday, August 11 (1 wk) 5:30-7:00pm

GRAFA \$90 #1404-U26A

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

KIDS PICKLEBALL

Instructor: Kyle DeBoer teaches math at RHS. He loves pickleball and has played since high school. In addition to his pickleball experience, Kyle played tennis in college and has taught tennis camps for elementary-high school students.

KIDS PICKLEBALL

Grades 2-5. Pickleball is not just for adults! With a smaller court and slower moving ball than tennis, pickleball is a perfect game for kids to learn and enjoy for life. Kids in this class will learn the fundamentals of pickleball, participate in fun pickleball activities, and play pickleball with friends. This is a great opportunity for kids to make friends, exercise, learn hand-eye coordination, and have lots of fun! Bring your own paddle or borrow one for the entire session for \$5 (payable on the first day of class). Responsible high school students with pickleball experience serve as assistant coaches.

Monday-Friday, June 22-26 9:00-10:15am
NRMS Tennis Courts \$75 #1431-U26A

Monday-Friday, June 29-July 3 9:00-10:15am
NRMS Tennis Courts \$75 #1431-U26B



INTERMEDIATE KIDS PICKLEBALL

Grades 5-8. Intermediate Kids Pickleball is for kids who are familiar with pickleball and want to have fun playing. Participants do not need to have extensive experience or skills. The class includes playing pickleball with encouragement and coaching in addition to a small amount of instruction and drills. This is a great opportunity for kids to make friends, exercise, get better at pickleball and have lots of fun! Bring your own paddle or borrow one for the entire session for \$5 (payable on the first day of class).

Monday-Friday, June 22-26 3:00-4:15pm
NRMS Tennis Courts \$75 #1432-U26A

WOLVERINE YOUTH BASEBALL

Based in Belmont Michigan serving Northern Kent County

Our mission:

Creating Confidence,
Improving Skills,
Have Fun Playing Baseball

Available:

Coaching & Sponsorship Opportunities
Team Photos by Douglas Photography



Divisions:

age 4-6 coed T-Ball
age 6-8 coed Coach Pitch
8-10 Minors Player Pitch
11-12 Majors
13-15 AAA

NEW! 6-8 Coach Pitch Softball

NEW! 9-10 Minors Softball

No Weekends!



Sign up online at
wolverineyouthbaseball.org



BEACH VOLLEYBALL 2026

SUN-COMPETITION-SPORT-FUN-TRAINING-SAND-EXERCISE

Instruction provided by area coaches, led by Russ Ettinger, former MPVA & EVP Champion, AVP Main Draw Qualifier, and The Score Volleyball Manager.

The Score Beach Courts, 5301 Northland Drive NE, GR.

YOUTH BEACH VOLLEYBALL 2026

Grades 4-5, Boys & Girls. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! Learn the fundamentals of the game with instruction on Beach Volleyball skills, as well as game situations.

Format: 30 minutes of skill and drill instruction and 30 minutes of game competition. Includes a T-shirt.

SESSION 1: Thursdays, June 11, 18, 25 & July 9 *skip July 2

Thursdays, June 11 (4 wks) 4:00-5:00pm

The Score Beach Courts \$105 #3196-U26A

SESSION 1: Fridays, June 12, 19, 26 & July 10 *skip July 3

Fridays, June 12 (4 wks) 9:30-10:30am

The Score Beach Courts \$105 #3196-U26B

SESSION 2: Thursdays, July 16, 23, 30 & August 6

Thursdays, July 16 (4 wks) 4:00-5:00pm

The Score Beach Courts \$105 #3196-U26C

SESSION 2: Fridays, July 17, 24, 31 & August 7

Fridays, July 17 (4 wks) 9:30-10:30am

The Score Beach Courts \$105 #3196-U26D

MS COED BEACH VOLLEYBALL 2026

Grades 6-8. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! This program is for middle school boys and girls. Learn the fundamentals of the game with instruction on Beach Volleyball skills, as well as game situations. Format: 60 minutes of skill & drills and 30 minutes of game competition. Includes a T-shirt. Beginners: for those new to beach volleyball, or have never played. Experienced: for those who have volleyball team or beach tournament experience.

