

# ROCKFORD

COMMUNITY SERVICES



# Spring

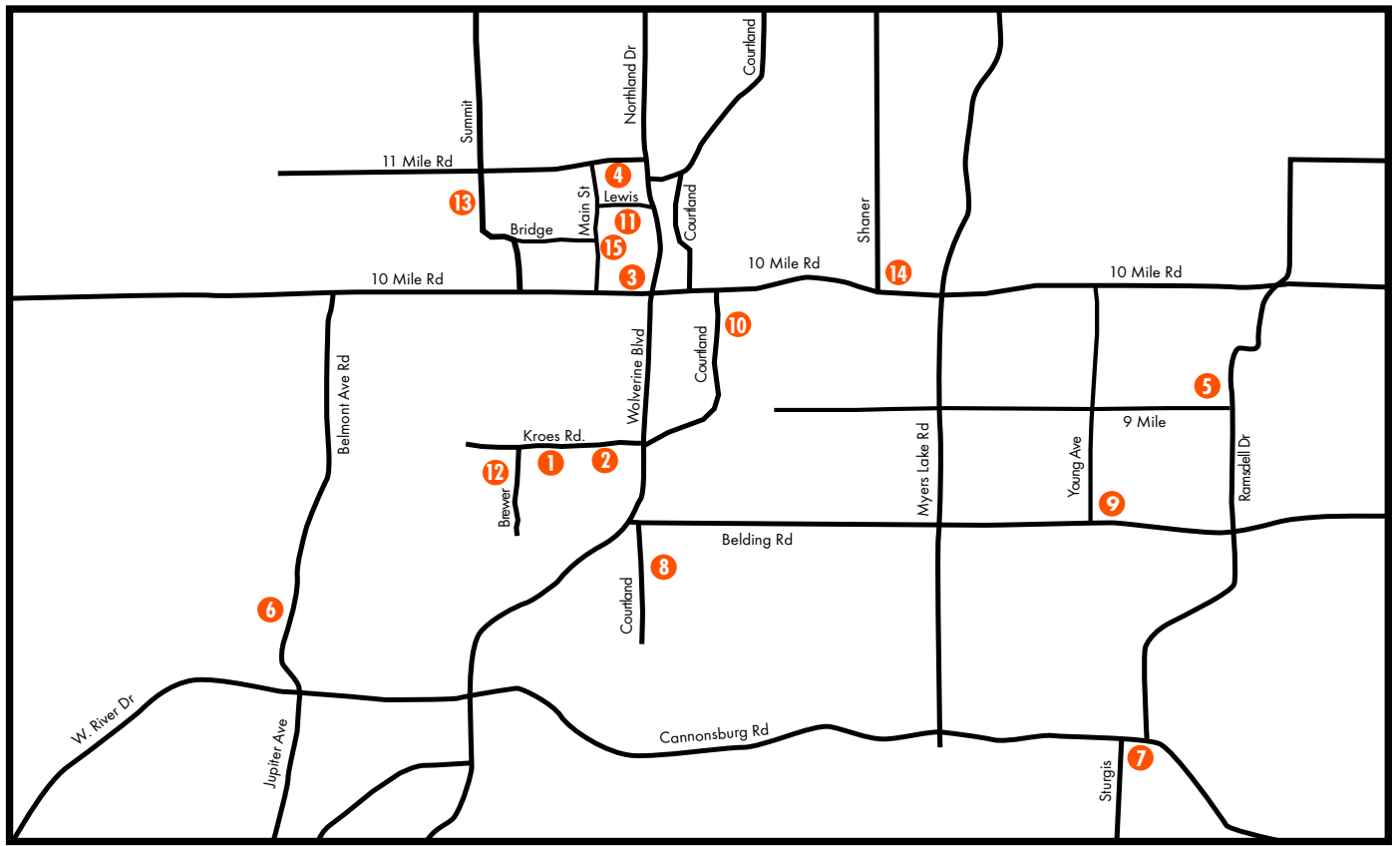
## 2024

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




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

NONPROFIT ORG  
US POSTAGE PAID  
BIG RAPIDS, MI  
PERMIT NO. 62



## 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**

*Registration using a computer or tablet is preferred.*

350 Main St., Rockford | Phone 616.863.6322

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

**General Information** .....2

**Adult Enrichment**

Adult Enrichment..... 4-8

**Fitness & Recreation**

Adult Fitness & Recreation..... 9-12

**Seniors Unlimited**

Community Cabin College Luncheons ..... 13

Bingo ..... 13

Out to Lunch Bunch Bus Trips..... 14

Book Club ..... 14

Summer Picnic ..... 15

Amish Country Brown Bag Tour..... 15

**Youth Enrichment**

Youth Enrichment..... 16-22

**Youth Fitness & Recreation**

Youth Fitness & Recreation ..... 22-29

**Aquatics**

Swimming Lessons ..... 30-31

Open Swim.....31

## **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 TRAVEL SERIES

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

**Morocco** - Take a magic carpet ride through the medinas, mosques, palaces and forts of this North African country...learn about the history and the culture of the land. Perhaps a camel ride into the desert? Morocco may be one of the most unique places you can experience!

**Tuesday, April 23 6:30-8:00pm**  
**RHS \$8 #1030-S24A**

**Argentina/Chile** - Way down SOUTH! These 2 southern neighbors can be traveled together or separately! From deserts, wine country, and jungles in the north to the Magellan Straits, glaciers, and wildlife adventures in the south – these countries are well worth a visit! Whether you prefer the city life of Buenos Aires or a hike in the Andes, beaches or snow skiing – there is SO MUCH to see and do!

**Tuesday, May 14 6:30-8:00pm**  
**RHS \$8 #1030-S24B**

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT**  
