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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

# Fall

2026

New  
Registration  
Portal:

ONLINE REGISTRATIONS  
[rockfordschools.arux.app](https://rockfordschools.arux.app)



# Rockford Community Services

## rockfordschools.arux.app

350 North Main Street, Rockford | Phone 616.863.6322

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

### Adult Enrichment & Recreation

Adult Enrichment.....4-12

Adult Fitness & Recreation.....12-15

### Seniors Unlimited

Senior Enrichment.....15-20

Holiday Craft Arts & Crafts Fair.....32

### Youth Enrichment & Recreation

Youth Enrichment .....21-24

Youth Fitness & Recreation .....24-29

### Aquatics

Swimming Lessons .....30-31

Open Swim.....31

### Events

Rockford Sustainability Committee..... 10

Daughter Dance .....26

Son & Fun Spectacular .....27

Holiday Craft Show .....32

## 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](http://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 CLASS LOCATIONS:

**RHS - Rockford High School** - 4100 Kroes Rd.

**RFC - Rockford Freshman Center** - 4500 Kroes Rd.

**NRMS - North Rockford Middle School** - 397 E. Division St.

**RVA/RAB - River Valley Academy**

**Rockford Administration Building** - 350 N. Main St.

**ERMS - East Rockford Middle School** - 8615 9 Mile Rd.

**Belmont Elementary** - 6097 Belmont Ave.

**Cannonsburg Elementary** - 4894 Sturgis Ave.

**Crestwood Elementary** - 6350 Courtland Dr.

**Edgerton Trails Elementary** - 9605 Edgerton Ave. NE

**Lakes Elementary** - 6849 Young Ave.

**Meadow Ridge Elementary** - 8100 Courtland Dr.

**Parkside Early Childhood Center** - 156 Lewis St.

**Roguewood Elementary** - 3900 Kroes Rd.

**Valley View Elementary** - 405 Summit Ave.

# CHECK OUT OUR NEW REGISTRATION PORTAL!

Rockford Public Schools Community Services has officially transitioned to a brand-new, user-friendly registration system called Arux! This platform replaces DigitalSignup and makes browsing programs, managing your family's schedule, and registering for activities easier than ever.

Because this is a completely new system, all users will need to create a new account profile before registering for upcoming seasonal programs, preschool enrollment, or before and after care.

## HOW TO SET UP YOUR NEW ACCOUNT:

- Step 1: Visit our registration portal at <https://rockfordschools.arux.app/>
- Step 2: Click on Create an Account (look for the Ram icon with the plus sign!).
- Step 3: Fill out your account profile using your legal name.
- Step 4: Add your family members to your profile so you can manage your entire household in one place.
- Step 5: Start exploring! Click Explore Programs to see everything we have to offer this season.

**IMPORTANT REMINDER:** Your previous DigitalSignup login details have not transferred over. Please take a few minutes to set up your new Arux account today so you are ready to register without delay!



We have a new class registration platform! 

 Register for classes at  
**rockfordschools.arux.app**

Find us on [facebook.com/RockfordCommunityServices](https://facebook.com/RockfordCommunityServices)





# ADULT ENRICHMENT

## ESPAÑOL EN CASA:

### PRACTICAL SPANISH FOR IMMERSION PARENTS

Does your child come home speaking Spanish, and you wish you could better support them? Español en Casa is a beginner-friendly Spanish course designed specifically for parents of Spanish Immersion students. Learn practical Spanish you can use at home to support homework, read books aloud, communicate during daily routines, and encourage your child's language development. No prior Spanish experience is necessary. This course will help you build confidence and a meaningful connection with your child's Spanish learning journey. Instructor: Candace Vincent has worked in education for over 5 years and has experience substitute teaching in Spanish Immersion classrooms which has given her valuable insight into both student learning and the unique challenges parents face when supporting language development at home. As a parent of children in the Spanish Immersion program, Candace understands how intimidating it can feel to want to help but not know enough Spanish to confidently participate.

**Thursdays, September 10 (14 wks) 7:00-8:00pm**

**RHS \$149 F26-1421A**

## INTRODUCTION TO SCREENWRITING

Do you love telling stories? Have you ever wanted to write a script for a movie? This course introduces the essential tools for crafting a compelling screenplay, including premise, structure, formatting, imagery, characters, and dialogue.

We will consider examples from professional scripts and brainstorm ideas for your own dramatic visual stories. No previous experience required - just an interest in visual storytelling! Instructor: Joshua Courtade is a prolific screenwriter, filmmaker, and educator from Grand Rapids, Michigan. He has written, produced, and directed dozens of short films, several web series, and eight independent feature films. Joshua is a co-writer for the upcoming horror film *Wounds*, and has also produced commercials and promotional documentaries for the Grand Rapids Comic-Con. He has over 17 years of experience teaching college film, media, and writing classes, including courses at Calvin University, Grand Valley State University, and Compass College of Film & Media.

**Mondays, September 14 (4 wks) 7:00-8:00pm**

**RAB \$80 F26-1905A**



## CREADOR ART STUDIO

Creador Art Studio is located at 6710 Childsdale, Rockford. Owner/Instructor: Elly Cruz is a Spanish Immersion teacher at Northpointe Christian School.

### MICHIGAN SUNSET CANVAS PAINT

Capture the beauty of a Michigan sunset before the summer days are over! This canvas paint is open to all, but children must be accompanied by an adult.

**Friday, September 18 7:00-9:00pm**

**Creador Art Studio \$20 F26-1042A**

### DIA DE LOS MUERTOS CANVAS PAINT

Come join us for a beautiful Dia de los Muertos canvas paint accompanied by cultural music and some festive snacks. It will be an evening of fun!

**Friday, October 30 7:00-9:00pm**

**Creador Art Studio \$20 F26-1615A**

### FESTIVE PINE SWAG

Make a festive holiday pine swag just in time to hang for the holidays!

**Saturday, November 28 1:00-3:00pm**

**Creador Art Studio \$20 F26-1730A**

### LEARN TO SEW FOR ADULTS

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 reversible tote bag. Week 3 we will make pajama pants. You will learn how to read patterns 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.

**Wednesdays, October 14 (3 wks) 6:00-8:30pm**

**NRMS \$50 F26-2449A**

## HOLIDAY DECORATION SWAP!

Bring your gently used holiday decorations and swap them for something new to you. From Christmas lights to Cupid, we are swapping décor from any holiday. No specific number of items dropped off are required to participate! Items taken home are not tied to number of items you bring. We trust our community to give, receive, and re-use with cheer. It's free, fun, and eco-friendly!

**Wednesday, November 11 6:00-8:00pm**

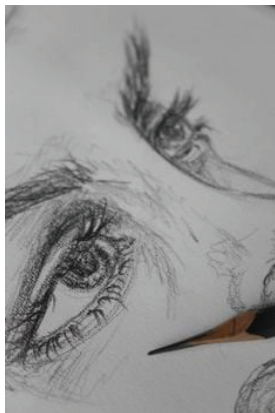
**Rockford United Methodist Church FREE F26-1336A**



## YES, YOU CAN DRAW!

Join our beginner class and discover how easy drawing can be with the right techniques and practice. This class will feature instructions on two drawing methods along with shading and how to use a light source. Pencil and paper will be provided. No experience necessary. With practice, you'll learn techniques that can be transferred to many different drawing subjects and styles. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. She has taken art classes at Macomb Community College followed by classes at New York Botanical Gardens (illustration). She received more instruction at the Flint Institute of Art, Grosse Point Art Association and Birmingham Bloomfield Art Center.

**Thursdays, September 17 (2 wks) 6:00-8:00pm**  
**NRMS \$35 F26-1907A**



## WATERCOLOR PAINTING

This class introduces students to the fundamentals of watercolor painting in a supportive, hands-on environment. Participants will learn about essential watercolor supplies and explore a variety of techniques, including wet-on-wet, wet-on-dry, color mixing, composition, and creative texturing methods using materials such as sponges, salt, and other tools. Each technique will be demonstrated step-by-step, allowing students to observe the creative process before applying the methods to their own work. One-on-one assistance is provided throughout the class, making it suitable for beginners as well as artists with prior experience. All skill levels are welcome. All materials are provided. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. She has taken art classes at Macomb Community College followed by classes at New York Botanical Gardens. She received more instruction at the Flint Institute of Art, Grosse Point Art Association and Birmingham Bloomfield Art Center.

### THEME: MUSHROOM COMPOSITION

**Thursday, September 10 6:00-8:00pm**  
**NRMS \$35 F26-1227A**

### THEME: CACTUS IN POTS

**Thursday, October 8 6:00-8:00pm**  
**NRMS \$35 F26-1227B**

### THEME: CHICKADEE ON A BRANCH

**Thursday, November 12 6:00-8:00pm**  
**NRMS \$35 F26-1227C**

### THEME: CHRISTMAS SNOWMAN

**Thursday, December 10 6:00-8:00pm**  
**NRMS \$35 F26-1227D**

## EMBROIDERY FOR BEGINNERS

Join us for a fun and relaxing 2-hour embroidery class designed for beginners! We will cover the basics of embroidery and learn a variety of foundational stitches including back stitch, running stitch, chain stitch, and split stitch. Each participant will receive a complete embroidery kit and enjoy hands-on guidance in a welcoming and creative environment. Whether you are new to embroidery or looking to refresh your skills, this class is a wonderful place to start! Instructor: Sarah Bethel is a self-taught embroidery artist who finds joy in the creative and calming process of stitching. Creador Art Studio located at 6710 Childsdale, Rockford.

**Saturday, September 19 2:00-4:00pm**  
**Creador Art Studio \$40 F26-1244A**

**Saturday, October 17 2:00-4:00pm**  
**Creador Art Studio \$40 F26-1244B**

**Saturday, November 14 2:00-4:00pm**  
**Creador Art Studio \$40 F26-1244C**

**Saturday, December 12 2:00-4:00pm**  
**Creador Art Studio \$40 F26-1244D**

## BEGINNER BRIDGE

Do you enjoy playing card games? Would you like to learn a game you can enjoy throughout life and is good for your brain? If so, then bridge is for you! It can be learned and enjoyed by anyone from middle school throughout life. This class will teach you modern bridge bidding, play of the hand, and defense. Class will consist of a lesson and then practice hands. Instructor: Karen Cornelius has been a member of the Bridge Club of Grand Rapids since 2010 and has achieved the bridge status of Life Master. Karen plays twice a week at the local bridge club, and has taught at East Grand Rapids, Kentwood, and Rockford.

**Tuesdays, September 15 (7 wks) 6:00-8:00pm**  
**RAB \$90 F26-1881A**

## LEARN AMERICAN MAHJONGG

Begin to play American style MahJongg in a relaxed environment. We will discuss the history of the game, the game pieces and how to use them, as well as strategies for play. Instruction includes the basic rules of play and using the MahJongg card (card provided) as defined by the National MahJongg League. We will also discuss winning play. This is a hands-on and enjoyable learning experience. Instructor: Kathleen McFarlane is an avid game player. She enjoys teaching and playing MahJongg. Kathleen has been playing for six years and has truly enjoyed it.