SESSION 1: June 12, 19, 26 & July 10 *skip July 3

Fridays, June 12 (4 wks) 11:00am-12:30pm

The Score Beach Courts \$115 #3198-U26A (Beginners)

Fridays, June 12 (4 wks) 1:15pm-2:45pm

The Score Beach Courts \$115 #3198-U26B (Experienced)

SESSION 2: July 17, 24, 31 & August 7

Fridays, July 17 (4 wks) 11:00am-12:30pm

The Score Beach Courts \$115 #3198-U25C (Beginners)

Fridays, July 17 (4 wks) 1:15pm-2:45pm

The Score Beach Courts \$115 #3198-U25D (Experienced)

Find us on ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

HS COED BEACH VOLLEYBALL 2026

Grades 9-12. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! This program is for high school boys and girls. Participants will learn the fundamentals of the game with instruction on Beach Volleyball skills and game situations. Includes a T-shirt. Format: 1 hour of skill & drills instruction and 1 hour of game competition.

SESSION 1: June 12, 19, 26 & July 10 *skip July 3

Fridays, June 12 (4 wks) 3:00-5:00pm

The Score Beach Courts \$125 #3199-U26A

SESSION 2: July 17, 24, 31 & August 7

Fridays, July 17 (4 wks) 3:00-5:00pm

The Score Beach Courts \$125 #3199-U26B

NRMS OPEN & LAP SWIM

AT NORTH ROCKFORD MIDDLE SCHOOL

Aquatics Office: 616.884.2326

Fees: \$2 per adult, \$1 per student or senior (60+)

Lap Swim – Ask a Lifeguard if you would like a lane line in the water. Open Swimmers are welcome during lap swim times if space is available.

Mondays and Wednesdays 8:00-9:00pm

Open Swim – Lap Swimmers are welcome during open swim if space is available. Ask a Lifeguard if you would like a lane line put in the water.

Tuesdays and Thursdays 8:00-9:00pm

Saturdays 11:00am-1:00pm

The NRMS pool is closed during Spring Break, April 2-12, Memorial Break, May 22-25 and Fourth of July Break, July 3-12.

RHS LAP SWIM

AT ROCKFORD HIGH SCHOOL

Aquatics Office: 616.884.2326

Fees: \$2 per adult, \$1 per student or senior (60+)

Lap Swim – Monday through Friday 5:30am-7:00am

The RHS pool is closed during Spring Break, April 2-12, Memorial Break, May 22-25 and Fourth of July Break, July 3-12.

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

AQUATICS OFFICE: 616.884.2326

April Sessions: Registration Opens 6pm 4/6/26 | June Sessions: Registration Opens 6pm 4/18/26

LEVEL ONE

Water Exploration is for beginners ages 5 and up. Your child will learn basic swimming skills: floating, kicking, and beginner strokes. No prerequisites.

MONDAYS

April 13 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-S26A

WEDNESDAYS

April 15 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-S26B

MONDAYS

June 1 (5 wks)
6:00 – 6:30pm
RHS Pool \$58
#4307-U26A

WEDNESDAYS

June 3 (5 wks)
6:00 – 6:30pm
RHS Pool \$58
#4307-U26B

MONDAYS

April 13 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-S26C

WEDNESDAYS

April 15 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-S26D

MONDAYS

June 1 (5 wks)
6:00 – 6:30pm
RHS Pool \$58
#4307-U26C

WEDNESDAYS

June 3 (5 wks)
6:00 – 6:30pm
RHS Pool \$58
#4307-U26D

MONDAYS

April 13 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-S26E

WEDNESDAYS

April 15 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-S26F

MONDAYS

June 1 (5 wks)
6:40 – 7:10pm
RHS Pool \$58
#4307-U26E

WEDNESDAYS

June 3 (5 wks)
6:40 – 7:10pm
RHS Pool \$58
#4307-U26F

LEVEL TWO

Primary skills teach confidence, retrieving objects underwater, gliding, unsupported floating, performing combined strokes on the front and back, and rhythmic breathing.

