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Rockford Public Schools



Quality Community – Quality Schools  
*Together Building a Tradition of Excellence*

350 N. Main Street, Rockford, MI 49341



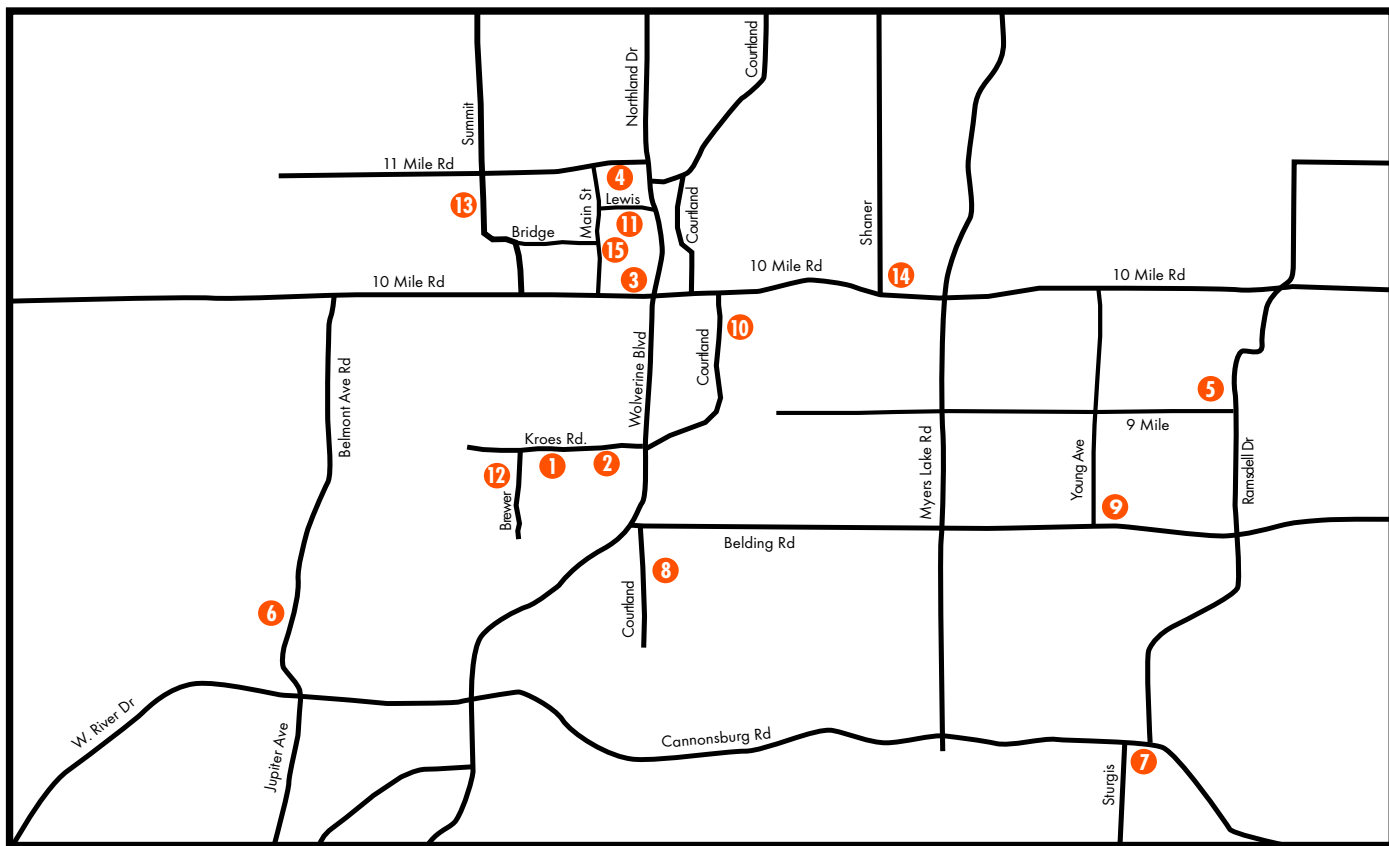
# ROCKFORD

COMMUNITY SERVICES



Winter  
2024

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



## 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 enrichment classes will be held at one of the following locations:**

- 1 RHS Rockford High School** - 4100 Kroes Rd.
- 2 RFC Rockford Freshman Center** - 4500 Kroes Rd.
- 3 NRMS North Rockford Middle School** - 397 E. Division St.
- 4 RAB/RVA River Valley Academy**  
**Rockford Administration Building** - 350 N. Main St.
- 5 ERMS East Rockford Middle School** - 8615 9 Mile Rd.
- 6 Belmont Elementary** - 6097 Belmont Ave.
- 7 Cannonsburg Elementary** - 4894 Sturgis Ave.
- 8 Crestwood Elementary** - 6350 Courtland Dr.
- 9 Lakes Elementary** - 6849 Young Ave.
- 10 Meadow Ridge Elementary** - 8100 Courtland Dr.
- 11 Parkside Elementary** - 156 Lewis St.
- 12 Roguewood Elementary** - 3900 Kroes Rd.
- 13 Valley View Elementary** - 405 Summit Ave.
- 14 Rockford Ambulance** - 8450 Shaner Ave.
- 15 Rockford Community Cabin** - 220 N. Monroe St.



# Rockford Community Services

**[rps.digitalsignup.com](https://rps.digitalsignup.com)**

*Registration using a computer or tablet is preferred.*

**350 Main St., Rockford | Phone 616.863.6322**

**OFFICE HOURS: MONDAY-FRIDAY - 7:00AM – 4:00PM**

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### **Adult Enrichment**

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### **Fitness & Recreation**

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## **NOTICE:**

Classes at Rockford Community Services are designed to be adult leisure-time classes and therefore children under the age of 17 are not allowed to attend classes unless otherwise stated. Enrollment in classes is limited.

Classes will be canceled if they haven't reached their minimum, so please do not wait until the last minute to sign up.

# ADULT ENRICHMENT

## BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. Leave the first class with your practice pieces and 2 bookmarks. The second class will explore more watercolor painting methods as you paint a card to frame or send to someone special. All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. Her basic knowledge started with art classes at Macomb Community College followed by classes at New York Botanical Gardens art studies. She received more instruction at the Flint Institute of Art, Grosse Pointe Art Association and Birmingham Bloomfield Art Center. She has learned a variety of art applications from drawing to acrylic painting, print making to pastels, while always continuing with watercolor.

**Thursdays, January 18 (2 wks) 6:00-8:00pm**

**NRMS \$60 #1227-W24A**



## NEEDLE FELTING – FOREST CRITTERS

In this needle felting class, you will be able to create your very own woodland animal. Participants will have the project option to make a fox, raccoon or badger. Class includes instruction and demonstration of the needle felting process, needle safety and proper use, creating a sculpture using wool, and adding exterior details. Approximate size of project is 3.5-4" tall.

Instructor: Sam Coon is a self-taught felt artist using needles and wet felting methods. Through the years, she has gleaned much of her inspiration from nature; the colors, texture and endless patterns. There are seemingly endless project possibilities due to the wonderful sculptural quality that wool has. Throughout the year, Sam's work can be found at various art festivals. She also enjoys teaching felting classes to both children and adults.

**Tuesday, March 19 5:00-8:00pm**

**NRMS \$28 #1040-W24A**

Find us on ROCKFORD COMMUNITY SERVICES



**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

## ART CLASSES

Instructor: "Tree" Anderson is a passionate and dedicated artist with a deep love for nurturing creativity in her students. With a bachelor's degree in the arts from Guildhall in London, over 20 years of working in the arts across the world and 10 years of teaching experience, Tree has honed her skills in helping aspiring artists of all walks of life to explore their creativity. Tree fosters a welcoming and supportive environment where students can express themselves through various mediums from painting to sculpture, her innovative teaching methods and commitment to personalized instruction creates confidence and individuality in her students work.

## INTRO TO DRAWING

Grade 6-Adult. Introduction to Drawing is a fun and engaging mini art course designed to provide students with a foundational understanding of drawing techniques, materials and concepts. This course is ideal for beginners! Whether you're an aspiring artist, a creative enthusiast, or simply someone looking to explore a new form of self-expression, this course offers a welcoming environment for you!

**Tuesdays, January 9 (4 wks) 6:30-8:00pm**

**NRMS \$110 #1220-W24A**

## INTRO TO ACRYLIC PAINTING

Grade 6-Adult. Unlock your inner artist and embark on a creative journey with Intro to Acrylic Painting. This 4 part mini series is perfect for beginners. Whether you're a novice with no prior painting experience or looking to refresh your skills, this course is designed to provide a solid foundation in acrylic painting techniques, materials and concepts.

**Tuesdays, February 6 (4 wks) 6:30-8:00pm**

**NRMS \$120 #1222-W24A**

## INTRO TO OIL PAINTING

Grade 6-Adult. Embark on an artistic journey with our oil painting for beginners course, especially designed for those new to the world of oil painting. This mini series provides hands-on experience and a solid foundation for understanding the unique properties and techniques of oil paints, allowing you to bring your creative visions to life on canvas.

**Tuesdays, March 5 (4 wks) 6:30-8:00pm**

**NRMS \$140 #1224-W24A**



## DOG & CAT FIRST AID AND CPR CERTIFICATION

Ages 11-Adult. Have you ever felt frustrated when an animal was hurt or ill and you didn't know what to do? This veterinarian-approved course will teach you the essential skills needed to assess and treat your pet until advanced care is available. During the course, we will practice and learn first aid skills like splinting, bandaging/bleeding control and safe handling/movement of injured pets, as well as assessment and treatment of medical and environmental emergencies. Most of all we will have fun while learning! At the end of the course, participants will receive Pro Pet Hero certification which is valid for 2 years. Instructor: Melissa Huisman has been a paramedic since 1991, both on an ambulance and as the Director of Operations for a local EMT and Paramedic training academy. She has also been a human CPR and First Aid instructor since 2003. Melissa has a passion for animals and helping their humans feel calm and confident if faced with a pet emergency. She founded LifeCode Healthcare Training to teach pet and human First Aid and CPR. Melissa and her husband have a 2 year old Maltipoo named Max that is their best boy!

**Wednesdays, January 10 (2 wks) 6:00-8:00pm**  
**NRMS \$89 #1810-W24A**

**Tuesdays, January 23 (2 wks) 6:00-8:00pm**  
**NRMS \$89 #1810-W24B**

**Wednesdays, February 7 (2 wks) 6:00-8:00pm**  
**NRMS \$89 #1810-W24C**

**Wednesdays, February 21 (2 wks) 6:00-8:00pm**  
**NRMS \$89 #1810-W24D**

**Wednesdays, March 6 (2 wks) 6:00-8:00pm**  
**NRMS \$89 #1810-W24E**

**Wednesdays, March 20 (2 wks) 6:00-8:00pm**  
**NRMS \$89 #1810-W24F**

## ROCKFORD COMMUNITY CHOIR

The Rockford Community Choir welcomes adult singers of all ages and skill levels! There is no audition requirement. We sing a wide range of music, including classical, folk, hymnody, gospel, multicultural, novelty, Broadway, jazz and modern. We will perform two to three concerts a year, typically with the Rockford Community Orchestra and Community Band. We have occasionally performed at additional venues, such as ArtPrize. The Community Spring Concert is scheduled for April 21, 2024. Cost includes a \$10 supply fee. Instructor: Renee Vande Wege is a seasoned music educator of all ages and long-term resident of Rockford. She is currently the North Rockford Middle School Choir Director and will conduct the newly formed Rockford Community Children's Choir this fall. A former member of the Opera Grand Rapids chorus, and Vocal Director/Soloist of Grand Rapids Children's Opera Workshop, Ms. Vande Wege conducts the K-12 Children's and Youth Choirs at LaGrave Avenue CRC in Grand Rapids as well.