**Tuesdays, September 8 (4 wks) 4:30-6:30pm**  
**NRMS \$40 F26-1021A**

We have a new class registration platform! 📱



Register for classes at  
**rockfordschools.arux.app**

Find us on [facebook.com/RockfordCommunityServices](https://www.facebook.com/RockfordCommunityServices)

## REFRESH YOUR SPACE: REARRANGE DON'T RENOVATE!

Our surroundings influence our mood, shape our thoughts, and reinforce the stories we tell ourselves. Because we spend so much of our time in our homes, let's refresh them once in a while without spending any money. This class will show you how to reimagine the spaces you already have using what you already own. Whether it's your home office, bedroom, living room, closet, kitchen cabinets, garage, basement, or even your car, you'll learn practical strategies to create spaces that feel functional, peaceful, and refreshed. Before class, participants are invited to email photos of one or two spaces they'd like help with. Selected examples may be used during class to demonstrate practical solutions everyone can apply. This is not a decorating class; it's about rearranging spaces. Participants interested in additional personalized support may also request one-on-one consultations with the instructor. Instructor: Jill Carlen is a Rockford native, retired teacher, and lifelong rearranger. Rearranging spaces started in childhood as she watched her mother do it. Then Jill began by doing it in her own bedroom and found something she enjoyed and has continued to present day.

**Wednesday, September 16 6:30-8:00pm**

**RAB \$20 F26-1543A**

**Wednesday, November 18 6:30-8:00pm**

**RAB \$20 F26-1543B**

## CONFIDENT CONVERSATIONS

What if you could walk into a room and feel comfortable talking with anyone? Some people seem to have a gift for conversations, while the rest of us wonder why it can feel so awkward. The truth is that good communication isn't something you're born with; it's a skill you can learn. In this three-part workshop, you'll learn simple, practical techniques to help you start conversations, keep them going, and feel more confident talking with others. We'll practice together in a relaxed, supportive environment. Whether you're meeting new people, networking, talking with friends, connecting with grandchildren, or navigating conversations with aging parents, these skills can make everyday interactions feel easier and more enjoyable. Instructor: Jill Carlen is a Rockford native and a retired public school teacher with a lifetime of conversation experience, both awkward and amazing. She held leadership roles throughout her career and has mentored many in the art of communication. She struggles in everyday conversations, just like you, but has learned a few tricks and would like to share them.

**Tuesdays, September 15 (3 wks) 9:00-10:00am**

**RAB \$70 F26-1415A (Fee includes \$20 workbook)**

**Tuesdays, September 15 (3 wks) 6:30-7:30pm**

**RAB \$70 F26-1415B (Fee includes \$20 workbook)**

**Tuesdays, November 10 (3 wks) 9:00-10:00am**

**RAB \$70 F26-1415C (Fee includes \$20 workbook)**

**Tuesdays, November 10 (3 wks) 6:30-7:30pm**

**RAB \$70 F26-1415D (Fee includes \$20 workbook)**

## THE INTENTIONAL JOURNAL:

### CONNECTING WITH YOURSELF PART 1

We spend so much of our lives listening: to the news, social media, family, coworkers, and to everyone else's opinions. Journaling is one of the few places where we slow down long enough to hear our own voice again. Have you ever caught yourself thinking: my mind won't stop racing; I don't even know who I am anymore; I can't say this out loud to anyone; I know I should slow down and reflect, but don't know where to start? If any of those thoughts sound familiar, this class is for you. Journaling is a powerful practice that can reduce stress, bring clarity to your goals, strengthen gratitude, and help you process life's challenges. You don't have to be a writer to benefit! Instructor: Jill Carlen is a Rockford native, retired English teacher, and lifelong journal writer.

**Mondays, September 14 (3 wks) 9:00-10:00am**

**RAB \$70 F26-1517A (Fee includes \$25 workbook)**

**Tuesdays, September 15 (3 wks) 7:45-8:45pm**

**RAB \$70 F26-1517B (Fee includes \$25 workbook)**

## THE INTENTIONAL JOURNAL:

### CONNECTING WITH YOURSELF PART 2

Part 1 is not required to take this course. Journaling is one of the few places where we get to listen to ourselves. In Part 2, we will explore more of what's going on in our own heads in an effort to get to know ourselves. We will use guided prompts, write letters to ourselves, and work to develop the routine of journaling. *A \$25 workbook is included. NOTE: The workbook is required; however, if you took Part 1 and still have your workbook, you may use the promo code WORKBOOK at checkout and receive a \$15 discount.* The instructor will provide the additional workbook pages during class. Instructor: Jill Carlen is a Rockford native, retired English teacher, and lifelong journal writer.

**Mondays, November 9 (3 wks) 9:00-10:00am**

**TBD \$85 F26-1518A**

**Tuesdays, November 10 (3 wks) 7:45-8:45pm**

**RAB \$85 F26-1518B**



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## 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 Background: 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. 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, August 31 (15 wks) 7:00-9:00pm**  
**ERMS \$59 F26-1900A \*skip 9/7**

## ROCKFORD CIVIC SYMPHONY

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

**Tuesdays, September 8 (15 wks) 7:00-9:00pm**  
**NRMS \$59 F26-1901A**

## MICHIGAN NATURE SERIES

Emeritus Professor Ray "Gator" Gates is a retired biology professor from Cornerstone University. Prior to his 41 years teaching biology, botany, zoology, and ornithology, Gator was a Park Ranger Naturalist for Gallatin National Forest West Yellowstone, Nature Director at Lake Ann Camp and Camp Brookwoods, adjunct professor at Kuyper College and Spring Arbor College, and taught in the Master Naturalist Program with the Kent/Michigan State University Extension.

### THE BOG ADVENTURE

If you have never been on a bog walk, you have not lived! A bog is the most interesting wetland in Michigan. It feels like walking on a trampoline. Participants will learn how to identify poison sumac and discuss the ecological values of wetlands. This class will meet at Townsend Park and then travel together to Saul Lake Bog. You will be standing on the bog mat as well as walking through water. It is suggested to wear tennis shoes or other close-toed shoes, long pants, and a long sleeve shirt to go through the shrub layer.

**Saturday, September 12 9:00-11:00am**  
**Saul Lake Bog \$20 F26-1151A**

### SLEEPING BEAR DUNES NATIONAL LAKESHORE

Sleeping Bear Dunes National Lakeshore is the best place in Michigan to study sand dune ecology. We will meet a park ranger at the visitor center and be led on one of the best hikes (2 miles) in Michigan. Participants will also experience a drive through the Pierce Stocking Scenic Drive. This group will meet at the Park & Ride on 10 Mile near the US 131 highway (2298 10 Mile Rd.) The class fee includes a \$10 gas surcharge. Instructor Ray Gates will be driving his 7-passenger van; however, if there are additional participants, you may need to drive separately. Please bring a sack lunch, snacks, and drinks for the day. There will be a stop at the rest area just south of Cadillac and again at the visitor center upon arrival.

**Saturday, October 17 8:00am-8:00pm**  
**Sleeping Bear Dunes Nat'l Lakeshore \$30 F26-1152A**

### MICHIGAN EVERGREEN TREES

Participants will learn how to identify the common evergreen trees of Michigan, along with interesting facts differentiating the various species. This class will meet in the lower level biology lab of the DeWitt Science Center located on the campus of Cornerstone University, 1001 E Beltline Ave NE, Grand Rapids 49525.

**Saturday, October 31 9:00-11:30am**  
**Cornerstone University \$20 F26-1153A**



## THE POWER OF POETRY

Hello fellow Poe & Poets and welcome to the Power of Poetry class! Poetry changed my life, and you have the chance for it to do the same for you. In the Power of Poetry, you will learn the basics of public speaking, insight into my relationship with poetry, what I've been through, and what the power of poetry is for you. The class will be broken into times of sharing, writing, playing, exploring, and empowering each other. As part of our time together, you will be tasked with writing an original poem(s) which we will workshop in class and perform on the last day in front of family and friends. I look forward to our time together and hearing all that you have to share. So, until next time, keep your pen sharp, with an open heart - MANLEE POETRY. Instructor: Jesse VanderKodde. Poetry gave Jesse a safe space to wrestle with, enjoy, explore, discover, question, and articulate - any experience he had gone through. He has 4 BS's in Elementary Education, Bible Theology, Teaching English as a Foreign language, and Santa Clausology, along with a minor in Creative Writing. He has performed original poetic pieces in Korea, China, Michigan, and worldwide with his YouTube channel MANLEE POETRY.

**Tuesdays, September 1 (6 wks) 7:00-8:30pm**

**RHS \$90 F26-1313A**

## BETTER THAN MAGIC!

### THE ART OF GETTING WHAT YOU WANT

Are your desires just out of reach? Do all the good things seem to happen to someone else? Does your bread always land buttered side down? The answer is Better than Magic! During this six-part class, you will learn:

- why HOW is a four lettered word
- the truth about worrying
- the four words to eliminate from your vocabulary
- why simply thinking positive thoughts is not enough
- why timing is always perfect

You will identify what's getting in your way and the right tools to enhance your daily life. This class is for you if you have an open mind, a sense of curiosity, and are willing to do the very fun weekly assignment. Instructor: Mair Hill has been teaching and living the principles of Better than Magic! for over thirty years. She used these tools when she owned a conventional business, and she taught her three boys starting at a young age.

**Mondays, September 14 (6 wks) 5:30-6:30pm**

**RAB \$44 F26-1027A**



## THE SPIRITUAL DIMENSIONS OF THE HUMAN-ANIMAL BOND

Our relationships with animals often become some of the most meaningful and spiritually significant relationships of our lives. In this engaging three-hour workshop, participants will explore the spiritual dimensions of the human-animal bond through an interfaith lens, discovering how animals can become teachers, companions, healers, and guides throughout life's journey. Through storytelling, guided reflection, interactive discussion, and a creative art experience, participants will deepen their understanding of the sacred nature of these relationships and the lasting gifts animals leave in our lives. Participants will also create a meaningful piece of reflective art celebrating an animal who has shaped their life, providing a tangible reminder of the enduring bond they share. Whether you are grieving the loss of an animal, seeking a deeper understanding of the human-animal bond, or simply wishing to explore the spiritual wisdom animals offer, this workshop provides a welcoming space for reflection, connection, and renewal. The class fee includes a \$10 supply fee. Instructor Rev. Ginny Mikkita, JD, Animal Chaplain: Ginny is an ordained Interfaith Minister and Animal Chaplain and received her Death and Grief Studies Certification from the Center for Loss and Life Transition. She is also the founder of Animal Blessings. Instructor Brooks Filonow, RN, MSW, Multimedia Artist: Brooks is a self-taught artist who works across a variety of mediums, guided by intuition and a deep sense of curiosity. Through her work, Brooks seeks to express the quiet, soulful connection between humans and animals, bringing a sense of warmth, reverence, and spiritual depth to each piece.