MONDAYS

April 13 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-S26A

WEDNESDAYS

April 15 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-S26B

MONDAYS

June 1 (5 wks)
6:00 – 6:30pm
RHS Pool \$58
#4308-U26A

WEDNESDAYS

June 3 (5 wks)
6:00 – 6:30pm
RHS Pool \$58
#4308-U26B

MONDAYS

April 13 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-S26C

WEDNESDAYS

April 15 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-S26D

MONDAYS

June 1 (5 wks)
6:40 – 7:10pm
RHS Pool \$58
#4308-U26C

WEDNESDAYS

June 3 (5 wks)
6:40 – 7:10pm
RHS Pool \$58
#4308-U26D

MONDAYS

April 13 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-S26E

WEDNESDAYS

April 15 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-S26F

MONDAYS

June 1 (5 wks)
6:40 – 7:10pm
RHS Pool \$58
#4308-U26E

WEDNESDAYS

June 3 (5 wks)
6:40 – 7:10pm
RHS Pool \$58
#4308-U26F

WATER AEROBICS

Aqua aerobics can be a low-impact yet high-energy exercise with routines designed for various fitness levels, including people with arthritis and conditions that make land-based exercise uncomfortable. Joint-safe routines rely on a pool's buoyancy to reduce friction on the joints. This means a water workout provides the same cardiovascular benefits but minimizes joint damage.

WEDNESDAYS

April 15 (5 wks) 8:15 – 9:00pm
NRMS Pool \$25 #4311-S26A

YOUTH INTRO TO TRIATHLON TRAINING

Embark on an exciting journey to become a triathlete with our "Intro to Triathlon Training Class." Whether you're a beginner looking to challenge yourself or someone aiming to improve their triathlon performance, this program is designed to provide you with the knowledge, skills, and confidence to excel in the world of triathlons.

SATURDAYS

April 18 (5 wks) 1:30 – 2:30pm
NRMS Pool \$58 #4312-S26A

INTRODUCTION TO COMPETITIVE SWIMMING

Our Beginner Competitive Swimming Program is designed for swimmers who are ready to move beyond basic lessons and start training as part of a team. Athletes will build strong techniques in all four strokes while improving endurance, speed, and confidence in the water. With supportive coaching and structured practices, swimmers learn teamwork, goal setting, and race basics in a fun and encouraging environment.

MONDAYS AND WEDNESDAYS

June 1, 3 (5 wks) 7:15 – 8:00pm
RHS Pool \$98 #4317-U26A

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

AQUATICS OFFICE: 616.884.2326

April Sessions: Registration Opens 6pm 4/6/26 | June Sessions: Registration Opens 6pm 4/18/26

LEVEL THREE

Stroke Readiness is for stronger swimmers who can swim independently, and know front and back crawl basics. Students will learn rotary breathing, the elementary backstroke, and treading water.

MONDAYS	MONDAYS	MONDAYS	WEDNESDAYS
April 13 (5 wks)	April 13 (5 wks)	June 1 (5 wks)	June 3 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58 #4302-S26A	NRMS Pool \$58 #4302-S26B	NRMS Pool \$58 #4302-U26A	NRMS Pool \$58 #4302-U26B

LEVEL FOUR

Stroke Development introduces advanced skills. Sidestroke, breaststroke, and diving from the poolside. Swimmers are challenged to increase their endurance by swimming greater distances of the front and back crawl and elementary backstroke. Students must be able to swim 10 yards.

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
April 13 (5 wks)	April 15 (5 wks)	June 1 (5 wks)	June 3 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58 #4310-S26A	NRMS Pool \$58 #4310-S26B	NRMS Pool \$58 #4310-U26A	NRMS Pool \$58 #4310-U26B

LEVEL FIVE

Stroke Refinement coordinates and refines keystrokes. The swimmer is introduced to the butterfly, open turns, and surface diving. Swim all strokes for increased distances. Students must be able to swim 25 yards or have passed Level 4.