**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

**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



## NEEDLE FELTED MUSHROOMS

Ages 12-Adult. Whether used as a lovely sculpted display, an ornament, or even as a pincushion, needle felted mushrooms are a fun project to create for all levels: those starting out, and those already familiar with the process. Class instruction includes wool types used, needle safety precautions and proper use, how to create a form using core wool, and adding exterior details with dyed wool. Examples will be provided, and students will be able to complete 1-2 mushrooms by the end of the class session, depending on the size and details. Instructor: Sam Coon is a self-taught fiber artist and has been making felt since being introduced to both needle felting and wet felting in 2009.

**Wednesday, May 22 6:00-8:30pm**  
**NRMS \$28 #1041-S24A**

# COURTESY

— — DRIVING SCHOOL — —

**DRIVER  
EDUCATION  
STUDENT DRIVER**

## ROCKFORD FRESHMAN CENTER

<b>SEGMENT I: 24 Lecture Hours, 6 Driving Hours</b>	
May 6-29	3-5 p.m.
July 8-25	2:00-4:00 p.m.
August 5-22	8-10 a.m. (August 19-22 classes-3:00-5:00 pm)
<b>SEGMENT II: 6 Lecture Hours</b>	
May 14,16,21	3-5 p.m.
July 8,10,15	12:00-2:00 p.m.
August 5,7,12	10 a.m.-12 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**

## FLUID ACRYLICS - THE BLOOM TECHNIQUE

In this class you will be learning about the “pillow” pouring medium & cell activator. You will be layering paints and blowing them out into a bloom. All supplies are included - be sure to dress for the mess! Instructor: Lori Wisner is obsessed with blooms and has been studying this technique for 2 years. Once you start creating blooms, the possibilities are endless!

**Wednesday, April 24 5:00-8:00pm**  
**RHS \$100 #1051-S24A**

## FLUID ACRYLICS PUDDLE POUR

In this Fluid Acrylics Class, we will be exploring pouring mediums and more! We will be creating a puddle of color and using a marble while tilting the canvas to achieve a finished design. Once you learn this technique, the possibilities are endless! All supplies are included - be sure to dress for the mess! Instructor: Lori Wisner is a self-taught Fluid Acrylics Artist.