**Wednesday, September 23 6:00-9:00pm**

**RAB \$35 F26-1914A**

We have a new class registration platform! 



Register for classes at

**rockfordschools.arux.app**

Find us on [facebook.com/RockfordCommunityServices](https://www.facebook.com/RockfordCommunityServices)

## CANVA SKILLS WORKSHOP

This 6-session class teaches you how to use Canva, a simple online tool that helps you create flyers, social media posts, videos, presentations, and more. You'll learn how to move around the platform, use templates, add text and images, edit photos, make short videos, and build slides you can share or download. Everything is taught step by step, so you can follow along and build real projects. Bring your own laptop to each class so you can practice as you learn. Instructor: Carrie Hensler is a long-time Canva user and software trainer who knows where beginners get stuck and how to get them moving again without frustration. She works alongside you, inside the tool, so you can see exactly what to click, step by step to create your digital projects.

**Tuesdays, September 8 (6 wks) 6:00-7:30pm**

**RAB \$90 F26-1154A**

## GOOGLE MADE SIMPLE: ORGANIZE YOUR DIGITAL LIFE

Tired of searching for lost emails, files, appointments, and websites? This hands-on class will teach you practical Google tips and tricks to help you stay organized and save time. Learn how to manage Gmail, Google Calendar, Google Drive, Google Docs. and Chrome so you can find what you need faster and feel more in control of your digital life. Instructor: Carrie Hensler is a patient, step-by-step Instructor who makes Google tools feel simple and useful, even for beginners. A trainer and entrepreneur, she focuses on easier, more efficient ways to get organized and save time without getting overwhelmed. Bring your own laptop to each class and follow along in real time.

**Tuesdays, October 27 (5 wks) 6:00-7:30pm**

**RAB \$75 F26-1335A**

## THREADS OF TIME:

### A HISTORICAL STORYTELLING SERIES WITH CAROLINE COOK

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

### ARTPRIZE AFTERGLOW

For 16 days and nights in late September and early October, the city of Grand Rapids is a mecca for art enthusiasts from around the world. Artists, art aficionados, critics, and creative novices stroll the streets of this incredible outdoor gallery, hoping for inspiration and glimpses of man-made beauty. The benefit of being local is the 'afterglow'. This virtual tour reveals the proof of ArtPrize competitions past...the public masterpieces that reside permanently in GR. We visit these gifts to the city and discover the back stories...how these pieces became so enduringly valuable.

**Wednesday, September 30 6:00-7:00pm**

**RAB \$15 F26-1130A**

### GRAND RAPIDS MOST HAUNTED

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 virtual 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 this spooky journey...Who suffered a tragic death here and is still hanging around? And is this story LEGEND or REAL?

**Wednesday, October 28 6:00-7:00pm**

**RAB \$15 F26-1130B**

### TIME, TALENT, TREASURES...PART ONE

This is the history of philanthropy in Grand Rapids. We are a success story of ordinary citizens and courageous leaders who never stop believing in our community and our future. From our earliest settlers in the nineteenth century until present time, our city has been blessed with a spirit of generosity in vision and action. We'll crisscross downtown virtually to visit those places and spaces which were gifted to us to enjoy. For better. For good. For all.

**Tuesday, November 17 6:00-7:00pm**

**RAB \$15 F26-1130C**

### TWINKLIN' HOLIDAY LIGHTS

Are you in the holiday mood? Feeling festive? Join in the fun - come dressed in your finest December sweater as we celebrate the merry season together. First, you will learn history of holiday lighting in our country. Then, through twinklin' photographs, you'll experience downtown Grand Rapids bejeweled and illuminated with both contemporary and nostalgic lighting displays. Virtually, the tour will pass by uniquely special places, some of which will evoke warm feelings from Christmas's past.

**Wednesday, December 16 6:00-7:00pm**

**RAB \$15 F26-1130D**



## ROCKFORD ECO-STEWARD WORKDAYS

Make a difference towards protecting Rockford's cold water trout streams! Our Eco-Steward workdays focus on planting trees, shrubs, native forbs, grasses, and sedges along the Memorial Park boardwalk in places that were cleared of woody invasives. Gain a hands-on understanding of how polluted water can enter our streams, and how Michigan-native plants can serve as a stream buffer that control erosion, improve water quality, and create habitats for birds and pollinators. Meet at the Extremis parking lot at 239 Northland Drive NE. From there, we'll walk to the boardwalk of Memorial Park for the workday. Eco-Stewards under 18 must be accompanied by an adult or sign a waiver. Planting gloves provided. Workdays are led by Andrew Lidral of the Kent Conservation Strike Team and leader of the Sustainability committee's Rockford Environmental Stewardship Team. Andrew lends his expertise in plant identification and invasive removal strategies during these workdays for a hands-on learning opportunity. Any questions on these events are to be directed directly to the Rockford Sustainability Committee. [www.rockfordsuscom.us](http://www.rockfordsuscom.us) or email [rockfordsuscom@gmail.com](mailto:rockfordsuscom@gmail.com)

**Saturday, September 12 9:00am-12:00pm**

**Extremis FREE F26-3406A**

**Saturday, October 3 9:00am-12:00pm**

**Extremis FREE F26-3406B**

**Saturday, November 7 9:00am-12:00pm**

**Extremis FREE F26-3406C**

## ROCKFORD SUSTAINABILITY COMMITTEE

Join the Rockford Sustainability Committee in the monthly Live + Learn education series! Each event focuses on bringing the community together to advance sustainability in our town and put our learnings into action. This fall, we focus on reducing our impact on the planet (September), recycling plastic more effectively in our daily lives (October), and reusing items through a community swap (November). Events are free and open to sustainability beginners and experts alike! Any questions on these events are to be directed directly to the Rockford Sustainability Committee.

[www.rockfordsuscom.us](http://www.rockfordsuscom.us) or email [rockfordsuscom@gmail.com](mailto:rockfordsuscom@gmail.com)

### ENVIRONMENTAL MOVIE NIGHT

Kick off the fall season with our first environmental documentary screening! The documentary chosen will explore the impact of human activity on land health and engage beginners and seasoned environmentalists alike! This event is hosted by the Rockford Sustainability Committee, a group of volunteers with various backgrounds in sustainability ranging from professional experts to active citizens.

**Wednesday, September 16 6:00-8:00pm**

**Rockford City Hall FREE F26-1333A**

### PLASTICS, EVERYWHERE?

Plastics, Everywhere? explores the impact of plastics on modern life, highlighting their benefits, challenges, and future role in society through insights from GVSU organic chemistry professor Matt Hart and a few of his students. Discover exciting developments in plastic recycling, such as GVSU's upcoming program to recycle PLA cups into a cleaning product. Throughout this class, we'll explore: What types of plastics are the hardest to recycle and why? What exactly are microplastics? Are some types of plastics more prone to becoming microplastics? Walk away with an understanding of how to avoid unnecessary plastics, make sustainable purchasing decisions, and engage with recent innovations in plastic recycling. Instructor: Matt Hart is an Associate Professor of Chemistry at GVSU. In addition to his research on organic synthesis to make novel molecules, his collaboration with the GVSU Chemistry Club investigates a program to recycle PLA cups into a "green" cleaning product for the university community, thereby reducing the university's overall budget.

**Wednesday, October 21 6:30-7:30pm**

**Rockford City Hall FREE F26-1334A**



## 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, taxable vs. tax free assets, qualified plans, rollover considerations, Social Security, Medicare, estate conservation and distributing assets in an organized fashion. **YOU WILL NOT BE FALLING ASLEEP!** Instructor: Adam Fliehm 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 the famous Fliehm Financial. Securities and Advisory Services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC Fliehm Financial is independently owned and operated.

**Tuesday, September 8 6:30-8:30pm**  
**RFC \$10 F26-2160A**

**Thursday, September 24 6:30-8:30pm**  
**RFC \$10 F26-2160B**

**Tuesday, October 6 6:30-8:30pm**  
**RFC \$10 F26-2160C**

**Thursday, October 22 6:30-8:30pm**  
**RFC \$10 F26-2160D**

**Tuesday, November 3 6:30-8:30pm**  
**RFC \$10 F26-2160E**

**Thursday, November 19 6:30-8:30pm**  
**RFC \$10 F26-2160F**

**Tuesday, December 1 6:30-8:30pm**  
**RFC \$10 F26-2160G**

**Thursday, December 17 6:30-8:30pm**  
**RFC \$10 F26-2160H**

## UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

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

**Tuesday, September 15 6:30-8:00pm**  
**RFC FREE F26-1337A**

## 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. Instructor: Justin Goushaw is the agency owner with Farm Bureau Insurance in downtown Rockford. He has been a member of this community for over 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

**Tuesday, September 29 6:30-8:00pm**  
**RFC FREE F26-1338A**

## 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 90 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 on all the pros and cons of each. 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!

## UNIQUE TRAVEL EXPERIENCES

Why do we travel? To see and experience something new? Something exciting? Something 'unique' to us? Let's explore unique destinations throughout the world AND at home! Bring your most 'unique' travel story!

**Wednesday, September 16 6:30-8:30pm**  
**RAB \$8 F26-1030A**

## MALTA & ALBANIA

Two countries, easy to match together for a unique experience! Combining the island nation of Malta, historic, scenic, and small with the mountainous contrasting, relatively unknown country of Albania is a trip worth taking!

**Wednesday, September 23 6:30-8:30pm**  
**RAB \$8 F26-1030B**

## POLAND

Poland, no joke, is a great destination with a unique history, fabulous cuisine, and a variety of opportunities. Go for the great prices, or just for the dumplings and sausages! YUM!

**Wednesday, November 11 6:30-8:30pm**  
**RAB \$8 F26-1030C**

### MEDICARE MADE SIMPLE – 101 (INTRODUCTION)

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

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

Making the right choices, particularly when you are first eligible, could save you hundreds or even thousands of dollars over your lifetime. This class will help you start the Medicare planning process with the basic knowledge you will need to make right choices. NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid.

Instructor: Kristin Rocheleau and Amy Orr help people choose the right individual health insurance plans. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. They are both independent health insurance advisors.

**Thursday, September 17 6:30-8:00pm**

**RAB FREE F26-1878A**

### 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. Instructors: Kristin Rocheleau and Amy Orr.

**Thursday, September 24 6:30-8:00pm**

**RAB FREE F26-1879A**

## ADULT FITNESS & RECREATION

### TAE PARK ENSING - TAE KWON DO

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

**Wednesdays, August 26 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 F26-1407A \$20 - 2nd family member**

**Wednesdays, October 21 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 F26-1407B \$20 - 2nd family member**

**\*skip 11/25**

### 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. 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. Please wear comfortable clothes and shoes.

**Tuesdays, September 15 (8 wks) 10:00-11:00am**

**Rockford United Methodist Church \$65 F26-1405A**

**Tuesdays, September 15 (8 wks) 6:30-7:30pm**

**Rockford United Methodist Church \$65 F26-1405B**

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

**Rockford United Methodist Church \$65 F26-1405C**

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

**Rockford United Methodist Church \$65 F26-1405D**

### CONTINUING TAI CHI CHUAN

For students who have completed the beginner-level class and are committed to a deeper level of study, this continuing class invites you to a better understanding of the principles of movement. 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.