WEDNESDAYS	WEDNESDAYS
April 15 (5 wks)	June 3 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58 #4303-S26A	RHS Pool \$58 #4303-U26A

LEVEL SIX

Skill Proficiency polishes stroke technique, learning to swim with more ease, efficiency, power, smoothness, and endurance. Students must be able to swim 50 yards or have passed Level 5.

WEDNESDAYS	WEDNESDAYS
April 15 (5 wks)	June 3 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58 #4304-S26A	RHS Pool \$58 #4304-U26A

WEST MICHIGAN MASTERS

Swimmers from age 18 well into their 80s - fitness swimmers, triathletes, past high school & collegiate swimmers competitive or not - swim with our team. Anyone who has a passion for swimming will fit in. Swimmers join our Masters team to maintain or improve swim skills and abilities in all four strokes; to avoid injury by fine-tuning stroke skills; to participate in US Masters Swim Meets or Open Water swim events (all swimmers may, but are never required or expected to compete); to join like minded active individuals in a healthy positive environment; to become inspired to set goals and develop a lifelong fitness lifestyle. Each swimmer is likely to have specific needs. Our coach is more than willing to assist all swimmers to meet their goals.

MONDAYS AND WEDNESDAYS

April 13, 15 (7 wks) 4:45 – 5:45pm
NRMS Pool \$65 #4314-S26A

WEST MICHIGAN DIVE CLUB

This session welcomes divers of all levels of experience. Beginners will build a strong foundation by focusing on essential skills such as proper approach, hurdle mechanics, body alignment, and safe, controlled water entry. Intermediate and advanced divers will continue expanding their dive lists, sharpening technique, increasing consistency, and preparing for competition. Instruction is tailored to each athlete, ensuring personalized feedback and steady progression at an appropriate pace. The environment is positive, supportive, and safety-focused, designed to build confidence, reinforce strong fundamentals, and promote continuous growth in the sport of diving.

