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Rockford Public Schools
Quality Community – Quality Schools
Together Building a Tradition of Excellence
350 N. Main Street, Rockford, MI 49341

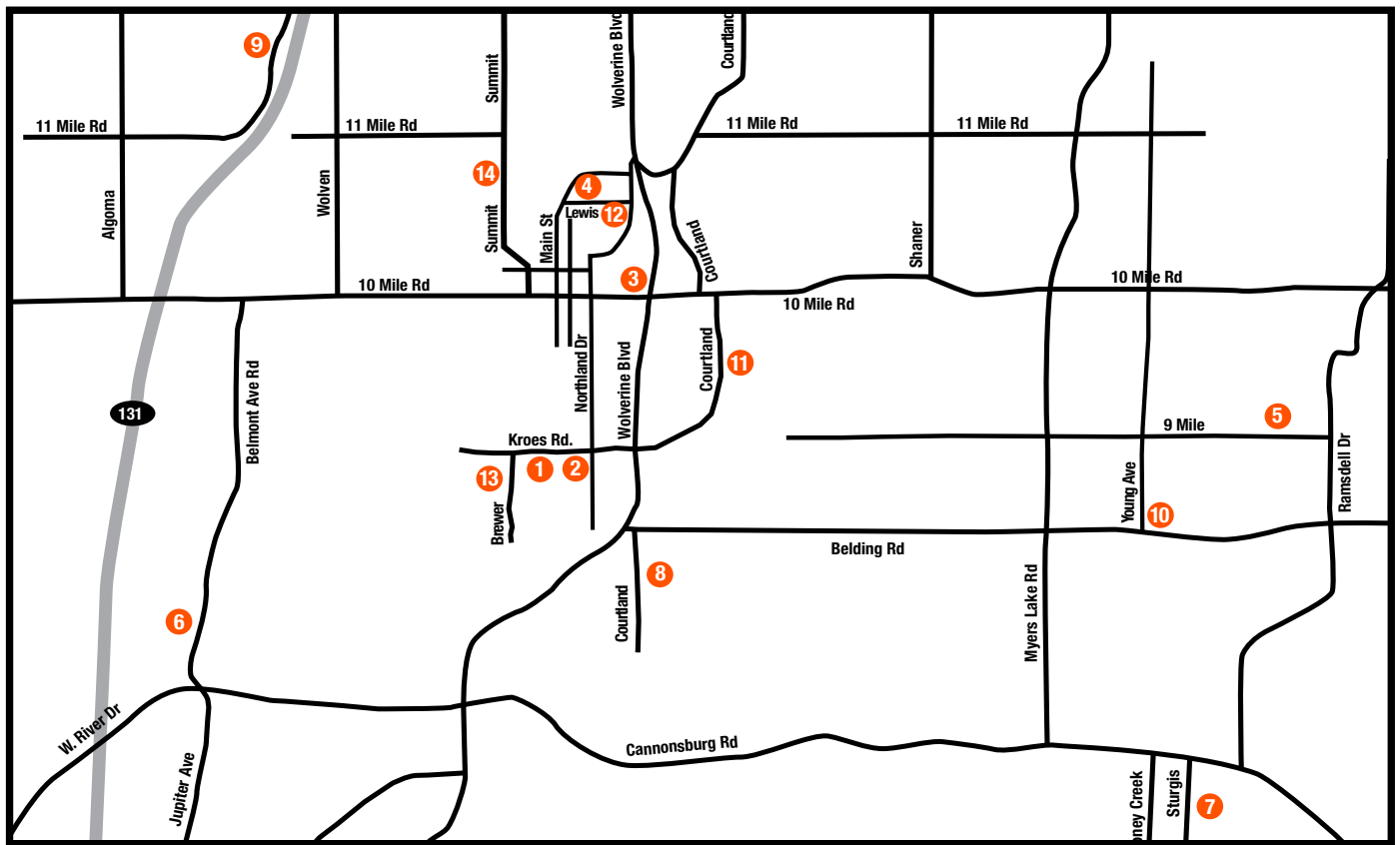


ROCKFORD

COMMUNITY SERVICES

SNOW MUCH FUN!

WINTER 2026



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

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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

MAKE YOUR OWN DOOR HANGER

Join us for a fun & creative class where you'll design a personalized door hanger that fits your style! In this hands-on workshop, we will use a wooden base on which you will have the option for gnomes with hearts (or you could change them to shamrocks), or flowers. The instructor will walk you step by step through the painting process, but you will add your own flair, choose your colors and any add ons...(or not), based on your preference and personal charm. No experience needed so come ready to relax, laugh and create! You'll leave with a personal masterpiece to keep or gift. Instructor: Michelle Pozan has been painting and crafting for over 40 years and has been offering paint parties for the past 4 years. She is excited to guide you through creating FUN ART together. NOTE: Registration will close on January 28.
Wednesday, February 11 6:00-8:00pm
RHS \$55 #1053-W26A



BLOOMS IN MOTION - LAZY SUSAN PAINT WORKSHOP

Join us for a fun & creative class where you'll design a personalized Lazy Susan that fits your style! In this hands-on workshop, we will paint a Lazy Susan (style may vary) in options of a sunflower in a teacup or blooms to brighten up your kitchen. The instructor will walk you step by step through the painting process, but you will add your own flair, choose your colors and any add ons...(or not), based on your preference and personal charm. No experience needed so come ready to relax, laugh and create! You'll leave with a personal masterpiece to keep or gift. Instructor: Michelle Pozan has been painting and crafting for over 40 years and has been offering paint parties for the past 4 years. She is excited to guide you through creating FUN ART together. NOTE: Registration will close on March 6.
Wednesday, March 25 6:00-8:00pm
RHS \$60 #1054-W26A



BEGINNING WATERCOLOR PAINTING

Join this class to learn methods & techniques of watercolor painting. Demonstration given for each painting with individual attention. We will discuss composition, color choice, brushes and brush control for each painting. All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. She has taken art classes at Macomb Community College followed by classes at New York Botanical Gardens (illustration). She received more instruction at the Flint Institute of Art, Grosse Pointe Art Association and Birmingham Bloomfield Art Center. She has learned a variety of art applications from drawing to acrylic painting, print making and pastels - yet watercolor remains her favorite. She enjoys the diversity of watercolor and the illustration challenges that it offers. She looks forward to sharing her passion while teaching others.

Thursday, January 22 6:00-8:00pm

RHS \$35 #1227-W26A Theme: Woodland Mushrooms

Thursday, February 19 6:00-8:00pm

RHS \$35 #1227-W26B Theme: Mountain Landscape

Thursday, March 19 6:00-8:00pm

RHS \$35 #1227-W26C Theme: Frogs

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, while also teaching 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 US, Asia, and most recently with Samber Productions on various projects and summer acting camps.

Rockford Masonic Lodge, 1430 Northland Dr NE.

Saturdays, January 17 (10 wks) 4:00-5:30pm

Rockford Masonic Lodge \$125 #1058-W26A

START AN ONLINE BUSINESS

You've dreamed of starting your own business, but the "what" and "how" keep tripping you up. If you've been spinning your wheels trying to figure out where to start, this class is your roadmap. You'll discover what you do best and who you're uniquely equipped to help, build your brand identity, and shape a client experience that keeps people coming back. With simple, strategic steps and the right tech tools, you'll finally move from "I should start" to "I'm doing this". Instructor: Carrie Hensler has spent years helping entrepreneurs turn their big ideas into organized, thriving businesses. As a former Director of Operations turned Certified Online Business Manager (and coach), she knows what it's like to start with a vision and wonder how to actually make it work. That's why she loves teaching this class - it's for the side-hustle dreamers who are ready to stop guessing, make a plan, and finally bring their business to life.