**Tuesdays, September 15 (8 wks) 11:00am-12:00pm**

**Rockford United Methodist Church \$65 F26-1406A**

**Tuesdays, September 15 (8 wks) 7:30-8:30pm**

**Rockford United Methodist Church \$65 F26-1406B**

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

**Rockford United Methodist Church \$65 F26-1406C**

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

**Rockford United Methodist Church \$65 F26-1406D**

## ADULT TENNIS

Coach Katie Hunting, RSPA Professional Tennis Instructor

### ADULT BEGINNER/ADVANCED BEGINNER TENNIS

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

**Thursdays, September 3 (6 wks) 6:30-7:30pm**

**NRMS Tennis Courts \$90 F26-3136A**

### ADULT INTERMEDIATE TENNIS CLASS/DRILLS

Continue developing your skills and game strategy while having fun participating in a variety of drills. Class designed for Intermediate to advanced players. Class Maximum: 12

**Thursdays, September 3 (6 wks) 7:30-8:30pm**

**NRMS Tennis Courts \$90 F26-3137A**



## 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 21 (6 wks)**

**6:30-8:00pm Beginners F26-3205A**

**8:00-9:30pm Intermediate F26-3205B**

**NRMS Upper Gym \$48**

**SESSION 2 – Mondays, November 9 (6 wks)**

**6:30-8:00pm Beginners F26-3205C**

**8:00-9:30pm Intermediate F26-3205D**

**NRMS Upper Gym \$48**

## POSTPARTUM CORE AND RESTORE

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

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

**Meadow Ridge Gross Motor Room \$75 F26-1448A**

## BEGINNING ADULT FENCING

Welcome to our adult fencing class, where enthusiasts of all levels come together to hone their skills, compete, and immerse themselves in the elegant Olympic Sport of Fencing. Known also as "Physical Chess", fencing combines anaerobic and aerobic elements, developing eye and hand coordination and a great sense of balance and flexibility. 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. Join us as we embark on this exhilarating journey through the art and sport of fencing!

**Thursdays, October 29 (6 wks) 6:30-7:30pm**

**GRAFA \$100 F26-1403A \*skip 11/26**

## BEGINNING AND INTERMEDIATE

### ADULT GOLF LESSONS

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 per session.

Golf Emporium 10831 14 Mile Rd NE

**Tuesdays, September 1 (4 wks) 6:30-7:30pm**

**Golf Emporium \$110 F26-2050A**

**Wednesdays, September 2 (4 wks) 9:30-10:30am**

**Golf Emporium \$110 F26-2050B**

**Wednesdays, September 2 (4 wks) 11:00am-12:00pm**

**Golf Emporium \$110 F26-2050C**

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

**Golf Emporium \$110 F26-2050D**



# APTITUDE FITNESS

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

## 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 5 lbs to 25 lbs. Shoes are optional for this class, allowing you to move freely and comfortably.

**M/W/F (4 wks) 5:30-6:15am Aptitude Fitness \$120**

**August 24, F26-1467A \*skip 9/7**

**September 21, F26-1467B**

**October 19, F26-1467C**

**November 16, F26-1467D \*skip 11/27**

## 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. If 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 (6 wks) 6:30-7:15pm Aptitude Fitness \$90**

**August 24, F26-1435A \*skip 9/7**

**October 12, F26-435B**

**November 23, F26-1435C**

## 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/Fri (4 wks) 9:15-10:00am Aptitude Fitness \$120**

**August 24, F26-1482A \*skip 9/7**

**September 21, F26-1482B**

**October 19, F26-1482C**

**November 16, F26-1482D \*skip 11/27**

## EXPRESS BARRE

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

**Mondays/Fridays (6 wks) 8:30-9:00am Aptitude Fitness \$105**

**August 24, F26-1438A \*skip 9/7**

**October 12, F26-1438B**

## 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 (6 wks) 6:00-7:00pm Aptitude Fitness \$90**

**August 23, F26-1410A \*skip 9/6**

**October 11, F26-1410B**

**November 22, F26-1410C**

## FULL BODY YOGA

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

**Tuesdays/Thursdays (6 wks) 7:00-8:00pm Aptitude Fitness \$105**

**August 25, F26-1481A**

**October 6, F26-1481B**

## MOM + BABY BARRE

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

**Wednesdays, September 9 (12 wks) 10:30-11:15am**

**Aptitude Fitness \$120 F26-1470A**

## CHAIR YOGA

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

**Mondays (6 wks) 10:15-11:00am Aptitude Fitness \$90**

**August 24, F26-1441A \*skip 9/7**

**October 12, F26-1441B**

**November 23, F26-1441C**

## WERQ FITNESS: ZUMBA

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

**Thursdays, September 3 (1 wk) 7:00-8:00pm**

**Meadow Ridge Cafeteria FREE F26-1451A**

**Thursdays, September 10 (7 wks) 7:00-8:00pm**

**Meadow Ridge \$56 F26-1451B**

**Thursdays, October 29 (7 wks) 7:00-8:00pm**

**RAB Cafeteria \$56 F26-1451C**

## 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 1 (1 wk) 6:30-7:30pm**

**Meadow Ridge Gym FREE F26-1449A**

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

**Meadow Ridge Gym \$56 F26-1449B**

**Tuesdays, October 27 (7 wks) 6:30-7:30pm**

**Meadow Ridge Gym \$56 F26-1449C**

## 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-torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective, full-body workout. Combining the benefits of strength training, functional movements, and cardiovascular exercise, this program is a safe and effective workout for all ages and fitness levels. No experience necessary! Instructor: Monica is an AFAA Certified Group Fitness Instructor and has been teaching a variety of fitness classes in the greater Grand Rapids area since 2010.

**Wednesday, September 2 (1 wk) 7:00-8:00pm**

**Meadow Ridge Gym FREE F26-1450A**

**Wednesdays, September 9 (7 wks) 7:00-8:00pm**

**Meadow Ridge Gym \$60 F26-1450B**

**Wednesdays, October 28 (7 wks) 7:00-8:00pm**

**Meadow Ridge Gym \$60 F26-1450C \*skip 11/26**

# SENIORS UNLIMITED

## TECHNOLOGY ASSISTANCE WITH HOLLY YOUNG

Tech Talk Classes are one-hour, lecture-style, with time for some Q&A. Tech Time Appointments are 30-minute one-on-one sessions. 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”. She also offers in-home consultations.

## HOLLY'S TECH TALK-

### STAYING SAFE IN TODAY'S WORLD

It seems like scams are everywhere. We will discuss your personal safety on your phone, computer, smart home security, and even postal mail! (Pre-registration is required)

**Thursday, September 24 11:30 am**

**RAB - Community Services \$12 F26-5414A**

## HOLLY'S TECH TALK-

### AI-ARTIFICIAL INTELLIGENCE GONE WILD

Everywhere you look these days, companies are pushing AI services. Learn what AI is, how it is being used in our world, and what your options are. (Pre-registration is required)

**Thursday, October 29 11:30 am**

**RAB - Community Services \$12 F26-5414B**

## HOLLY'S TECH TIME APPOINTMENTS

This is a 30-minute one-on-one appointment 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 specify the help you need. NOT COVERED: desktop computers, any kind of networking, or wireless printers. (Pre-registration is required, and next available time will be assigned when you register between 12:45-2:45pm)

**Thursday, September 24**

**RAB - Community Services \$25 F26-5416A**

**Thursday, October 29**

**RAB - Community Services \$25 F26-5416B**

# 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**

# OUT TO LUNCH BUNCH

## SCHOOL 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 dining amenities, including CBK Brewery, Sandhill Café, 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 RPS. Activity level: LOW.

**Thursday, September 24 \$15 F26-5253A**

**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 19 \$15 F26-5253B**

**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 - TANGER OUTLETS GR

Knock out that holiday shopping early or just wander and browse with us for a fun day shopping at Tanger Outlet Grand Rapids. Over 50 outlet stores featuring a wide variety of goods. Lunch is on your own at any of the delicious on-site dining spots. Transportation provided by RPS. Activity level: HIGH.

**Tuesday September 22 \$15 F26-5160B**

**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**

### SEPTEMBER - HERITAGE RESTAURANT GRCC FINE DINING EXPERIENCE

The Heritage Restaurant on the GRCC campus is a unique fine dining experience with world-class service. It is staffed by culinary school students under the direct supervision of Chef Professors and Table Service Professors. Truly a 5-star dining experience at an affordable price. You will need to choose your lunch entrée at the time of registration. New this year: The number of entrée choices is limited to balance entrées across the group. The registration fee includes transportation and lunch, as well as a 20% restaurant gratuity. Entrée choices are: AMISH COQ AU VIN: Chicken, pearl onions, Bordeaux reduction, buttery pancetta polenta. CEDAR PLANKED SALMON (GF): Butterbeans, shishito peppers, pine nuts, cherry tomatoes, basil pistou. STUFFED QUAIL AL MALTA: Filled with fennel-scented Mediterranean sausage and fresh herbs, sweet potatoes, garden vegetables, Marsala glaze reduction. PORTUGUESE STYLE CAMAROES RECHEADOS: Crab-stuffed shrimp, garlic herb sauce, root vegetables, chili flakes, saffron rice. JAPANESE BEEF TERIYAKI: Marinated beef strips, mirin, sake, soy, sesame, stir-fry vegetables. HAUTE STYLE BEEF: Beef tenderloin will be cooked to medium unless a guest requests a different temperature. Transportation provided by RPS. Activity level: MED.

**Thursday, September 17 \$45 F26-5160A**

**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**

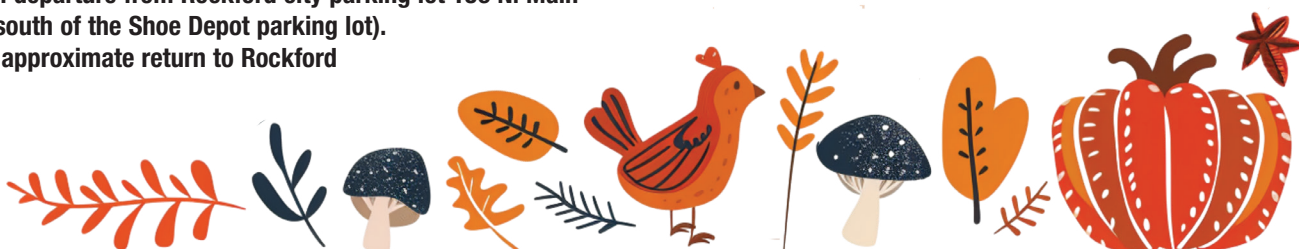
### SEPTEMBER – EASTERN KILLE DISTILLERY TOUR AND TASTING

Step inside the world of small-batch spirits and discover what goes into every bottle. On this guided distillery tour, you'll follow the journey from raw ingredients to finished pour—walking through each stage of the production process with the people who craft it. Along the way, you'll gain insight into the techniques, traditions, and creative decisions that shape each spirit. The experience concludes with a thoughtfully guided tasting, where you'll sample a selection of house-made spirits and learn how to appreciate their distinct character, aroma, and finish. After our tour we will stay for lunch at your own expense. Each guest will receive 20% off food and cocktails. Transportation provided by RPS. Activity level: MED.