**Thursdays, January 11 (13 wks) 7:00-8:30pm**  
**NRMS \$59 #1902-W23A \*skip 3/28 & 4/4**

## ROCKFORD CIVIC SYMPHONY

Formerly known as the Rockford Community Orchestra, the Rockford Civic Symphony welcomes musicians of varied skill levels and ages to play and learn through the shared experiences of orchestral music. Membership is open to all persons who possess the skills necessary to perform standard orchestral literature. There is no audition requirement. We are always interested in expanding our string sections. Our group also includes percussion, brass and woodwind players. We play a variety of orchestral literature, from classical symphonic pieces, ballets and operas to Broadway shows. We perform 2-3 concerts per year. For information contact [rockfordcivicsymphony@gmail.com](mailto:rockfordcivicsymphony@gmail.com). Conductor: John Reikow has a Bachelor's Degree in Music Performance and Music Education from Western Michigan University. He retired from positions as Director of Orchestras and Music Department Chair for the Holland Public Schools. He is the Principal Cellist for the Holland Symphony Orchestra and instructs private and group lessons at The Holland Cello Studio in Holland, MI.

**Tuesdays, January 9 (17 wks) 6:30-9:15pm**  
**NRMS \$49 #1901-W24A \*skip 4/2**

## 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 process for admittance to the ensemble, the conductor may request to hear new members individually in order to best facilitate part assignments. The ensemble presents 4-6 concerts per semester; in addition to performances at local venues, this ensemble also participates in a shared holiday concert with other Rockford community ensembles. In essence, the Rockford Community Band is an ensemble dedicated to life-long musicianship while presenting diverse, entertaining performances to the community it serves. Instructor: Tiffany Engle joined the faculty at Calvin University in 2005. In addition to conducting the Symphonic Band and Wind Ensemble, she teaches courses in Applied Saxophone and Conducting. Dr. Engle also coordinates the chamber winds program and leads the Pep Band. Dr. Engle is deeply committed to service that inspires rich musical involvement in the lives of others. She is the director of Calvin's Knollcrest Music Camp (a summer program for middle and high school students) and regularly serves as a clinician with various school ensembles in the West Michigan area. She has served as the conductor of the Rockford Community Band since January 2008.

**Mondays, January 8 (19 wks) 7:00-9:00pm**  
**ERMS \$49 #1900-W24A**

# TRAVEL SERIES

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

## CUBA

Yes! You **CAN** travel to Cuba, with or without a guide. Come learn about our 'near neighbor' and the intricacies of travel to this small island nation. Once the life of the Caribbean, it still holds some of the magic from the old days - street music, beaches, and more!

**Tuesday, January 9 6:30–8:00pm**

**RHS \$8 #1030-W24A**

## COLUMBIA

Once known as a 'dangerous place', Columbia has emerged as an amazing tourist destination. The topography of the country from North to South lends itself to a diversity of magical destinations: Caribbean beaches, mountain peaks, coffee fields, fascinating cities, amazing climate - all that and some of the friendliest people in South America! **NOTE:** This is one of my **FAVORITE** places in the **WORLD!**

**Tuesday, January 16 6:30–9:15pm**

**RHS \$8 #1030-W24B**

A black and white advertisement for piano lessons. On the left, there is a close-up, artistic shot of piano keys. To the right, the text 'PIANO LESSONS FOR ALL AGES' is written in a bold, sans-serif font. Below this, a musical staff with a treble clef and several notes is shown. Further down, the text 'Proven method • Experienced instructor' is followed by 'Private in-person or online options' and 'Recitals • Convenient Rockford location'. At the bottom, the name 'KAREN NAGLE PIANO STUDIO' is written in a bold font, with the contact information '(616) 826-4626 | kfnagle@msn.com' below it.

**PIANO LESSONS**  
FOR ALL AGES

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

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

# GR WALKING TOURS

## WORLD OF WINTER WALKING TOUR

We are a 4-season city! For the 7th consecutive winter, we hardy Grand Rapidians honor the snow and "dip in temperature" with its own festival - the World of Winter. In anticipation of its bigger and better event, Downtown Grand Rapids Inc (DGRI) sought proposals from vendors from both around the world and locally who could help us celebrate our equally lovable season, winter! This year, DGRI was particularly interested in selecting exhibits that would incorporate sound and light. So, plan your winter walk with Caroline Cook as she leads you through the art installations in our winter wonderland. Meet in the lobby of the JW Marriott (235 Louis St NW, Grand Rapids).

**Tuesday, January 30 6:00-7:30pm**

**J.W. Marriott \$20 #1425-W24A**

## ICE SCULPTURES WALKING TOUR

Grand Rapidians believe that winter is a season to be **LOVED**, celebrated and enjoyed outside, so Downtown Grand Rapids Inc (DGRI) organizes **VALENT Ice - A Festival of Frozen Fun** each February during Valentine's Day week. Magnificent ice statues are created by local champion ice carver, Randy Finch and his team. There are 80ish incredible, unique sculptures on display downtown during the festival...some life-size, some interactive, and the selection is different each year. Bundle up, grab a hot chocolate, then join Caroline Cook and the group to learn more about sub-zero art and the intriguing back stories. Meet in the lobby of the JW Marriott (235 Louis St NW, Grand Rapids).

**Monday, February 9 4:00-5:30pm**

**J.W. Marriott \$20 #1426-W24A**

## TIME, TALENT, TREASURES... NOW (PART 2) WALKING TOUR

We learned about the history of philanthropy in Grand Rapids in Part One in November, 2023. This is a continuation of that first walk as we move into the present time. 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. Criss-cross downtown to visit those places and spaces which were gifted to us to enjoy. For better. For good. For all. Meet in the lobby of the JW Marriott, 235 Louis St. NW, Grand Rapids.

**Wednesday, March 27 6:00-7:30pm**

**JW Marriott \$20 #1428-W24A**

## MANAGING YOUR TIME SO THAT YOU HAVE MORE TIME

Are you managing your time or is time managing you? We don't need more time, but we do need to learn how to evaluate and manage our time to use it effectively so that it is working for us. In this class you will join others who are one decision or action step away from creating the most productive 24 hours of their life! At the end of this class, you will learn the secret to living the power of one more (learn what that is); create 3 successful ways to max out your day without stressing out and learn to live a mindset to "do it afraid" (without being afraid). Each participant will receive a free workbook.

Week 1: The Power of One More

Week 2: Get More Out of Your 24 Hours

Week 3: The Power of the Wellness Wheel

Week 4: Do it Afraid!

Instructor: Stephanie Maat is an HR Professional with over 25 years of experience along with being a Certified Life Coach and Divorce Life Coach. She is the owner of Courageous Living, a life coaching business [www.courageouslivingtoday.com](http://www.courageouslivingtoday.com). She brings her HR background and life coaching experiences together as she walks alongside others (whether in the corporate world or on a personal level) to empower them to maximize their gifts and talents so they can go further than they ever thought possible! She is the mother of two college students and has lived in Rockford for over 9 years.

**Tuesdays, March 5 (4 wks) 7:00-8:30pm**

**RHS \$50 #1147-W24A**

## NEW YEAR – NEW YOU: HAVE THE BEST YEAR EVER!

Are you a resolution type of person? How is that working for you? This class is not about resolution, but resilience for the new year and stepping into the new you. What does that look like? You get to decide. We will share how we can step into our space with intention, confidence, resilience, and empowerment. Does that sound like you? At the end of this class, you will learn key steps to living your best life (on your terms), thriving in your daily intentions, and manifesting a healthy mindset. Each participant will receive a free workbook.

Week 1: Start with the End in Mind

Week 2: Word for the Year

Week 3: New Year: New Mindset

Week 4: Coach Yourself to a Better You

Instructor: Stephanie Maat is an HR Professional with over 25 years of experience along with being a Certified Life Coach and Divorce Life Coach. She is the owner of Courageous Living, a life coaching business [www.courageouslivingtoday.com](http://www.courageouslivingtoday.com). She brings her HR background and life coaching experiences together as she walks alongside others (whether in the corporate world or on a personal level) to empower them to maximize their gifts and talents so they can go further than they ever thought possible! She is the mother of two college students and has lived in Rockford for over 9 years.

**Tuesdays, January 9 (4 wks) 7:00-8:30pm**

**RHS \$50 #1145-W24A**

## ORGANIZE YOUR LIFE, NOT JUST YOUR HOUSE

Have fun learning proven successful principles for organizing your work, home, health, fitness, hobbies, finances, and your thoughts...yes, your thoughts! You will gather tools to learn why you feel stuck, how to get unstuck, and how to create balance in all areas of your life. At the end of this class, you will develop 3 keys to get unstuck and stay unstuck; abolish self-limiting beliefs and create 3 simple keys to organize your life while maintaining balance. Come out and be a part of this conversation. Each participant will receive a free workbook.

Week 1: Getting Unstuck

Week 2: What Are You Putting Off?

Week 3: Abolish Self-Limiting Beliefs

Week 4: Balance, Consistency, Results

Instructor: Stephanie Maat is an HR Professional with over 25 years of experience along with being a Certified Life Coach and Divorce Life Coach. She is the owner of Courageous Living, a life coaching business [www.courageouslivingtoday.com](http://www.courageouslivingtoday.com). She brings her HR background and life coaching experiences together as she walks alongside others (whether in the corporate world or on a personal level) to empower them to maximize their gifts and talents so they can go further than they ever thought possible! She is the mother of two college students and has lived in Rockford for over 9 years.

**Tuesdays, February 6 (4 wks) 7:00-8:30pm**

**RHS \$50 #1146-W24A**

Official Driving School Rockford! NOW'S THE TIME TO SIGN UP FOR 2024 SEGMENT 1 & SEGMENT 2. 2024 SCHEDULES ARE UP! 248.548.8000 | OFFICIALDRIVINGSCHOOL.COM



## HOME BUYER'S CLASS

This course is here to provide those interested in purchasing a home with the next step in moving toward home ownership. The home buying process can seem overwhelming if you don't know what to expect. The appropriate education can help you step into home ownership with confidence knowing you have a strong team supporting you and a greater understanding of what to expect throughout the process. For many, taking the first step is the hardest. This class can act as a springboard for you to jump into your dream of buying a new home. Instructor: Chris Lenon is a licensed Realtor with Bellabay Realty. Since 2019, he has helped his clients find their new homes by educating them and walking them step-by-step through the process. Adam Tolley (NMLS: 1212608) is a Senior Loan Officer and Team Leader with Mortgage One. Adam has spent more than 11 years in the industry, providing top-notch service to each of his clients. Both Chris and Adam base a big part of their business on educating their clients to ensure they are prepared for the current market and are fully informed on the process of buying a home. It is important to both that their clients understand the contracts and the market so they can make decisions that best fit their current needs.

**Thursday, January 18 6:00-8:00pm**  
**RHS FREE #1060-W24A**

## ADULT EDUCATION HIGH SCHOOL COMPLETION

### WANT TO EARN A ROCKFORD HIGH SCHOOL DIPLOMA OR PREPARE FOR THE GED?

Let us help you! Our dedicated teaching staff tailors instructional methods and curriculum options for each individual student. Students are given a clear plan and the help needed to achieve their goals.

Teachers are highly qualified in their teaching major and are aware of the unique needs of the adult education student. One-on-one time is given in each class.

Small class size, competent teachers, individualized learning plans, accelerated classes, online and onsite classes, a safe environment, a flexible class schedule, including day and evening classes, and a convenient location near US 131 and the E. Beltline are reasons students choose our FREE program.