Tuesdays, January 27 (6 wks) 6:00-7:30pm

RAB \$65 #1150-W26A



ROCKFORD CIVIC SYMPHONY

Are you looking for your musical family? Is it time to dust off your violin or trombone? If so, the Rockford Civic Symphony welcomes musicians of various skill levels and ages to play and learn through the shared experience of orchestral music. Membership is open to all persons who possess the skill necessary to perform standard orchestral literature. There is no audition required to join. We are always interested in expanding our string sections. Our group also includes percussion, brass and woodwind sections. Please contact us for openings in these sections at rockfordcivicsymphony@gmail.com. We will play one concert in the spring and give a performance at a senior living facility. Conductor: John Reikow is the retired Director of Orchestras for the Holland Public Schools and Director of the Holland High School Orchestra. He plays cello in the Holland Symphony as well.

Tuesdays, January 13 (16 wks) 7:00-9:00pm

NRMS \$59 #1901-W26A

ROCKFORD COMMUNITY BAND

The Rockford Community Band is comprised of instrumentalists from all walks of life who simply enjoy making music passionately and meaningfully. Membership is open to all interested instrumentalists who have a minimum of high school band experience. While there is not a formal audition for admittance to the ensemble, the conductor may request to hear new members individually to best facilitate part assignments. This ensemble presents 4-6 performances during the semester. In addition to concerts at local venues, this ensemble also performs a shared concert with other Rockford community ensembles. The Rockford Community Band is dedicated to life-long musicianship while presenting diverse, entertaining performances to the community it serves. Instructor: Tiffany Engle has served as the conductor of the Rockford Community Band since January 2008. She is currently Director of Bands at Calvin University, where she leads the Symphonic Band and Wind Ensemble, and teaches courses in applied saxophone, conducting, and music education. Dr. Engle is deeply committed to service that inspires rich musical involvement in the lives of others. She is also director of Calvin's Knollcrest Music Camp (a summer program for middle and high school students) and regularly serves as a clinician with various school ensembles throughout the West Michigan area.

Mondays, January 5 (22 wks) 7:00-9:00pm

ERMS \$59 #1900-W26A *skip 2/16, 4/6 and 5/25



The Rockford Community Services
office will be closed

**Wednesday, December 24, 2025
through
Friday, January 2, 2026.**

***We will re-open at 8:00am
on Monday, January 5, 2026.***



FINANCE



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 almost 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

Tuesday, February 17 6:30-8:00pm
RFC FREE #1337-W26A

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 almost 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

Tuesday, February 24 6:30-8:00pm
RFC FREE #1338-W26A



PIANO LESSONS

FOR ALL AGES



Proven method • Experienced instructor
Private in-person or online options
Recitals • Convenient Rockford location

KAREN NAGLE PIANO STUDIO
(616) 826-4626 | kfnagle@msn.com

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, January 6 6:30-8:30pm
RFC \$10 #2160-W26A

Thursday, January 22 6:30-8:30pm
RFC \$10 #2160-W26B

Tuesday, February 3 6:30-8:30pm
RFC \$10 #2160-W26C

Thursday, February 19 6:30-8:30pm
RFC \$10 #2160-W26D

Tuesday, March 3 6:30-8:30pm
RFC \$10 #2160-W26E

Thursday, March 19 6:30-8:30pm
RFC \$10 #2160-W26F



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.*



Be a part of our
**Community
Garden**



Please call 616.863.6322 for
an application, garden plot
fees, or for more information.



Sustainability LIVE+LEARN

Join us for the
Rockford Sustainability Committee
FREE speaker series.

No registration necessary.
All events are 6:30-7:30pm.



For more info, visit:
www.RockfordSusCom.us



JANUARY 21, 2026

Location: North Kent Connect

Composting Comes to Rockford!
with Luis Chen, Founder of
The Wormies

FEBRUARY 18, 2026

Location: Rockford City Hall

Battling the Green Invaders –
Identifying and Managing Invasive
Plants in Our Community
with Andrew Lidral, Kent Conservation
District Strike Team



MARCH 18, 2026

Location: Rockford City Hall

Gardening: Beneath the Surface
with Native Plants for Soil Health
with Dr. Kathryn Docherty,
Department of Biological Sciences
at Western Michigan University.

ADULT FITNESS & RECREATION



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. Recently retired as the CMO of Lake Michigan Credit Union (LMCU), Don looks forward to many adventures with his wife, three children and six grandchildren. Discover and enjoy the beautiful outdoors by learning backpacking basics.

Tuesdays, January 20 (2 wks) 6:30-8:00pm

RAB \$10 #1018-W26A

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!

Class held at Grand Rapids Area Fencing Academy (GRAFA)

1345 Monroe NW, Suite 102, Grand Rapids, MI 49505

Wednesdays, February 25 (6 wks) 7:00-8:00pm

GRAFA \$100 #1403-W26B



Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.





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! Instructor: Monica Sanders.

Tuesday, January 6 (1 wk) 6:30-7:30pm
Meadow Ridge Elementary Gym FREE #1449-W26A

Tuesdays, January 13 (7 wks) 6:30-7:30pm
Meadow Ridge Elementary Gym \$56 #1449-W26B

Tuesdays, March 10 (7 wks) 6:30-7:30pm
Meadow Ridge Elementary Gym \$56 #1449-S26A
*skip 4/7

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.

Thursday, January 8 (1 wk) 7:00-8:00pm
RAB Cafeteria FREE #1451-W26A

Thursdays, January 15 (7 wks) 7:00-8:00pm
RAB Cafeteria \$56 #1451-W26B

Thursdays, March 12 (7 wks) 7:00-8:00pm
Meadow Ridge Elementary Gym \$56 #1451-S26A
*skip 4/2 and 4/9

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 Sanders. Monica is an AFAA Certified Group Fitness Instructor and has been teaching a variety of fitness classes in the greater Grand Rapids area since 2010.

Wednesday, January 7 (1 wk) 7:00-8:00pm
Meadow Ridge Elementary Gym FREE #1450-W26A

Wednesdays, January 14 (7 wks) 7:00-8:00pm
Meadow Ridge Elementary Gym \$60 #1450-W26B

Wednesdays, March 11 (7 wks) 7:00-8:00pm
Meadow Ridge Elementary Gym \$60 #1450-S26A *skip 4/8



COURTESY
DRIVING SCHOOL

Rockford Freshman Center

Teens 14 years and 8 months old are eligible.

SEGMENT 1 COURSES

Monday to Thursday 3-5PM

- October 27-November 20
- December 1-18
- January 26-February 19
- March 9-31
- April 27-May 19

Rockford Freshman Center

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

SEGMENT 2 COURSES

Classes held 5-7PM

- October 27, 28, 30
- December 1, 2, 8
- January 26, 28, February 2
- March 9, 12, 16
- April 27, 29, May 4



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courtesydrivingschool.com
(800) 256-9559

APTITUDE FITNESS

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

APTITUDE STRENGTH AND STRETCH M/W/F

Half the battle is just showing up, let us take care of the rest. Sculpt, tone, and strengthen your entire body. Discover new exercises to challenge yourself using body weight, resistance bands, and free weights for total body sculpting. We will strengthen + stretch our muscles using yoga-inspired postures and breathing techniques designed to tone your whole body.