**Tuesday September 29 \$17.50 F26-5160C**

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

**1:15pm approximate return to Rockford**





### OCTOBER – FRED MEIJER GARDEN CHIHULY EXHIBIT

Join us to visit one of the Midwest's leading cultural destinations right here in West Michigan. Our trip will include a guided tram tour around the Chihuly exhibits in the garden as well as admission to view all the Chihuly Glass installations inside. Lunch is available in the café on your own. Meijer Garden Membership cannot be applied for this trip. Transportation provided by RPS. Activity level: MED.

**Wednesday, October 14 \$48 F26-5160D**

**9:30am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

**1:30pm approximate return to Rockford**

### OCTOBER – FALL COLOR, COVERED BRIDGES, FOOD, AND CIDER TOUR

Enjoy the fall color as we wind our way through the beautiful countryside of Eastern Kent County, including stops at the iconic Fallasburg Covered Bridge, a 100-foot-long historic span across the Flat River built in 1871, and the Orchards at Red Barn, whose apple orchards include a farm store, ice cream parlor, bakery, and are home to Painted Turtle Hard Cider. We will also stop at Townsend Park in Cannonsburg to view the 1926 stone-and-timber pavilion along the scenic Bear Creek. Along the way, we will enjoy a selection of meats and cheeses, fresh apples, and a boxed lunch. Transportation provided by RPS. Activity level: MED.

**Friday, October 23 \$40 F26-5160E**

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

**1:45pm approximate return to Rockford**

### DECEMBER - CHRISTKINDLE 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 RPS. Activity level: MED.

**Wednesday, December 16 \$15 F26-5160F**

**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**

We have a new class registration platform! 



Register for classes at  
**rockfordschools.arux.app**

Find us on [facebook.com/RockfordCommunityServices](https://facebook.com/RockfordCommunityServices)



## BOOK CLUB

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".

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

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

**COMMUNITY SERVICES ROOM 110**

**350 N. MAIN ST., ROCKFORD**

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

## UPCOMING BOOKS

**SEPTEMBER 15, 2026**

**THURSDAY MURDER CLUB**

By RICHARD OSMAN

**OCTOBER 20, 2026**

**FROZEN RIVER**

By ARIEL LAWHON

**NOVEMBER 17, 2026**

**THE HOUSE IS ON FIRE**

By RACHEL BEANLAND

**DECEMBER 15, 2026**

**THE BORROWED LIFE OF FREDERICK FIFE**

By ANNA JOHNSTON

### 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, 9/28 and 10/26 between 10:00am and 12:00pm**

**\*Next appointments will be in January**



## BINGO

Rockford Administration Building  
Located at 350 N. Main Street, Rockford  
Second Friday each 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 40 participants. Once capacity is reached, you will  
be added to the waitlist and contacted if a spot opens up.  
Cards are playable for the entire time, not per game.*

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

*\*No Bingo in October & December*

## CULTURE CLUB EVENTS

*\*Events not listed in this brochure will open for registration in the  
Winter Brochure.*

### COME FROM AWAY - CIVIC THEATRE

*Come From Away* is based on the true story of the time when the  
isolated community of Gander, Newfoundland played host to the  
world on September 11, 2001. Undaunted by culture clashes and  
language barriers, the people of Gander cheered the stranded  
travelers with music, an open bar, and the recognition that we're all  
part of a global family. RATED: PG-13 for mature thematic elements  
surrounding the 9/11 terrorist attacks, including intense emotional  
scenes, discussions of fear, grief, and loss, along with mild profanity  
and alcohol. Transportation provided by RPS. Activity level: LOW.

*\*Deadline to register is 9/4/26.*

**Thursday, September 17 \$50 F26-5221A**

**6:30pm departure from Rockford Admin Building parking lot,  
350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

### A NIGHT OF COMEDY - DR. GRINS COMEDY CLUB

Dr. Grins Comedy Club is one of West Michigan's premier  
entertainment venues. When it comes to comedy, there is no  
equal. Dr. Grins has been featuring nationally acclaimed stand-up  
comedians and special comedic theatre since 1997. The enormous  
diversity of comedians who perform at Dr. Grins assures that no  
two nights will ever be the same. A 2-drink minimum purchase is  
required (including non-alcoholic beverages), with a 20% service  
charge added to the drink cost (split evenly among the service  
staff). Drink prices range from \$6-\$15. Registration fee includes  
transportation and ticket. Drink expense is at your own cost. If you  
find yourself in a rut, always remember that laughter is the best  
medicine! 8 pm shows are 18+. RATED: R for mature language and  
mature content. Transportation provided by RPS. Activity Level: MED

*\*Deadline to register is 10/1/26.*

**Thursday, October 15 \$42 F26-5221B**

**7:00pm departure from Rockford Admin Building parking lot,  
350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

### MAYBE HAPPY ENDING - BROADWAY GR

Winner of 6 Tony Awards®, including Best Musical, *Maybe Happy  
Ending* tells the deeply human story of a chance encounter that  
sparks connection, adventure, and maybe even love. Helmed by  
Tony Award-winning director Michael Arden, *Maybe Happy Ending*  
has been called "one of the best musicals in years" by USA Today.  
Don't miss the totally original new musical adventure that explores  
what it means to be human. Even if they're not. RATED: PG.

Transportation provided by RPS. Activity Level: MED

*\*Deadline to register is 9/30/26.*

**Tuesday, November 10 \$65 F26-5221C**

**6:30pm departure from Rockford Admin Building parking lot,  
350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**



## Rockford Seniors Unlimited HOLIDAY DINNER

### REGISTER NOW!

## DECEMBER 17, 2026

You are cordially invited to register for our Holiday Dinner.  
Join other local residents for some holiday entertainment  
and enjoy a nice meal from RPS Food Services.  
Hosted at the Rockford Freshmen Center.

**Thursday, December 17 \$15 F26-5004A**

Rockford Freshmen Center, 4500 Kroes Street NE, Rockford  
Doors open 6:00pm, Dinner is served at 6:30pm,  
and Entertainment starts at 7:00pm

### ANNIE - CIVIC THEATRE

With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City Orphanage that is run by the cruel, embittered Miss Hannigan. With the help of the other girls in the Orphanage, Annie escapes to the wondrous world of NYC. RATED: G. Transportation provided by RPS. Activity Level: LOW \*Deadline to register is 11/20/26.

**Thursday, December 3 \$50 F26-5221D**

**6:30pm departure from Rockford Admin Building parking lot, 350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

### HOLIDAY POPS - GR SYMPHONY

It's a family tradition full of popular holiday favorites and yuletide cheer at DeVos Performance Hall. Start the holiday season with Bob Bernhardt conducting the Grand Rapids Symphony to play the jingles and songs you won't be able to stop singing all season long! RATED: G. Transportation provided by RPS. Activity Level: MED \*Deadline to register is 9/30/26.

**Friday, December 4 \$50 F26-5221E**

**6:30pm departure from Rockford Admin Building parking lot, 350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

### SIX - BROADWAY GR

From Tudor Queens to Pop Icons, the six wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a Euphoric Celebration of 21st-century girl power! This original musical is the global sensation that everyone is losing their head over! *SIX* won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics). *The SIX: LIVE ON OPENING NIGHT* Broadway album debuted at Number 1 on the Billboard cast album charts and surpassed 6 million streams in its first month. RATED: PG-13. Includes flashing lights, strobe effects, theatrical haze and loud music throughout. Transportation provided by RPS. Activity Level: MED \*Deadline to register is 10/1/26.

**Thursday, January 14 \$65 F26-5221F**

**6:30pm departure from Rockford Admin Building parking lot, 350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

### A CHORUS LINE - CIVIC THEATRE

*A Chorus Line* is a stunning concept musical capturing the spirit and tension of a Broadway ensemble audition. Exploring the inner lives and bittersweet ambitions of professional Broadway performers, the show features one powerhouse number after another, including "What I Did for Love," "One," "I Can Do That," "At the Ballet," "The Music and the Mirror" and "I Hope I Get It." A brilliantly complex fusion of song, dance and compellingly authentic drama, *A Chorus Line* was instantly recognized as a classic. RATED: PG-13 thematic elements, moderate language, reference to smoking, and some sexual references. Transportation provided by RPS. Activity Level: LOW \*Deadline to register is 1/7/27.

**Thursday, January 21 \$50 F26-5221G**

**6:30pm departure from Rockford Admin Building parking lot, 350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

### DISNEY'S BEAUTY AND THE BEAST - BROADWAY GR

Be our guest at Disney's enchanting and beloved musical of *Beauty and the Beast*, the breathtaking musical filled with the romance and grandeur audiences know and love. This enchanting and timeless tale has been brought to life like never before, with spectacular new sets and dazzling costumes. The show boasts the Oscar®-winning and Tony Award®-nominated score, including the classic songs "Be Our Guest" and "Beauty and the Beast." Reuniting to create this new production are members of the original Tony Award®-winning artistic team, including composer Alan Menken, lyricist Tim Rice, book writer Linda Woolverton, with direction and choreography by Matt West, scenic design by Stanley A. Meyer, costume design by Ann Hould-Ward and lighting design by Natasha Katz. *Beauty and the Beast* is the beloved musical that will fill your heart with joy and Disney magic. RATED: PG. Transportation provided by RPS. Activity Level: MED \*Deadline to register is 11/1/26.