MONDAYS AND WEDNESDAYS

April 13, 15 (7 wks) 7:00 – 9:00pm
RHS Pool \$300 #4316-S26A

Find us on ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

2026 SUMMER SPORTS CAMPS

SIGN UP FOR GRADE ENTERING FALL 2026 – RPS.DIGITALSIGNUP.COM – 616.863.6322

SESSION	SPORT	GRADE	DATE	TIME	LOCATION	FEE
#8753-U26A	Baseball	2nd-5th	June 15-17	8:00-10:00am	Varsity Baseball Field	\$75
#8754-U26A	Baseball	6th-8th	June 15-17	10:15am-12:15pm	Varsity Baseball Field	\$75
#8759-U26A	Basketball-boys	1st-2nd	June 8-11	9:00-10:15am	North Rockford Middle	\$75
#8760-U26A	Basketball-boys	3rd-4th	June 15-18	8:00-9:15am	Rockford High School	\$75
#8761-U26A	Basketball-boys	5th-6th	June 15-18	9:45-11:15am	Rockford High School	\$75
#8762-U26A	Basketball-boys	7th-8th	June 8-11	12:45-2:30pm	Rockford High School	\$75
#8763-U26A	Basketball-boys	9th	June 1-4	5:00-7:00pm	Rockford High School	\$75
#8769-U26A	Basketball-girls	1st-2nd	June 8-11	1:00-2:00pm	North Rockford Middle	\$75
#8770-U26A	Basketball-girls	3rd-4th	June 15-18	12:00-1:15pm	Rockford High School	\$75
#8773-U26A	Basketball-girls	5th-6th	June 15-18	1:45-3:15pm	Rockford High School	\$75
#8771-U26A	Basketball-girls	7th-8th	June 8-11	3:00-4:45pm	Rockford High School	\$75
#8772-U26A	Basketball-girls	9th-12th	June 8 June 9-11	6:00-8:00pm 10:00am-12:00pm	Rockford High School East Rockford Middle	\$30
#8400-U26A	Bowling	6th-8th	July 20, 21	10:00am-12:00pm	Rockford Lanes	\$25
#8400-U26B	Bowling	9th-12th	July 22, 23	10:00am-12:00pm	Rockford Lanes	\$25
#8100-U26A	Cheerleading	K-2nd	July 15	9:00am-3:00pm	ERMS Cafeteria	\$75
#8100-U26B	Cheerleading	3rd-5th	July 15	9:00am-3:00pm	ERMS Cafeteria	\$75
#3181-U26A	Distance Running Group	7th-12th	June 8-19	7:30-9:00am	Various Locations	\$40
#3181-U26B	Distance Running Group	7th-12th	July 13-July 31	7:30-9:00am	Various Locations	\$55
#8793-U26A	Field Hockey-girls	3rd-5th	June 15-17	11:30am-1:00pm	RHS Upper Turf	\$70
#8793-U26B	Field Hockey-girls	6th-8th	June 15-17	1:30-3:00pm	RHS Upper Turf	\$70
#8201-U26A	Football-Team Camp	ERMS 7th	July 13-16	5:00-8:00pm	ERMS	\$75
#8201-U26B	Football-Team Camp	ERMS 8th	July 13-16	5:00-8:00pm	ERMS	\$75
#8201-U26C	Football-Team Camp	NRMS 7th	July 13-16	5:00-8:00pm	NRMS	\$75
#8201-U26D	Football-Team Camp	NRMS 8th	July 13-16	5:00-8:00pm	NRMS	\$75
#8200-U26A	Football-Team Camp	9th	July 13-16	7:30-11:00am	RHS CMS	\$75
#8200-U26B	Football-Team Camp	10th	July 13-16	7:30-11:00am	RHS CMS	\$75
#8200-U26C	Football-Team Camp	11th	July 13-16	7:30-11:00am	RHS CMS	\$75
#8200-U26D	Football-Team Camp	12th	July 13-16	7:30-11:00am	RHS CMS	\$75
#8210-U26A	Football-Youth Camp	3rd	June 22-24	9:30am-12:00pm	RHS CMS	\$75
#8210-U26B	Football-Youth Camp	4th	June 22-24	9:30am-12:00pm	RHS CMS	\$75
#8210-U26C	Football-Youth Camp	5th	June 22-24	9:30am-12:00pm	RHS CMS	\$75
#8210-U26D	Football-Youth Camp	6th	June 22-24	9:30am-12:00pm	RHS CMS	\$75
#8211-U26A	Football-Youth Elite QB	7th-9th	June 8-July 30	10:00-10:50am	RHS CMS	\$150
#8402-U26A	Golf-boys	3rd-5th	June 16-18	9:00-11:00am	North Kent Golf Course	\$65
#8402-U26B	Golf-boys	6th-8th	June 16-18	12:00-2:00pm	North Kent Golf Course	\$65