M/W/F, January 12 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-W26A

M/W/F, February 9 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-W26B

M/W/F, March 9 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-W26C

BUTT AND GUTS - SATURDAYS

This 30-minute class is designed to strengthen and tone your abs and lower body, including your legs and glutes. Through low-impact, high-energy bodyweight circuits, we'll target your glutes, quads, hamstrings, and core. Join us for a fun, effective workout that sculpts and tones from head to toe!

Saturdays, January 17 (6 wks) 8:30-9:00am
Aptitude Fitness \$60 #1469-W26A

Saturdays, February 28 (5 wks) 8:30-9:00am
Aptitude Fitness \$60 #1469-W26B

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!

Mon/Wed/Fri, January 12 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-W26A

Mon/Wed/Fri, February 9 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-W26B

Mon/Wed/Fri, March 9 (4 wks) 8:30-9:00am
Aptitude Fitness \$75 #1438-W26C

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.

Wednesdays/Fridays, January 14 (4 wks) 9:15-10:00am
Aptitude Fitness \$75 #1482-W26A

Wednesdays/Fridays, February 11 (4 wks) 9:15-10:00am
Aptitude Fitness \$75 #1482-W26B

Wednesdays/Fridays, March 11 (4 wks) 9:15-10:00am
Aptitude Fitness \$75 #1482-W26C

ZUMBA

Get ready to dance! Zumba is a 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/Wednesdays, January 12 (6 wks) 6:30-7:15pm
Aptitude Fitness \$75 #1435-W26A

Mondays/Wednesdays, February 23 (6 wks) 6:30-7:15pm
Aptitude Fitness \$75 #1435-W26B

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, January 11 (6 wks) 6:00-7:00pm
Aptitude Fitness \$60 #1410-W26A

Sundays, February 22 (6 wks) 6:00-7:00pm
Aptitude Fitness \$60 #1410-W26B

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.

Tuesdays, January 13 (6 wks) 7:00-8:00pm
Aptitude Fitness \$60 #1481-W26A

Tuesdays, February 24 (6 wks) 7:00-8:00pm
Aptitude Fitness \$60 #1481-W26B

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

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 (or not walking welcome).

Wednesdays, January 14 (6 wks) 10:30-11:15am

Aptitude Fitness \$60 #1470-W26A

Wednesdays, February 25 (6 wks) 10:30-11:15am

Aptitude Fitness \$60 #1470-W26B

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. *Chairs provided*

Mondays, January 12 (6 wks) 10:15-11:00am

Aptitude Fitness \$60 #1441-W26A

Mondays, February 23 (6 wks) 10:15-11:00am

Aptitude Fitness \$60 #1441-W26B



POSTPARTUM CORE AND RESTORE

Have you given birth? Are you postpartum? Come and learn how to gently reconnect with your core, pelvic floor, and body as you heal and regain strength postpartum—whether it's been 10 weeks or 10 years. During our five weeks together, we will learn how to align breathing with proper core engagement so we can build strength, decrease pain, and reduce diastasis recti (ab separation). Each class includes a 60-minute, full-body workout where we'll use a blend of barre and functional strength techniques that focus on slow, controlled movements. Come with a yoga mat and a water bottle. Leave class feeling relaxed, rejuvenated, and strong! Class is in the Gross Motor Room. Instructor: Abigail Granner.

Wednesdays, February 4 (5 wks) 6:30-7:30pm

Meadow Ridge Elementary \$85 #1448-W26A

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, January 13 (6 wks) 7:30-8:30pm

RFC \$90 #1012-W26A



Tuesdays, February 24 (6 wks) 7:30-8:30pm

RFC \$90 #1012-W26B



BEGINNING TAI CHI CHUAN

Tai Chi Chuan is the Chinese system of slow meditative physical exercise designed for relaxation and improving your balance and health. For adults of all ages. Promotes a comfortable and enjoyable way to learn the very basic movements. A highly significant factor to mention in the growing interest in Tai Chi is the ongoing biomedical research that shows many positive effects on brain activity and other health benefits. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified. Please wear comfortable clothes and shoes.

Rockford United Methodist Church, 159 Maple St. NE, Rockford.

Tuesdays, January 6 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-W26A

Tuesdays, January 6 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-W26B

Tuesdays, March 10 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-S26A

***skip 4/7**

Tuesdays, March 10 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-S26B

***skip 4/7**

CONTINUING TAI CHI CHUAN

For students who have completed the beginner-level class and are committed to a deeper level of study, this class invites you to a better understanding of the principles of movement. With the encouragement of fellow students and instruction from your teacher, this fascinating art form gives you great value for the time invested in your ongoing health, including physical, emotional, and mental. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified.

Rockford United Methodist Church, 159 Maple St. NE, Rockford.

Tuesdays, January 6 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-W26A

Tuesdays, January 6 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-W26B

Tuesdays, March 10 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-S26A

***skip 4/7**

***skip 4/7**

Tuesdays, March 10 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-S26B

***skip 4/7**

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 for beginners to learn. Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring paddles. Maximum of 20 participants per session. Intermediate has no instruction.

Mondays (6 wks) NRMS Upper Gym \$48

***skip 2/16, 3/9 and 4/6**

SESSION 1 – January 12 (6 wks)

6:30-8:00pm Beginners #3205-W26A

8:00-9:30pm Intermediate #3205-W26B

SESSION 2 – March 2 (6 wks)

6:30-8:00pm Beginners #3205-S26A

8:00-9:30pm Intermediate #3205-S26B

SENIORS UNLIMITED

TECHNOLOGY ASSISTANCE AVAILABLE

The following tech assistance 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.

WHERE'S MY STUFF?

Are you having trouble locating your files or finding that your photos are disorganized and difficult to manage? If so, it's time to get organized! We will cover the basics of file structure, including how to set up a system that works for you and how to maintain it over time. By implementing a clear and consistent file organization method, you will be able to easily find your documents and keep your digital life in order. (Pre-registration is required.)

Tuesday, January 27 11:00am

RAB \$12 #3414-W26A

COMMUNICATION IN THE DIGITAL AGE

Email, text, video calling, FaceTime, Facebook, Messenger, and more! Staying in touch with our family and friends electronically can be overwhelming. We will discuss many popular forms of electronic communication and how to navigate them. (Pre-registration is required.)

Tuesday, April 28 11:00am

RAB \$12 #3414-W26B

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 at 616.863.6322 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, January 27

RAB \$25 #3416-W26A

Tuesday, April 28

RAB \$25 #3416-W26B

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.



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 to pre-register.
Bingo is full with 48 participants. Once capacity
is reached, you will be added to the waitlist and
contacted if a position opens up.*

****THERE IS NO BINGO IN JANUARY OR FEBRUARY***

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

2nd Friday of the month 1:00pm
March 13, April 17

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
Mondays, between 10:00am and 12:00pm
January 26, February 23, and March 30



Stimulate your mind, meet new friends, and read books you may not normally read. Books are from the Kent District Library, "Book In A Bag".

The group size is limited to the number of books available in each month's "Book In A Bag" so get your copy soon! Books can be picked up in the Community Services office. Call 616.863.6322 for info. There is no cost to join.