**Thursday, February 14 \$65 5F26-5221H**

**6:30pm departure from Rockford Admin Building parking lot, 350 N. Main Street (Community Services parking lot).**

**10:30pm approximate return to Rockford**

We have a new class registration platform! ➡



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Find us on [facebook.com/RockfordCommunityServices](https://www.facebook.com/RockfordCommunityServices)

### 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, 1:00-3:00pm | RAB - Community Services Room 110, 350 N. Main St, Rockford**

**\*No Quilts of Valor in December or February**



# LUNCH & LEARN

## SEPTEMBER – THE RIDGE

Presented by Jayson Otto. After the Great Panic of 1837, eastern settlers looked west for land. A year earlier, the Treaty of Washington was negotiated, ceding over a third of Michigan's land mass from the Odawa and Ojibway people. This talk will focus on an important swath of land northwest of Grand Rapids, now known as the Fruit Ridge, or simply "The Ridge," which was opened for American colonization following these historical turning points. With the help of some newly discovered letters by early settler Adelia Hills, Jayson will add to the fascinating story of this unique ecological and cultural place in Michigan, a space which went from a contested space of poor squatters, dispossessed indigenous farmers, and eastern Yankees to what is now one of the most productive apple regions in the country. Lunch provided by Rockford Food Services (menu varies). (Pre-registration is required)

**Friday, September 18 \$10 F26-5261A**

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

**RAB - Community Services 350 N. Main St.**

## OCTOBER – BOMBS AWAY

Presented by Ric Mixter. The Great Lakes have been home to military installations since 1755, and aircraft have flown from this region nearly since the first engined aircraft took to the sky. Selfridge Air National Guard (ANG) is named for the first casualty in powered flight, a young lieutenant named Thomas Selfridge who crashed while flying with Orville Wright. Selfridge was also home to the Tuskegee Airmen, an elite group of African American pilots who flew in World War II. Bombs Away chronicles the most famous missions of four air bases: Sawyer, Wurtsmith, Selfridge, and Kincheloe, which was home to nuclear-armed B-52s from 1961 to 1977. This base was also among the first in a missile defense network called BOMARC, which once shielded North America from Soviet threats. Ric's lecture features the Tuskegee Airmen, bomber activity in Vietnam, and long-range missions that quickly ended the war in Iraq. Also highlighted is bomber production in Michigan, where "Rosie the Riveter" assembled B-24 Liberators used in World War II. Lunch provided by Rockford Food Services (menu varies). (Pre-registration is required)

**Friday, October 16 \$10 F26-5261B**

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

**RAB - Community Services 350 N. Main St.**

## NOVEMBER – LAKE MICHIGAN CIRCLE TOUR

Presented by Dianna Stampfler. Vacationers have been looping the lake for generations, but the official "Lake Michigan Circle Tour" route wasn't established until the 1980s when the Michigan Department of Transportation teamed up with West Michigan Tourist Association (WMTA) to create the route and its official guidebook. Along the way, find more than 100 lighthouses, countless islands, unique attractions, parks and natural areas, miles of glorious beaches, quaint harbor towns, an internationally-recognized urban center, and one "modern marvel," the Mackinac Bridge. You are invited to take a virtual tour to some of the Lake Michigan Circle Tour's well-known destinations and its best-kept secrets with Dianna Stampfler, who worked for 7 years at WMTA as a primary researcher and promoter of the route. Lunch provided by Rockford Food Services (menu varies). (Pre-registration is required)

**Friday, November 20 \$10 F26-5261C**

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

**RAB - Community Services 350 N. Main St.**

\*No Lunch and Learn in Dec or Feb

## DAY TRIPS CHARTER BUS TRIPS

### NOVEMBER – MICHIGAN'S CHRISTMAS CAPITAL IN FRANKENMUTH

Join us for a fun-filled charter bus day-trip to Frankenmuth, Michigan! First, we will stop at Bronner's to shop the world's largest Christmas Store that has been making spirits bright since 1945. With beautifully landscaped grounds covering 27 acres, Bronner's features a fantastic selection of everything Christmas! After spending a couple of hours at Bronner's, we will hop back on the bus for a short ride to Zehnder's for a Chicken Plate Luncheon featuring cabbage salad, fresh-baked breads, two-piece Frankenmuth fried chicken, mashed potatoes with chicken gravy, Grandma's dressing, ice cream, and a drink. Downtown Frankenmuth for eating, shopping, and sightseeing. After Zehnder's, you can walk or ride the bus over to River Place Shops, which features 40 stores and attractions. Check out the Glockenspiel tower show and walk the Holz-Brücke covered bridge across the Cass River. You are free to roam as you desire! Registration covers transportation, lunch, and bus driver gratuity. Other foods and shopping are at your own expense. Transportation provided by Great Lakes Motorcoach. Activity level: HIGH. (Pre-registration is required)

**Thursday, November 5 \$75 F26-5240A**

**7:30am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

**7:30pm approximate return to Rockford**

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Find us on [facebook.com/RockfordCommunityServices](https://facebook.com/RockfordCommunityServices)

# YOUTH ENRICHMENT

## CHALLENGE ISLAND

### BELIEVE IT OR NOT ISLAND

Ages 6-11. Challenge Island is a screen-free STEAM enrichment program where kids work in small teams to build, create, experiment, and problem-solve together. Our programs are intentionally designed to spark creativity, strengthen collaboration and communication skills, and help kids build confidence through hands-on learning. All Challenge Island programs are: screen-free, hands-on and project based, team-oriented and collaborative and designed to support social skills and creative problem-solving.

This mind-blowing island is filled with unbelievably exciting engineering challenges inspired by zany, wacky, wild, 100% true facts. Ring of Fire Restaurant®, Emperor Penguin Pop®, Eclipse Extravaganza®, and Spectacular Skateboard Park® are just a few jaw-dropping destinations kids will visit on Believe It or Not Island.

**Tuesdays, September 15 (6 wks) 3:45-5:00pm**

**Roguewood Elementary \$140 F26-1175A**

## INTRO TO PIANO - ALLEGRO SCHOOL OF MUSIC

Grades 2-4 (level 1). This fun introduction to playing the piano balances keyboard time with learning basic music theory, improving overall musicianship and encouraging the learning process.

Students must have access to a full-sized keyboard or piano at home for practice and are encouraged to bring their keyboards to class when possible. Students that do not bring their own keyboard to class will have access to a keyboard or piano during class.

Students will receive a piano book, practice CD and assignment folder. An additional \$35 materials fee is required and may be paid/picked up at Allegro School of Music (Main Studio: 4301 Ambrose Ave NE, Grand Rapids, MI 49525) on a date TBD or by contacting Allegro School of Music (616.301.3888 or lessons@allegroGR.org) for other arrangements. Payment for materials is accepted by cash, credit/debit card, or check payable to Allegro School of Music.

Instructor: Irv Foster/Allegro School of Music Staff

**Tuesdays, September 29 (8 wks) 4:45-5:45pm**

**RFC \$199 (+\$35 materials fee) F26-1713A**

**Tuesdays, September 29 (8 wks) 6:00-7:00pm**

**RFC \$199 (+\$35 materials fee) F26-1713B**

## INTRO TO GUITAR - ALLEGRO SCHOOL OF MUSIC

Ages 8-12 (level 1). Learn the basics of playing the guitar in a fun group setting. Hand position, chording, melodies, note-reading, tabs, and more will be covered. Students will receive a guitar book and assignment folder but must provide their own guitar. An additional \$25 materials fee is required and may be paid/picked up at Allegro School of Music (Main Studio: 4301 Ambrose Ave NE, Grand Rapids, MI 49525) on a date TBD or by contacting Allegro School of Music (616.301.3888 or lessons@allegroGR.org) for other arrangements. Payment is accepted by cash, credit/debit card, or check payable to Allegro School of Music. Instructor: Irv Foster/Allegro School of Music Staff

**Tuesdays, September 29 (8 wks) 7:15-8:00pm**

**RFC \$149 (+\$25 materials fee) F26-1704A**



## YOUTH INTRODUCTION TO SCREENWRITING

Have you ever made a short movie with your friends? A great movie starts with a great script! This course will help you take your stories to the next level by introducing the essential tools for crafting a compelling short screenplay, including premise, structure, formatting, imagery, characters, and dialogue. We'll look at examples of real short films and brainstorm ideas for your own dramatic visual stories. No previous experience required - just an interest in visual storytelling!

Instructor: Joshua Courtade is a prolific screenwriter, filmmaker, and educator from Grand Rapids, Michigan. He has written, produced, and directed dozens of short films, several web series, and eight independent feature films. He has over 17 years of experience teaching college film, media, and writing classes, including courses at Calvin University, Grand Valley State University, and Compass College of Film & Media.

**Wednesdays, September 16 (4 wks) 4:30-5:30pm**

**RAB \$80 F26-1906A**

## COME DANCE WITH ME

Children ages 3 months to 4 years old along with a caregiver are invited to dance, sing, laugh, and play at Intellidance classes. The Intellidance Method is inspired and informed by leading experts in early childhood development and movement and music education by connecting dance and music concepts. These connected concepts provide opportunities for children and caregivers to explore, discover, practice, and create. Instructor: Sarah Bethel has been a dance instructor for 20 years. She became certified to teach the Intellidance Method in 2022 and is excited to share her passion for music and dance with the community. Classes are held at HIS Dance Academy 2715 29th Street SE, GR.

**Thursdays, September 3 (6 wks) 9:30-10:15am**

**HIS Dance Academy \$120 F26-1332A**

**Thursdays, October 15 (6 wks) 9:30-10:15am**

**HIS Dance Academy \$120 F26-1332B**

## INTRO TO ACTING!

Ages 10-13. 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". 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 15 (8 wks) 6:30-8:00pm**  
**NRMS \$150 F26-1056A**

## IMPROV AFTER SCHOOL

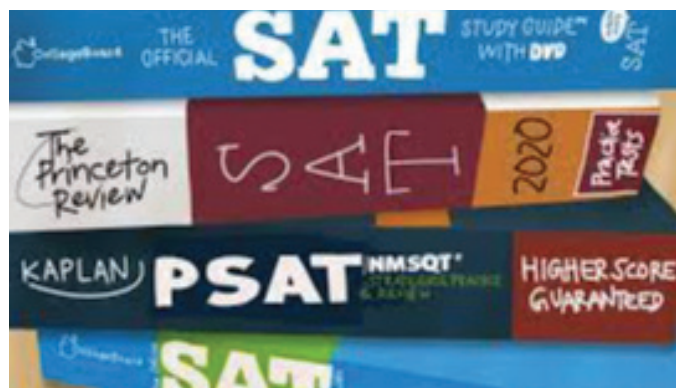
Grades 1-5. Does your child have some creative humor? Well, if they are in elementary school, we have an after-school class for them! We will get together and play a bunch of improv games every week. Feel free to send a snack with your child to enjoy from 3:40-4:00pm. Class will run from 4:00-5:30pm where we will have some fun and introduce them to the world of improvisation. Think Who's Line is it Anyway? for kids! A performance of their favorite games will happen at the end of the last session for family and friends. Instructors: Sam Prince and Jesse Lee.

**Thursdays, September 17 (8 wks) 3:40-5:30pm**  
**Roguewood Elementary \$195 F26-1080A**

## MIDDLE SCHOOL IMPROV

Grades 6-8. Remember the show Who's Line is it Anyway? Well, that's exactly what this class is about: learning and playing improv games every 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 class for family and friends. Instructors: Sam Prince and Jesse Lee.

**Thursdays, September 17 (8 wks) 6:30-8:00pm**  
**NRMS \$135 F26-1059**



## PSAT/SAT PREP WORKSHOP

Grades 8-12. One-time, three-hour workshop available for students to learn about the content and structure of the PSAT/SAT test. They will learn and implement test strategies to increase accuracy and improve time management for both the math and reading sections. Students will leave the workshop with a free study plan to help them continue to prepare. Students will need to bring paper, a writing utensil, a computer, and their login information for [www.collegeboard.org](http://www.collegeboard.org) and [www.khanacademy.org](http://www.khanacademy.org). If they do not have these accounts, please have them create them before the day of the workshop. Instructor: Allison Sanders is currently a certified teacher in the math department at RHS. She has a bachelor's degree in Math Education plus a master's degree in Teaching and Curriculum with a Literacy Specialization - perfect combo for test prep.