### NOW ENROLLING FOR THE 2023/2024 SCHOOL YEAR

Please contact: Jenny Thompson  
Director Adult/Alternative Education Rockford Public Schools  
616.863.6324 | [jthompson@rockfordschools.org](mailto:jthompson@rockfordschools.org)

## RETIREMENT INCOME

This class is designed to educate you on the subject matter of Retirement Income in the least irritating and boring manner possible. Topics covered include, but are not limited to: Inflation (this might just be on your mind hmmm?), taxable vs. tax free assets, qualified plans, rollover considerations, Social Security, Medicare, estate conservation and distributing assets in an organized fashion. There is so much great information, you will not be falling asleep during this class! Instructor: Adam Fliehman is an 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. After years of working for captive financial firms and over 10 years in the financial industry, Adam founded Fliehman Financial. With the partnerships developed, Fliehman Financial has the resources and capabilities to offer clients an unprecedented level of service and a comprehensive array of financial options. Adam lives in Rockford, MI with his wife Jacquelyn, the owner and operator of the Fliehman School of Music, and their 3 children.

**Tuesday or Thursday, 6:30-8:30pm RFC \$10 each session**

<b>Tuesday, January 9</b> <b>#2160-W24A</b>	<b>Tuesday, March 5</b> <b>#2160-W24E</b>	<b>Tuesday, May 7</b> <b>#2160-W24J</b>
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<b>Thursday, January 25</b> <b>#2160-W24B</b>	<b>Thursday, March 21</b> <b>#2160-W24F</b>	<b>Thursday, May 23</b> <b>#2160-W24K</b>
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<b>Tuesday, February 6</b> <b>#2160-W24C</b>	<b>Tuesday, April 9</b> <b>#2160-W24G</b>
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<b>Thursday, February 22</b> <b>#2160-W24D</b>	<b>Thursday, April 25</b> <b>#2160-W24H</b>
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# COURTESY

— — DRIVING SCHOOL — —



### ROCKFORD FRESHMAN CENTER

#### SEGMENT I: 24 Lecture Hours, 6 Driving Hours

January 8-February 1	3-5 p.m.
March 4-26	3-5 p.m.
May 6-29	3-5 p.m.

#### SEGMENT II: 6 Lecture Hours

January 16, 18, 23	3-5 p.m.
March 12, 14, 19	3-5 p.m.
May 14, 16, 21	3-5 p.m.

Michigan's Oldest and Largest Driving School. Over 750,000 Trained Safe Drivers Since 1970! In Person & Virtual Classes Available!

Schedules and registration are available on our website

[www.courtesydrivingschool.com](http://www.courtesydrivingschool.com)

**(800) 256-9559**



## UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

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

**Wednesday, January 24 6:30-8:00pm**  
**RFC FREE #1337-W24A**

## UNDERSTANDING THE BASICS OF TERM & WHOLE LIFE INSURANCE

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

**Wednesday, January 31 6:30-8:00pm**  
**RFC FREE #1338-W24A**

## HIGH BLOOD PRESSURE CONTROL – NATIONAL KIDNEY FOUNDATION OF MICHIGAN

High blood Pressure Control is a no-cost, virtual, evidence-based program designed to help individuals better manage their high blood pressure. Participants learn important skills such as healthy nutrition, how to incorporate physical activity into their busy lives, stress management techniques, and how to develop and follow through on both short and long-term action plans. Participants receive a free workbook and blood pressure monitor. Instructors: Marion Champion & Beth Nelson are community members who were selected and trained by the National Kidney Foundation of Michigan and certified to teach High Blood Pressure Control.

**Registration is required; participants can sign up online at [nkfm.org/hbpc](https://nkfm.org/hbpc) or by calling 800.482.1455 or by emailing [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)**

**Mondays, January 22 (8 wks) 6:00-7:30pm**  
**Virtual Class FREE**

## CHRONIC PAIN RELIEF USING VIRTUAL REALITY

Ages 9+. The FDA recently approved Virtual Reality for chronic pain management. While Amped Reality is not a medical establishment, we are letting people try VR for pain relief. If found helpful, individuals can pursue a prescription. Several people have been VERY pleased with the results! Instructor: Greg Wander began studying virtual reality intensely in an effort to start a family business where he could work alongside his two sons. In July 2019, his goal was realized when Amped Reality, his family's virtual reality experience center, opened on 28th Street just west of Woodland Mall. "For me, the most precious times in my life are spending time doing things and making memories with my friends and family, and I love the fact that our virtual reality center will provide that to others," says Greg. "I have personally been amazed by virtual reality technology as it has allowed me to fly in a British bomber during the end of WWII; to see the solar system from a different perspective and walk on the moon; and even to be transformed into a wizard! I have seen so many people laugh and be amazed by the experience - it has really been rewarding for me!" Virtual reality technology can help people learn faster, understand each other and the world around us better, save money, improve safety, and bring joy and amazement to people. Amped Reality, 2923 28th Street Se, Grand Rapids.

**Wednesday, February 28 5:30-6:30pm**  
**Amped Reality \$8 #1207-W24A**



Third Annual  
**ROCKFORD'S GOT TALENT**

 **TICKETS ON SALE!**

Join us for the third annual RGT talent show competition featuring local talent!

★★★★★

February 3, 2024 | 7-9PM  
Rockford High School Auditorium

★★★★★

Email [rockfords.got.talent@gmail.com](mailto:rockfords.got.talent@gmail.com)  
or scan the QR code to purchase tickets. Visit [racerockford.com](https://racerockford.com) to learn more about the event!



Rockford's Got Talent is a Rockford Area Community Endowment (RACE) event to benefit the Krause Memorial Library and RACE.

# ADULT FITNESS & RECREATION



## CAPOEIRA: THE BRAZILIAN MARTIAL ART

Ages 12 - Adult. Capoeira is a martial art that is highly cardio-based. In our classes one learns to blend kicks and dodges together through flowing movements that are often said to resemble a dance. This unique martial art originated in Brazil and has spread in popularity throughout the globe. Capoeira is a martial art that will bolster one's strength, balance and flexibility. Instructor: Juston Espinoza began training Capoeira in 2005 at Grand Valley State University and immediately fell in love with the art. He began teaching classes in 2008, leading courses for a variety of programs throughout the state of Michigan. In 2016 Juston founded Grand Rapids Capoeira as a way to continue training and sharing Capoeira with the community. Juston likes to keep classes light yet engaging, always having fun while training hard. He aims to create a space where training is enjoyable, even after doing 500 kicks, and any questions are always welcome.

**Tuesdays, January 9 (6 wks) 7:30-8:30pm**  
RFC \$90 #1012-W24A

**Tuesdays, February 20 (6 wks) 7:30-8:30pm**  
RFC \$90 #1012-W24B

**Tuesdays, April 9 (6 wks) 7:30-8:30pm**  
RFC \$90 #1012-W24C

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

# PICKLEBALL

## ADULT OPEN PLAY

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.

**Mondays (6 wks) NRMS Upper Gym \$35**

**\*Skip February 19, March 11, and April 1**

**SESSION 1 – January 15 (6 wks)**

**6:30-8:00pm Beginners #3205-W24A**

**8:00-9:30pm Intermediate #3205-W24B**

**SESSION 2 – March 4 (6 wks).**

**6:30-8:00pm Beginners #3205-S24A**

**8:00-9:30pm Intermediate #3205-S24B**

# CORNHOLE

## LEAGUE

**NEW!**

Ages 14 and up. Get ready to toss and score your way through cornhole madness! Register your team and join our Cornhole League for a whirlwind of weekly showdowns and an epic playoff leading to the ultimate Championship Night. Whether you're a seasoned pro or a first-timer, this league is all about the thrill, camaraderie, and a sprinkle of friendly competition. Come for the game, stay for the fun.

Teams consist of 2 players.

6 week league and 1 tournament night, \$216 per team.  
BattleGR, 284 Dodge NE Suite 100 Comstock Park MI 49321.

**Sundays, January 28 (6 wks) 4:30-8:30pm**

**BattleGR \$216 per team #1498-W24A**



## BEGINNING TAI CHI CHUAN

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

**Tuesdays, January 23 (8 wks) 10:00-11:00am**

**Rockford United Methodist Church \$65 #1405-W24C**

**Tuesdays, January 23 (8 wks) 6:30-7:30pm**

**Rockford United Methodist Church \$65 #1405-W24D**

**Tuesdays, April 9 (8 wks) 10:00-11:00am**

**Rockford United Methodist Church \$65 #1405-S24A**

**Tuesdays, April 9 (8 wks) 6:30-7:30pm**

**Rockford United Methodist Church \$65 #1405-S24B**

## CONTINUING TAI CHI CHUAN

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

**Tuesdays, January 23 (8 wks) 11:00am-12:00pm**

**Rockford United Methodist Church \$65 #1406-W24A**

**Tuesdays, January 23 (8 wks) 7:30-8:30pm**

**Rockford United Methodist Church \$65 #1406-W24B**

**Tuesdays, April 9 (8 wks) 11:00am-12:00pm**

**Rockford United Methodist Church \$65 #1406-S24A**

**Tuesdays, April 9 (8 wks) 7:30-8:30pm**

**Rockford United Methodist Church \$65 #1406-S24B**

## 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, January 16 (1 wk) 6:30-7:30pm**

**MDR Gym FREE #1449-W24A**

**Tuesdays, January 23 (7 wks) 6:30-7:30pm**

**MDR Gym \$56 #1449-W24B**

**Tuesdays, March 19 (7 wks) 6:30-7:30pm**

**MDR Gym \$56 #1449-S24A \*skip 4/2**

## 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, January 17 (1 wk) 7:00-8:00pm**

**MDR Gym FREE #1450-W24A**

**Wednesdays, January 24 (7 wks) 7:00-8:00pm**

**MDR Gym \$60 #1450-W24B**

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

**MDR Gym \$60 #1450-S24A \*skip 4/3**

## CARDIO DRUMMING & CORE

March to the beat of your own drum with one of the most fun fitness trends around! Cardio drumming takes a simple movement - Drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. Cardio Drumming is a high-energy workout that is easily adapted to Hi or Low impact. Standing behind a large exercise ball, we will dance, squat, shimmy, and drum to the music. Drumming is a fun workout that turns keeping a rhythm into a workout you won't want to stop. **YOU WILL NEED TO BRING: A large exercise ball measured to your height. Up to 5'5 - 55cm, 5'6-6'2 - 65cm, over 6'2 - 75cm. Also bring a yoga mat, water, and supportive exercise shoes. If you are allergic to latex, please bring your own exercise loop for floor exercises.**

**Thursdays, January 11 (11 wks) 6:45-7:45pm**

**MDR Gym \$88 #1489-W24A**

**Thursdays, April 11 (11 wks) 6:45-7:45pm**

**MDR Gym \$88 #1489-S24A**



# APTITUDE FITNESS

Aptitude Fitness+Yoga, 251 Northland Drive NE, Rockford

## STRENGTH AND STRETCH

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

**M/W/F, January 8 (4 wks) 5:30-6:15am**

**Aptitude Fitness \$90 #1466-W24A**

**Thursdays, January 11 (6 wks) 6:00-6:45pm**

**Aptitude Fitness \$60 #1466-W24B**

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

**Aptitude Fitness \$90 #1466-W24C**

**Thursdays, February 22 (6 wks) 6:00-6:45pm**

**Aptitude Fitness \$60 #1466-W24D**

## SLOW FLOW

Practice self-love, self-care and take some time for yourself. This all-level Hatha Yoga practice is great for those who are seeking a softer, nurturing, slow-paced, and well-supported practice.

**Mondays & Thursdays, January 8 (6 wks) 4:00-4:45pm**

**Aptitude Fitness \$75 #1493-W24A**

**Mondays & Thursdays, February 19 (6 wks) 4:00-4:45pm**

**Aptitude Fitness \$75 #1493-W24B**

## RISE AND SHINE VINYASA

Wake up with the sun! This all-levels Vinyasa-focused flow will get your day started in the very best way. Build strength, find your balance, and link your breath to your movement, moving from one posture to another while building balance and strength.