THIRD TUESDAY OF EACH MONTH 10:00-11:00AM

COMMUNITY SERVICES MEETING ROOM

350 N. MAIN ST., ROCKFORD

Come to the Community Services entrance on Lewis St. (across from Parkside)

UPCOMING BOOKS

JANUARY 20, 2026

LONG WAY HOME

BY SHELBY VAN PELT

FEBRUARY 17, 2026

BEYOND THAT, THE SEA

BY LAURA SPENCE-ASH

MARCH 17, 2026

WAYS WE HIDE

BY KRISTINA MCMORRIS

APRIL 21, 2026

EXILES

BY CHRISTINA BAKER KLINE

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, February 12 \$15 #1650-W26A

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, 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

FEBRUARY - 4TH ANNUAL GALENTINE'S BRUNCH

Looking for something fun to do? Want to meet other 55+ ladies in the area? Join us for our 4th annual GALentine's Brunch. Many people have a love-hate relationship with Valentine's Day, as there's often a sense that it's only for people who are romantically paired, which can make it feel rooted in exclusion. However, this just sets the stage perfectly for Galentine's Day. That's right, Galentine's Day, a day for women to celebrate their friendships with their lady friends. It's Valentine's Day with your gals! This year, we will be traveling to the amazing Brunch House GR in Grand Rapids to enjoy a delicious brunch (paid on your own) in their cozy atmosphere. Everyone will get a little swag bag! Grab a girlfriend or come solo, it doesn't matter! It is going to be a great time! Transportation provided by RPS. Activity level: LOW. Transportation provided by Rockford Public Schools. Activity level: LOW.

Wednesday, February 11 \$15 #1414-W26A

10:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot). 1:00pm approximate return to Rockford

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

MARCH - ST. PATTY'S DAY LUNCH

Meet at the historic Rockford Corner Bar for a fun-filled lunch with Irish fun and activities. The Corner Bar is not a traditional Irish Pub, but everyone can be Irish today! Bring your appetite and be ready to party! Food and soft drinks provided. Any alcoholic beverages would be extra. Activity level: LOW. No transportation provided.

(Pre-registration is required.)

Tuesday, March 17 \$35 #1771-W26A

11:00am-12:30pm The Corner Bar, 31 N Main St.

APRIL - CEDAR SPRINGS TRIP

Join us for a fun day shopping with access to a few different vintage/thrift stores and enjoy lunch at Cedar Springs Brewery with a special \$10 lunch menu (paid on your own). Found & Forged Market, The Rustic Roof, Cookies Collectibles and Sundries, and Cedar Chest Resale Shop are all within walking distance to the Brewery. Transportation provided by Rockford Public Schools. Activity level: HIGH.

Thursday, April 30 \$10 #5177-W26A

10:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

IMPORTANT NOTICE: LOCATION CHANGES FOR 2026

Bingo, Lunch & Learn, and Quilts of Valor will all be moving from their previous location at the Community Cabin to the Rockford Administration Building, located at 350 N. Main St.

Culture Club bus pick-up and drop-off location will move from the City of Rockford Parking lot (156 N. Main St.) to the Rockford Administration Building Parking Lot (350 N. Main St.) for our evening performances.

You are invited to join Rockford Community Services on our

Annual Brown Bag Tour to Amish Country

MONDAY, JUNE 1, 2026 | \$115 #5240-S26A



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. Join us for this fun-filled day, experiencing some of the wonderful places Shipshewana and the beautiful Amish community have to offer. 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 \$115 #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

LUNCH & LEARN

MARCH - ALL-STAR ATHLETES AND ASTRONAUTS

Presented by Caroline Cook. The history & evidence of "sports" extend as far back as cave drawings. Locally, who are our most famous athletes...those persons who are most proficient in sports and other forms of physical exercise? Who amongst us are Olympic athletes? Astronauts? Caroline will use audio, video, and storytelling to visit places & hear stories that remind us of these inspiring heroes, past and present. Just do it! Enjoy lunch provided by Rockford Food Services (menu varies) and camaraderie with fellow community members as you immerse yourself in the knowledge of Caroline Cook. (Pre-registration is required.)

Friday, March 20 \$10 #5261-W26A

Doors open 11:45am, lunch 12:00pm, presentation 12:30pm.

RAB 350 N. Main St.

***THERE IS
NO LUNCH
& LEARN IN
JANUARY OR
FEBRUARY**

APRIL - LIFE AND TIMES OF A PROFESSIONAL HONEY BEE

Presented by Steve Hummel. In the United States, approximately 1/3 of all of our food is dependent on pollination. And about 1/3 of that pollination is performed by commercial beekeepers. Now the pollinators appear to be under attack. Viruses, mites, loss of habitat, changes in climate, pesticides, and the fallout from cheap imported honey are threatening our food supply in very real ways. Save The Bloom is dedicated to helping the pollinators in 3 basic ways: legislation support, habitat protection and restoration, and promoting "craft honey" as a concept. Our talk will touch on all of these areas as well as the wild business of transporting honey bees, how we've seen the industry suffer, and the ways we try to help. Enjoy lunch provided by Rockford Food Services (menu varies) and stay to be entertained with the vast honey bee knowledge of Steve Hummel from Save the Bloom. (Pre-registration is required.)

Friday, April 24 \$10 #5263-W26A

**Doors open 11:45am, lunch 12:00pm, presentation 12:30pm.
RAB 350 N. Main St.**



ENHANCEFITNESS

North Kent Presbyterian

6175 Kuttshill Dr NE, Rockford, MI 49341

Get one hour of physical activity all while having fun! The EnhanceFitness program is designed specifically for older adults!

Date & Time

- Monday, Wednesday, and Friday at 9:15 am
- Bring water and wear good shoes and comfortable clothes.
- Drop in, registration not required

Focus On:

- Strengthening
- Balance
- Endurance
- Flexibility
- Fun!

This Class is:

- ✓ Offered at no cost, donations accepted
- ✓ Covered by One Pass and SilverSneakers benefits
- ✓ Great for older adults of any ability.

Questions?

For more information on this program, call Julie Lake 616-233-0283



CULTURE CLUB EVENTS



JANUARY: AIN'T MISBEHAVIN'- CIVIC THEATRE

A saucy, sultry musical celebration of legendary jazz great, Fats Waller, *Ain't Misbehavin'* evokes the delightful humor and infectious energy of this American original as a versatile cast struts, strums and sings the songs that he made famous in a career that ranged from uptown clubs to downtown Tin Pan Alley to Hollywood and concert stages in the U.S., Canada and Europe.

RATED: PG-13 for mature themes, including some lyrics and dialogue that may contain slang or suggestive language from the time period. Transportation provided by RPS.

Friday, January 16 \$45 #5280-W26A

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

10:30pm approximate return to Rockford

MARCH: & JULIET - BROADWAY GR

Created by the Emmy® winning writer from "Schitt's Creek," this hilarious new musical flips the script on the greatest love story ever told. & Juliet asks: what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh beginning and a second chance at life and love her way. Juliet's new story bursts to life through a playlist of pop anthems as iconic as her name, including "Since U Been Gone," "Roar," "Baby One More Time," "Larger Than Life," "That's The Way It Is," and "Can't Stop the Feeling!" all from the genius songwriter/producer behind more #1 hits than any other artist this century. Break free of the balcony scene and get into this romantic comedy that proves there's life after Romeo. The only thing tragic would be missing it. RATED: PG, includes flashing/strobe lighting, loud noises, confetti cannons, and pyrotechnics.

Thursday, March 12 \$65 #5241-W26A

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

10:30pm approximate return to Rockford

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.

Friday, May 1 \$50 #5221-S26A

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

10:30pm approximate return to Rockford

JUNE: LEGALLY BLOND - CIVIC THEATRE

A fabulously fun and 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.