**Wednesday, June 12 9:30am-12:30pm**  
**RHS \$75 #1052-U24A**

## 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 and pastels, while always continuing with watercolor.

**Thursday, April 11 6:00-8:00pm**  
**RHS \$30 #1227-S24A Theme: Dragonflies**

**Thursday, April 18 6:00-8:00pm**  
**RHS \$30 #1227-S24B Theme: Coneflowers**

**Thursday, April 25 6:00-8:00pm**  
**RHS \$30 #1227-S24C Theme: Landscape**

**Thursday, May 9 6:00-8:00pm**  
**RHS \$30 #1227-S24D Theme: Tulips**

**Thursday, May 16 6:00-8:00pm**  
**RHS \$30 #1227-S24E Theme: Lighthouses**

**Thursday, May 23 6:00-8:00pm**  
**RHS \$30 #1227-S24F Theme: Butterflies**

**Thursday, June 6 10:00am-12:00pm**  
**RHS \$30 #1227-U24A Theme: Fruits & Vegetables**

**Thursday, June 13 10:00am-12:00pm**  
**RHS \$30 #1227-U24B Theme: Flower Wreath**



## DOG OBEDIENCE

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

**Mondays & Thursdays, April 29 (5 Classes) 6:30-7:30pm**  
**ERMS \$120 #1809-S24A**

## DOG & CAT FIRST AID AND CPR CERTIFICATION

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.

**Wednesdays, April 10 (2 wks) 6:00-8:00pm**  
**NRMS \$95 #1810-S24A**

**Wednesdays, April 24 (2 wks) 6:00-8:00pm**  
**NRMS \$95 #1810-S24B**

**Wednesdays, May 8 (2 wks) 6:00-8:00pm**  
**NRMS \$95 #1810-S24C**

**Wednesdays, May 22 (2 wks) 6:00-8:00pm**  
**NRMS \$95 #1810-S24D**



### **BREASTFEEDING FOR EXPECTING PARENTS**

A mother is at greatest risk of giving up on breastfeeding in the first two weeks after baby's birth. If you desire to breastfeed your baby, come join us so you feel encouraged and prepared! You will learn everything you need to know about establishing a milk supply, quality latch technique, learn infant behavior to guide when and how to feed baby to contentment, milk management, and troubleshooting strategies. Learn answers to questions like, "When should I pump so I have a supply for when I go back to work?" "How do I know baby is getting enough?" "How do I know I'm doing this right?" So, come join us for the "how-to" on breastfeeding success! Partners are encouraged to attend! Registration fee includes mom and one partner. Instructor: Emily is a certified lactation counselor and an occupational therapist specializing in infant and maternal wellness. Emily is passionate about supporting moms and their infants during the postpartum phase of motherhood and beyond. With an additional certification as an educator of infant massage, Emily is able to use a variety of skill sets to assist mothers and babies both in education of what to expect as well as providing therapeutic intervention when things don't go according to plan.

**Thursday, April 25 6:00-8:00pm**  
**RAB \$95 #1447-S24A**

**Thursday, May 23 6:00-8:00pm**  
**RAB \$95 #1447-S24B**

**Thursday, August 15 6:00-8:00pm**  
**RAB \$95 #1447-U24A**

### **HIGH BLOOD PRESSURE CONTROL**

High Blood Pressure Control is an 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. Instructor: 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.

**Thursdays, May 2 (8 wks) 10:00-11:30am**  
**RAB FREE #5237-S24A**

### **MEDICARE MADE SIMPLE – 101 (INTRODUCTION)**

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

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

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

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

**Tuesday, April 23 6:30-8:00pm**  
**RAB FREE #1878-S24A**

### **MEDICARE MADE SIMPLE – 102 (INTERMEDIATE)**

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

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

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

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

**Tuesday, April 30 6:30-8:00pm**  
**RAB FREE #1879-S24A**





### 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, April 24 6:30-8:00pm**  
**RFC FREE #1337-S24A**

### 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, May 1 6:30-8:00pm**  
**RFC FREE #1338-S24A**

### 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.

**Tuesday, June 4 10:30am-12:30pm RFC \$10 #2160-U24A**  
**Thursday, June 20 10:30am-12:30pm RFC \$10 #2160-U24B**  
**Tuesday, July 9 10:30am-12:30pm RFC \$10 #2160-U24C**  
**Thursday, July 25 10:30am-12:30pm RFC \$10 #2160-U24D**  
**Tuesday, August 6 10:30am-12:30pm RFC \$10 #2160-U24E**  
**Thursday, August 22 6:30-8:30pm RFC \$10 #2160-U24F**