2026 SUMMER SPORTS CAMPS

SIGN UP FOR GRADE ENTERING FALL 2026 – RPS.DIGITALSIGNUP.COM – 616.863.6322

SESSION	SPORT	GRADE	DATE	TIME	LOCATION	FEE
#3180-U26A	Just Run-coed	3rd-6th	June 23-25	9:00-11:00am	North Rockford Middle	\$50
#8780-U26A	Lacrosse-boys	K-5th	June 16,18	9:00-10:30am	RHS Upper Turf	\$55
#8790-U26A	Lacrosse-girls	1st-3rd	June 9-11	9:30-11:00am	RHS Upper Turf	\$70
#8790-U26B	Lacrosse-girls	4th-6th	June 9-11	11:30am-1:00pm	RHS Upper Turf	\$70
#8790-U26C	Lacrosse-girls	7th-8th	June 9-11	1:30-3:00pm	RHS Upper Turf	\$70
#3615-U26A	Ram Performance HS COED	9th-12th	June 9-July 23	9:15-10:00am	RHS Fitness Center	\$160
#3616-U26A	Ram Strength Girls	6th-8th	June 9-July 23	12:00-12:45pm	RHS Fitness Center	\$160
#3617-U26A	Ram Strength FND	7th-8th	June 9-July 23	9:00-9:45am	RHS Fitness Center	\$160
#3617-U26B	Ram Strength FND	7th-8th	June 9-July 23	9:45-10:30am	RHS Fitness Center	\$160
#3617-U26C	Ram Strength FND	7th-8th	June 9-July 23	10:30-11:15am	RHS Fitness Center	\$160
#3617-U26D	Ram Strength FND	7th-8th	June 9-July 23	11:15am-12:00pm	RHS Fitness Center	\$160
#8159-U26A	Rowing-Coed Learn 2 Row	6th-8th	June 15-June 25	6:15-8:00pm	Jupiter Boathouse	\$135
#8159-U26B	Rowing-Coed Learn 2 Row	6th-8th	July 20-July 30	6:15-8:00pm	Jupiter Boathouse	\$135
#8785-U26A	Soccer-coed	K-2nd	June 22-24	3:30-5:00pm	RFC Fields	\$65
#8785-U26B	Soccer-coed	3rd-6th	June 22-24	3:30-5:00pm	RHS Upper Turf	\$65
#8787-U26A	Soccer-boys	7th-8th	July 13-16	4:30-6:30pm	RHS Upper Turf	\$115
#8787-U26B	Soccer-boys	9th-12th	July 13-16	4:30-6:30pm	RHS Upper Turf	\$115
#8405-U26A	Softball-girls	1st-2nd	June 15-17	8:00-9:00am	Varsity Softball Field	\$60
#8405-U26B	Softball-girls	3rd-5th	June 15-17	9:30-11:00am	Varsity Softball Field	\$65
#8406-U26A	Softball-girls	6th-8th	June 15-17	11:30am-1:30pm	Varsity Softball Field	\$70
#8250-U26A	Speed and Jump Clinic	2nd-6th	June 8-10	5:00-6:30pm	RHS Track	\$75
#8251-U26A	Speed & Power for Girls	9th-12th	June 9-July 23	8:00-9:00am	RHS Track	\$100
#8300-U26A	Tennis	6th-12th	June 9-11	9:30am-12:30pm	RHS Tennis courts	\$85
#8300-U26B	Tennis	6th-12th	June 16-18	9:30am-12:30pm	RHS Tennis courts	\$85
#8300-U26C	Tennis	6th-12th	June 23-25	9:30am-12:30pm	RHS Tennis courts	\$85
#8354-U26A	Volleyball-boys	6th-8th	June 15-17	3:30-5:00pm	RHS Gym	\$65
#8354-U26B	Volleyball-boys	9th-12th	June 15-17	5:00-6:30pm	RHS Gym	\$65
#8350-U26A	Volleyball-coed	3rd-4th	June 9-11	8:00-9:00am	RHS Gym	\$50
#8350-U26B	Volleyball-coed	5th-6th	June 9-11	9:15-10:45am	RHS Gym	\$65
#8350-U26C	Volleyball-girls	7th-8th	June 9-11	11:00am-12:30pm	RHS Gym	\$65
#8352-U26A	Volleyball-girls	9th-12th	July 27, 28	9:00am-12:00pm	ERMS Gym	\$75
#4403-U26A	Water polo-coed	6th-8th	June 23-July 16	11:00am-12:30pm	RHS Pool	\$100
#4403-U26B	Water polo-boys	9th-12th	June 15-July 23	9:00-11:00am	RHS Pool	\$120
#8407-U26A	Wrestling	7th-12th	June 8-11	9:00am-12:00pm	RHS Wrestling Room	\$100
#8408-U26A	Wrestling	K-6th	June 8-10	5:00-6:30pm	RHS Wrestling Room	\$50

ROCKFORD PUBLIC SCHOOLS

SUMMER LEARNING



HIGH SCHOOL

OPEN CREDIT OPPORTUNITIES

*Earn credit this summer in
Economics or US Government.*

*Students can take 1 or 2 open credit courses.
All courses are available either session.
Can be combined with a credit recovery course.*

Cost is \$100 per class

Mondays–Thursdays

**JUNE 8-11, JUNE 15-18,
JUNE 22-25, JUNE 29-JULY 2,
AND JULY 6-9**

REGISTER AT: [RPS.DIGITALSIGNUP.COM](https://rps.digitalsignup.com)

SESSIONS BEGIN
JUNE 8, 2026

Rockford High School
4100 Kroes Street NE

ECONOMICS

Incoming 10th-12th graders only. The study of macroeconomics and microeconomics. Topics covered include: market structure and free markets, supply and demand, financial markets, income distribution, poverty, taxation, GDP, the government's role in the economy, monetary and fiscal policy, and globalization. This course fulfills a graduation requirement.

