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Rockford Public Schools



Quality Community – Quality Schools
Together Building a Tradition of Excellence

350 N. Main Street, Rockford, MI 49341



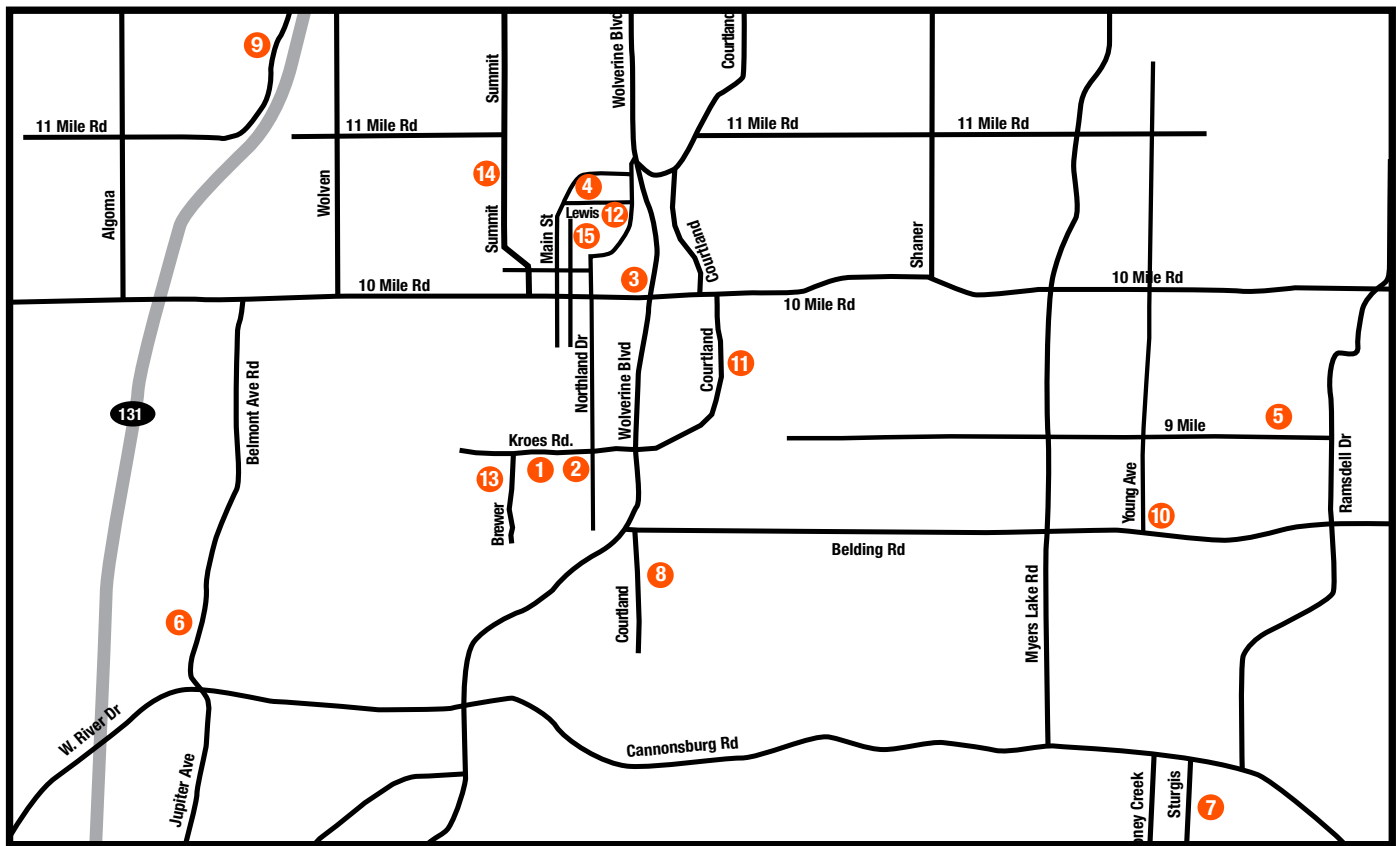
ROCKFORD

COMMUNITY SERVICES

ONLINE REGISTRATIONS
[RPS.DIGITALSIGNUP.COM](https://rps.digitalsignup.com)

Fall

2025



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.
- 15 **Rockford Community Cabin** - 220 N. Monroe St.



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 - 7:00AM – 4:00PM

Adult Enrichment

Adult Enrichment..... 4-8

Finance..... 7-8

Fitness & Recreation

Adult Fitness & Recreation..... 9-13

Seniors Unlimited

Senior Enrichment..... 14-19

Bingo 15

Book Club 15

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

Community Cabin Lunch & Learn..... 17

Culture Club 18-19

Youth Enrichment

Youth Enrichment..... 20-23

Youth Fitness & Recreation

Youth Fitness & Recreation 24-29

Aquatics

Swimming Lessons 30-31

Open & Lap Swim 31

Annual Holiday Craft Fair Info 32



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



BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. Learn techniques, designs, composition and more while creating your own art to take home. Each class will help you develop understanding of this medium and improve focus and concentration while having fun with other creative people! All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. Her basic knowledge started with art classes at Macomb Community College followed by classes at New York Botanical Gardens art studies. 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, while always continuing with watercolor.

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

RHS \$35 #1227-F25A Theme: Owls

Thursday, November 6 6:00-8:00pm

RHS \$35 #1227-F25B Theme: Christmas Gnomes

Thursday, November 20 6:00-8:00pm

RHS \$35 #1227-F25C Theme: Ornaments

BEGINNING SEWING

Learn to sew as you add new skills each week. There will be a weekly project to practice. During week 1 we will cover machine basics and then make a decorative pillowcase. During week 2 we will make a tote bag and then week 3 we will make pajama pants. You will learn how to read a pattern and many more skills. Please bring your own sewing machine. The supply list for each week's class will be emailed to you prior to class. Instructor: Joan Bogart is a retired educator from Rockford Public Schools. She has taught numerous classes through Rockford Community Services, including Facebook, Microsoft Word, Sewing, Knitting and Jewelry Making. Joan is also the moderator for the Community Services Book Club for adults.

Wednesdays, November 5 (3 wks) 6:00-8:30pm

NRMS \$50 #2449-F25A

STEP BY STEP PAINTING -

LONGHORN IN AUTUMN: COZY CANVAS PAINT NIGHT!

Join us for a fun and relaxed adult painting class where you will bring an autumn longhorn to life on canvas using acrylics - no experience is needed! We will guide you step-by-step as you paint your own fall masterpiece. What's included: all painting supplies, BINGO fun with a festive door prize, great music to paint by, and a cozy atmosphere perfect for fall. Feel free to bring your favorite warm coffee or cider to sip! Whether you are hanging out with friends or just love a good longhorn and fall color palette, this is the perfect night to unwind and create something beautiful! Instructor: Kristal Heibel is a native to Grand Rapids and the owner/artist of West MI Paint & Create, LLC. "I believe finding & nurturing our passions and creative outlets are how we connect with our true nature."

Thursday, September 25 6:00-7:30pm

RHS \$50 #1230-F25A



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

October 2 (5 classes) 6:30-7:30pm

Meadow Ridge Elementary #120 #1809-F25A



ROCKFORD CIVIC SYMPHONY

Are you looking for your musical family? Is it time to dust off your violin or trombone and exercise your fingers? If so, the Rockford Civic Symphony welcomes musicians of varied skill levels and ages to play and learn through the shared experience of orchestral music. Membership is open to all persons who possess the skills necessary to perform standard orchestral literature. There is no audition requirement. We are always interested in expanding our string sections. Our group also includes percussion, brass and woodwind players and we have openings in those sections as well. We will be performing one concert in the fall and a performance at a senior living facility. Conductor: John Reikow is the retired Director of Orchestras for the Holland Public Schools and conducted the Holland High School Orchestra. He is the cellist for the Holland Symphony and teaches cello at Hope College.