## GRAND RAPIDS WALKING TOURS

### THE LIGHTER SIDE OF LIFE WALKING TOUR

Just for fun and giggles, we examine entertainment through the ages in Grand Rapids as we meander down city streets, past shop windows, restaurants, performance venues, by the Grand River, and museums. What did we do for pleasure back “then”? What made us laugh? Are we really willing to give up our twenty-first century electronic toys for a return to the age of innocence? HA! Maybe.

J.W. Marriott, 235 Louis St NW, Grand Rapids.

**Wednesday, April 10 6:00-7:30pm**  
**J.W. Marriott Lobby \$20 #1272-S24A**

### GREENER GRAND RAPIDS WALKING TOUR

Sustainability is a priority for Grand Rapids. We’ve earned worldwide attention, recognition and respect for our Green efforts. Named “America’s Greenest City” by Fast Company magazine, Grand Rapids continues to be noticed for its “LEEDership” in sustainable efforts. Grand Rapids is blessed with abundant natural resources, and we are committed to protecting and preserving this very special environment. Join us on a journey through our clean, forward-thinking metropolis.

J.W. Marriott, 235 Louis St NW, Grand Rapids.

**Tuesday, May 7 6:00-7:30pm**  
**J.W. Marriott Lobby \$20 #1273-S24A**

Find us on

ROCKFORD COMMUNITY SERVICES



REGISTER AT

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### URBAN JUNGLE WALKING TOUR

Few “wild things” can adapt to living without big tracts of forests, wetlands, meadow or open waters. Cities... wildlife’s worst nightmare with our traffic, concrete, pollution and constant noise. But, in spite of that, nature persists. We will go hunting for clues and information about our urban fish, trees, animals, birds, bugs, that just yesterday - you thought were totally boring, so common. Your guide, will turn them into something compelling, valuable, and appreciated. Or, just maybe you’ll give them a little more respect. Grand Rapids Fish Ladder, 606 Front Ave NW, Grand Rapids.

**Wednesday, May 22 6:00-7:30pm**

**GR Fish Ladder \$20 #1274-S24A**

### ART FOR ALL WALKING TOUR...PART THREE

See why Grand Rapids is hailed as one of America’s most creative cities! We’ll move through the west side of city center in hunt of significant public artwork. We’ll discover an abundance of creative expressions, including bronze statues of people and animals, a stela, an abstract football player, a floating astronaut, and natural art on the river’s edge. So much to see and so little time. You’ll find the activity physically and artistically stimulating.

Grand Rapids Public Museum, 272 Pearl Street NW, Grand Rapids.

**Wednesday, June 5 6:00-7:30pm**

**GR Public Museum Entrance \$20 #1276-U24A**

### B IS FOR BLANDFORD WALKING TOUR

This magical place, where you are encouraged to get your hands and boots dirty - perhaps elbow or knee deep in mud. Blandford Nature Center believes that adults and children learn best through personal experience in nature and with wildlife. This tour takes you through the friendly beasts, the historic buildings, the acres of bark along the trails, the barns of the farm, and the new beginnings at both the associated schools and The Highlands. Learn about Mary Jane Dockeray, the founder, and how she began a chapter in her life that she never imagined would grow into this incredible corner of the world. Meet at the parking lot in front of the Visitor Center. Blandford Nature Center, 1715 Hillburn Ave. NW, Grand Rapids.

**Tuesday, June 18 1:00-2:30pm**

**Blandford Nature Center \$20 #1277-U24A**

### CIVIL WAR AND VALLEY CITY WALKING TOUR

Grand Rapids, the Valley City, was eager to support the war between the states. Kent County sent more than 4,000 men to war - 5% of the state’s “boys in blue”. These soldiers traveled and enthusiastically answered the call to arms. On the home front, there were resilient loved ones who endured the hardships of a nation at war. We will wander through the streets in search of reminders of this monumental historical milestone...the war between the states. GR Art Museum, 101 Monroe Center St NW, Grand Rapids.