Friday, June 10 \$50 #5218-S26A

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

10:30pm approximate return to Rockford

JUNE: THE OUTSIDERS - BROADWAY GR

The winner of the 2024 Tony Award® for Best Musical is *The Outsiders*. In Tulsa, Oklahoma, 1967, Ponyboy Curtis, his best friend Johnny Cade and their Greaser family of 'outsiders' battle with their affluent rivals, the Socs. *The Outsiders* navigates the complexities of self-discovery as the Greasers dream about who they want to become in a world that may never accept them. With a dynamic original score, *The Outsiders* is a story of friendship, family, belonging...and the realization that there is still "lots of good in the world." RATED: PG This production uses flashing lights, periods of darkness, loud noises, theatrical haze, and herbal cigarettes. Transportation provided by RPS.

Thursday, June 11 \$65 #5230-S26A

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

10:30pm approximate return to Rockford

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.

Tuesday, July 21 \$65 #5292-S26A

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

10:30pm approximate return to Rockford



Quilts of Valor
Quilting to Honor & Comfort

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 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 quilt. 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
RAB, 350 N. Main St, Rockford**

***THERE IS
NO QUILTS
OF VALOR IN
FEBRUARY**



The Rockford Community Services
office will be closed
**Wednesday, December 24, 2025
through
Friday, January 2, 2026.**

*We will re-open at 8:00am
on Monday, January 5, 2026.*



IMPORTANT NOTICE: LOCATION CHANGES FOR 2026

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will all be moving from their previous location at the
Community Cabin to the Rockford Administration Building,
located at 350 N. Main St.

Culture Club bus pick-up and drop-off location will move from
the City of Rockford Parking lot (156 N. Main St.) to the
Rockford Administration Building Parking Lot (350 N. Main St.)
for our evening performances.

SENIOR CITIZENS

60 years of age or older

We offer a **Lifetime Golden Age Pass**
which entitles you to admission to school
sponsored sporting events.

THIS PASS NEVER EXPIRES!

Call 616.863.6322 for more information

YOUTH ENRICHMENT



SPECTACULAR ART!

Grades K-5. Learn some basic art techniques, explore different art mediums and, of course, make some spectacular art! Instructor: Elly Cruz is a Spanish-Immersion teacher at Northpointe Christian School and the owner of Creador Art Studio in Rockford. Creador Art Studio is located at 6710 Childsdale.

Thursdays, January 29 (8 wks) 4:30-5:30pm

Creador Art Studio \$100 #1019-W26A



ALLEGRO SCHOOL OF MUSIC

4301 Ambrose Ave NE, Grand Rapids, MI 49525

INTRO TO PIANO

Grades 2-4 (level 1). This fun introduction to playing the piano balances keyboard time with learning basic music theory, improving overall musicianship and encouraging the learning process. Students must have access to a full-sized keyboard or piano at home for practice and are encouraged to bring their keyboards to class when possible. Students that do not bring their own keyboard to class will have access to a keyboard or piano during class. Students will receive a piano book, practice CD and assignment folder. This class has an additional \$35 materials fee. The materials fee may be paid and materials picked up at Allegro School of Music (Main Studio: 4301 Ambrose Ave NE, Grand Rapids, MI 49525) on a date TBD or by contacting Allegro School of Music (616.301.3888 or lessons@allegroGR.org) for other arrangements. Payment is accepted by cash, credit/debit card, or check payable to Allegro School of Music. Instructor: Rick Wiltse, Allegro School of Music Director of Programming.

Mondays, January 26 (9 wks) 7:00-8:00pm

Allegro School of Music \$176 #1713-W26A *skip 2/16

LEGO BRICKS 4 KIDZ

LEGO® BRICKS 4 KIDZ® – FACTORY FUN

Grades K-5. Have you ever wondered how things are made? Factories rely on special machines to help build, move, and package the things we use every day. We'll build kid-sized clever creations such as the scissor lift, specialized conveyor belts, and more! Learn about machine design while crafting your own ideas into engineering wonders! Participants will receive a mini set on the last day of this series.

Mondays, January 12 (6 wks) 3:45-5:00pm

Roguewood Elementary \$115 #2628-W26A *skip 1/19 and 2/16

LEGO® BRICKS 4 KIDZ® – GAME ON: MARIO & FRIENDS

Grades K-5. Do you love VIDEO GAMES? We do too! This class is inspired by classic and modern video games, with a particular focus on Super Mario and his friends. Don't worry, we won't be PLAYING video games during our sessions, rather we will be building models that represent Mario and other familiar game characters we all know and love. While we build these moving models, we will be discovering how motorized models work, how weight and gear ratios impact moving models, and develop our creativity and design sense! Participants will receive a video game themed Pez character on the last day of this series.

Mondays, March 9 (6 wks) 3:45-5:00pm

Roguewood Elementary \$115 #2647-W26A *skip 4/6

LEGO® BRICKS 4 KIDZ® – AMUSEMENT PARK MANIA

Grades K-5. Part 2 of our Michigan's Grand Adventure models... we have so many rides to build! Get ready for summer by building favorite amusement park rides in this thrilling unit. Students will construct some of their favorite amusement park rides, such as the Ferris Wheel! Lessons incorporate basic principles of physics, described in a way children can understand. These engaging lessons and models will give students an understanding of basic engineering, while having a TON of FUN! Participants will receive a mini set on the last day of this series.

Mondays, April 27 (5 wks) 3:45-5:00pm

Roguewood Elementary \$90 #2667-W26A *skip 5/25



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! 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, while also teaching 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 US, Asia, and most recently with Samber Productions on various projects and summer acting camps.

Tuesdays, January 13 (10 wks) 6:30-8:00pm

NRMS \$150 #1056-W26A

IMPROV AFTER SCHOOL - ELEMENTARY

Grades 1-5. Does your child have some creative humor? Well, if they are in elementary school, we have an after-school class for them! We will get together and play a bunch of improv games every week. Feel free to send a snack with your child to enjoy from 3:40-4:00pm. Class will run from 4:00-5:30pm where we will have some fun and introduce them to the world of improvisation. 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. 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, while also teaching 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 US, Asia, and most recently with Samber Productions on various projects and summer acting camps.

Thursdays, January 15 (9 wks) 3:40-5:30pm

NRMS \$195 #1080-W26A *skip 2/26

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. Feel free to send a snack with your child to enjoy from 2:40-3:00pm. Class will run from 3:00-4:30pm where we will have some fun and introduce them to the world of improvisation. 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. 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, while also teaching 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 US, Asia, and most recently with Samber Productions on various projects and summer acting camps.

Mondays, January 12 (10 wks) 2:40-4:30pm

NRMS \$195 #1059-W26A *skip 2/16



Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.





BROADWAY BOOTCAMP: ONE-DAY WORKSHOPS

Grades 1-8. Join us for an exciting one-day Broadway Bootcamp workshop! This dynamic program is designed to boost your self-confidence through the thrilling world of musical theatre performance. Discover your hidden talents and unleash your creativity in a safe and supportive environment. Throughout the day, you'll immerse yourself in the fundamentals of musical theatre, including acting, music, and movement. Our experienced facilitators will guide you as you learn the basics of performance and choreography. Then, with their expert assistance, you'll put it all together to create your own captivating scene, song, and dance from a popular Broadway show. Whether you're a seasoned performer or new to the stage, this high-energy workshop is for everyone. Through a variety of engaging games and exercises, you'll uncover your natural gifts and expand upon your talents. Our structured instruction will help you present what you've learned in a comfortable and confident manner. The primary goal of our one-day workshop is to cultivate a healthy interest in the performing arts. We aim to provide a supportive environment where you can recognize and develop your unique talents and self-expression. So, come and join us for an unforgettable day of Broadway Bootcamp and take your love for musical theatre to new heights! The workshop will run from 2:00-5:30pm at which time family & friends are invited to watch the 30-minute performance. *All sessions are on RPS early release days.