Tuesdays, September 9 (15 wks) 7:00-9:00pm
NRMS \$59 #1901-F25A

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 per semester. In addition to concerts at local venues, this ensemble also participates in a shared winter concert with other Rockford community ensembles. In essence, the Rockford Community Band is an ensemble 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 conducting. Dr. Engle is deeply committed to service that inspires rich musical involvement in the lives of others. She is the 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, September 8 (15 wks) 7:00-9:00pm
ERMS \$49 #1900-F25A

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 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 all the pros and cons of each. So, pick a destination or two, or a few, 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.

DESTINATION: NEW ZEALAND

Come take a journey through 'Middle Earth' and learn about the ins and outs of travel to this land of kiwis, Maoris, hangis and scenic wonders!

Tuesday, September 16 6:30-8:30pm
RHS \$8 #1030-F25A

DESTINATION: GREAT BRITAIN

Great Britain - a geographical term that includes England, Scotland and Wales - a GREAT destination for 1st timers as well as seasoned travelers! We'll discuss the ins and outs of travel to this region as well as the highlights of each area. Bring your questions!

Tuesday, September 30 6:30-8:30pm
RHS \$8 #1030-F25B

INTERNATIONAL TRAVEL Q & A

What do you want to know? How to apply for a passport? Overbooking explained. Oops...I missed my train - what are my options? Do I really need travel insurance? Will my phone work overseas? My flight was cancelled - what are my rights? Travel issues? Bring your questions and curiosities and ask an Industry 'Insider'.

Tuesday, October 7 6:30-8:30pm
RHS \$8 #1030-F25C



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



MAHJONGG!

BAM, CRAK, DOT...LEARN TO PLAY AMERICAN MAHJONGG!

Learn the basics of play for American Mahjongg. This is a game of skill, strategy, calculation and chance. Each participant will receive an official National Mahjongg hands card. We will cover the basics of understanding the suits on the tiles, setting up the wall, breaking the wall, as well as reading the card, understanding the categories and how to play. Instructors: Veronica grew up playing board games of all types. As soon as she learned how to play Mahjongg, she was hooked and couldn't wait to find others to play with. The more people that learn to play, the more FUN we can have! Kathy enjoys the ins and outs of Mahjongg. She likes the challenge of the play. Meeting new people and teaching them to play the game is a bonus! Kathy can't wait for class to begin!

Wednesdays, September 3 (4 wks) 4:15-6:15pm
NRMS \$40 #1021-F25A

Wednesdays, October 29 (4 wks) 4:15-6:15pm
NRMS \$40 #1021-F25B

MAHJONGG MEET-UPS

If you have taken the Learn to Play American Mahjongg class and are looking for an opportunity to practice, gain experience and build new friendships, this group is for you! If you would like to encourage and play with beginning players, join us! Bring your own 2025 Mahjongg hands card and get ready for a good time!

Wednesday, October 1 4:15-7:15pm
NRMS \$5 #1026-F25A

Wednesday, October 8 4:15-7:15pm
NRMS \$5 #1026-F25B

Wednesday, October 15 4:15-7:15pm
NRMS \$5 #1026-F25C

Wednesday, October 22 4:15-7:15pm
NRMS \$5 #1026-F25D

Wednesday, December 3 4:15-7:15pm
NRMS \$5 #1026-F25F

Wednesday, December 10 4:15-7:15pm
NRMS \$5 #1026-F25G

Wednesday, December 17 4:15-7:15pm
NRMS \$5 #1026-F25H

GRAND RAPIDS WALKING TOURS

HERITAGE HILL HAUNTINGS WALKING TOUR

Are you surprised that there are ghosts on Heritage Hill? Don't be. The stately homes of Heritage Hill may reflect the grace, dignity and formality of another area, but because most of these Victorian dwellings were built in the late 1800's and early 1900's, ghost stories abound. Tenacious and playful spirits are still hanging around. Some of the accounts are scary, some silly, some believable, some not. Some are legends from long ago, some are recent. We will explore this beautiful neighborhood while your guide tells spooky tales that have been passed on to us by either present or former occupants of the houses. Meet outside of the front entrance of the Masonic Center located at 233 Fulton Street. Please use street parking - not the Masonic Center parking ramp.

Monday, September 15 6:00-7:30pm
Masonic Center \$20 #1454-F25A

Monday, September 29 6:00-7:30pm
Masonic Center \$20 #1454-F25B

GRAND RAPIDS MOST HAUNTED WALKING TOUR

Do you believe in ghosts, ghouls, poltergeists, apparitions, phantoms, spooks, psychic phenomena, or things that go "bump" in the night? If one person sees a ghost, even if several times, you may blame it on an active imagination; but if two or more people see the same spirit in the same place several years apart, you may just reconsider. This tour takes you by iconic locations where there have been waaaaay MORE than just two sightings or unusual activity. There are two questions that we attempt to answer on each stop of this spooky journey...Did someone suffer a tragic death here? Is this story LEGEND or REAL? Meet in the lobby of the J.W. Marriott, 235 Louis Street NW, Grand Rapids.

Monday, October 6 6:00-7:30pm
J.W. Marriott \$20 #1458-F25A

HERITAGE HILL VICTORIAN CHRISTMAS WALKING TOUR

Let's pretend it's December at the turn of the century, during the reign of Queen Victoria. Grand Rapids has earned the title of Furniture City USA. The owners of the impressive mansions are celebrating the holidays in style. As we move through the beautiful neighborhoods in the evenings, we'll enjoy the festive lighting, learn about the original owners of the homes and share Victorian Christmas traditions. Meet on the SE corner of Fulton and Prospect.

Wednesday, December 17 6:00-7:30pm
Corner of Fulton and Prospect \$20 #1427-F25A

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

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, 1430 Northland Dr. NE.

Saturdays, September 13 (10 wks) 4:00-5:30pm

Rockford Masonic Lodge #125 #1058-F25A

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.

Wednesday, September 17 6:30-8:00pm

RFC FREE #1337-F25A

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.

Wednesday, September 24 6:30-8:00pm

RFC FREE #1338-F25A



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, September 9 6:30-8:30pm

RFC \$10 #2160-F25A

Thursday, September 25 6:30-8:30pm

RFC \$10 #2160-F25B

Tuesday, October 7 6:30-8:30pm

RFC \$10 #2160-F25C

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

RFC \$10 #2160-F25D

Tuesday, November 4 6:30-8:30pm

RFC \$10 #2160-F25E

Thursday, November 20 6:30-8:30pm

RFC \$10 #2160-F25F

Tuesday, December 2 6:30-8:30pm

RFC \$10 #2160-F25G

Thursday, December 18 6:30-8:30pm

RFC \$10 #2160-F25H

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. Instructors: 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.

Tuesday, September 9 6:30-8:00pm

RAB FREE #1878-F25A

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. They are both independent health insurance advisors.

Tuesday, September 16 6:30-8:00pm

RAB FREE #1879-F25A

Krause Memorial Library

Only a few pages from the end!

Every gift gets us closer!

Over 100 individuals, businesses and organizations have already generously supported the campaign, in addition to the City of Rockford residents who passed a millage last November.

**We invite everyone to join us by making
a donation today!**

Thank you for your consideration!

**Scan to view the updated
library layout and proposed
timing of construction!**



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, October 21 (2 wks) 6:30-8:00pm
RAB \$10 #1018-F25A

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.



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. 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! Instructor: Abigail Granner.

Wednesdays, September 17 (4 wks) 6:30-7:30pm
Meadow Ridge Gross Motor Room \$75 #1448-F25A

Wednesdays, October 15 (4 wks) 6:00-7:00pm
Meadow Ridge Gross Motor Room \$75 #1448-F25B

MOXIE FITNESS - DRUM CARDIO & CORE (IS BACK!)

Get ready to ROCK your workout in this low-impact, high-fun cardio class with Revelation Wellness vibes. Drum Cardio & Core combines the energizing rhythm of drumstick cardio with targeted core exercises to strengthen your abs and improve your balance. Set to upbeat music, you'll pound to the beat, torch calories & remind yourself that moving is a GET TO, not a HAVE TO. Perfect for all fitness levels, you move in the way that works best for you. Michelle is a certified Revelation Wellness instructor, AFAA Group Fitness and Personal Trainer, and certified IIN & LiveWell Health Coach. WHAT TO BRING: Your Exercise ball, a mat, water, and wear supportive shoes

Tuesdays, September 9 (8 wks) 6:30-7:30pm
RAB Gym \$64 #1489-F25A

Tuesdays, November 4 (6 wks) 6:30-7:30pm *skip 11/ 25
RAB Gym \$36 #1489-F25B



BEGINNING ADULT FENCING

Enthusiasts of all levels will 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!