**Wednesday, July 10 6:00-7:30pm**

**GR Art Museum Front Doors \$20 #1278-U24A**

### HONORING DIVERSITY WALKING TOUR

Historically, a myriad of cultural influences shaped our city then and are what make Grand Rapids unique today. We are home to people of every race, color, religion, lifestyle, gender, age, marital status, handicap, socio-economic status and many national origins. Each group has indelibly contributed to the evolution of individual neighborhoods, the whole city, and this West Michigan region. Today, our living kaleidoscope is a vibrant, intensely colorful and rich community that thrives upon collaboration while honoring diversity. Learn about our city’s colorful past.

J.W. Marriott, 235 Louis St. NW, Grand Rapids.

**Wednesday, July 24 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1279-U24A**



### MONROE NORTH NEIGHBORHOOD WALKING TOUR

Come explore the historic North Monroe Neighborhood, one of the 32 neighborhood associations in Grand Rapids. What was once an industrial part of Furniture City is now one of the most exciting and energetic places to live. Journey through yesterday and get a glimpse into tomorrow. Hug the Mayor’s tree, climb 100+ stairs (if you dare), witness the greatest view of the city, do a cartwheel in the park, watch jumping fish and dip your toes into the mighty Grand River. All of that in an adventurous and wacky loop, chock full of interesting trivia and sights. City lot (open space) at 555 Monroe North, Grand Rapids (by the skate park, alongside the Grand River).

**Monday, August 12 6:00-7:30pm**

**City Lot \$20 #1280-U24A**



# ADULT FITNESS & RECREATION



## ADULT GOLF LESSONS BEGINNING AND INTERMEDIATE

Work on your golf skills and get ready for summer play! You will work on the basic skills, including etiquette, stance, grip, putting, chipping and driving. \*Max enrollment of 7 golfers per session. For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford

### SESSION 1:

**Tuesdays, April 30 (4 wks) 5:00-6:00pm**  
Golf Emporium \$100 #2050-S24A

**Tuesdays, April 30 (4 wks) 6:30-7:30pm**  
Golf Emporium \$100 #2050-S24B

**Wednesdays, May 1 (4 wks) 10:00-11:00am**  
Golf Emporium \$100 #2050-S24C

**Wednesdays, May 1 (4 wks) 6:30-7:30pm**  
Golf Emporium \$100 #2050-S24D

### SESSION 2:

**Tuesdays, June 4 (4 wks) 5:00-6:00pm**  
Golf Emporium \$100 #2050-U24A

**Tuesdays, June 4 (4 wks) 6:30-7:30pm**  
Golf Emporium \$100 #2050-U24B

**Wednesdays, June 5 (4 wks) 6:30-7:30pm**  
Golf Emporium \$100 #2050-U24C

### SESSION 3:

**Tuesdays, July 9 (4 wks) 5:00-6:00pm**  
Golf Emporium \$100 #2050-U24D

**Tuesdays, July 9 (4 wks) 6:30-7:30pm**  
Golf Emporium \$100 #2050-U24E

**Wednesdays, July 10 (4 wks) 6:30-7:30pm**  
Golf Emporium \$100 #2050-U24F



## ADULT SOCIAL TENNIS LEAGUE

This new program will be fun and offers competitive play, drills, and coaching! The format for competitive play will change each week! For example, one week will be the same teams/round robin, the next week, winners move up/losers move down and you switch partners, another week will be a Fast Four Tournament! Prizes included!

***This program is NOT for beginners or advanced beginners! This is a two-tiered league: Intermediate (USTA 3.0 +) and Advanced (USTA 4.0 +).***

### ***Examples of each:***

1. You currently play tennis regularly or on a USTA team and know your rating.
2. You played on a varsity team in high school and/or college.