**Tuesday, September 15 5:00-8:00pm**  
**RHS \$85 F26-3612A**

**Saturday, September 19 9:00am-12:00pm**  
**RHS \$85 F26-3612B**

**Wednesday, November 4 5:00-8:00pm**  
**RHS \$85 F26-3612C**

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**[rockfordschools.arux.app](https://rockfordschools.arux.app)**

*Find us on [facebook.com/RockfordCommunityServices](https://facebook.com/RockfordCommunityServices)*

## LEGO® BRICKS 4 KIDZ® AIR, LAND, AND SEA: FANTASTIC VEHICLES

Grades K-5. Join Bricks 4 Kidz® for a wild ride making fantastic vehicles – both real and imagined! Each class is a fun and educational LEGO®-building adventure with Bricks 4 Kidz®. This hands-on class explores STEAM (Science, Technology, Engineering, Art, and Math), primarily using LEGO® bricks, in which children develop problem-solving and critical thinking skills in a fun, engaging way while building motorized models!

**Mondays, September 21 (5 wks) 3:45-5:00pm**  
**Roguewood Elementary \$90 F26-1007A**

## LEGO® BRICKS 4 KIDZ® PORTAL TO ADVENTURE

Grades K-5. Join us on a thrilling adventure where you never quite know what is coming around the next corner! Each week's model is chosen by the builders themselves. Will they choose something from the past, something from the present, something from the future, or something out of a fantasy novel? Each class is a fun and educational LEGO® building adventure with Bricks 4 Kidz®. This hands-on class explores STEAM (Science, Technology, Engineering, Art, and Math), primarily using LEGO® bricks!

**Mondays, November 2 (5 wks) 3:45-5:00pm**  
**Roguewood Elementary \$90 F26-1008A \*skip 11/2**



## CREADOR ART STUDIO

Creador Art Studio is located at 6710 Childsdales, Rockford.  
Owner/Instructor: Elly Cruz is a Spanish Immersion teacher at Northpointe Christian School.

### HIGHLAND COW PAINT

Ages 13-17. We will be painting the ever-popular Highland cow in this canvas paint! Come join for an evening of fun! This class is designed to provide a fully immersive experience that engages the senses and provides an environment of creativity.

**Friday, September 11 7:00-9:00pm**  
**Creador Art Studio \$20 F26-1039A**

### STRING ART EXTRAVAGANZA

Grades 3-8. Using a hammer, wood, nails, and string, we will make some cool and unique art! Come enjoy a morning of crafting! This class is designed to provide a fully immersive experience that engages the senses and provides an environment of creativity.

**Saturday, September 12 10:00am-12:00pm**  
**Creador Art Studio \$20 F26-1055A**

### HARVEST PARTY!

Grades K-5. Celebrate the harvest season by creating beautiful fall art, making fall treats, and enjoying some fun outdoor fall activities. This class is designed to provide a fully immersive experience that engages the senses and provides an environment of creativity.

**Saturday, October 10 9:00am-12:00pm**  
**Creador Art Studio \$25 F26-1419A**

### FALL BIRCH TREE CANVAS PAINT

Grades 3-8. In this canvas paint, we will capture the beauty of a fall birch forest using the fun technique of masking tape resist painting. This class is designed to provide a fully immersive experience that engages the senses and provides an environment of creativity.

**Saturday, October 10 2:00-4:00pm**  
**Creador Art Studio \$20 F26-1504A**

### PIONEER DAYS

Grades K-5. Come experience a morning of Pioneer activities: crafting, games, and cooking. We provide a fully immersive experience that engages the senses and provides an environment of creativity. Parents, this is a great opportunity to get some Black Friday shopping done!

**Friday, November 27 9:00am-12:00pm**  
**Creador Art Studio \$25 F26-1621A**

### CHRISTMAS CAMP

Grades K-5. In this one-day camp, we will enjoy all things Christmas: crafting, cooking, games, and more! We provide a fully immersive experience that engages the senses and provides an environment of creativity. Parents, this is a great opportunity to get some last-minute Christmas shopping done!

**Saturday, December 19 9:00am-12:00pm**  
**Creador Art Studio \$25 F26-1813A**

## 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 safety and operation of the sewing machine, how to thread the machine, wind a bobbin and more. You will practice sewing while making a project at each class. Projects include a decorative pillowcase, 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 - Register just the child attending.

**Wednesdays, September 16 (3 wks) 6:00-8:30pm**  
**NRMS \$50 F26-2424A**

### 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, November 4 (3 wks) 6:00-8:30pm**  
**NRMS \$50 F26-2425A**

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

Instructor: The Broadway Bootcamp Team is led by Jacqui Robinson and composed of high school interns, college-aged students, and professionals from our local performing arts communities.

### 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. 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. So, come and join us for an unforgettable day of Broadway Bootcamp and take your love for musical theatre to new heights! The workshop runs 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 Fun** (*Into the Woods, Cinderella, Beauty and the Beast, Shrek*)

**Wednesday, September 16 2:00-6:00pm**

**NRMS \$50 F26-2225A**

**Theme: Superheroes** (*Spiderman, Hercules, Lightning Thief, Matilda*)

**Wednesday, September 30 2:00-6:00pm**

**NRMS \$50 F26-2225B**

**Theme: Animal Adventures** (*Lion King, Jungle Book, Tarzan*)

**Wednesday, October 14 2:00-6:00pm**

**NRMS \$50 F26-2225C**

**Theme: Monster Mash Boo Bash** (*Addams Family, Beetlejuice, Young Frankenstein, Kid-Friendly Spookier Songs*)

**Wednesday, October 28 2:00-6:00pm**

**NRMS \$50 F26-2225D**

**Theme: Builders & Inventors** (*Willy Wonka, Seussical, Chitty Chitty Bang Bang, Back to the Future*)

**Wednesday, November 11 2:00-6:00pm**

**NRMS \$50 F26-2225E**

**Theme: Christmas Classics** (*Frozen, Elf, The Polar Express, White Christmas*)

**Wednesday, December 9 2:00-6:00pm**

**NRMS \$50 F26-2225F**

## YOUTH FITNESS & RECREATION

### BEGINNING YOUTH FENCING

Ages 8-15. Modern fencing is an Olympic sport with roots in European sword fighting of centuries past. Today, fencing is a competitive sport of strategy, finesse, skill, and endurance. Fencing offers children and teens a positive physical activity and teaches life skills such as confidence, focus, decision-making, and respect, along with improving balance, flexibility, and mental agility. In beginning fencing classes, students learn the fundamentals with games, exercises, footwork, and bouting with fellow novice fencers, with all equipment provided. Professional coaches, Mikhail and Arkadiy Sarkisov, both of whom are former Soviet Champions and US Cadets and Junior National team coaches, are instructors. Students should wear sweatpants (no jeans), a T-shirt, and clean athletic shoes with laces. Equipment will be provided.

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

**Tuesdays, September 8 (6 wks) 6:00-7:00pm**

**GRAFA \$80 F26-1402A**

**Tuesdays, October 27 (6 wks) 6:00-7:00pm**

**GRAFA \$80 F26-1402B \*skip 11/24**

### 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. Grand Rapids Area Fencing Academy (GRAFA) 1345 Monroe NW, Suite 102, Grand Rapids, MI 49505

**Wednesdays, October 28 (6 wks) 6:00-7:00pm**

**GRAFA \$80 F26-1401A \*skip 11/25**

### READY-SET-CHEER

Grades K-2. Rockford Cheerleading's youngest program! 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)

**Thursdays, September 3 (6 wks) 5:30-6:30pm**

**RAB \$75 F26-2023A**

## TAE PARK ENSING - TAE KWON DO

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

**Wednesdays, August 26 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 F26-1407A \$20 - 2nd family member**

**Wednesdays, October 21 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 F26-1407B \$20 - 2nd family member**

**\*skip 11/25**

## 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.

**Thursdays, September 3 (6 wks) 6:15-7:00pm**

**Roguewood Elementary \$60 F26-1013A**

**Thursdays, October 15 (6 wks) 6:15-7:00pm**

**Roguewood Elementary \$60 F26-1013B**

**Thursdays, December 3 (3 wks) 6:15-7:00pm**

**Roguewood Elementary \$30 F26-1013C**

We have a new class registration platform! ➡



Register for classes at  
**rockfordschools.arux.app**

Find us on [facebook.com/RockfordCommunityServices](https://www.facebook.com/RockfordCommunityServices)

# ULTIMATE FRISBEE

**A FUN, FAST ALTERNATIVE TO  
COLLISION SPORTS!**

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

Instructor: Mike "Zaags" Zaagman has 15 years of playing experience. He played professionally in the AUDL, played for 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.

## GRADE 3-8

**Practice, Sundays, September 13 (7 wks) 1:00-3:00pm**

**GAMES: Friday evenings 5:30-7:30pm @ rotating  
locations vs other league teams**

**NRMS Practice Field \$125 F26-1495A**

## GRADE 9-12

**Practice, Sundays, September 13 (7 wks) 1:00-3:00pm**

**GAMES: Monday evenings 5:30-7:30pm @ MacKay-  
Jaycees Park**

**NRMS Practice Field \$125 F26-1495B**



## 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.

**Tuesdays, September 1 (4 wks) 5:00-6:00pm**

**Golf Emporium \$100 F26-2049A**

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

**Golf Emporium \$100 F26-2049B**



### ROCKFORD DANCE TEAM SPIRIT CLINIC

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, play 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! T-shirt included! Instructors: 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/Friday, October 8, 9 (1 wk)**

**October 8: 4:00-6:00pm; October 9: 4pm - after halftime**

**RHS Auxiliary Gym \$70 F26-8401A**

We have a new class registration platform! 



Register for classes at  
**rockfordschools.arux.app**

Find us on [facebook.com/RockfordCommunityServices](https://facebook.com/RockfordCommunityServices)

### 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. Training will be on Wednesday, August 21 from 4:00-6:00pm. Officials are paid per game.

**Wednesday, August 26 (1 wk) 6:30-8:00pm**  
**RAB RM110 F26-#3124A**

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

# 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. This event happens simultaneously at the 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. **Registrations close at noon on February 4. No walk-in registrations will be permitted.**

**FRIDAY, FEBRUARY 5, 2027 – 6:30-8:00PM**

**\$15 PER PERSON – NRMS F26-2210A | ERMS F26-2210B**



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 19, 2027  
6:30-8:00pm**

**\$25 per person Battle GR F26-2212A**



## ROCKFORD ROWING

Jupiter Boathouse, 5501 Jupiter Avenue

### ROCKFORD ROWING - MIDDLE SCHOOL

Join our Middle School rowing team this fall. Our coaching staff will help the students learn and reinforce the fundamentals of the rowing stroke on land and on the water. Students will also be learning how to handle equipment and build confidence and comfort on the water. This season will consist of one regatta in Ada, MI, and an inner-team scrimmage. Physicals are strongly recommended but not required to participate; these can be done by a family physician. \*Max of 40 participants.