Wednesdays, September 10 (6 wks) 7:00-8:00pm
GRAFA \$100 #1403-F25A

BEGINNING AND INTERMEDIATE ADULT GOLF LESSONS

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.

Golf Emporium 10831 14 Mile Rd NE

Tuesdays, September 2 (4 wks) 5:00-6:00pm

Golf Emporium \$100 #2050-F25A

Tuesdays, September 2 (4 wks) 6:30-7:30pm

Golf Emporium \$100 #2050-F25B

Wednesdays, September 3 (4 wks) 9:30-10:30am

Golf Emporium \$100 #2050-F25C

Wednesdays, September 3 (4 wks) 11:00-12:00pm

Golf Emporium \$100 #2050-F25D

Wednesdays, September 3 (4 wks) 6:30-7:30pm

Golf Emporium \$100 #2050-F25E

TAE PARK ENSING - TAEKWONDO

*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 Taekwondo class is for you! Taekwondo is a Korean martial art that uses mind and body development and develops self-confidence. Plus, it's great exercise and fun. Visit www.ensingtkd.org for more information.

Wednesdays, August 27 (8 wks) 6:30-8:00pm

RAB Gym \$40 #1407-F25A

\$20 - 2nd family member

Wednesdays, October 22 (8 wks) 6:30-8:00pm

RAB Gym \$40 #1407-F25B

\$20 - 2nd family member *skip 11/26

ADULT TENNIS

Coach Katie Hunting, RSPA Professional Tennis

ADULT BEGINNER TENNIS CLASS

Try something new and fun this fall season! Come laugh and learn the basics of the best lifetime sport ever! Guaranteed to make you smile and get your blood flowing! Class Maximum: 8

Wednesdays, September 3 (5 wks) 6:30-7:30pm

NRMS Tennis Courts \$75 #3136-F25A

ADULT INTERMEDIATE TENNIS CLASS (2.5-3.0)

For those who already know the beginner basics, continue developing your skills while having fun participating in a variety of drills. Class Maximum: 8

Wednesdays, September 3 (5 wks) 7:30-8:30pm

NRMS Tennis Courts \$75 #3136-F25B





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. You will enjoy meeting new people and playing a fun and social activity. Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring their paddles.

****Session 1 may be outside on the NRMS tennis courts.**

****Intermediate has no instruction.**

SESSION 1 – Mondays, September 8 (6 wks)

6:30-8:00pm Beginners #3205-F25A

8:00-9:30pm Intermediate #3205-F25B

NRMS Upper Gym \$48

SESSION 2 – Mondays, November 3 (6 wks)

6:30-8:00pm Beginners #3205-F25C

8:00-9:30pm Intermediate #3205-F25D

NRMS Upper Gym \$48

NEW! ADVANCED PICKLEBALL

ADULTS 18 & Up

The advanced session does not require a specific skill level, but is intended for players who feel confident in their playing abilities.

****There is no instruction in this class.**

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. It brings together people from all athletic backgrounds. You will enjoy meeting new people and playing a fun and social activity. Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring their paddles.

SESSION 1 – Tuesdays, November 4 (6 wks)

8:00-9:30pm #3204-W25A

NRMS Upper Gym \$48



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, August 19 (6 wks) 7:30-8:30pm

RFC \$90 #1012-F25A

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

RFC \$90 #1012-F25B

Tuesdays, November 11 (6 wks) 7:30-8:30pm

RFC \$90 #1012-F25C

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.



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, September 2 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-F25A

Tuesdays, September 2 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-F25B

Tuesdays, October 28 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-F25C

Tuesdays, October 28 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-F25D

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, September 2 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-F25A

Tuesdays, September 2 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-F25B

Tuesdays, October 28 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-F25C

Tuesdays, October 28 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-F25D



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!

Tuesday, September 9 (1 wk) 6:30-7:30pm

Meadow Ridge Gym FREE #1449-F25A

Tuesdays, September 16 (7 wks) 6:30-7:30pm

Meadow Ridge Gym \$56 #1449-F25B

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

Meadow Ridge Gym \$56 #1449-W25A

WERQ FITNESS 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-torcing 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 greater Grand Rapids area since 2010.

Wednesday, September 10 (1 wk) 7:00-8:00pm

Meadow Ridge Gym FREE #1450-F25A

Wednesdays, September 17 (7 wks) 7:00-8:00pm

Meadow Ridge Gym \$60 #1450-F25B

Wednesdays, November 5 (6 wks) 7:00-8:00pm

Meadow Ridge Gym \$51 #1450-W25A *skip 11/26

APTITUDE FITNESS

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

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, September 7 (6 wks) 6:00-7:00pm
Aptitude Fitness \$60 #1410-F25A

Sundays, October 19 (6 wks) 6:00-7:00pm
Aptitude Fitness \$60 #1410-F25B

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.

Mon/Wed, September 8 (4 wks) 9:15-10:00am
Aptitude Fitness \$95 #1482-F25A

Mon/Wed, October 20 (4 wks) 9:15-10:00am
Aptitude Fitness \$95 #1482-F25B

EXPRESS BARRE

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 is a comprehensive workout in just half an hour!

Mon/Fri, September 8 (6 wks) 8:30-9:00am
Aptitude Fitness \$95 #1438-F25A

Mon/Fri, October 20 (6 wks) 8:30-9:00am
Aptitude Fitness \$95 #1438-F25A *skip Nov 28

SLOW FLOW

Focus is on deep relaxation, gentle movement, and mindful awareness. Slow down, tune into your body, and release tension through restorative poses and breathwork. With the support of props, we'll create a nurturing environment to enhance flexibility, promote healing, and restore balance. This practice is designed to soothe the nervous system and rejuvenate your spirit.

Sundays, September 7 (6 wks) 9:00-10:00am
Aptitude Fitness \$60 #1493-F25A

Sundays, October 19 (6 wks) 9:00-10:00am
Aptitude Fitness \$60 #1493-F25B

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, September 8 (6 wks) 6:30-7:15pm
Aptitude Fitness \$60 #1435-F25A *skip May 26

Mondays, October 20 (6 wks) 6:30-7:15pm
Aptitude Fitness \$60 #1435-F25B

STRENGTH AND 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, September 8 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-F25A

M/W/F, October 6 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-F25B

M/W/F, November 3 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-F25C *skip Nov 28

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.

Thursdays, September 11 (6 wks) 7:00-8:00pm
Aptitude Fitness \$60 #1481-F25A

Thursdays, October 23 (6 wks) 7:00-8:00pm
Aptitude Fitness \$60 #1481-F25B

BARRE SATURDAYS

Barre Fitness is a fun and dynamic workout that combines the best elements of dance, Pilates, and strength training for a full-body experience. This hybrid class offers a perfect blend of grace and power, helping you tone, strengthen, and lengthen your muscles. Whether you're seeking a challenging workout or a unique way to build strength and flexibility, Barre is a great choice for a comprehensive fitness routine.

Saturdays, September 13 (6 wks) 9:00-9:45am
Aptitude Fitness \$60 #1480-F25A

Saturdays, October 25 (6 wks) 9:00-9:45am
Aptitude Fitness \$60 #1480-F25B

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.

ALL THINGS GOOGLE

Do you know that having a Google account is more than just a free Gmail address? Online calendars, cloud storage space, Apps for your devices, the ability to store your favorite locations in your maps software, and so much more! **(Pre-registration is required)**

Tuesday September 30 10:00am

RAB \$12 #3414-F25A

WHAT'S THAT MEAN - ARE YOU CONFUSED BY TECH TERMINOLOGY?

Things like, What is the difference between cellular, Wi-Fi, and Bluetooth? What is the cloud? What is AI? What is a meme? What is a gigabyte? We will cover definitions of terms and have time for questions. **(Pre-registration is required)**

Tuesday, October 28 10:00am

RAB \$12 #3414-F25B

MAXIMIZING YOUR SMARTPHONE

Service contracts and Browser Add-ons. Your phone can do so much more than make calls. Are you using it to its full potential? We'll explore useful apps, built-in features, and time-saving tricks that work across most smartphones, whether you use an iPhone or Android. This class is designed for all experience levels and is not brand-specific. Bring your phone and follow along as we uncover tips to make everyday tasks easier, stay organized, and get more from the device you use every day.