Theme: Wickedly Wonderful

Wednesday, February 4 2:00-6:00pm - NRMS \$50 #2225-W26A

Theme: Stars

Wednesday, February 25 2:00-6:00pm - NRMS \$50 #2225-W26B

Theme: Magic

Wednesday, March 11 2:00-6:00pm - NRMS \$50 #2225-W26C

Theme: Sunshine & Springtime

Wednesday, April 22 2:00-6:00pm - NRMS \$50 #2225-W26D

Theme: Disney Favorites

Wednesday, May 6 2:00-6:00pm - NRMS \$50 #2225-W26E

Rockford
Preschool
& Child Care
services



Preschool **Information Night**

2026-2027 **PARENT ONLY** **INFORMATION NIGHT**

Information Night for parents interested in learning more about the following child care programs:

Child Development Lab Preschool
Monday, February 2, 5:30-7:00pm
CDL- located behind Rockford High School

**Community Education Preschool,
Montessori or Spanish Preschool**
Monday, February 2, 5:30-7:00pm
Administration Building, 350 N. Main Street.

Full-Day Preschool
Tuesday, February 3, 6:00-7:30pm
Parkside Early Childhood Center, 156 Lewis Street.

For more information,
please call the Child Care office.

616.863.6560

YOUTH RECREATION



WINTER RUNNING CLUB-COED

Grades 9-12. The Winter Running Club is designed for high school students who wish to develop their endurance, strength, and overall fitness during the winter months. The club is open to all students, including those new to running. Participants will engage in structured training sessions that are focused on aerobic base development, running technique, and consistency. In addition, the program includes two days per week of strength training specifically designed to enhance running performance, promote injury prevention, and improve overall athletic conditioning. The Winter Running Club provides a supportive and disciplined environment that prepares athletes and beginners for the demands of the spring sports season and future endurance training.

Mondays, Tuesdays and Thursdays.

**Mondays and Thursdays at the RHS Gym,
Tuesdays at the RFC Gym.**

**M/T/TH, January 5 (4 wks) 3:00-5:00pm
RHS/RFC Gym \$35 #8776-W26A**

**M/T/TH, February 2 (4 wks) 3:00-5:00pm
RHS/RFC Gym \$35 #8776-W26B *skip 2/16**



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)

PRACTICES:

Sundays, April 12 (7 wks) 1:00-3:00pm

NRMS practice field \$125 #1495-S26A *skip 5/24

GAMES:

Grades 3-8 games: Fridays, 6:00-8:00pm @ rotating locations vs 38 local teams (6 games)

Grades 9-12 games: Mondays, 6:00-8:00pm @ rotating locations vs 6 local teams (6 games)



BEGINNING YOUTH FENCING

Ages 8-15. Modern fencing is an Olympic sport with roots in European sword fighting of centuries past. Today, 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. In beginning fencing classes, students learn the fundamentals with games, exercises, footwork, and bouting with fellow novice fencers with all equipment provided. Professional coaches, Mikhail and Arkadiy Sarkisov, both of whom are 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 will be provided.

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

Tuesdays, January 13 (6 wks) 6:00–7:00pm
GRAFA \$80 #1402-W26A

Tuesdays, February 24 (6 wks) 6:00–7:00pm
GRAFA \$80 #1402-W26B



LITTLE MUSKETEERS-KINDER FENCING

Ages 5-7. Welcome to our Little Musketeers class, where young adventurers embark on a journey into the world of the Olympic sport of fencing! In this playful and imaginative class designed specifically for kindergarteners, children will step into the shoes of brave musketeers and learn the basics of fencing in a fun and dynamic environment. Led by our experienced instructors, children will be introduced to the fundamental concepts of fencing through interactive games and activities. They'll learn how to hold a foil, the basic footwork techniques, and the importance of coordination and balance. Children will be equipped with child-friendly plastic fencing equipment suitable for their age. They'll also learn about the importance of respecting their fellow Musketeers and following the rules of the fencing arena.

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

Wednesdays, February 25 (6 wks) 6:00–7:00pm
GRAFA \$80 #1401-W26A

Find us on ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

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.



TAE PARK ENSING -TAE KWON DO

Open to Adults and Children 8 years old and up. Would you like to learn basic and effective self-defense? If you would like to do all this and have fun doing it, our Tae Kwon Do class is for you! Tae Kwon Do is a Korean martial art that uses mind and body development to develop self-confidence. Plus, it's great exercise and fun. Go to www.ensingtkd.org for more information.

Wednesdays, January 7 (10 wks) 6:30-8:00pm

RAB Gym \$40 #1407-W26A

\$20 - 2nd family member

Wednesdays, March 18 (10 wks) 6:30-8:00pm

RAB Gym \$40 #1407-S26A *skip 4/1 and 4/8

\$20 - 2nd family member

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, January 15 (6 wks) 6:15-7:00pm

Roguewood Elementary \$60 #1013-W26A

Thursdays, March 5 (4 wks) 6:15-7:00pm

Roguewood Elementary \$40 #1013-W26B

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

ROCKFORD GIRLS

SOFTBALL CLINIC

ROCKFORD GIRLS SOFTBALL CLINIC

Grades 1-5. The Rockford High School Softball coaches and players will be holding a softball clinic! Our clinic will teach and practice the fundamentals of the game through individual and team play, combining both drills and games. Attendees will develop a more thorough understanding of the game while developing their skills and knowledge of the game. This clinic will focus on hitting, fielding, and baserunning. Players are encouraged to attend both dates as we will be covering different fundamentals and drills on each date.

Gear/Equipment: Players should bring a glove and wear gym shoes. If players have a bat and helmet, they should bring those as well, but we will have extra available at the clinic.

Saturdays, January 31 & February 7 (2 wks)

8:30-10:00am

NRMS \$40 #8403-W26A

ROCKFORD GIRLS SOFTBALL PITCHING CLINIC

Grades 3-5. The Rockford High School Softball coaches and players will be hosting a pitching clinic for beginners! This clinic will teach the fundamentals of softball pitching and provide players with a handful of drills to use to practice pitching on their own! Attendees are encouraged to bring an adult with them to act as a catcher (adults should bring a glove). However, bringing an adult is not required, we will have coaches and players who can catch as well.

Saturdays, January 31 & February 7 (2 wks)

10:15-11:30am

NRMS \$30 #8404-W26A

INTERMEDIATE 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). 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. Responsible high school students with pickleball experience serve as assistant coaches.

Wednesdays, January 21 (6 wks) 6:00-7:00pm | NRMS \$75 #1431-W26A



COMMUNITY SERVICES



SOCCER

7TH-8TH GRADE COED SOCCER

Grades 7-8. This is a coed team that will play in a league on weeknights and Saturdays. The coach will pick 2 nights for practice. Practices will begin the week of April 13. There will be travel to area schools or fields. Teams will play between 6-8 games. **Games are subject to league start date and may go through June 6.

The deadline to register is Sunday, March 8.
Saturdays, April 18 (8 wks)
RFC \$85 #3105-S26A

SPRING SOCCER

GRADES DK - 6. Practices begin the week of April 13. Practices will take place Mon-Fri and the coach will choose the night. Saturday games start April 18 and end May 30. Practices and games will be at various locations in the district. Please note practice conflicts during registration. Requests are not guaranteed. No pierced earrings or jewelry allowed.