**M/W/F, January 8 (4 wks) 9:15-10:15am**

**Aptitude Fitness \$90 #1482-W24A**

**M/W/F, February 5 (4 wks) 9:15-10:15am**

**Aptitude Fitness \$90 #1482-W24B**

**Saturday, January 13 (6 wks) 10:15-11:15am**

**Aptitude Fitness \$60 #1482-W24C**

**Saturday, February 24 (5 wks) 10:15-11:15am**

**Aptitude Fitness \$55 #1482-W24D**

## BARRE MONDAYS

Barre is a fitness for every type of body! It's easy on joints, can be modified around the knee, back, and shoulder injuries and it's an amazing cross-training option for runners and cyclists. Strengthen your legs, lift your seat, and tone your arms and abs during a fun, music-filled class with aspects of ballet, yoga, and Pilates.

**Mondays, January 8 (6 wks) 7:15-8:00am**

**Aptitude Fitness \$60 #1480-W24A**

**Mondays, February 19 (6 wks) 7:15-8:00am**

**Aptitude Fitness \$60 #1480-W24B**

## BUTTS AND GUTS **NEW!**

This 30-minute workout class is all about strengthening and toning your abs as well as your lower body - including your legs and butt! Join us for this low-impact, high-energy 30-minute class focusing on sculpting and toning your abs and lower body! We'll be using a variety of body weight circuits to target your glutes, quads, hamstrings, and abs!

**Wednesdays, January 10 (6 wks) 5:30-6:00pm**

**Aptitude Fitness \$60 #1469-W24A \*skip Feb 14**

**Wednesdays, February 28 (5 wks) 5:30-6:00pm**

**Aptitude Fitness \$55 #1469-W24B**

## LIGHT VIBRATIONS: SOUND BATH & **NEW!**

### REIKI W/JUL OF THE LIGHT

Illuminate your aura with Aptitude's Resident Energy Healer Jul of the Light, as she envelopes your field in the loving vibrations of Sound Healing & Reiki. This 60-minute class includes an immersive Reiki-infused Sound Bath accompanied by Jul's unique Vocal Alchemy offering; intuitive sound healing featuring Jul's powerful and soothing singing voice, channeled in harmony with crystal singing bowls connected to the 7 principle Chakras. Her Vocal Alchemy not only provides transcendent musical harmony but also acts as a channel for divine transmissions of light language and affirmation messages of unconditional love to flow into the container. The class will also offer connective share circles where we come together to restore harmony within the mind, body, & spirit as a community. Jul of the Light is passionate about creating a more loving world through her Light Work and is ecstatic to hold this space for healing and community to take place in one.

**Sundays, January 14 (5 wks) 6:00-7:00pm**

**Aptitude Fitness \$80 #1440-W24A**

## CHAIR YOGA **NEW!**

Chair yoga is a practice that is beneficial to all. Use the support of the chair to arrive in yoga poses, move, and breathe. Benefits of chair yoga include increased mobility, increased strength, stretching of the body, reduced stress, reduced pain & clearing the mind. This class is ideal for individuals who need support for balance and safety; individuals recovering from illness or injury or have problems with knees and hips; or for anyone interested in learning more ways to improve balance, strength, and flexibility. All are welcome to this class. No Yoga experience is needed. \*Chairs provided in studio\*

**Fridays, January 19 (5 wks) 10:30-11:15am**

**Aptitude Fitness \$55 #1441-W24A**

**Fridays, February 23 (5 wks) 10:30-11:15am**

**Aptitude Fitness \$55 #1441-W24B**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.



# SENIORS UNLIMITED



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

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

Third Tuesday of each month 10:00-11:00am  
**Community Services Cafeteria**  
350 N. Main St., Rockford  
*Come to the Community Service entrance on Lewis St. (across from Parkside Elementary)*

## UPCOMING BOOKS

JANUARY 16, 2024

**Our Missing Hearts**  
by Celeste Ng

FEBRUARY 20, 2024

**Killers of the Flower Moon**  
by David Grann

MARCH 19, 2024

**The Day the World Came to Town**  
by Jim DeFede

# Community Cabin College

A service of Rockford Public Schools

**Lunch: 12:00pm (Doors open at 11:30am)**  
**Rockford Community Cabin, 220 Monroe St.**

**Pre-registration is required.**

**Deadline to register is one week prior to the event.**

**\*Refunds given up until one week prior to luncheon date.\***

## LIGHTHOUSES OF MICHIGAN

*Presented by Matthew L. Daley, Grand Valley State University*  
Standing as lonely sentinels along the coasts and at harbor mouths throughout Michigan, lighthouses serve as enduring reminders of Michigan's maritime heritage and operate as popular tourist attractions. The stories of keepers and storms give them a well-deserved aura of romance and adventure that we remember today. Yet, we hear less of the great efforts to plan, construct, and manage this enormous nation-wide system. This course draws these pieces together to tell the stories of Michigan's lighthouses, the lives of keepers, and how the United States Lighthouse Service kept the lights burning.

**Monday, January 15 \$8 #5258-W24A**

**No Cabin in February due to Winter Break**

## COOKING AND EATING FOR HEART HEALTH

*Presented by Corewell Healthier Communities*  
Why is focusing on heart health important? Heart disease is the number 1 cause of death for men and women in America. High blood pressure, high cholesterol, and smoking are risk factors for heart disease. About half of Americans have at least one of these risk factors. Additional risk factors like type 2 diabetes, being overweight, having an unhealthy diet and being inactive are factors we can change. Eating more plant foods has been shown to significantly reduce these risk factors. Join Krista Gast, Registered Dietitian from Corewell Health's Lifestyle Medicine program, to learn more about how you can use food as medicine to help prevent, manage, and even reverse heart disease.

**Monday, March 18 \$8 #5261-W24A**

## FREE LEGAL ADVICE FOR SENIORS!

Attorney Michael Herring offers free legal advice to our seniors on the last Tuesday of every month at the Rockford Community Services office, 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**

**Tuesdays, 10:00am-12:00pm**

**January 30, February 27, March 26**

## OUT TO LUNCH BUNCH BUS TRIPS

### JANUARY: TOUR THE MEYER MAY HOUSE IN GR

Designed by Frank Lloyd Wright in 1908 for a prominent Grand Rapids Clothier, the Meyer May House was purchased by Steelcase Inc. in 1985 and was meticulously restored and opened to the public in 1987. Today, complete with original furnishings and faithfully executed reproductions, the Meyer May House provides the rare opportunity to experience a Prairie house exactly as Frank Lloyd Wright intended. There will be a film to view followed by a tour of the home. The tour will end at 11:30am. *Please note: the upper floor of the house is accessible via stairs only.* Transportation provided by RPS. Activity level: high.

*Space is limited so sign up soon!*

**9:20am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).**

**12:00pm approximate return to Rockford**

**Thursday, January 25 \$5 #2040-W24A**

### FEBRUARY: 2ND ANNUAL GALENTINE'S DAY OUTING!

Hey ladies! Looking for something fun to do? Want to meet other 55+ ladies in the area? Join us for our annual GALEntine's outing! This year it will be on Tuesday, February 13th. We will be traveling to the amazing San Chez Bistro in downtown Grand Rapids to enjoy delicious brunch (paid for on your own) in their cozy atmosphere. Grab a girlfriend or come solo, doesn't matter! Transportation provided by RPS. Activity level: low.

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

**1:00pm approximate return to Rockford**

**Tuesday, February 13 FREE #1414-W24A**



**Quilts of Valor**  
Quilting to Honor & Comfort

### 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 that is 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 also may be interested in donating fabric for our quilts. We hope to see you there!

**Third Monday of every month, 2:30-4:30pm**

**Rockford Community Cabin, 220 Monroe St, Rockford**

### FEBRUARY: TOUR OF AMWAY'S WORLD HQ

Join us for a tour of Amway's World Headquarters right in Grand Rapids! This high-level walking tour of their large campus will cover everything from an explanation of the Founders Fundamentals to an overview of their brands' history to getting some views of their science labs. Tour time approx 9:30-11:00am. Transportation provided by RPS. Activity level: very high (lots of walking and stairs).

**9:00am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).**

**11:45am approximate return to Rockford**

**Tuesday, February 27 \$5 #1345-W24A**

### MARCH: THE HERITAGE RESTAURANT EXPERIENCE AT GRCC

Come and have lunch with us at the Heritage restaurant! The Heritage is a fine dining public restaurant staffed by the culinary school students under the direct supervision of the chef and instructors on the GRCC campus. Lunch includes soup or salad, your choice of four entrees, desert and beverage. Unfortunately, the bakery will not be available for us to visit. You will be asked to choose your menu when registering. Cost includes gratuity. Transportation provided by RPS. Activity level: medium (there is a long walk from the bus to the restaurant through their building)

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

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

**Thursday, March 21 \$35 #5123-W24A**



### ROCKFORD COMMUNITY CABIN

Located at 220 N Monroe Street, Rockford  
2nd Monday of the month **1:00-3:00pm**

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

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

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

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

**2nd Monday of the month 1:00pm**  
**1/8/24, 2/12/24, 3/11/24**

# DAUGHTER DANCE

All Together Now – put on your dancing shoes and join us as we create a space of unity where daughters are welcome to invite their special adult(s) to experience the joy of music and dance. Professional photos taken by Douglas Photography and music provided by Solid Sound. Light refreshments will be available.

*Limited Space - Register Early. Registration closes at noon on February 6.*

*No walk-in registrations will be permitted.*

**FRIDAY, FEBRUARY 9, 2024 – 6:30-8:00PM**

**\$15 PER PERSON**

**RHS #2210-W24A | ERMS #2210-W24B | RFC #2210-W24C**

## SON & FUN SPECTACULAR

**BATTLE**  
**GRAND RAPIDS**  
TACTICAL GAMES & SPORTS

*Gear up for a fully immersive experience with a variety of thrilling & exciting activities that are fun and family friendly. Boys that are currently enrolled in DK – 5th grade may invite their special adult(s) to an engaging event at BattleGR. 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, food & non-alcoholic drinks will be available for an additional cost. Space is Limited.*

*Registration will close at noon on February 20th.  
No walk-in registrations will be permitted.*

*BattleGR, 284 Dodge NE, Suite 100, Comstock Park*

**Friday, February 23, 2024  
6:30-8:00pm**

**\$25 per person | BattleGR #2212-W24A**



# YOUTH ENRICHMENT

## ART CLASSES

Instructor: “Tree” Anderson is a passionate and dedicated artist with a deep love for nurturing creativity in her students. With a bachelor’s degree in the arts from Guildhall in London, over 20 years of working in the arts across the world and 10 years of teaching experience, Tree has honed her skills in helping aspiring artists of all walks of life to explore their creativity. Tree fosters a welcoming and supportive environment where students can express themselves through various mediums. From painting to sculpture, her innovative teaching methods and commitment to personalized instruction creates confidence and individuality in her students work.

### INTRO TO DRAWING – KIDS EDITION!

Grades 3-5. Introduction to Drawing is a fun and engaging mini art course designed to provide students with a foundational understanding of drawing techniques, materials and concepts. This course is ideal for beginners and tailored for younger students. Using fun techniques, we will explore the world of drawing, creating confident and inspired young artists!

**Tuesdays, January 9 (4 wks) 4:45-6:00pm**

**NRMS \$80 #1221-W24A**

### INTRO TO ACRYLICS – KIDS EDITION!

Grades 3-5. Let your child’s imagination soar and their creativity shine in our kids acrylic painting class. This fun and engaging art class is designed specifically for children 3rd through 5th grade, to introduce them to the colorful world of acrylic painting. Whether your child is a budding artist or new to painting, this course offers an exciting opportunity to explore their artistic talents in a supportive and encouraging environment.

**Tuesdays, February 6 (4 wks) 4:45-6:00pm**

**NRMS \$100 #1223-W24A**

### MIXED MEDIA ADVENTURE – KIDS EDITION!

Grades 3-5. Welcome to a world of boundless creativity and imagination in our kids mixed media exploration class. This exciting course introduces young artists to the dynamic and multi-dimensional realm of mixed media art. Through a variety of materials, techniques and themes, children will embark on a colorful and inventive artistic journey.