(Pre-registration is required)

Tuesday, November 25 10:00am

RAB \$12 #3414-F25C

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)**

Tuesday, September 30

RAB \$25 #3416-F25A

Tuesday, October 28

RAB \$25 #3416-F25B

Tuesday, November 25

RAB \$25 #3416-F25C



Shop Til You Drop

SHOP 'TIL YOU DROP IN CHICAGO

Join us for a high energy, one day shopping experience on Chicago's famed Magnificent Mile. You will find world-class shopping, dining, and leisure entertainment throughout the Magnificent Mile area. There's something for everyone. With four shopping centers, world-renowned boutiques, and locally acclaimed designers, Chicago's Magnificent Mile area is a shopper's paradise. This outing is perfect for a day of retail therapy or a fun mother/daughter day enjoying the American Girl Place. This is a perfect opportunity to bring your special someone and take in lots of sightseeing with numerous historical sights, attractions, arts and culture, dining, and most importantly, the unique personality that is Chicago! *High activity day! Lots of walking.

Saturday, October 11 \$80 #2149-F25A

No refunds after September 19th. Bus drops off and picks up at North end of Michigan Dr.

Motor coach transportation departs from the Rockford City Parking Lot 156 N. Main Street

Depart @ 7:00am – Approximate return @ 11:00pm

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



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

SEPTEMBER 16, 2025

**ISLAND OF THE LOST
BY JOAN DRUETT**

OCTOBER 21, 2025

**OLIVE AGAIN
BY ELIZABETH STROUT**

NOVEMBER 18, 2025

**RIVER WE REMEMBER
BY WILLIAM KENT KRUGER**

DECEMBER 16, 2025

**REMARKABLY BRIGHT CREATURES
BY SHELBY VAN PELT**

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
September 29, October 27 and November 24**

There are no appointments in December.



BINGO

Rockford Community Cabin
Located at 220 N. Monroe Street, Rockford
2nd Monday 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.

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

**2nd Monday of the month 1:00pm
September 8, October 13, November 10**
(No Bingo in December)



Rockford Seniors Unlimited HOLIDAY DINNER

Monday, December 15, 5:30 - 8:30pm

**SAVE THE DATE
DECEMBER 15, 2025**

Social Hour 5:30pm | Dinner 6:00pm

Rockford Freshman Center #5004-W25A

\$15.00/person

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, September 25 \$15 #1650-F25A

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, October 16 \$15 #1650-F25B

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, November 20 \$15 #1650-F25C

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

SEPTEMBER - IKEA & TANGER OUTLETS

Join us for a full day shopping trip to IKEA in Canton, Michigan, and the stores of the Tanger Outlet mall in Brighton! We will start our day at IKEA at approximately 10:00am. Enjoy lunch at their onsite restaurant (lunch is at your own expense). We depart from IKEA at 1:00pm to head over to the Tanger Outlets in Brighton. Enjoy browsing their wonderful shops until we leave there at 4:00pm to head back to Rockford. There will be plenty of under-bus storage space for all your purchases-don't worry! Transportation provided by Great Lakes Motorcoach. Activity level: MED.

Thursday, September 18 \$60 #2242-F25A *No refunds after 8/28*

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

7:30pm approximate return to Rockford

OCTOBER - PINKY'S PLACE

West Michigan's premier "What-not-Shop", Pinky's Place - Antique & Artisan Market has over 130 booths, seasonal patio & barn and Michigan Made Foods! Our quality vendors bring in a huge array of treasures for just about all interests, tastes, and price ranges. The aisles are wide and clean. Booths are well-lit, attractively displayed, and ready for picking. When you are done shopping, we will walk next door to Mr. Burger for lunch (lunch is on your own). For over 50 years, Mr. Burger has been a Grand Rapids staple serving up great burgers and onion rings as well as a full selection of sandwiches and entrées. Transportation provided by Rockford Public Schools. Activity level: LOW.

Wednesday, October 22 \$10 #3373-F25A

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

1:30pm approximate return to Rockford

NOVEMBER - FOUNDERS BREWERY TOUR

Join us for a guided tour of Founders Brewing Company's downtown Grand Rapids brewing facility to see the ins and outs of the brewing and packaging process. Plus, you'll learn a little bit of Founders' history while you're at it. Tastings will be available because everything is better when there's beer! After our tour, we will visit their on-site restaurant for lunch (at your own expense). All guests must be 21+. Transportation provided by Rockford Public Schools. Activity level: MED.

Thursday, November 13 \$15 #5650-F25A

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

DECEMBER - CHRISTKINDL MARKT AT THE GRAND RAPIDS MARKET

Christkindl Markt is a Christmas village lined with artisan gift and food vendors, live holiday entertainment, and festive family fun. Inspired by traditional European Christmas markets, this winter wonderland is filled with unique holiday experiences illuminated with international flair. Adjacent to the Grand Rapids Downtown Market, a 138,000 square foot public market with 17 individual merchants featuring dine-in, carry-out, specialty grocery, and retail options from a culinary collective of butchers, bakers, ice cream makers, and more (lunch is at your own expense) Transportation provided by Rockford Public Schools. Activity level: MED.

Thursday, December 18 \$15 #1739-F25A

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

1:30pm approximate return to Rockford

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

MUSICAL MONDAYS

New live music performers every month!
Dance, sing along, or just enjoy the music! Our performers will be playing all kinds of your favorite songs from the 50's, 60's, and 70's.
Cabin will close from 11am-1pm.

**SEPTEMBER 8, OCTOBER 13 &
NOVEMBER 10**
(No music in December)

**Second Monday of the month,
10:00-11:00am | \$2 pay at the door**
No registration required
Rockford Community Cabin, 220 N. Monroe St.



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, 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 quilt. You may also be interested in donating fabric for our quilts. We hope to see you there!

Third Monday of every month, 2:30-4:30pm
Rockford Community Cabin, 220 Monroe St, Rockford
No Quilts of Valor in December

COMMUNITY CABIN LUNCH & LEARN

SEPTEMBER - MICHIGAN BACKROADS: NATIVE AMERICAN MICHIGAN HISTORY

Presented by Ron Rademacher. Join us as we explore Michigan road trips to destinations with Native American history or influence. Learn about the prehistoric canoe in the western upper peninsula, the 1,000-year-old Chippewa/Hopewell Trail, the Face in the Cliff, a huge collection of underground arrow points, sacred trees, a "Place of Visions", and much more. Enjoy lunch provided by Rockford Food Services (menu varies), then sit back and watch history come alive through the travels of Ron!

(Pre-registration is required)

Monday, September 15 \$10 #5253-F25A

Doors open 11:45am, lunch 12:00pm, presentation 12:30pm
Rockford Community Cabin, 220 Monroe St.

OCTOBER - MICHIGAN'S NATIONAL PARK: ISLE ROYALE

Presented by Matthew Daley. Have you visited, or is Isle Royale on your bucket list? Come and encounter Matthew's visual and storytelling experience about one of his favorite locations. Isle Royale National Park was established on April 3, 1940, and since then, it has been additionally protected from development with wilderness area and historical designations. The park covers 894 square miles, with 209 square miles of land and 685 square miles of surrounding waters. With 25,000 visitors annually, it is the seventh least visited national park in the U.S. Enjoy lunch provided by Rockford Food Services (menu varies) and camaraderie with fellow community members as you immerse yourself in Michigan history and scenery.

(Pre-registration is required)

Monday, October 20 \$10 #5254-F25A

Doors open 11:45am, lunch 12:00pm, presentation 12:30pm
Rockford Community Cabin, 220 Monroe St.