*Please indicate your level (intermediate or advanced) at sign up.*

***Warm-up drills, serves, coaching 6:30-7:00pm***

***Competitive Social Play 7:00-8:30pm***

***Tuesdays, June 4 (8 wks) 6:30-8:30pm \*skip July 2***  
***RHS Tennis Courts \$120 #3137-U24A***

## ADULT TENNIS LESSONS BEGINNER/ADVANCED BEGINNER

Coach Katie Hunting, USPTA Professional Tennis Instructor  
This is a drill session along with instruction regarding specific strokes, serve, and strategy.

Class Maximum: 8 Class Minimum: 4

***Thursdays, June 6 (8 wks) 6:30-7:30pm \*skip July 4***  
***RHS Tennis Courts \$120 #3136-U24A***

Find us on ROCKFORD COMMUNITY SERVICES



**REGISTER AT**  
**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

# APTITUDE FITNESS

251 Northland Dr NE, Rockford MI 49341

## 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, April 15 (4 wks) 9:15-10:00am**

**Aptitude Fitness \$96 #1482-S24A**

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

**Aptitude Fitness \$96 #1482-S24B \*skip May 27**

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

**Aptitude Fitness \$96 #1482-U24A \*skip week of July 1**

## 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.

**Mon/Thurs, April 15 (5 wks) 4:00-4:45pm**

**Aptitude Fitness \$96 #1493-S24A**

**Mon/Thurs, May 20 (5 wks) 4:00-4:45pm**

**Aptitude Fitness \$96 #1493-S24B \*skip May 27**

**Mon/Thurs, June 24 (5 wks) 4:00-4:45pm**

**Aptitude Fitness \$96 #1493-U24A \*skip week of July 1**

## BARRE MONDAYS

Barre is for every type of body! It's easy on joints, can be modified around 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, April 15 (5 wks) 6:30-7:15pm**

**Aptitude Fitness \$60 #1480-S24A**

**Mondays, May 20 (5 wks) 6:30-7:15pm**

**Aptitude Fitness \$60 #1480-S24B \*skip May 27**

**Mondays, July 8 (5 wks) 6:30-7:15pm**

**Aptitude Fitness \$60 #1480-U24A**

## BUTTS AND GUTS - MONDAYS/WEDNESDAYS

This low-impact, high-energy class is all about strengthening and toning your abs as well as your lower body - including your legs and butt! We'll be using a variety of body weight circuits to target your glutes, quads, hamstrings, and abs!

**Mon/Wed, April 15 (5 wks) 5:30-6:00pm**

**Aptitude Fitness \$96 #1469-S24A**

**Mon/Wed, May 20 (5 wks) 5:30-6:00pm**

**Aptitude Fitness \$96 #1469-S24B**

**Mon/Wed, June 24 (5 wks) 5:30-6:00pm**

**Aptitude Fitness \$96 #1469-U24A \*skip week of July 1**

## LIGHT VIBRATIONS: SOUND BATH & 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 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. We will also offer connective share circles where we come together to restore harmony within the mind, body, & spirit as a community.

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

**Aptitude Fitness \$80 # 1440-S24A**

**Sundays, May 19 (5 wks) 6:00-7:00pm**

**Aptitude Fitness \$80 # 1440-S24B**

**Sundays, June 23 (5 wks) 6:00-7:00pm**

**Aptitude Fitness \$80 # 1440-U24A**

## 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, April 15 (4 wks) 5:30-6:15am**

**Aptitude Fitness \$96 #1466-S24A**

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

**Aptitude Fitness \$96 #1466-S24B \*skip May 27**

**M/W/F, June 10 (4 wks) 5:30-6:15am**

**Aptitude Fitness \$96 #1466-U24A \*skip week of July 1**

**Thursdays, April 18 (5 wks) 6:00-6:45pm**

**Aptitude Fitness \$60 #1466-S24C**

**Thursdays, May 23 (5 wks) 6:00-6:45pm**

**Aptitude Fitness \$60 #1466-S24D**

**Thursdays, June 27 (5 wks) 6:00-6:45pm**

**Aptitude Fitness \$60 #1466-U24B \*skip July 4**

## APTITUDE HIKES

Ages 16+. Surround yourself in the beauty and peace of nature, where every step becomes a meditation, every breath a celebration of life. Soak up the surroundings, practice mindful walking, meditation, and provide space for quiet reflection. Hiking or comfortable footwear as well as a small bag for water, snacks, and journal are recommended but not required. Locations are disclosed prior to weekly hikes and are subject to change based on trail conditions and weather. \*Registration includes hiking journal. The instructor will contact participants with the location of the hike. Dates are June 2, 9, and July 14 and 28.