**Tuesdays, March 5 (4 wks) 4:45-6:00pm**

**NRMS \$110 #1225-W24A**

## ART CLASSES GRADES 6 - ADULT

Instructor: “Tree” Anderson is a passionate and dedicated artist with a deep love for nurturing creativity in her students. With a bachelor’s degree in the arts from Guildhall in London, over 20 years of working in the arts across the world and 10 years of teaching experience, Tree has honed her skills in helping aspiring artists of all walks of life to explore their creativity. Tree fosters a welcoming and supportive environment where students can express themselves through various mediums from painting to sculpture, her innovative teaching methods and commitment to personalized instruction creates confidence and individuality in her students work.

### INTRO TO DRAWING

Grade 6-Adult. Introduction to Drawing is a fun and engaging mini art course designed to provide students with a foundational understanding of drawing techniques, materials and concepts. This course is ideal for beginners! Whether you’re an aspiring artist, a creative enthusiast, or simply someone looking to explore a new form of self-expression, this course offers a welcoming environment for you!

**Tuesdays, January 9 (4 wks) 6:30-8:00pm**

**NRMS \$110 #1220-W24A**

### INTRO TO ACRYLIC PAINTING

Grade 6-Adult. Unlock your inner artist and embark on a creative journey with Intro to Acrylic Painting. This 4 part mini series is perfect for beginners. Whether you’re a novice with no prior painting experience or looking to refresh your skills, this course is designed to provide a solid foundation in acrylic painting techniques, materials and concepts.

**Tuesdays, February 6 (4 wks) 6:30-8:00pm**

**NRMS \$120 #1222-W24A**

### INTRO TO OIL PAINTING

Grade 6-Adult. Embark on an artistic journey with our oil painting for beginners course, especially designed for those new to the world of oil painting. This mini series provides hands-on experience and a solid foundation for understanding the unique properties and techniques of oil paints, allowing you to bring your creative visions to life on canvas.

**Tuesdays, March 5 (4 wks) 6:30-8:00pm**

**NRMS \$140 #1224-W24A**



## COLLEGE PREP OIL PAINTING COURSE

If you are thinking of applying to art school and looking to add an oil painting to your portfolio, this could be a great class for you! As your instructor, I am here not just to teach you the technical aspects of oil painting, but also guide you through the creative process and help you express your unique artistic voice. Let's work together to build your confidence and skills as an artist! At the end of this class you will have a portfolio piece and a better understanding of the structure of a college art course. Although this class does not have a fee, there are required art supplies that will cost approximately \$150. You may purchase your own art supplies or you may email the instructor at [jacklyndallen@gmail.com](mailto:jacklyndallen@gmail.com) to make arrangements for her to purchase the art supplies for you. Required Art Supplies & Materials: Winsor & Newton Liquin Original, 75 ml bottle; Brush Set (cheap or expensive); Oil Paint Colors: Burnt Umber, Non-Cadmium or Cadmium Red or Bright Red, Lemon, Prussian Blue, Sienna Brown, White, Ultramarine Blue; 6x8 Gessobord (for oil paint); 24x36 Gessobord (for oil paint) Optional Art Supplies & Materials: Art Case, Butcher Tray, Palette Knives. Instructor: Jacklyn Allen is a 2017 graduate from Kendall College of Art and Design with a Medical Illustration degree. After graduation, I started working as a freelance medical illustrator, later creating my company Core Medical Designs. 2 years ago I joined Multus Medical's team as a Medical Animator. There, we create animations from operative reports for court cases to help jurors better understand complex surgeries. I know the fear not only for young artists but families to pursue a career in art. My goal in this class is to give back to my community by guiding and educating young artists.

**Tuesdays & Thursdays, February 1 (5 wks) 6:00-7:30pm**  
**RHS FREE #1226-W24A**

## ROCKFORD VARSITY DANCE KIDS CAMP

Grades 2-5. The Rockford Varsity Dance Team is hosting its annual Kids Camp. Join us for a two-day camp where they will learn basic dance skills and interactive games to foster connection and friendship, and learn a short routine to perform as a group at the halftime show of the Varsity Basketball game on February 2nd. This is a great opportunity for dancers (new and old) to have fun or to experience something new if they have been in dance classes before. If your child is new to dance completely, this camp is the perfect opportunity to test it out and see if they enjoy it! A T-shirt is included. **Register by January 24th to receive a T-shirt.** Instructors: The camp instructors will be our very own Rockford Varsity Dance Team members. Our dancers have extensive dance knowledge and most have been training in studios for 10+ years. They are skilled in jazz, contemporary, pom, and hip-hop. Our team is extremely empathetic, caring, and enjoy working with kids and seeing the youth grow a passion for dance.

**Thursday, February 1, 5:00-8:00pm RHS Gym**  
**Friday, February 2, 5:00-8:30pm**  
**RHS Cafeteria \$50 #8401-W24A**

## CAREGIVER & ME DANCE AND MUSIC

Children ages 3 months old to 4 years old along with a caregiver are invited to dance, sing, laugh and play at Intellidance® Method classes at HIS Dance Academy (2715 29th Street SE, Grand Rapids). The Intellidance® Method is inspired and informed by leading experts in early childhood, movement and music education by connecting dance and music concepts. These connected concepts provide opportunities for children to explore, discover, practice and create. HIS Dance Academy is located at 2715 29th Street SE, Grand Rapids, MI. Instructor: Sarah Bethel has been a dance educator for 15 years and particularly enjoys teaching little ones. She became certified to teach Intellidance® Method in 2022 and is excited to offer these classes to the community.

**Mondays, January 29 (9 wks) 10:00-10:45pm**  
**HIS Dance Academy \$147 #1011-W24A**

## MEXICAN FOLKLORIC DANCE

Grades K-5. This exciting class will explore Mexico's rich history with a focus on traditional Latino culture with folkloric dance instruction. Folkloric dance is typically performed as ritualistic entertainment at Mexican social gatherings. Some folk dances will tell a culture's foundational story, while others may simply emphasize pride. ***There will be a combined performance for family & friends on Tuesday, March 26 at 5:00pm followed by a traditional Mexican meal.*** Boys and girls should wear comfortable pants and shirts with black tap shoes to each practice. For the performance, boys should wear black dress pants and a white button-down dress shirt along with their tap shoes. Girls will wear their tap shoes and be allowed to borrow a traditional dance skirt and blouse for the performance. Instructor: Alicia Hernandez was born in Mexico and immigrated to Grand Rapids, Michigan with her family. She currently works for Rockford Public Schools as a paraprofessional. She is very excited to be working with children and teaching them some of her culture.

**Kindergarten: Tuesdays, February 13 (6 wks) 3:45-4:45pm**  
**Roguewood \$90 #1014-W24A \*Skip 2/27**

**Grade 3-5: Thursdays, February 15 (6 wks) 3:45-4:45pm**  
**Roguewood \$90 #1014-W24B**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

# DAVID MATTHEW STUDIOS

495 Pettis Ave SE, Suite 469 & 473, Ada

## LITTLES BALLET

Ages 3-4. Calling all BOYS & GIRLS! Littles Ballet classes are fun introductory dance classes that teach movement and music. Students will learn ballet etiquette and vocabulary. Pink leotards and tights for girls. White shirt and black slacks for boys.

**Fridays, January 12 (6 wks) 4:45-5:30pm**

**David Matthew Studios \$90 #1250-W24A**

**Saturdays, January 13 (6 wks) 12:00-12:45pm**

**David Matthew Studios \$90 #1250-W24B**

## BEGINNER BALLET

Ages 5-7. Calling all BOYS & GIRLS! Ballet classes are fun introductory dance classes that teach movement and music. Students will learn ballet etiquette and vocabulary, correct placement and technique. Dress code available at dancedsms.com.

**Tuesdays, January 9 (6 wks) 5:00-5:45pm**

**David Matthew Studios \$90 #1253-W24A**

**Saturdays, January 13 (6 wks) 1:45-2:30pm**

**David Matthew Studios \$90 #1253-W24B**

## BEGINNER JAZZ

Ages 5-7. Jazz is a high-energy form of dance. It combines kicks, leaps, turns and most important STYLE! Learn body placement, movement, expression, and proper techniques in jazz class. Dress code available at dancedsms.com.

**Tuesdays, January 9 (6 wks) 5:45-6:30pm**

**David Matthew Studios \$90 #1254-W24A**

**Saturdays, January 13 (6 wks) 1:00-1:45pm**

**David Matthew Studios \$90 #1254-W24B**

## BEGINNER BALLET TECHNIQUE

Ages 8+. Beginner Ballet Technique class is for students who are new and quick to learn or looking to review the basics of ballet. We will discuss and practice correct placement and technique. Students will learn focus and determination to become a stronger dancer. Dress code available at dancedsms.com.

**Thursdays, January 11 (6 wks) 7:00-8:00pm**

**David Matthew Studios \$108 #1255-W24A**

## HIP HOP

Ages 5+. Hip Hop dance contains a wide range of dance styles to current music and high energy beats. Hip Hop focuses on energetic footwork and foundation-based dance, including edgy movements with an urban vibe. Dress code available at dancedsms.com.

**Wednesdays, January 10 (6 wks) 7:30-8:15pm**

**David Matthew Studios \$90 #1258-W24A**

## MUSICAL THEATER

Ages 6+ Musical Theatre Dance is a form of theatrical performance and character performance. Usually, but not always, right from a musical or play. You must become the character and make your audience believe it. Dress code & more class options available at Dancedms.com.

**Fridays, January 12 (6 wks) 6:30-7:15pm**

**David Matthew Studios \$90 #1257-W24A**



## INDOOR QUIDDITCH CAMP

Grades 3-5. Do you love Harry Potter? Have you ever wondered what it would be like to truly play Quidditch (minus the flying, of course)? Have you ever wanted to be a Seeker just like Harry? Well, now you can! Come to Quidditch Camp and play against other Harry Potter fans. This game will be like none you have ever played before. With a dash of soccer, a sprinkle of football, and a pinch of tag, we promise Quidditch will blow your mind! Instructors: Mark Schlaudt & Tommy Murdock.

**Tuesdays, January 9 (5 wks) 5:30-6:30pm**

**NRMS \$125 #2300-W24A**



## GLOW GAMES

Grades 3-5. This is not your ordinary camp with the same old games! NO SIR! This is the GLOW GAMES and we play in the DARK. That's right, slap on your glow sticks, lace up your neon kicks and get ready to play your favorite P.E. games in a whole new way! Instructor: Mark Schlaudt has taught in the district for 12 years. He is currently teaching 5th grade at Roguewood Elementary. Every year he enjoys playing games with his class and offering fun camps that keep kids active, involved and meeting new friends.

**Tuesdays, February 27 (3 wks) 6:00-7:00pm**

**RAB \$65 #2302-W24A**



### LEGO® BRICKS 4 KIDS® - SOARING TO SPACE

Space, often called “the last frontier”, has inspired scientists, star-gazers and adventurers for generations. Get inspired to go on your own adventure and join us as we go Soaring to Space! Discover some incredible structures at Kennedy Space Center’s Launch Complex 39 and travel the surface of the moon on a lunar rover. Our tour would not be complete without a visit to the International Space Station. We’ll provide the bricks; all you need to bring for this adventure is your imagination!

**Week of January 8 (4 wks) 3:45-5:00pm \$52**

**Mondays – Roguewood #2664-W24A**

**Tuesdays – Crestwood #2664-W24B**

**Thursdays – Valley View #2664-W24C**

### LEGO® BRICKS 4 KIDS® - ARCADE & VIDEO GAMES

Calling all gamers! Kids will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros, Roblox, and Beyblades come to life through our motorized models and mosaics, all made out of LEGO® Bricks. Don’t forget classic Nintendo and SEGA themes such as Zelda, Duck Hunt, Pacman, and Sonic the Hedgehog! Each class will be a new adventure as the virtual and LEGO® worlds combine!