NOVEMBER - THE BALD EAGLES OF OAKFIELD POND

Presented by Judy Gager. Bald eagles are a powerful and majestic bird of prey that were in danger of extinction across the lower 48 states in the late 20th century. After decades of work to restore this animal's population, they are again thriving in Michigan. This presentation follows a bald eagle family in Oakfield Township, as a pair of bald eagles nested across from Judy's home, published author and president of the Tri-River Historical Museum Network, on Oakfield Pond. Judy's interactive program will show the daily activities of the eagles as they nest and raise a family. Enjoy lunch provided by Rockford Food Services (menu varies) and stay to be entertained with the vast knowledge of Judy Gager. **(Pre-registration is required)**

Monday, November 17 \$10 #5255-F25A

Doors open 11:45am, lunch 12:00pm, presentation 12:30pm
Rockford Community Cabin, 220 Monroe St.

***THERE IS NO COMMUNITY CABIN LUNCH & LEARN IN DECEMBER**

CULTURE CLUB EVENTS



OCTOBER: *ROCK OF AGES* - CIVIC THEATRE

It's the tailend of the big, bad 1980s in Hollywood, and the party has been raging hard. Aqua Net, Lycra, lace and liquor flow freely at one of the Sunset Strip's last legendary venues, a place where sexy rock god Stacey Jaxx takes the stage and groupies line up to turn their fantasies into reality. Amidst the madness, aspiring rock star Drew longs to take the stage as the next big thing (and longs for small-town girl Sherri, fresh off the bus from Kansas with stars in her eyes). But the rock 'n' roll fairy tale is about to end when German developers sweep into town with plans to turn the fabled Strip into just another capitalist strip mall. Can Drew, Sherri and the gang save the strip – and themselves – before it's too late? Only the music of hit bands Styx, Journey, Bon Jovi, Whitesnake, and more holds the answer in *Rock of Ages*. RATED: R for language, crude humor, and sex. Transportation provided by RPS.

Friday, October 3 \$45 #5271-F25A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:00pm approximate return to Rockford

OCTOBER: *WATER FOR ELEPHANTS* - BROADWAY GR

"Many wonders await audiences in this gorgeously imaginative Broadway musical." - The New York Times. The critically acclaimed, bestselling novel comes to "thrilling, dazzling" life (Time Out New York) in a unique, spectacle-filled new musical! Hailed as a Critic's Pick, The New York Times calls it "stunning, emotional, heart-filled and gorgeously imaginative." After losing what matters most, a young man jumps a moving train, unsure of where the road will take him, and finds a new home with the remarkable crew of a traveling circus, and a life and love beyond his wildest dreams. Seen through the eyes of his older self, his adventure becomes a poignant reminder that if you choose the ride, life can begin again at any age. RATED: PG, includes smoke, haze and gunshot sound effects. Transportation provided by RPS.

Thursday, October 9 \$65 #5278-F25A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:30pm approximate return to Rockford

NOVEMBER: *BOOK OF MORMON* - BROADWAY GR

The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." It's *The Book of Mormon*, the nine-time Tony Award-winning Best Musical. Contains explicit language. For more information, visit: TheBookOfMormonTour.com. RATED: PG-13, contains explicit language. Transportation provided by RPS.

Tuesday, November 4 \$65 #5283-F25A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:30pm approximate return to Rockford



OCTOBER: *SHERLOCK* - GRAND RAPIDS BALLET

Step into the mystery with *Sherlock*, an electrifying world premiere from our resident choreographer, Penny Saunders. This brand-new ballet takes audiences deep into the world of Sherlock Holmes, blending stunning choreography with immersive storytelling and a touch of noir. But it's more than just a mystery—it also explores the mind of the man behind the legend, Sir Arthur Conan Doyle. With all-new costumes, sets, lighting, and movement, *Sherlock* is a thrilling co-production with Nashville Ballet and Ballet Idaho. To make it even more cinematic, they're incorporating authentic 1940s radio recordings of *The Adventures of Sherlock Holmes* - a nostalgic layer that will transport audiences directly into the story.

RATED: G for the whole family. Transportation provided by RPS.

Friday, October 24 \$50 #5291-F25A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:00pm approximate return to Rockford

JANUARY: AIN'T MISBEHAVIN'- CIVIC THEATRE

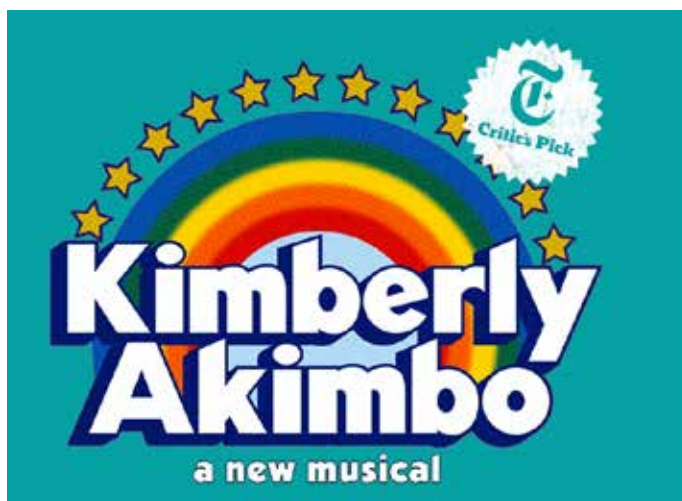
A saucy, sultry musical celebration of legendary jazz great, Fats Waller, *Ain't Misbehavin'* evokes the delightful humor and infectious energy of this American original as a versatile cast struts, strums and sings the songs that he made famous in a career that ranged from uptown clubs to downtown Tin 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-F26A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:00pm approximate return to Rockford



JANUARY: KIMBERLY AKIMBO - BROADWAY GR

The 2023 Tony-winner for Best Musical, based on David Lindsay-Abaire's play of the same title, revolves around a teenage girl named Kimberly Levaco who suffers from a condition that rapidly accelerates the aging process. Before she has had a chance to venture forth into the world as an adult, she finds herself turning into an old woman. Her story, unfolding like a dark fairy tale, is as whimsical as it is piercing. Yet the effect is powerfully life-affirming in the way it reminds audiences of the preciousness of the time we have at hand. Full of quirky humor and social satire on grown-up immaturity, the musical features a score that will leave you both grinning and deeply touched. RATED: PG-13, contains some strong language, crude humor, references to alcohol use, and authentic New Jersey vernacular. Transportation provided by RPS.

Thursday, January 29 \$65 #5276-F26A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot 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.



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 Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:30pm approximate return to Rockford

APRIL: LION KING - BROADWAY GR

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. Winner of six Tony Awards®, including Best Musical, *The Lion King* brings together one of the most imaginative creative teams on Broadway. Tony Award® winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. *The Lion King* also features the extraordinary work of Tony Award® winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award® winning artists Elton John and Tim Rice. RATED: PG. Transportation provided by RPS. Registration for *The Lion King* will close on December 1 and no refunds will be available after that date.

Tuesday, April 14 \$93 #5279-S26A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:30pm approximate return to Rockford

YOUTH ENRICHMENT



LEARN TO SEW

Instructor: Joan Bogart is a retired educator from Rockford Public Schools. She has taught numerous classes through Rockford Community Services, including Facebook, Microsoft Word, Sewing, Knitting and Jewelry Making. Joan is also the moderator for the Community Services Book Club for adults.

LEARN TO SEW TOGETHER I

Ages 8 & up with an adult. No sewing experience required. You will learn the basic safety and operation of the sewing machine, how to thread it, wind a bobbin and more. You will practice sewing while making a project at each class. Projects include a decorative pillow case, a reversible tote bag, and pajama pants. This is a great way to spend time together learning a new hobby. You will need to bring your own sewing machine. The supply list for each week's class will be emailed to you prior to the first class. Only one registration per child/adult pair - Please register just the child attending.

Wednesdays, October 15 (3 wks) 6:00-8:30pm
NRMS \$50 #2424-F25A

LEARN TO SEW TOGETHER II

Ages 8 & up with an adult. This class will build on the skills learned in the Learn to Sew Together I beginning class. Knowledge of a sewing machine and some prior sewing experience is required. Students will learn new sewing skills while making a project at each class. Just in time for the holidays and a great way to spend time together. Participants will need to bring their own sewing machine and purchase supplies prior to each class. A supply list will be emailed to you prior to each class. Only one registration per child/adult pair - register just the child attending.