DK-K.....#3125-S26A
1-2.....#3125-S26B
3-4.....#3125-S26C
5-6.....#3125-S26D
FEE: \$65

The deadline to register is Sunday, March 8.
**DK-K: Parents please stay at practice to assist with your child.*

VOLUNTEER COACHES NEEDED

Please contact Chris at cmaxwell@rockfordschools.org
 REGISTER AT [RPS.DIGITALSIGNUP.COM](https://rps.digitalsignup.com)



GIRLS LACROSSE

Grades 3-8

**Our Focus is FUN, Good Sportsmanship
and Fundamentals.**

Please bring a Lacrosse stick, goggles, and mouthguard.

Practices will be one to two nights a week, Mondays,
Wednesdays, or Fridays, depending on the coaches'
availability. We play two games during the week, Tuesdays
and Thursdays. This program is a 3 day/week commitment.

Practices begin the week of April 13.

COACHES ARE NEEDED!

Please email Chris at CMaxwell@rockfordschools.org

Grades 3-4 #3167-S26A

Grades 5-6 #3167-S26B

Grades 7-8 #3167-S26C

Games will start in April - \$120

Register at rps.digitalsignup.com



GIRLS LACROSSE CLINIC

Grades 5-6 and 7-8

The students will be taught basic skills, teamwork,
sportsmanship, and fundamentals every player should
know. There will be no competitive play. Stick skills: all
levels are welcome from beginners to those who have
played before. Sticks and goggles are needed.

The clinic will be on Wednesdays, January 7-February 11.

GRADES 5-6

**Wednesdays, January 7 (6 wks) 6:30-7:30pm
ERMS East Gym \$60 #3165-W26A**

GRADES 7-8

**Wednesdays, January 7 (6 wks) 7:30-8:30pm
ERMS East Gym \$60 #3165-W26B**

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





MIDDLE SCHOOL

WATER POLO

Grades 6-8

Learn the game of Water Polo. The teams will practice passing, scoring, defense and offense through drills and conditioning.

Practice starts the week of March 16.

6-weekend tournaments:

March 27-28, April 17-18, 24-25, May 1-2, 8-9, 15-16

Girls Practices: Mondays & Wednesdays

March 16, 5:15-7:15pm RHS Pool \$120 #4402-S26A

Boys Practices: Tuesdays & Thursdays

March 17, 6:00-8:00pm NRMS Pool \$120 #4402-S26B

There are no practices from April 2-April 10.

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



ROCKFORD PUBLIC SCHOOLS PODCAST

Rams News and Views is a new Rockford Public Schools podcast. **Rams: News and Views** will share stories about the people and the activities of Rockford Public Schools and education in the 21st century. Our school district intersects with the lives of our students, families, and community members in a wide variety of ways. We hope to explore many of those intersections here on **Rams: News and Views**.

Subscribe to our podcast!



Listen to us on your favorite podcast app!

NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL

616.747.3530

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 Christmas Break December 20 - January 3 and Spring Break April 2-10.

RHS LAP SWIM

ROCKFORD HIGH SCHOOL

616.747.3766

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

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

The RHS pool is closed during Christmas Break December 22 - January 2 and Spring Break April 2-10.

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

RHS POOL: 616.884.2326 | NRMS POOL: 616.747.3530

January Sessions: Registration Opens 6pm 12/29/25 | February Sessions: Registration Opens 6pm 2/2/26

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

Jan. 5 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26A

WEDNESDAYS

Jan. 7 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26D

MONDAYS

Feb. 16 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26G

WEDNESDAYS

Feb. 18 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26J

MONDAYS

Jan. 5 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26B

WEDNESDAYS

Jan. 7 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26E

MONDAYS

Feb. 16 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26H

WEDNESDAYS

Feb. 18 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-W26K

MONDAYS

Jan. 5 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-W26C

WEDNESDAYS

Jan. 7 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-W26F

MONDAYS

Feb. 16 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-W26I

WEDNESDAYS

Feb. 18 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-W26L

LEVEL TWO

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

MONDAYS

Jan. 5 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-W26A

WEDNESDAYS

Jan. 7 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-W26D

MONDAYS

Feb. 16 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-W26G

WEDNESDAYS

Feb. 18 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-W26J

MONDAYS

Jan. 5 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26

WEDNESDAYS

Jan. 7 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26E

MONDAYS

Feb. 16 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26H

WEDNESDAYS

Feb. 18 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26K

MONDAYS

Jan. 5 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26C

WEDNESDAYS

Jan. 7 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26F

MONDAYS

Feb. 16 (5 wks)
6:40 – 7:10pm
NRMS Pool \$5
#4308-W26I

WEDNESDAYS

Feb. 18 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-W26L

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

January 7 (5 wks)
8:00 – 8:45pm
NRMS Pool \$25
#4311-W26A

WEDNESDAYS

February 18 (5 wks)
8:00 – 8:45pm
NRMS Pool \$25
#4311-W26B

SPLASHBALL

Splashball is an exploratory water polo program for boys and girls ages 5-11. In a learn-to-play environment similar to swim lessons, participants discover the game of water polo and the basic skills involved in aquatic sports. Splashball also helps enhance the participant's swimming, balance, and coordination skill-sets. No prior water polo experience is required! The only recommended pre-requisite is that the participant should be able to swim one width of the pool unassisted.

SATURDAYS

January 10 (5 wks)
1:30-2:30pm
NRMS Pool \$50
#4315-W26A

SATURDAYS

February 21 (5 wks)
1:30-2:30pm
NRMS Pool \$50
#4315-W26B

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

RHS POOL: 616.884.2326 | NRMS POOL: 616.747.3530

January Sessions: Registration Opens 6pm 12/29/25 | February Sessions: Registration Opens 6pm 2/2/26

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	MONDAYS
Jan. 5 (5 wks)	Jan. 5 (5 wks)	Feb. 16 (5 wks)	Feb. 16 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4302-W26A	#4302-W26B	#4302-W26C	#4302-W26D

LEVEL FOUR

Stroke Development introduces advanced skills for 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
Jan. 5 (5 wks)	Jan. 7 (5 wks)	Feb. 16 (5 wks)	Feb. 18 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4310-W26A	#4310-W26B	#4310-W26C	#4310-W26D

LEVEL FIVE

Stroke Refinement coordinates and refines key strokes. 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
Jan. 7 (5 wks)	Feb. 18 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58
#4303-W26A	#4303-W26B

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
Jan. 7 (5 wks)	Feb. 18 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58
#4304-W26A	#4304-W26B



WEST MICHIGAN MASTERS

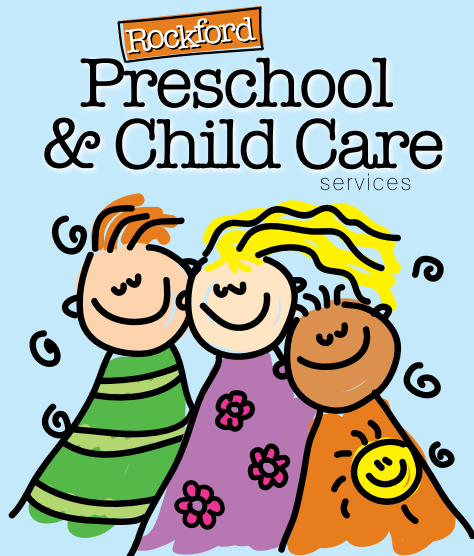
Swimmers from age 18 well into their 80s--fitness swimmers, triathletes, past high school & collegiate swimmers competitive or not - - swim with our team! Anyone who has a passion for swimming will fit in. Swimmers join our Masters team to maintain or improve swim skills and abilities in all four strokes; 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 likeminded 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

January 5, (6 wks)
4:45 – 5:45pm
NRMS Pool \$65
#4314-F26A

MONDAYS AND WEDNESDAYS

February 16, (6 wks)
4:45 – 5:45pm
NRMS Pool \$65
#4314-F26B



There Are Many Different Preschool Opportunities Offered Through Rockford Preschool And Child Care Services.