**Sundays, June 2 (4 wks) 9:00-10:30am**

**\$30 #1460-U24A**

## CHAIR YOGA

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 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; recovering from illness or injury or have problems with knees and hips. Learn more ways to improve balance, strength, and flexibility. All are welcome. No Yoga experience is needed. \*Chairs provided\*

**Mon/Fri, April 15 (5 wks) 10:30-11:15am**

**Aptitude Fitness \$96 #1441-S24A**

**Mon/Fri, May 20 (5 wks) 10:30-11:15am**

**Aptitude Fitness \$96 #1441-S24B**

**Mon/Fri, June 24 (5 wks) 10:30-11:15am**

**Aptitude Fitness \$96 #1441-U24A \*skip the week of July 1.**



## CAPOEIRA: THE BRAZILIAN MARTIAL ART

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

**Tuesdays, May 21 (6 wks) 7:30-8:30pm**

**RFC \$90 #1012-S24A**

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

**RFC \$90 #1012-U24A**

**Tuesdays, August 13 (6 wks) 7:30-8:30pm**

**RFC \$90 #1012-U24B**



## BEGINNING TAI CHI CHUAN

For adults of all ages. Tai Chi Chuan is the Chinese system of slow meditative physical exercise designed for relaxation and improving your balance and health. 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, 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. Receive a better understanding of the principles of movement. Invest in your ongoing health, including physical, emotional, and mental health. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified.

**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**

## CARDIO DRUMMING & CORE - MOXIE FITNESS

Cardio drumming takes a simple movement - Drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. Drumming is a fun, high-energy workout that is easily adapted to Hi or Low impact.

**PLEASE 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, April 11 (8 wks) 6:45-7:45pm**

**Meadow Ridge Gym \$64 #1489-S24A**





### JIU JITSU FOR ADULTS – BJJ/SELF DEFENSE

Ages 13-Adult. Discover the art of Brazilian Jiu Jitsu (BJJ) for self-defense at Kraken Jiu Jitsu. Our class is designed to empower individuals of all levels and backgrounds. Learn practical self-defense techniques tailored to real-life situations while simultaneously enhancing your physical fitness, balance, and mental acuity. Cultivate discipline, respect, and self-confidence as you progress. Sharpen your problem-solving skills and conflict resolution abilities. Join a supportive community of like-minded individuals and embrace the holistic benefits of BJJ. Enroll today for a stronger, more confident you. Instructor: Professor Tony, a seasoned practitioner with two decades of Brazilian Jiu Jitsu (BJJ) experience and embodies the essence of martial arts dedication. A distinguished international competitor, he has honed his skills on a global stage. However, his true passion lies in sharing the art of BJJ with students of all ages and abilities. Professor Tony derives immense joy from introducing newcomers to the world of Jiu Jitsu and helping them achieve their personal goals. With his wealth of knowledge, patient instruction, and infectious enthusiasm, he serves as a mentor, guiding each student on their unique journey toward mastery in BJJ.

Kraken Jiu Jitsu, 2355 Belmont Center Dr., Suite 105, Belmont.

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

**Kraken Jiu Jitsu Academy \$100 #1412-S24A**

**Thursdays, May 23 (6 wks) 6:00-7:00pm**

**Kraken Jiu Jitsu Academy \$100 #1412-U24A**

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

**Kraken Jiu Jitsu Academy \$100 #1412-U24B**

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**REGISTER AT**  
**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

### WERQ® DANCE FITNESS

Ages 13 & Up. A fiercely fun dance fitness class for ALL LEVELS based on chart-topping pop, rock, and hip-hop music and high-energy dance steps. The WERQ® warm-up previews the steps to be used in class, and the cool-down combines yoga-inspired static stretching with balance poses. NO EXPERIENCE IS NECESSARY.