Wednesdays, December 3 (3 wks) 6:00-8:30pm
NRMS \$50 #2425-F25A

Find us on ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

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 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.

Tuesdays, September 9 (10 wks) 6:30-8:00pm
NRMS \$125 #1056-F25A

IMPROV FOR TEENS!

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.

Wednesdays, September 10 (10 wks) 6:30-8:00pm
NRMS \$125 #1057-F25A





STEP BY STEP PAINTING PARTIES

Ages 8+ or Ages 5-7 assisted by an adult. Join us for a fun painting party! We will be painting with acrylic paints on an 11x14 or 16x20 canvas. No painting experience is needed. Step-by-step instructions will be given to help you create a painting to take home. All materials are provided. Aprons are provided, but please wear paint-friendly clothing. Instructor: Kristal Heibel is a native to Grand Rapids and the owner/artist of West MI Paint & Create, LLC. "I believe finding and nurturing our passions and creative outlets are how we connect with our true nature."

SPOOKY CANVAS: BLACK CAT BASH!

Get ready for a fun and festive fall party filled with creativity, giggles and just a touch of spooky magic! Our fall black cat acrylic paint party is the purr-fect event for young artists of all skill levels. Bring your favorite snacks and drinks to enjoy during breaks. Kids will go home with their very own black cat canvas painting and magical memories of this paws-itively awesome paint party!

What to expect:

- Step-by-step acrylic painting on canvas - no experience needed
- Cool and surprising cat facts shared throughout the session
- Lively festive BINGO and a door prize
- Kid-friendly music and party vibes to keep the fun going

Thursday, October 16 6:00-7:30pm

RHS \$42 #1229-F25A

SNOWMAN & SPRINKLES PAINT PARTY

Get ready to sleigh the season with creativity, cookies and Christmas cheer! Snowman & Sprinkles is the ultimate holiday painting party for kids who love to get crafty and celebrate in style! Wear your festive holiday outfit - think reindeer antlers, Santa hats and ugly sweaters! Bring your own favorite drink to stay merry and hydrated. Kids will take home a snowman-themed canvas painting and memories full of holiday magic!

What to expect:

- Step-by-step acrylic painting on canvas, perfect for beginners
- Jingle-worthy Christmas music to keep your spirits bright
- Cheery Holiday BINGO
- Delicious Christmas cookies with sprinkles provided

Monday, December 15 6:00-7:30pm

RHS \$42 #1229-F25B

ART & CRAFT DAY CAMPS

Art & Craft Day Camps are designed to provide fully immersive experiences that engage the senses and provide an environment of creativity. Instructor: Elly Cruz is a Spanish-Immersion teacher and owner of the recently-opened art studio Creador Art. Being able to combine her love of teaching, kids, and art has brought her so much joy! Creador Art is located at 6710 Childsdales. The art studio is in the barn.

PIONEER PARTY

Are you looking to get some Black Friday shopping done without your kids? Send them to enjoy a morning of pioneer exploration. We will spend time playing pioneer games, creating some pioneer crafts and making some pioneer food.

Friday, November 28 9:00am-12:00pm

Creador Art \$35 #1045-F25A

SANTA'S WORKSHOP

Are you looking to get some Christmas shopping done without your kids? Send them to enjoy a morning of Christmas crafting. We will make a variety of holiday crafts while playing fun holiday games.

Saturday, December 20 9:00am-12:00pm

Creador Art \$35 #1045-F25B



For more than 116 years, Santa Clause Girls have worked to make sure that no child age 12 years or under in Kent County goes without a gift.



If your family is in need of help to provide for your children this Christmas, consider registering at santaclausegirls.org. Registration for the 2025 season opens September 1, 2025

santaclausegirls.org

PARENTS' NIGHT OUT!

Do you need to get out and get some shopping done? Need some time to yourself as the hustle and bustle of the holiday season is upon us? Take advantage of these parents' night out activities for your student. Instructor: Ester Joyce, PE Teacher at Roguewood Elementary.

SESSION 1: MOVIE NIGHT! GRADES K-5 *THE POLAR EXPRESS*

Movie night: Kids can relax and enjoy a movie with some popcorn while parents go out, wrap some gifts, or just take time to themselves. Bring a water bottle.

Friday, December 6, 7:00-9:00pm
NRMS Auditorium \$25 #1204-W25A

SESSION 2: OPEN GYM! GRADES 2-5

Kids are full of energy! Dodgeball, kickball, and many other games will tire them out while parents go out, wrap some gifts, or just take time for themselves. Bring a water bottle.

Friday, December 13, 6:30-9:00pm
NRMS Gym \$25 #1204-W25B

SESSION 3: BOARD GAMES/CRAFTS! GRADES K-5

There are only 5 days left until Christmas so parents might need some last-minute time getting ready for the holidays without the kids around. Drop them off for a board games/crafts night where students will enjoy learning new games and spending time with their peers.

Friday, December 20, 6:30-9:00pm
NRMS Cafeteria \$25 #1204-W25C

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.*

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: Fairytale Favorites

Wednesday, September 10 2:00-6:00pm
ERMS \$50 #2225-F25A

Theme: Rumble in the Jungle

Wednesday, September 24 2:00-6:00pm
ERMS \$50 #2225-F25B

Theme: Monster Mash

Wednesday, October 15 2:00-6:00pm
ERMS \$50 #2225-F25C

Theme: Spooky Scary

Wednesday, October 29 2:00-6:00pm
ERMS \$50 #2225-F25D

Theme: Wickedly Wonderful

Wednesday, November 12 2:00-6:00pm
ERMS \$50 #2225-F25E

Theme: Sparkle Holly Twinkle Jingle

Wednesday, December 10 2:00-6:00pm
ERMS \$50 #2225-F25F

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.



LEGO® BRICKS 4 KIDZ® – WHEELS IN MOTION

Grades K-5. These wheels are ready to ROLL! Students will use LEGO® bricks, axles, pulleys, and motors to build a variety of models on WHEELS! Do you have a need for speed?!? Test your Speed Bot model against others to see who comes out on top! Modify your vehicles for maximum effectiveness and creativity! Students will learn how gear ratio impacts speed in this fun unit! Participants will receive a mini-ambulance set on the last session of this series! Each class is a fun and educational LEGO-building adventure with Bricks 4 Kidz®. We use age-appropriate models for different levels of building skill. This hands-on class explores STEAM concepts (Science, Technology, Engineering, Art, and Math) primarily using LEGO® Bricks, in which children will develop problem-solving and critical-thinking skills in a fun and engaging way. Models will include both technic/motorized builds and mosaics!