**Week of February 12 (6 wks) 3:45-5:00pm \$80**

**Mondays – Roguewood #2665-W24A**

**Tuesdays – Crestwood #2665-W24B**

**Thursdays – Lakes #2665-W24C**

### LEGO® BRICKS 4 KIDS® AROUND THE WORLD IN 80 DAYS

Tour the world on an adventure of a lifetime as we explore the history and culture of varied places from east to west. Construct modes of transportation that will enable travel to at least three different continents. Build famous emblems and structures using our motorized models, mosaics, and 3-D color kit bricks! Don’t forget your passport and mountain hiking gear, as there are a few other surprise stops along the way. Bon Voyage!

**Week of April 8 (6 wks) 3:45-5:00pm \$80**

**Mondays – Roguewood #2666-W24A**

**Tuesdays – Crestwood #2666-W24B**

**Thursdays – Valley View #2666-W24C**



### INTRO TO JUGGLING 101

Ages 9-12. Hey there future jugglers! We are excited to offer a beginning 3 ball juggling class. You will learn the building blocks of juggling, master 3 ball juggling, and learn some new tricks along with it! This class is perfect for kids who are looking to master a new, cool skill! Juggling is great for hand-eye coordination with the unique distinction of allowing each juggler to add a bit of themselves to the act. We encourage youth to bring an adult partner to each class. *The child is the only one who needs to register, however the adult will be responsible for their own \$10 supply fee on the first night of class.* There will be lots of opportunities to learn with your child, and it will encourage practicing and fun outside of class. This class will be taught by a father-son duo with a combined 30+ years of experience. Come join the fun and see what juggling adventures await you! Cost includes a \$10 supply fee. Instructor: Josh Proefrock lives in Rockford and is a native of the Big Rapids, Michigan area. His love of juggling started at the age of 16 while attending a large scouting event - he has been juggling ever since! Josh loves that juggling fits his style and that it is so versatile! Whether it’s solo juggling or partner juggling, there’s a never-ending array of new skills and tricks to learn. Josh has a goal to spread the love and art of juggling one person or one group at a time. Juggling is really a great lesson for life -- you’re going to drop balls in life -- the real question arises when we ask ourselves what we’re going to do after the balls are dropped -- give up or pick them up and try again?

**Tuesdays, January 16 (6 wks) 6:00-7:00pm**

**ERMS \$80 #1022-W24A**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*





# AMPED REALITY

**Classes held @ Amped Reality**  
**2923 28th St SE, Grand Rapids (unless otherwise stated)**

Instructor: Greg Wander began studying virtual reality intensely in an effort to start a family business where he could work alongside his two sons. In July 2019, his goal was realized when Amped Reality, his family's virtual reality experience center, opened on 28th Street.. "I have personally been amazed by virtual reality technology as it has allowed me to fly in a British bomber during the end of WWII; to see the solar system from a different perspective and walk on the moon; and even to be transformed into a wizard! I have seen so many people laugh and be amazed by the experience - it has really been rewarding for me!" Virtual reality technology can help people learn faster, understand each other and the world around us better, save money, improve safety, and bring joy and amazement to people.

## FUN WITH DRONES!

Ages 9-12. Have fun with hands-on activities that teach drone science and scientific terms related to drones. Learn about drone technology, flight and movement while having fun with a Finger Flyer Drone (not included in the class fee).

**Tuesday, January 23 6:30-7:30pm**  
**NRMS \$22 #1205-W24A**

## LEARN HOW TO 3D PRINT

Ages 9+. Learn how to design a solid object using TinkerCAD. Design your own small object (chess pawn, keychain, mini-figure, etc.) that we will 3D print for you. \*Since 3D printing takes some time, you will have to pick up your object on a different day in the future. Class includes an option to play VR after class for an additional \$10 for 30 minutes (payable at Amped Reality).

**Wednesday, January 24 5:30-6:30pm**  
**Amped Reality \$22 #1199-W24A**

## BUILD A DRAGON ROBOT & TAKE IT HOME!

Ages 6-9. Enjoy building your own robot, decorating it and playing with it while you learn about how robots work! This class is designed for younger children and would be a great opportunity to build a robot with a parent or grandparent. (Age 5 allowed with an adult helper.)

**Tuesday, February 6 6:30-7:30pm**  
**NRMS \$30 #1187-W24A**



## INTRO TO ELECTRONICS

### USING MINECRAFT VIRTUAL REALITY

Ages 10-17. Be INSIDE the MINECRAFT video game and learn basic electronic concepts. Class includes the option to play VR after class for an additional \$10 for 30 minutes (payable at Amped Reality).

**Saturday, March 2 10:30-11:30am**  
**Amped Reality \$22 #1114-W24A**

## EXPLORE SPACE USING VIRTUAL REALITY

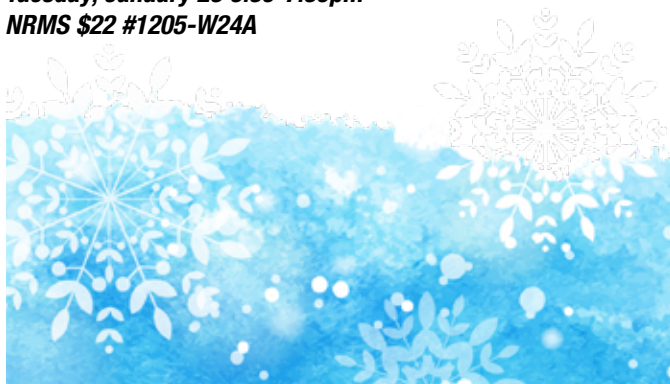
Age 9-Adult. Use the best Virtual Reality programs to explore space in a fun way! You can re-live mankind's greatest journey to the moon (Apollo 11), go for a spacewalk, or control the arm on the international Space Station. At the end of the class, you can battle Space Pirates, too, for a little fun. Class includes an option to play VR after class for an additional \$10 for 30 minutes (payable at Amped Reality).

**Saturday, March 2 11:45am-12:45pm**  
**Amped Reality \$22 #1195-W24A**

## CHRONIC PAIN RELIEF USING VIRTUAL REALITY

Ages 9+. The FDA recently approved Virtual Reality for chronic pain management. While Amped Reality is not a medical establishment, we are letting people try VR for pain relief. If found helpful, individuals can pursue a prescription. Several people have been VERY pleased with the results!

**Wednesday, February 28 5:30-6:30pm**  
**Amped Reality \$8 #1207-W24A**







# ALLEGRO SCHOOL OF MUSIC

## ALLEGRO SCHOOL OF MUSIC INTRO TO GUITAR

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. This class includes an additional \$25 materials fee. The materials fee may be paid and materials picked up at Allegro School of Music (Main Studio: 4301 Ambrose Ave NE, Grand Rapids, MI 59525) 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

***Mondays, January 22 (8 weeks) 4:45-5:30pm  
RFC \$129 (+\$25 material fee) #1704-W24A \*skip 2/19***

## INTRO TO PIANO

Grades 2-4 (level 1). This fun introduction to playing the piano balances keyboard time with learning basic music theory, improving overall musicianship and encouraging the learning process. Students must have access to a full-sized keyboard or piano at home for practice, and are encouraged to bring their keyboards to class when possible. Students that do not bring their own keyboard to class will have access to a keyboard or piano during class. Students will receive a piano book, practice CD and assignment folder. This class includes an additional \$35 materials fee. The materials fee may be paid and materials picked up at Allegro School of Music (Main Studio: 4301 Ambrose Ave NE, Grand Rapids, MI 59525) 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.

***Mondays, January 22 (8 weeks) 5:45-6:45pm  
RFC \$176 (+\$35 materials fee) #1713-W24A \*skip 2/19***

## ROCKFORD COMMUNITY CHILDREN'S CHOIR

Grades 3-5. Calling young singers! This choir is open to upper elementary singers who are interested in vocal development and learning the basics of choral singing. RC3 provides the opportunity for young singers to learn about the voice as an instrument and explore being a musician within an ensemble. Children's voices are often not ready for the rigor of private instructions, but few opportunities exist for students who are passionate about singing at a young age. Enter RC3! It is the goal of this ensemble to provide an enjoyable and educational outlet for young musicians. Our choir meets weekly and aims to share approximately four public performances per year. The Community Spring Concert is scheduled for April 21 and the Rockford Community Children's Choir Concert is scheduled for May 2. Cost includes a \$25 supply fee.

### GOALS:

- To develop excellent vocal production and learn to sing on the breath.
- To thrive in a community of young singers who are passionate about the art.
- To explore a variety of musical genres and learn to sing each authentically.
- To enhance individual musicianship and become accustomed to using musical scores and notation.
- To enrich the lives of those in the Rockford community by performing our art locally.

### EXPECTATIONS:

- Choir members will participate in the creation of a social contract and adhere to it for all rehearsals and performances
- Choir members will be committed to attending rehearsals. Absences will be discussed with Ms. Vande Wege prior to the rehearsal.
- Choir members will make every effort to attend all performances. Our ensemble relies on every voice to create our music.

Instructor: Renee Vande Wege is a seasoned music educator of all ages, and long-time resident of Rockford. She is currently the North Rockford Middle School Choir Director, and conducts the K-12 Children's and Youth Choirs at LaGrave Avenue CRC in Grand Rapids. A former member of the Opera Grand Rapids chorus, and Vocal Director/Soloist of Grand Rapids Children's Opera Workshop, Ms. Vande Wege currently directs the Rockford Community (Adult) Choir as well.

***Thursdays, January 11 (15 wks) 6:00-6:45pm  
NRMS \$175 #1903-W24A \*skip 3/28 & 4/4***

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ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*



## BROADWAY BOOTCAMP: ONE-DAY WORKSHOPS

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

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

## THEME: BROADWAY BEST

Join the Broadway Bootcamp team in celebrating the most iconic Broadway Musicals of all time. We will explore shows like Annie, Hairspray, Sound of Music, Wicked, and more

**Wednesday, January 10 2:00-6:00pm**

**NRMS \$50 #2225-W24A**

## THEME: FROZEN

Spend the day in Arendelle with Broadway Bootcamp! We will sing and dance songs from the first and second movies as well as some from the hit Broadway Musical.

**Wednesday, January 24 2:00-6:00pm**

**NRMS \$50 #2225-W24B**

## THEME: LOVE

Fall in love with performing at this one-day Broadway Bootcamp workshop. It's the Season of Love and we are celebrating our love for musicals and performing songs from our favorite musicals.

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

**NRMS \$50 #2225-W24C**

## THEME: FAIRYTALE FAVORITES

Bibbidi bobbidi boo, Broadway Bootcamp is coming to you! This one-day workshop will take us past the second star on the left and straight on until morning, hitting all our favorite fairytale musicals along the way.

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

**NRMS \$50 #2225-W24D**

## THEME: SEUSSIFIED

There will be whozits and whatzits galore at this Seuss-themed one day workshop with Broadway Bootcamp! We will be learning songs from Seussical the Musical, The Lorax, The Grinch, and more!

**Friday, March 1 2:00-6:00pm**

**NRMS \$50 #2225-W24E**

## THEME: UNDER THE SEA

Deep dive into our favorite water-themed songs and scenes at this one-day Broadway Bootcamp! We will explore songs from Little Mermaid, Seussical the Musical, SpongeBob the Musical and more!

**Wednesday, March 13 2:00-6:00pm**

**NRMS \$50 #2225-W24F**

# YOUTH RECREATION



## BEGINNING YOUTH FENCING

Ages 7–15. Modern fencing is an Olympic sport with roots in European sword fighting of centuries past. Today, fencing is a competitive sport of strategy, finesse, skill, and endurance. Fencing offers children and teens a positive physical activity, and teaches life skills such as confidence, focus, decision-making, and respect, along with improving balance, flexibility, and mental agility. In beginning fencing classes, students learn the fundamentals with games, exercises, footwork, and bouting with fellow novice fencers with all equipment provided. Professional coaches, Mikhail and Arkadiy Sarkisov, both of whom are former Soviet Champions and US Cadets and Junior National team coaches are instructors. Students should wear sweatpants (no jeans), a T-shirt, and clean athletic shoes with laces. Equipment will be provided.