**Mondays/Wednesdays/Thursdays, August 31 (9 wks),  
6:00-7:30pm \*Skip 9/7**

**Jupiter Boathouse \$275 F26-8159A**

### HIGH SCHOOL ROWING - BOYS & GIRLS GRADES 9-12

Co-Ed Competitive. This class is available for any 9-12 students with or without middle school experience. First-year high school rowers will develop the skills and knowledge to work into our competitive teams. For more information on our program, visit our website at [www.jupiterrowing.com](http://www.jupiterrowing.com). **Physicals are required. You can get this through Quick Care or your family doctor.**

\*Price does not include the \$25 US Rowing Membership\*

\*Max of 40 participants.

**Monday-Fridays, August 31 (9 wks) 3:00-6:00pm \*Skip 9/7  
Jupiter Boathouse \$450 F26-8157A**

### FOR BOTH ROWING SESSIONS

#### CLOTHING & FOOTWEAR

- Athletic shorts and a T-shirt or tank top
- A second dry set of clothes to change into after practice
- Sneakers or athletic shoes for land training (Athletes must bring these every day)
- Water shoes or old sneakers that can get wet (for docks and on-water work). Crocs are also a great option.
- Light layer or sweatshirt for cool mornings
- Hat or visor

#### SUN & WEATHER PROTECTION

- Sunscreen (applied before arrival)
- Sunglasses with a strap or retention cord
- Bug Spray
- Rain jacket (weather happens — be ready)





### Rockford High School

Teens 14 years and 8 months old are eligible.

#### SEGMENT 1 COURSES

Monday–Thursday

October 12–November 4 | 3–5 pm

November 23–December 17 | 3–5 pm

### Rockford High School

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

#### SEGMENT 2 COURSES

October 12, 13, 20 | 5–7 pm

November 23, 24, 30 | 5–7 pm



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(800) 256-9559



### GIRLS FALL FIELD HOCKEY

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 always looking for coaches! Please let us know if you are interested in coaching and learning. Varsity Coach Mark Neumen will assist new coaches! If interested, please contact Chris @ [cmawell@rockfordschools.org](mailto:cmawell@rockfordschools.org).

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

**Mondays–Thursdays, August 17 (8 wks) 5:00–6:30pm**  
**Upper Turf Field \$120 F26-8168A \*skip 9/7**

### 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 anyone interested in coaching!

Varsity Coach Mark Neumen will assist new coaches!  
If we can make it happen, we may try to get a Saturday Tournament included to enhance the experience for this age group in the Ann Arbor area.

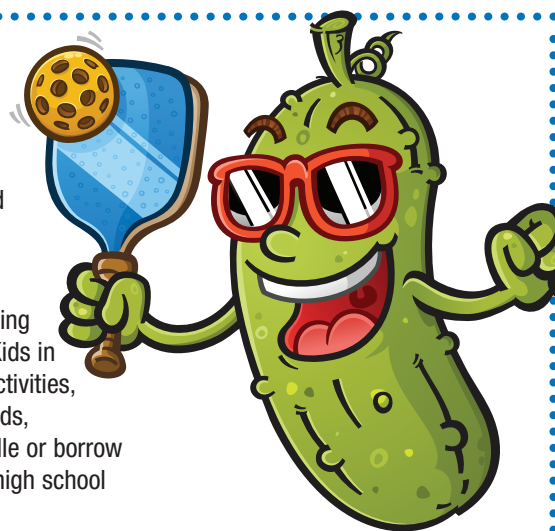
**Sundays, August 23 (6 wks), 2:00–3:00pm**  
**Upper Turf Field \$65 F26-8167A \*skip 9/6**

# KIDS PICKLEBALL

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

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

**Thursdays, November 5 (6 wks) 6:00–7:00pm**  
**NRMS \$75 F26-1431A \*skip 11/26**





## ROCKFORD COMMUNITY SERVICES

# BASKETBALL

### BOYS FALL, BASKETBALL LEAGUE

#### GRADES 3-6

Our focus is on fun, good sportsmanship, and fundamentals. Practice begins the week of October 19 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 for registering is September 27.

**Games Begin Saturday, October 31 (6 wks)**

**3rd Grade F26-3117A**

**4th Grade F26-3117B**

**5th Grade F26-3117C**

**6th Grade F26-3117D**

**Rockford School Gyms \$75 - includes a reversible shirt**

**No games or practices Nov 23-28.**

### GIRLS FALL, BASKETBALL LEAGUE

#### GRADES 3-6

Our focus is on fun, good sportsmanship, and fundamentals. Practice begins the week of October 19 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 27.

**Games Begin Saturday, October 31 (6 wks)**

**3rd Grade F26-3118A**

**4th Grade F26-3118B**

**5th Grade F26-3118C**

**6th Grade F26-3118D**

**Rockford School Gyms \$75 - includes a reversible shirt**

**No games or practices November 23-28.**

### 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 2. Practice times are from 6:00-8:00pm 1x a week at MDR or RGW. Games will be on Saturdays between 8am-2pm, 8 game schedules.

We need volunteer coaches for each level. If you are interested in coaching please email Kyle Clough at [Kclough@rockfordschools.org](mailto:Kclough@rockfordschools.org)

The deadline to register is September 27.

**No practices or games, November 23-28 and December 14-January 2.**

#### GRADES DK-K

**Saturdays, November 14 (8 wks) 8:00am-2:00pm**

**Roguewood Gym \$125 F26-3116A**

#### BOYS GRADES 1-2

**Saturdays, November 14 (8 wks) 8:00am-2:00pm**

**RHS Aux Gym \$125 F26-3116B**

#### GIRLS GRADES 1-2

**Saturdays, November 14 (8 wks) 8:00am-2:00pm**

**RHS Aux Gym \$125 F26-3116C \$125**



## VOLUNTEER COACHES: WE NEED YOU!

Please contact Chris at [cmaxwell@rockfordschools.org](mailto:cmaxwell@rockfordschools.org)

# SWIM LESSONS

**AQUATICS OFFICE: 616.884.2326**

*September Sessions: Registration Opens 6pm 8/31/26 | October Sessions: Registration Opens 6pm 10/12/26*

## LEVEL ONE

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

| MONDAYS                                                          | WEDNESDAYS                                                       | MONDAYS                                                         | WEDNESDAYS                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| Sept. 14 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301A | Sept. 16 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301D | Oct. 19 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301G | Oct. 21 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301J |

| MONDAYS                                                          | WEDNESDAYS                                                       | MONDAYS                                                         | WEDNESDAYS                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| Sept. 14 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301B | Sept. 16 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301E | Oct. 19 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301H | Oct. 21 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4301K |

| MONDAYS                                                          | WEDNESDAYS                                                       | MONDAYS                                                         | WEDNESDAYS                                                       |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------|
| Sept. 14 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4301C | Sept. 16 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4301F | Oct. 19 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4301I | Oct. 21 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26L-4301L |

## 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                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| Sept. 14 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4302A | Sept. 16 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4302D | Oct. 19 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4302G | Oct. 21 (5 wks)<br>6:00 – 6:30pm<br>NRMS Pool \$58<br>F26-4302J |

| MONDAYS                                                          | WEDNESDAYS                                                       | MONDAYS                                                         | WEDNESDAYS                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| Sept. 14 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302B | Sept. 16 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302E | Oct. 19 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302H | Oct. 21 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302K |

| MONDAYS                                                          | WEDNESDAYS                                                       | MONDAYS                                                         | WEDNESDAYS                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| Sept. 14 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302C | Sept. 16 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302F | Oct. 19 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302I | Oct. 21 (5 wks)<br>6:40 – 7:10pm<br>NRMS Pool \$58<br>F26-4302L |

## WATER AEROBICS

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

| WEDNESDAYS                                                           | WEDNESDAYS                                                         |
|----------------------------------------------------------------------|--------------------------------------------------------------------|
| September 16 (5 wks)<br>8:15 – 9:00pm<br>NRMS Pool \$25<br>F26-4311A | October 21 (5 wks)<br>8:15 – 9:00pm<br>NRMS Pool \$25<br>F26-4311B |

## INTRODUCTION TO COMPETITIVE SWIMMING

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

### MONDAYS AND WEDNESDAYS

September 14 (5 wks)  
7:15 – 8:00pm  
RHS Pool \$98  
F26-4307A

## 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 14 (10 wks)  
4:45 – 5:45pm  
NRMS Pool \$90  
F26-4312A

# SWIM LESSONS

**AQUATICS OFFICE: 616.884.2326**

*September Sessions: Registration Opens 6pm 8/31/26 | October Sessions: Registration Opens 6pm 10/12/26*

## LEVEL THREE

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

| MONDAYS          | MONDAYS         |
|------------------|-----------------|
| Sept. 14 (5 wks) | Oct. 19 (5 wks) |
| 7:15 – 8:00pm    | 7:15 – 8:00pm   |
| NRMS Pool \$58   | NRMS Pool \$58  |
| F26-4303A        | F26-4303B       |

## 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          | MONDAYS         |
|------------------|-----------------|
| Sept. 14 (5 wks) | Oct. 19 (5 wks) |
| 7:15 – 8:00pm    | 7:15 – 8:00pm   |
| NRMS Pool \$58   | NRMS Pool \$58  |
| F26-4304A        | F26-4304B       |

## LEVEL FIVE

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

| WEDNESDAYS       | WEDNESDAYS      |
|------------------|-----------------|
| Sept. 16 (5 wks) | Oct. 21 (5 wks) |
| 7:15 – 8:00pm    | 7:15 – 8:00pm   |
| NRMS Pool \$58   | NRMS Pool \$58  |
| F26-4305A        | F26-4305B       |

## LEVEL SIX

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

| WEDNESDAYS       | WEDNESDAYS      |
|------------------|-----------------|
| Sept. 16 (5 wks) | Oct. 21 (5 wks) |
| 7:15 – 8:00pm    | 7:15 – 8:00pm   |
| NRMS Pool \$58   | NRMS Pool \$58  |
| F26-4306A        | F26-4306B       |

## NRMS OPEN & LAP SWIM

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 8:00-9:00 pm**

**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 8:00-9:00 pm**

**Saturdays 11:00am-1:00 pm**

*The NRMS pool is closed on Labor Day Break  
September 4-7, Thanksgiving Break from November 25-29  
and Winter Break December 21-January 2.*

## RHS LAP SWIM

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

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

*The RHS pool is closed on Labor Day Break  
September 4-7, Thanksgiving Break from November 25-29  
and Winter Break December 21-January 2.*

We have a new class registration platform! 



Register for classes at  
**rockfordschools.arux.app**

*Find us on [facebook.com/RockfordCommunityServices](https://www.facebook.com/RockfordCommunityServices)*



44TH ANNUAL

# Holiday

## ARTS & CRAFT FAIR

Rockford High School  
4100 Kroes Ave. Rockford

9:00am–3:00pm  
Saturday, November 14

- 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](mailto:jhiscock@rockfordschools.org)