Mondays, September 9 3:45-5:00pm
Roguewood Elementary \$90 #2626-F25A

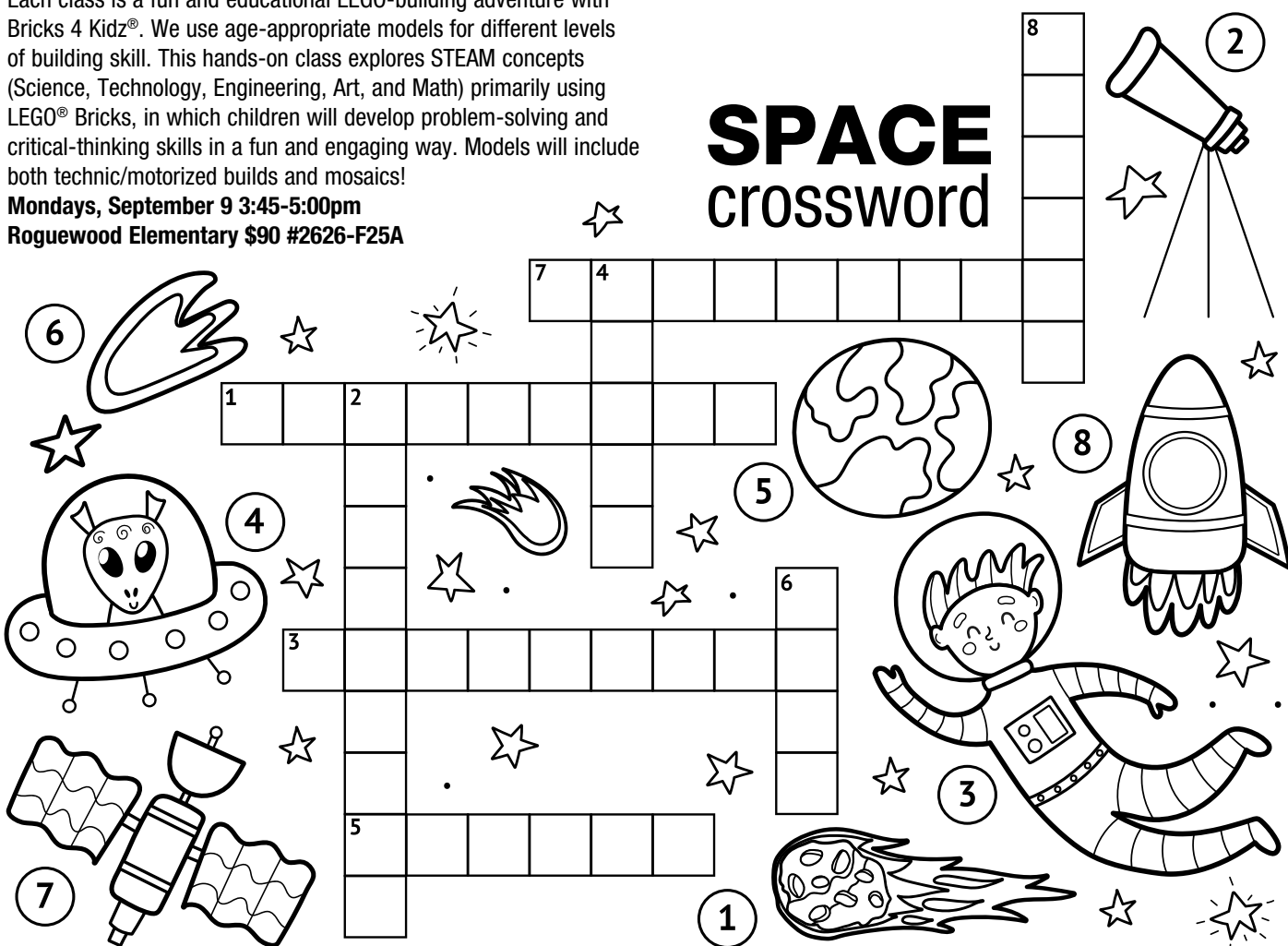


LEGO® BRICKS 4 KIDZ® – ANGRY BIRDIES' LAWS OF MOTION

Grades K-5. Yellow Bird, Black Bird, Red Bird and Blue Bird will introduce kids to Sir Isaac Newton's Laws of Motion! By explaining terms such as inertia and mass in simple words, we will create the positive notion that science is a ton of FUN! We'll increase our understanding of physics while building and testing exciting models! Mosaic models will encourage our fine motor skills and creativity! Participants will receive a seasonal mini-set on the last session of this series! Each class is a fun and educational LEGO-building adventure with Bricks 4 Kidz®. We use age appropriate models for different levels of building skill. This hands-on class explores STEAM concepts (Science, Technology, Engineering, Art, and Math) primarily using LEGO® Bricks, in which children will develop problem-solving and critical-thinking skills in a fun and engaging way. Models will include both technic/motorized builds and mosaics!

Mondays, November 3 3:45-5:00pm

Roguewood Elementary \$90 #2627-F25A



YOUTH RECREATION

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, August 21 (6 wks) 6:15-7:00pm
Roguewood Elementary \$60 #1013-F25A

Thursdays, October 2 (6 wks) 6:15-7:00pm
Roguewood Elementary \$60 #1013-F25B

Thursdays, November 13 (5 wks) 6:15-7:00pm
Roguewood Elementary \$50 #1013-F25C *skip 11/27



TAE PARK ENSING - TAEKWONDO

*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 Taekwondo class is for you! Taekwondo is a Korean martial art that uses mind and body development and develops self-confidence. Plus, it's great exercise and fun. Visit www.ensingtkd.org for more information.

Wednesdays, August 27 (8 wks) 6:30-8:00pm
RAB Gym \$40 #1407-F25A
\$20 - 2nd family member

Wednesdays, October 22 (8 wks) 6:30-8:00pm
RAB Gym \$40 #1407-F25B
\$20 - 2nd family member *skip 11/26

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 provided by Solid Sound 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

NRMS #2210-W26A | ERMS #2210-W26B



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.

No walk-in registrations will be permitted.

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

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

\$25 per person Battle GR #2212-W26A



READY-SET-CHEER

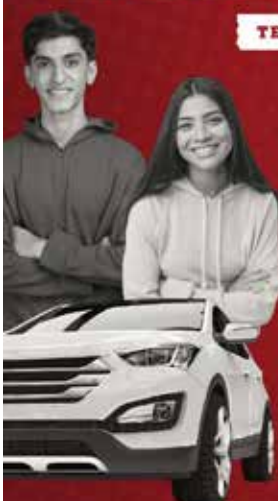
Grades K-2. Rockford Cheerleading's youngest program! The Ready-Set-Cheer program was a huge success last year and we are so excited to have you join us! Cheerleaders will learn basic cheerleading skills such as motions, chants, vocals, jumps, gymnastics, dance, flexibility, and age-appropriate stunting! Includes a shirt. Required: Comfortable and appropriate practice clothing, including socks and tennis shoes, with a water bottle for each athlete. Questions: Please contact us via our Facebook Page (Search: Ready-Set-Cheer)

**Wednesdays, September 10 (6 wks) 6:00-7:00pm
RHS \$75 #2023-F25A**

GET STARTED TODAY!

OFFICIAL DRIVING SCHOOL™

OfficialDrivingSchool.com



TEEN DRIVER ED



must be at least 14 & 8 months old to start

Segment 1

Segment 2

In-Car Lessons

GIVE US A CALL 248.548.8000



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!

Instructor: Mike “Zaags” Zaagman has 15 years of playing experience. He played professionally in the AUDL, played 4 years for the Calvin College Ultimate Frisbee team, and played in adult clubs all around the country. He has 10 years of coaching experience, including several 3rd-8th grade teams, high school teams, and is currently the head coach for Davenport University. Zaags has given his life to this beautiful sport and is so excited to share this passion with the team.



Rockford Dance Team
SPRIT CLINIC
 2025

Grades 3-8. The Rockford Varsity Dance Team is hosting a fall Spirit Clinic. Join us for a two-day camp where they will learn and improve dance skills, interactive games to foster connection and friendship, and learn a short routine to perform as a group at the halftime show of a Varsity Football Game. This is a great opportunity for dancers (new and old) to enhance their dancing ability or to experience a new opportunity! Come alongside and join RVDt for a performance of a lifetime under the Friday night lights! If your child is new to dance completely, this camp is the perfect opportunity to test it out and see if they enjoy it!

Instructors: The camp instructors will be our very own Rockford Varsity Dance Team members. Our dancers have extensive dance knowledge, and most have been training in studios for 10+ years. They are skilled in jazz, contemporary, pom, and hip-hop. Our team is extremely empathetic, caring, and enjoys working with kids and seeing the youth grow a passion for dance.

Thursday, September 18: 4:00-6:00pm

Friday, September 19: 4:00pm - after halftime

A detailed illustration of a forest scene. In the center, a large, light-brown mushroom with a gilled underside grows from a weathered tree stump. Several acorns are scattered around the base of the stump. To the left, a smaller mushroom is visible. To the right, another mushroom is shown. The ground is covered with fallen autumn leaves in shades of yellow and orange. A small branch with yellow leaves stands to the right of the stump. The background is a soft, hazy forest scene with trees and more foliage.



BEGINNING YOUTH FENCING

Ages 7-15. 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, September 9 (6 wks) 6:00-7:00pm

GRAFA \$80 #1402-F25A

Tuesdays, October 21 (6 wks) 6:00-7:00pm

GRAFA \$80 #1402-F25B

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, September 10 (6 wks) 5:00-6:00pm

GRAFA \$80 #1401-F25A

Wednesdays, October 22 (6 wks) 4:45-5:45pm

GRAFA \$80 #1401-F25B *skip Nov 26



BEGINNING & INTERMEDIATE

YOUTH GOLF LESSONS

Ages 10-18. Work on your golf skills and get ready to play. You will work on the basic skills, including etiquette, stance, grip, putting, chipping, and driving.