All programs are state licensed and help prepare young children for school success. Children gain experience in literacy, math, music, art, gross and fine motor development, as well as social skills such as taking turns, sharing and learning to be part of a group. For more information, please visit our website at www.rockfordschools.org and follow the "Our Schools" link to "Early Childhood/Preschools" or call our office at 616.863.6560.

Check Us Out on Facebook:

www.facebook.com/rockfordchildcareservices



CHILD DEVELOPMENT LAB PRESCHOOL

Rockford High School, 4100 Kroes

Program costs range from \$1150-\$1700 per year.

This unique program, located at Rockford High School, teaches preschoolers to become successful learners through cooperative experiences, problem solving and play while training high school students to become potential educators. Curiosity and a love of learning are developed through experiences with nature, art, and family-focused activities. Two-day and three-day per week sessions for three or four year olds are offered. A \$200 non-refundable deposit is due at the time of registration.

COMMUNITY EDUCATION PRESCHOOL

Rockford Community Services, 350 N. Main Street

Program costs range from \$900-\$1900 per year.

This program helps children learn to work and play together in an enjoyable group setting that utilizes a developmentally appropriate curriculum. Our teachers make it a priority to make learning fun while providing plenty of individual attention and encouragement. Children are offered a variety of activities and experiences emphasizing a focus on environmental topics. Classes for three year olds meet twice a week for 2 hours each day. Four year old classes meet four times a week for 2½ hours each day. A \$200 non-refundable deposit is due at the time of registration.

MONTESSORI

Rockford Community Services, 350 N. Main Street

Program cost: \$3900 per year.

This program introduces children to practical living skills, sensory education, language, math, science and cultural activities, art, music and movement. Hands-on activities are designed to help children develop a sense of order, concentration, coordination and independence in this child-centered environment. A mix of ages is a key premise of the Montessori philosophy with three and four year olds attending together. Program meets five mornings or five afternoons per week. A \$200 non-refundable deposit is due at the time of registration.

SPANISH PRESCHOOL

Rockford Community Services, 350 N. Main Street

Program cost: \$1950 per year.

A great first introduction to Spanish! In this program, preschoolers will be introduced to the Spanish language while using math, sensory, vocabulary, science and practical living materials. Spanish culture will also be explored through music, art, literature and movement. Classes for three and four year olds meet 3 mornings or afternoons per week for 2½ hours. A \$200 non-refundable deposit is due at the time of registration.

FULL DAY PRESCHOOL

Parkside Early Childhood Center, 156 Lewis Street
Monday–Friday, 7:00am–6:00pm
Program cost is \$48 per day/per child.

This is a year-long program for three or four year olds that is ideal for working families. Our full day preschool is open from 7:00am–6:00pm and includes a variety of developmentally appropriate learning experiences in social, emotional, physical and cognitive growth areas and is geared to prepare young children for kindergarten. Other program features include field trips, planned outdoor and gym activities, rest time, breakfast and snacks. Our well-trained staff are skilled in the field of early childhood and have earned a well-respected reputation in the community. There is a set 2 day/week minimum. This program can also be used in conjunction with Montessori and Spanish Preschool at a reduced rate. For more information call our office at 616.863.6360.

Parent Information Night

Information Night for parents interested in learning more about the following child care programs:

Child Development Lab Preschool

Monday, February 2, 5:30-7:00pm

CDL- located behind Rockford High School

Community Education Preschool, Montessori or Spanish Preschool

Monday, February 2, 5:30-7:00pm

Administration Building, 350 N. Main Street.

Full-Day Preschool

Tuesday, February 3, 6:00-7:30pm

Parkside Early Childhood Center, 156 Lewis Street.

BEFORE AND AFTER SCHOOL CARE (BAC)

All elementary schools in RPS district
Monday–Friday

7:00am to start-of-school \$10 per day/per child

End-of-school to 6:00pm \$15 per day/per child

Registration Fee: \$40 per student.

Our school-age BAC programs provide parents with the security of knowing their children are in a safe, fun and nurturing environment during before and after school hours. These programs are found in each elementary school building in the district and are available to children in grades DK-5. BAC is offered every day that school is in session, as well as teacher in-service and conference days. BAC is also offered on many school vacation days. Table games, crafts, gym time, outdoor play and homework time are planned each day. More information and registration packets are available online. Please call our office at 616.863.6560 with any questions. Enrollment for the 2026-27 school year will begin May 6. Registration will be considered based on availability.

**Due to limited staffing, some sites may be on a waitlist very soon after enrollment opens.*

SUMMER SCHOOL AGE PROGRAM “SUMMER KIDS ROCK”

Monday–Friday, 7:00am–6:00pm

Program cost is \$45 per day/per child.

Registration Fee: \$75 per child.

This is a great way for your child to spend his time off during the summer months! School-age children enjoy a full day of sports, games, crafts, field trips and special activities. An enthusiastic and creative staff have made this outstanding program an option for area students who have completed DK through entering 6th grade. A full summer commitment with a 2 day/week minimum is necessary for the scheduling and planning needed to run this program.

Online registration begins March 4, 2026. Find more information at rockfordschools.org. *Note: Registration process subject to change.*

ONLINE REGISTRATION

Registration for Montessori, Spanish Preschool, Community Education Preschool 3/4s and Child Development Lab Preschool 3/4s - Begins at 6:00pm on Wednesday, February 25, 2026.

Each program requires a non-refundable deposit to be paid at the time of registration.

Registration for the 3 or 4 year old Full-Day Preschool - Begins at 5:00pm Wednesday, February 25, 2026.

TO REGISTER ONLINE:

1. Make sure you have an account set up at our registration site, Scribbles. **Scan this QR code to get right to it! <https://rpschildcaremic.scribborder.com/>**
2. Make sure to visit that registration website at the above times on February 25th and follow the on-screen instructions to complete registration.
3. Visit our website at: <http://www.rockfordschools.org/schools/early-childhood> for any updated information we may be sharing regarding registration.



DAUGHTER DANCE

Register today for Rockford's biggest daughter dance that is sure to be an event to remember. Girls across our community are welcome to invite their favorite adult(s) to this special event that will feature a live DJ and professional photos provided by Douglas Photography. Light refreshments will be available. Two locations will be open simultaneously at North Rockford Middle School and East Rockford Middle School to accommodate as many people as possible. Please make sure to register for the location you plan on attending. ***Reservations close at noon on February 6. No walk-in registrations will be permitted.***

FRIDAY, FEBRUARY 6, 2026 – 6:30-8:00PM

\$15 PER PERSON *Payment for each person attending required*

NRMS #2210-W26A | ERMS #2210-W26B

SON & FUN SPECTACULAR

**BATTLE
GRAND RAPIDS**
TACTICAL GAMES & SPORTS

Register today for a fully immersive experience with a variety of thrilling & exciting activities for a guaranteed fun night out. Boys across our community are welcome to invite their special adult(s) to this amazing event at Battle GR (284 Dodge NE, Suite 100, Comstock Park). Kids and adults can explore laser tag, foam archery, fowling (football bowling), corn hole, open gym (basketball, volleyball, soccer), PC gaming, board games, and more. Arcade games and food & drinks will be available for an additional cost. Space is limited.

**Battle GR, 284 Dodge NE, Suite 100,
Comstock Park**

**Friday, February 20, 2026
6:30-8:00pm**

\$25 per person Battle GR #2212-W26A
Payment for each person attending required