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

**Tuesdays, January 9 (6 wks) 6:00-7:00pm**

**GRAFA \$79 #1402-W24A**

**Tuesdays, February 20 (6 wks) 6:00-7:00pm**

**GRAFA \$79 #1402-W24B**

## RAM POWER

Grades 7-10. Ram Power (powered by I 'move) is a great opportunity for young athletes to improve their strength and conditioning in a safe and uplifting environment. Participants will stretch their limits by utilizing a variety of training strategies to improve strength, power, speed, agility, and flexibility. Programming will be structured to develop overall athleticism with a special emphasis on proper technique and control through full ranges of motion.

**Mondays, January 15 (7 wks) 4:00-5:00pm**

**RHS Fitness Center \$70 #1488-W24A \*skip Feb 19**



## GIRLS LACROSSE

**Grades 3-8**

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

**Please bring a Lacrosse stick, goggles, and mouthguard.**

Practices are a minimum one night and one game during the week/weekend. Practices will be on Mon-Fri., depending on the coach/field availability. Some coaches may practice 2x a week and there may be 2 games depending on scheduling needs.

**Practices begin the week of April 8.**

**COACHES ARE NEEDED!**

Please email Chris at [CMaxwell@rockfordschools.org](mailto:CMaxwell@rockfordschools.org)

**Games will start in April and end in May**

**Grades 3-4 #3167-S24A**

**Grades 5-6 #3167-S24B**

**Grades 7-8 #3167-S24C**

**\$120**

**Register at [rps.digitalsignup.com](https://rps.digitalsignup.com)**



## GIRLS LACROSSE CLINIC

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

*Begins January 25 and ends February 15.*

**GRADES 3-5.**

**Thursdays, January 25 (4 wks) 6:00-7:00pm**  
**NRMS Upper Gym \$40 #3165-W24A**

**GRADES 6-8.**

**Thursdays, January 25 (4 wks) 7:00-8:30pm**  
**NRMS Upper Gym \$50 #3165-W24B**



## 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, January 16 (1 wk) 6:30-7:30pm**

**MDR Gym FREE #1449-W24A**

**Tuesdays, January 23 (7 wks) 6:30-7:30pm**

**MDR Gym \$56 #1449-W24B**

**Tuesdays, March 19 (7 wks) 6:30-7:30pm**

**MDR Gym \$56 #1449-S24A \*skip 4/2**

## 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, January 17 (1 wk) 7:00-8:00pm**

**MDR Gym FREE #1450-W24A**

**Wednesdays, January 24 (7 wks) 7:00-8:00pm**

**MDR Gym \$60 #1450-W24B**

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

**MDR Gym \$60 #1450-S24A \*skip 4/3**



## AFTER THE BELL:

### ELEMENTARY SCHOOL YOGA SERIES

After the Bell Elementary School Yoga is a playful yoga class designed especially for elementary-aged children. Children will learn yoga poses, breathing, and relaxation exercises that cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and give children the tools to manage stress in their daily lives. Games, stories, and music will be incorporated into this fun, non-competitive class. Children can bring their yoga mats to class but are not required. Yoga Instructor Rachel Crowther is a 500-hour Registered Yoga Instructor with an emphasis on trauma yoga and holds a Registered Children's Yoga Teacher (RCYT) certification with Yoga Alliance specializing in teen and young adult yoga instruction. Rachel has taught children's and adult yoga classes in the area for over 4 years as well as being co-owner of Aptitude Fitness + Yoga in Rockford. Ages 6-12.

**SESSION 1: Mondays, January 8 (4 wks) 3:45-4:45pm**

**RGW Elementary \$55 #1471- W24A**

**SESSION 2: Mondays, March 4 (4 wks) 3:45-4:45PM**

**RGW Elementary \$55 #1471- W24B**



## 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, January 17 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 #1407-W24A**

**\$20 - 2nd family member**

**Wednesdays, March 13 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 #1407-S24A**

**\$20 - 2nd family member \*skip 4/3**

# TACTICAL LASER TAG

**NEW!** LEAGUE

Grades 6–9. This 6-week league is more than just laser tag. Each week we will have a different theme we go over: Communication, Leadership, Teamwork, Adaptation, and Awareness of what is going on around them. Our goal is to get players thinking about how they can use these skills at school and home.

**BattleGR 284 Dodge NE Suite 100,  
Comstock Park, MI 49321**  
**Sundays, January 28 (6 wks) 4:30-6:00pm**  
**BattleGR \$136 #1497-W24A**



## Registration for Spring 2024 Season

January 8 - January 28  
(DK-8th Grade Boys)



Information can be found at  
**[www.rockfordramlax.org](http://www.rockfordramlax.org)**

Email questions to  
**[rockfordramlax@gmail.com](mailto:rockfordramlax@gmail.com)**

Find our Facebook Page:  
**[@rockfordramlax](https://www.facebook.com/rockfordramlax)**

## CAPOEIRA FOR KIDS

Ages 5-11. Capoeira is a martial art that blends together kicks and dodges, creating flowing movements that are often said to resemble a dance. Originating in Brazil, Capoeira has spread around the globe. Students learn movements and music while building their confidence and situational awareness.

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

**Thursdays, January 11 (6 wks) 6:00-6:45pm**  
**RFC \$60 #1013-W24A**

**Thursdays, February 22 (5 wks) 6:00-6:45pm**  
**RFC \$50 #1013-W24B**

**Thursdays, April 11 (6 wks) 6:00-6:45pm**  
**RFC \$60 #1013-W24C**

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With the  
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in the Midwest.

LIMITED AVAILABILITY

Sign up for our  
Afterschool Class  
Today!



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**734-665-7374**

# ROCKFORD GIRLS SOFTBALL CLINIC

The RHS softball coaches and players will be holding a softball clinic! Our clinic will teach and practice the fundamentals of the game through individual and team play, combining both drills and games. Attendees will develop a more thorough understanding of the game while developing their skills and knowledge of the game. This clinic will focus on hitting, fielding, and base running. Gear/Equipment: Players should bring a glove and wear gym shoes. If players have a bat and helmet, they should bring those as well, however, we will have extra available at the clinic.

## **GRADES 1-5:**

**Saturdays, February 3 (2 wks) 9:00-11:00am**  
**NRMS Gym \$40 #8403-W24A**

## **GRADES 6-8:**

**Saturdays, February 3 (2 wks) 12:00-2:00pm**  
**NRMS Gym \$40 #8403-W24B**

# COMMUNITY SERVICES SOCCER OFFICIAL TRAINING

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

**Training will be on Monday, February 26, and March 4 from 7:00-8:00pm.**

\*You must attend both sessions to be assigned games. Officials are paid per game.

\*Adults with soccer officiating experience please contact the office for information.

**Mondays, February 26 (2 wks) 7:00-8:00pm**  
**NRMS Rm 44 #3124-S24A**

## SPRING CO-ED | GRADES DK-8

# SOCCER



Practices begin the week of April 8. Practices will take place Mon-Fri and the coach will choose the night. Saturday games start April 13 and end May 18. Practices and games will be at various locations in the district.

*Please note practice conflicts during registration. Requests are not guaranteed. No pierced earrings or jewelry allowed.*

**DK-K.....#3125-S24A**  
**1-2.....#3125-S24B**  
**3-4.....#3125-S24C**  
**5-6.....#3125-S24D**  
**7-8.....#3125-S24E**

**The deadline to register is Friday, March 1.**

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

**FEES: \$65 First child**  
**\$45 for each additional child.**

## VOLUNTEER COACHES NEEDED

Please contact Chris at [cmaxwell@rockfordschools.org](mailto:cmaxwell@rockfordschools.org) | <https://rps.digitalsignup.com>



# NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL  
616.747.3530

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

**December 17 - April 20**

**Lap Swim** – Ask a Lifeguard if you would like a lane line in the water. Open Swimmers are welcome during lap swim times if space is available. Mondays and Wednesdays 8:00-9:00pm

**Open Swim** – Lap Swimmers are welcome during open swim if space is available. Ask a Lifeguard if you would like a lane line put in the water. Tuesdays and Thursdays 8:00-9:00pm Saturdays 11:00am-1:00pm

*The NRMS pool is closed during Christmas Break December 25-January 6, and during Spring Break from March 28-April 6.*

## RHS LAP SWIM

ROCKFORD HIGH SCHOOL  
616.747.3766

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

**December 17 - April 20**

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

*The RHS pool is closed during Christmas Break December 25 and January 1*

*Mid-Winter Break February 16, 19, and during Spring Break from March 28-April 6*



## WATER POLO

**Grades 6-8**

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

Practice starts the week of March 18.

6-weekend tournaments: March 22-23, April 12-13, April 19-20, April 26-27, May 03-04, May 10-11

**Boys Practices: Mondays & Wednesdays**  
**March 18, 3:30-5:30 NRMS Pool \$120 #4402-S24A**

**Girls Practices: Tuesdays & Thursdays**  
**March 18, 5:00-7:00pm NRMS Pool \$120 #4402-S24B**

**There are no practices from March 28- April 7.**

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



**TRY HOCKEY  
FOR FREE!**

- January 7  
@ 6:00 pm
- February 24  
@ 6:00 pm

**LEARN TO SKATE/  
LEARN TO PLAY:**

- Jan 14 - Feb 18
- March 3 - April 21 (No class March 31 & April 7)

**FOR MORE INFORMATION AND REGISTRATION:**



[www.ramshockey.org](https://www.ramshockey.org)



[holly@ramshockey.org](mailto:holly@ramshockey.org)

# SWIM LESSONS

*January Sessions: Registration Opens 6pm 1-8-24 / February Sessions: Registration Opens 6pm 2-12-24*

## 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	MONDAYS	MONDAYS	WEDNESDAYS	WEDNESDAYS	WEDNESDAYS	SATURDAYS
Jan. 15 (5 wks)	Jan. 15 (5 wks)	Jan. 15 (5 wks)	Jan. 17 (5 wks)	Jan. 17 (5 wks)	Jan. 17 (5 wks)	Jan. 20 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:40 – 7:10pm	6:00 – 6:30pm	6:00 – 6:30pm	6:40 – 7:10pm	9:00 – 9:30am
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-W24A	#4307-W24B	#4307-W24C	#4307-W24D	#4307-W24E	#4307-W24F	#4307-W24G

MONDAYS	MONDAYS	MONDAYS	WEDNESDAYS	WEDNESDAYS	WEDNESDAYS	SATURDAYS
Feb. 26 (5 wks)	Feb. 26 (5 wks)	Feb. 26 (5 wks)	Feb. 28 (5 wks)	Feb. 28 (5 wks)	Feb. 28 (5 wks)	Mar. 2 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:40 – 7:10pm	6:00 – 6:30pm	6:00 – 6:30pm	6:40 – 7:10pm	9:00 – 9:30am
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-W24H	#4307-W24I	#4307-W24J	#4307-W24K	#4307-W24L	#4307-W24M	#4307-W24N

## LEVEL TWO

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

MONDAYS	MONDAYS	MONDAYS	WEDNESDAYS	WEDNESDAYS	WEDNESDAYS	SATURDAYS
Jan. 15 (5 wks)	Jan. 15 (5 wks)	Jan. 15 (5 wks)	Jan. 17 (5 wks)	Jan. 17 (5 wks)	Jan. 17 (5 wks)	Jan. 20 (5 wks)
6:00 – 6:30pm	6:40 – 7:10pm	6:40 – 7:10pm	6:00 – 6:30pm	6:40 – 7:10pm	6:40 – 7:10pm	9:40 – 10:10am
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-W24A	#4308-W24B	#4308-W24C	#4308-W24D	#4308-W24E	#4308-W24F	#4308-W24G

MONDAYS	MONDAYS	MONDAYS	WEDNESDAYS	WEDNESDAYS	WEDNESDAYS	SATURDAYS
Feb. 26 (5 wks)	Feb. 26 (5 wks)	Feb. 26 (5 wks)	Feb. 28 (5 wks)	Feb. 28 (5 wks)	Feb. 28 (5 wks)	Mar. 2 (5 wks)
6:00 – 6:30pm	6:40 – 7:10pm	6:40 – 7:10pm	6:00 – 6:30pm	6:40 – 7:10pm	6:40 – 7:10pm	9:40 – 10:10am
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-W24H	#4308-W24I	#4308-W24J	#4308-W24K	#4308-W24L	#4308-W24M	#4308-W24N

## FLICK & FLOAT FAMILY NIGHT (FINDING DORY)

*What's better than lounging back and watching a great movie?  
How about watching one in the pool!*

Join us for a night of fun! Bring your friends and family to the Rockford High School to enjoy a great movie while floating in the pool. We have a limited supply of floaties so please bring your own. Everyone who registers for the event will receive a voucher redeemable for a hotdog, popcorn and a drink. Everyone who plans to attend must preregister before the event.