*Max enrollment of 6 golfers.

Golf Emporium 10831 14 Mile Rd NE

Wednesdays, September 3 (4 wks) 5:00-6:00pm

Golf Emporium \$100 #2049-F25A



GIRLS FALL FIELD HOCKEY



GIRLS FIELD HOCKEY - GRADES 6-8

Grades 6-8. Field hockey is an Olympic sport and is the 3rd most popular sport worldwide. Field hockey is a mix of soccer, hockey, and lacrosse. We welcome all skill levels to this fun and exciting sport!! The cost includes a numbered reversible jersey. **We are looking for coaches! Varsity Coach Mark Neumen will train new coaches!** If interested, please contact Chris: cmaxwell@rockfordschools.org.

Equipment needed: Field hockey stick, Field hockey shin guards, mouthguard, Field hockey goggles (optional).

Monday-Thursday, August 18 (8 wks) 5:00-6:30pm
Upper Turf Field \$120 #8168-F25A *skip 9/1

GIRLS FIELD HOCKEY - GRADES 3-5

Grades 3-5. Come out and learn to play girls Field hockey. Field hockey is an Olympic sport and is the 3rd most popular sport worldwide. Field hockey is a mix of soccer, hockey, and lacrosse. We welcome all skill levels to this fun and exciting sport!! *Includes t-shirt. **We are looking for coaches! Varsity Coach Mark Neumen will train new coaches!** If interested, please contact Chris: cmaxwell@rockfordschools.org.

Sundays, September 7 (6 wks), 2:00-3:00pm
Upper Turf Field \$65 #8167-F25A



HIGH SCHOOL ROWING

Jupiter Boathouse, 5501 Jupiter Avenue

CO-ED COMPETITIVE

Grades 9-12. This class is available for any 9-12 students with or without experience. Experienced athletes will continue to develop the skills and knowledge they already possess while working with the varsity coaches. Those without experience will learn the fundamentals of the sport while working towards competing. Athletic shorts (if warm) or leggings and T-shirts or jackets (if cold). A water bottle is also needed for practice. For more information on our program, visit our website at www.rockfordrowing.com.

The program runs September 2 - November 5.

*Skip Monday, September 1, Labor Day.

BOYS and GIRLS

Monday-Fridays, September 2 (9 wks) 5:00-8:00pm
Jupiter Boathouse \$400 #8157-F25A

COMMUNITY SERVICES

SOCCER

OFFICIAL TRAINING

We are looking for 8th grade through college students to officiate our DK-8th grade soccer program. We are also looking for a few adults to assist with the 7th-8th grade games. DK-6th games are played on Saturdays. 7th-8th grade games may be on a weeknight or Saturday. Officials are paid per game.

Wednesday, August 27 (1 wk) 6:30-8:00pm
NRMS Room 44 #3124-F25A

*Adults with soccer officiating experience please contact Chris for information at 616.863.6322.

ROCKFORD COMMUNITY SERVICES

BASKETBALL

BOYS FALL BASKETBALL LEAGUE

GRADES 3-6

Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 20 and is selected by the coaches. Practice times are from 5:30-8:30pm. Please include in the notes nights you cannot practice or other requests. Instructor: Ryan DeKuiper. The deadline to register is September 28.

Games Begin Saturday, November 1 (6 wks)

3rd Grade #3117-F25A

4th Grade #3117-F25B

5th Grade #3117-F25C

6th Grade #3117-F25D

Rockford School Gyms \$75 - includes reversible shirt

No games or practices Nov 24-29.

GIRLS FALL BASKETBALL LEAGUE

GRADES 3-6

Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 20 and is selected by the coaches. Practice times are from 5:30-8:30pm. Please include in the notes nights you cannot practice or other requests. Instructor: Ryan DeKuiper. The deadline to register is September 28.

Games Begin Saturday, November 1 (6 wks)

3rd Grade #3107-F25A

4th Grade #3107-F25B

5th Grade #3107-F25C

6th Grade #3107-F25D

Rockford School Gyms \$75 - includes reversible shirt

No games or practices Nov 24-29.

BOYS & GIRLS DK-2 BASKETBALL

GRADES DK-K / GRADES 1-2

Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of November 3. Practice times are from 6:00-8:00pm 1x a week at MDR or RGW. Games will be on Saturdays between 8am-2pm. We need volunteer coaches for each level. Please email Kyle Clough if you are interested in coaching. Kclough@rockfordschools.org

The deadline to register is September 28

No practices or games November 24-29 and

December 15-January 3.

GRADES DK-K

Saturdays, November 15 (8 wks) 8:00am-2:00pm

Roguewood Gym \$125 #3118-F25A

BOYS GRADES 1-2

Saturdays, November 15 (8 wks) 8:00am-2:00pm

RHS Aux Gym \$125 #3118-F25B

GIRLS GRADES 1-2

Saturdays, November 15 (8 wks) 8:00am-2:00pm

RHS Aux Gym \$125 #3118-F25C \$125



VOLUNTEER COACHES: WE NEED YOU!

Please contact Chris at CMaxwell@rockfordschools.org

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

RHS POOL: 616.884.2326 | NRMS POOL: 616.747.3530

September Sessions: Registration Opens 6pm 8/25/25 | October Sessions: Registration Opens 6pm 10/6/25

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	WEDNESDAYS	MONDAYS	WEDNESDAYS
Sep. 8 (5 wks)	Sep. 10 (5 wks)	Oct. 20 (5 wks)	Oct. 22 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-F25A	#4307-F25D	#4307-F25G	#4307-F25J

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Sep. 8 (5 wks)	Sep. 10 (5 wks)	Oct. 20 (5 wks)	Oct. 22 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-F25B	#4307-F25E	#4307-F25H	#4307-F25K

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Sep. 8 (5 wks)	Sep. 10 (5 wks)	Oct. 20 (5 wks)	Oct. 22 (5 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-F25C	#4307-F25F	#4307-F25I	#4307-F25L

LEVEL TWO

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Sep. 8 (5 wks)	Sep. 10 (5 wks)	Oct. 20 (5 wks)	Oct. 22 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-F25A	#4308-F25D	#4308-F25G	#4308-F25J

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Sep. 8 (5 wks)	Sep. 10 (5 wks)	Oct. 20 (5 wks)	Oct. 22 (5 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-F25B	#4308-F25E	#4308-F25H	#4308-F25K

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Sep. 8 (5 wks)	Sep. 10 (5 wks)	Oct. 20 (5 wks)	Oct. 22 (5 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-F25C	#4308-F25F	#4308-F25I	#4308-F25L



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

September 8 (5 wks)
4:45 – 5:45pm
NRMS Pool \$65
#4314-F25A

MONDAYS AND WEDNESDAYS

October 20 (5 wks)
4:45 – 5:45pm
NRMS Pool \$65
#4314-F25B

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

September Sessions: Registration Opens 6pm 8/25/25 | October Sessions: Registration Opens 6pm 10/6/25

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.

MONDAY

Sep. 8 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4302-F25A

MONDAYS

Oct. 20 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4302-F25B

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

Sep. 8 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4310-F25A

MONDAYS

Oct. 20 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4310-F25B

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

Sep. 10 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4303-F25A

WEDNESDAYS

Oct. 22 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4303-F25B

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

Sep. 10 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4304-F25A

WEDNESDAYS

Oct. 22 (5 wks)

7:15 – 8:00pm

NRMS Pool \$58

#4304-F25B

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 on Labor Day Break August 29-September 1 and Thanksgiving Break November 26-29.

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 NRMS pool is closed on Labor Day Break August 29-September 1 and Thanksgiving Break November 26-28.

43RD ANNUAL

Holiday

ARTS & CRAFT FAIR

Rockford High School
4100 Kroes Ave. Rockford

9:00am–3:00pm
Saturday, November 8

- Lunch available for purchase
- Unique vendors!
- Lots of wonderful gifts!
- One-of-a-kind stocking stuffers!
- Free Parking!



For more information call 616.863.6322 or email jhiscock@rockfordschools.org