This is an ONLINE CLASS, but must be attended in person on June 8.

Session 1: 8:45-10:15am #3610-U26A \$100

Session 2: 10:30am-12pm #3610-U26B \$100

US GOVERNMENT

Incoming 12th graders only. This is a survey course exploring the organization and administration of our federal government. The purpose of this course is to become an informed and active voter and understand the various components involved in policy making at the national level. This course fulfills a graduation requirement.

This is an ONLINE CLASS, but must be attended in person on June 8.

Session 1: 8:45-10:15am #3611-U26A \$100

Session 2: 10:30am-12:00pm #3611-U26B \$100

ROBOTICS WORKSHOP

Build competition style robots using Vex VS competition robot brains, controllers, and build material. Participants will be grouped into teams to generate ideas and build a robot to solve the problems of the competition field. Workshop is four days of building, programming, and trial and error that will lead to a mini tournament on the final day to test the builds against the field and the other robots that have been developed. Limit of 9 students.

Sign-up for one session only (content is the same in each workshop).

Workshop I - Grades 6-9

June 8-11, 9:00am-12:00pm #3613-U26A \$100

Workshop II - Grades 6-9

June 15-18, 9:00am-12:00pm #3613-U26B \$100

Workshop III - Grades 6-9

June 22-25, 9:00am-12:00pm #3613-U26C \$100

Workshop IV - Grades 9-12

June 29-July 2, 9:00am-12:00pm #3613-U26D \$100

Workshop V - Grades 9-12

July 6-9, 9:00am-12:00pm #3613-U26E \$100

ROCKFORD PUBLIC SCHOOLS

SUMMER LEARNING



H I G H S C H O O L

CREDIT RECOVERY

Credit recovery classes are solely for students to make-up credit lost during the previous school year. Students can take 1 or 2 credit recovery courses. All courses are available either session. *Credit Recovery is in person!*

REGISTER AT: [RPS.DIGITALSIGNUP.COM](https://rps.digitalsignup.com)

MONDAYS–THURSDAYS

June 8-11, June 15-18, June 22-25,
June 29-July 2, and July 6-9

Classes held at Rockford High School.

ENGLISH CREDIT RECOVERY

This course will allow students to recover credit in a required English class. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: English 9A, 9B, 10A, 10B, 11A, 11B.

SESSION 1: 8:45-10:15am #3600-U26A \$100

SESSION 2: 10:30am-12:00pm #3600-U26B \$100

MATH CREDIT RECOVERY

This course will allow students to recover credit in a required Math course. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework.

Offerings: Algebra A, B; Geometry A, B; Algebra II

SESSION 1: 8:45-10:15am #3601-U26A \$100

SESSION 2: 10:30am-12:00pm #3601-U26B \$100

SCIENCE CREDIT RECOVERY

This course will allow students to recover credit in a required Science course. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: Earth Science A, Earth Science B; Biology A, Biology B; Chemistry A, Chemistry B.

SESSION 1: 8:45-10:15am #3602-U26A \$100

SESSION 2: 10:30am-12:00pm #3602-U26B \$100

SOCIAL STUDIES CREDIT RECOVERY

This course will allow students to recover credit in a required Social Studies course. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: World Studies A, World Studies B; American Studies A, American Studies B; Economics, and US Government.

SESSION 1: 8:45-10:15am #3603-U26A \$100

SESSION 2: 10:30am-12:00pm #3603-U26B \$100

HEALTH CREDIT RECOVERY

Graduation Requirement

SESSION 1: 8:45-10:15am #3604-U26A \$100

SESSION 2: 10:30am-12:00pm #3604-U26B \$100



Rockford Public Schools

Quality Community – Quality Schools
Together Building a Tradition of Excellence