*Pool doors open at 4:30pm and movie starts at 5:00pm*  
**Saturday, February 10, 4:30 – 7:00pm / RHS Pool \$5 #4600-W24A**



## WATER AEROBICS

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

THURSDAYS	THURSDAYS
Jan. 18 (5 wks)	Feb. 29 (5 wks)
8:00 – 8:45pm	8:00 – 8:45pm
NRMS Pool \$25	NRMS Pool \$25
#4311-W24A	#4311-W24B

# SWIM LESSONS

January Sessions: Registration Opens 6pm 1-8-24 | February Sessions: Registration Opens 6pm 2-12-24

## 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	SATURDAYS	MONDAYS	MONDAYS	SATURDAYS
Jan. 15 (5 wks)	Jan. 15 (5 wks)	Jan. 20 (5 wks)	Feb. 26 (5 wks)	Feb. 26 (5 wks)	Mar. 2 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	10:15 – 11:00am	7:15 – 8:00pm	7:15 – 8:00pm	10:15 – 11:00am
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4302-W24A	#4302-W24B	#4302-W24C	#4302-W24D	#4302-W24E	#4302-W24F

## LEVEL FOUR

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 15 (5 wks)	Jan. 17 (5 wks)	Feb. 26 (5 wks)	Feb. 28 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4310-W24A	#4310-W24B	#4310-W24C	#4310-W24D

## 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
Jan. 17 (5 wks)	Feb. 28 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58
#4303-W24A	#4303-W24B

## LEVEL SIX

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

WEDNESDAYS	WEDNESDAYS
Jan. 17 (5 wks)	Feb. 28 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58
#4304-W24A	#4304-W24B

## YOUTH INTRO TO TRIATHLON TRAINING

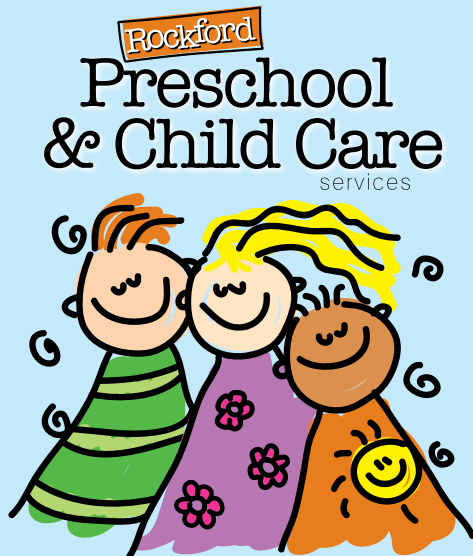
Embark on an exciting journey to become a triathlete with our “Intro to Triathlon Training Class.” Whether you’re a beginner looking to challenge yourself or someone aiming to improve their triathlon performance, this program is designed to provide you with the knowledge, skills, and confidence to excel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

*Group A students should be at a swimming level three or four while Group B students should have a swimming level of five or six.*

GROUP A	GROUP B	GROUP A	GROUP B
SATURDAYS	SATURDAYS	SATURDAYS	SATURDAYS
Jan. 20 (5 wks)	Jan. 20 (5 wks)	Mar. 2 (5 wks)	Mar. 2 (5 wks)
1:00 – 1:45pm	2:00 – 2:45pm	1:00 – 1:45pm	2:00 – 2:45pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4312-W24A	#4312-W24B	#4312-W24C	#4312-W24D

RHS POOL: 616.747.3766 | NRMS POOL: 616.747.3530





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

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

**Check Us Out on Facebook**

[www.facebook.com/rockfordchildcareservices](http://www.facebook.com/rockfordchildcareservices)

### ONLINE REGISTRATION

Registration for Montessori, Spanish Preschool, Community Education Preschool 3/4s and Child Development Lab Preschool 3/4s  
**Begins at 6:00pm on Thursday, February 21, 2024.**

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

**To enroll in the 3 or 4 year old all-day preschool classroom:  
forms available on our website - beginning February 21 at 5:00pm**

#### TO REGISTER ONLINE:

- Create your user account at [rps.digitalsignup.com](http://rps.digitalsignup.com) prior to February 21.
- On the day you register, go to [rps.digitalsignup.com](http://rps.digitalsignup.com) and select the preschool program for which you want to enroll.
- Select the class name to which you want to enroll.
- Follow on-screen instructions to complete registration.

### CHILD DEVELOPMENT LAB PRESCHOOL

**Rockford High School, 4100 Kroes**

**Program costs range from \$990-\$1000 per year.**

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

### COMMUNITY EDUCATION PRESCHOOL

**Rockford Community Services, 350 N. Main Street**

**Program costs range from \$850-\$1700 per year.**

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

### MONTESSORI

**Rockford Community Services, 350 N. Main Street**

**Program cost: \$3800 per year.**

This program introduces children to practical living skills, sensory education, language, math, science and cultural activities, art, music and movement. Hands-on activities are designed to help children develop a sense of order, concentration, coordination and independence in this child-centered environment. A mix of ages is a key premise of the Montessori philosophy with three and four year olds attending together. Program meets five mornings or five afternoons per week. A \$500 non-refundable deposit is due at the time of registration.

### SPANISH PRESCHOOL

**Rockford Community Services, 350 N. Main Street**

**Program cost: \$1800 per year.**

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

# Child Care and Preschool for Young Rams and School Age

## FULL DAY PRESCHOOL

**Rockford Community Services, 350 N. Main Street**  
**Monday–Friday, 7:00am–6:00pm**  
**Program cost is \$45 per day/per child.**

This is a year-long program for three or four year olds that is ideal for working families. Our full day preschool is open from 7:00am–6:00pm and includes a variety of developmentally appropriate learning experiences in social, emotional, physical and cognitive growth areas and is geared to prepare young children for kindergarten. Other program features include field trips, planned outdoor and gym activities, rest time, breakfast and snacks. Our well-trained staff are skilled in the field of early childhood and have earned a well-respected reputation in the community. There is a set 2 day/week minimum. This program can also be used in conjunction with Montessori and Spanish Preschool at a reduced rate. For more information call our office at 616.863.6560.

## SUMMER SCHOOL AGE PROGRAM “SUMMER KIDS ROCK”

**Monday–Friday, 7:00am–6:00pm**  
**Program cost is \$42 per day/per child.**  
**Registration Fee: \$70 per child.**

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

Online registration begins March 5, 2024. More information and registration packets are available at [rockfordschools.org](http://rockfordschools.org) under the Community Services tab or in the Child Care office.  
*Note: Registration process subject to change.*



## BEFORE AND AFTER SCHOOL CARE (BAC)

**All elementary schools in RPS district**  
**Monday–Friday**  
**7:00am to start-of-school \$8 per day/per child**  
**End-of-school to 6:00pm \$15 per day/per child**  
**Registration Fee: \$25 per family.**  
**After June 28 increases to \$40.**

Our school-age BAC programs provide parents with the security of knowing their children are in a safe, fun and nurturing environment during before and after school hours. These programs are found in each elementary school building in the district and are available to children in grades DK-5. BAC is offered every day that school is in session, as well as teacher in-service and conference days. BAC is also offered on many school vacation days. Table games, crafts, gym time, outdoor play and homework time are planned each day. More information and registration packets are available online and in the Child Care office in the Community Services building. Please call our office at 616.863.6560 with any questions. Enrollment for the 2024-25 school year will begin May 13 until June 28. Registration submitted after June 28 will be considered based on availability.

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

## Parent Information Night

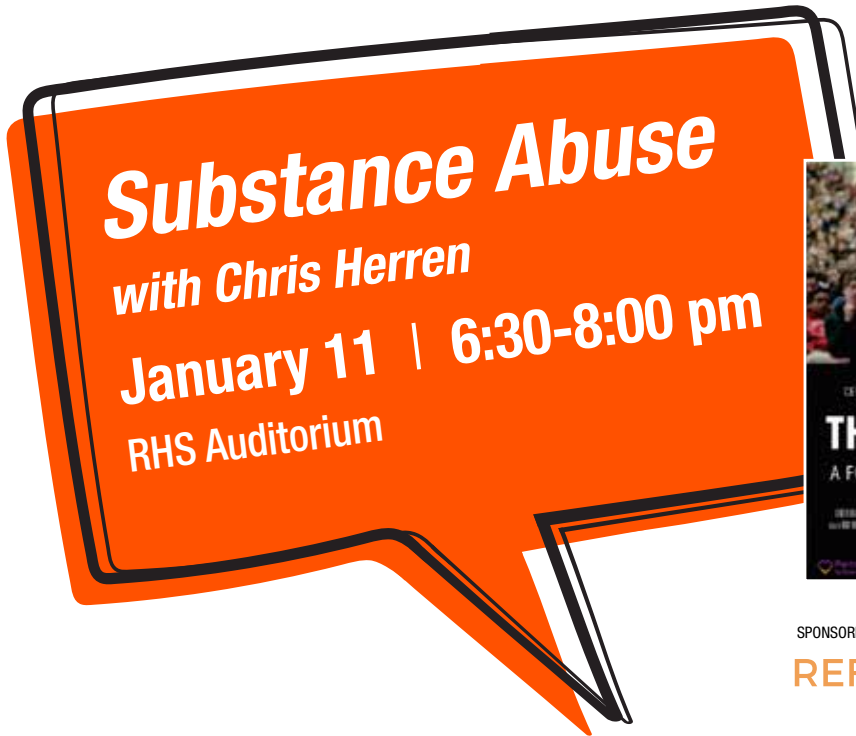
Information Night for parents interested in learning more about the **Child Development Lab Preschool** will be held **Monday, February 5, 5:30-7:00pm** (CDL is located behind Rockford High School).

Information Night for parents interested in learning more about **Community Education Preschool, Montessori, Spanish Preschool, or Full Day Preschool** will be held **Tuesday, February 6, 6:00-7:30pm** Administration Building, 350 N. Main Street.





Community **EDUCATION** and **PREVENTION** Series



SPONSORED BY:

**REF** | ROCKFORD EDUCATION FOUNDATION

Chris Herren is a former professional basketball player, a voice on the topic of substance use prevention and a wellness advocate. Since 2009, Chris has spoken to over one million students, athletes and community members, sparking honest discussions on the topics of substance use disorder and wellness. A person in long-term recovery, Chris continues to share his story nationally with a renewed focus on prevention education and challenging audiences to rethink how we look at the disease of addiction – changing the focus from the last day to the first.



**Rockford Public Schools**

Quality Community – Quality Schools  
*Together Building a Tradition of Excellence*

**WWW.ROCKFORDSCHOOLS.ORG**