Bring a water bottle and a sweat towel, and expect to burn around 500-900 calories while dancing to your favorite songs!

**Tuesdays, May 21 (6 wks) 6:30-7:30pm**

**RAB Cafeteria \$48 #1449-U24A**

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

**RAB Cafeteria \$32 #1449-U24B \*skip July 23**

### 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 area since 2010.

**Wednesdays, May 22 (6 wks) 7:00-8:00pm**

**RAB Cafeteria \$51 #1450-U24A**

**Wednesdays, July 10 (4 wks) 7:00-8:00pm**

**RAB Cafeteria \$34 #1450-U24B \*skip July 17 & August 7**

# 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. 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. Rally scoring will be used at all levels.

**This is not a drop-in class-you must be registered to participate.**

**Mondays, April 29 (4 wks)**

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

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

**NRMS Upper Gym \$25**

# SENIORS UNLIMITED



**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**  
**FREE to join us!**



## BINGO - 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**  
**April 8 and May 13**

# 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.\***

## DARK SIDE OF THE MITTEN

*Presented by Tom Carr, author*

Author Tom Carr narrates stories of murder, robbery and mayhem through the ages in the Great Lakes state. Delivered in a lively manner with humor and historical context, the stories include crimes of passion, greed, insanity and just plain awfulness. He has related tales of true crimes and dark history in all corners of both peninsulas. While he includes occurrences from a variety of locations throughout the state, he also tailors each talk so attendees hear about incidents close to home. Carr is an award-winning reporter and columnist who worked at daily newspapers in Michigan for more than 25 years. As a freelance writer and broadcaster, his work has appeared on NPR, the New York Daily News, the Detroit Free Press and many other local, regional and national news outlets.

**Monday, April 15 \$8 #5262-S24A**

## I'M STILL STANDING: NAVIGATING THE 2ND HALF OF LIFE

*Presented by Dave Kampfschulte*

Join us as we listen to dynamic guest speaker, Dave Kampfschulte, as he examines the uncharted waters of our senior years: what got us here, what we have learned about ourselves, and how we can draw on our wisdom and strengths to adapt to the surprises and challenges of the ever changing second half of life.

**Monday, May 20 \$8 #5263-S24A**

## 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**  
**April 30 and May 28**

## OUT TO LUNCH BUNCH BUS TRIPS

### APRIL: 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, April 16 \$5 #2040-S24A**

### MAY: GILMORE CAR MUSEUM

Are you a car enthusiast? Join us for a trip to the Gilmore Car Museum, an automobile museum that exhibits over 400 vintage and collector cars and motorcycles from all eras throughout their 90-acre campus! Located just outside of Kalamazoo, we will travel by motorcoach bus to spend the day at this unique museum. Stroll the many historic buildings filled with their amazing collection of cars and more, and enjoy lunch (on your own) at either the Heritage Café or the iconic 1941 Blue Moon Diner. There's so much to see! Transportation provided by Great Lakes Motorcoach.

Activity level: high.

**8:30am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).**

**4:00pm approximate return to Rockford**

**Thursday, May 16 \$60 #1740-S24A**

### JUNE: BROWN BAG TOUR OF SHIPSEWANA, INDIANA!

Travel by motorcoach bus to Northern Indiana for the day! At each tour stop you will receive a free gift to fill your Brown Bag (bag will be provided by tour guide)! Be aware that some of the stops will only accept cash for purchase and we will be visiting a lot of different kinds of shops! This is a fun-filled day experiencing some of the wonderful places that Shipshewana and the beautiful Amish community have to offer. Price includes transportation, tour, gifts, and a full dinner experience in an Amish home. A detailed itinerary will be emailed to participants prior to the trip. This is a very active day! Activity level: HIGH.

**Thursday, June 6 \$97 #5240-U24A**

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

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



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

APRIL 16, 2024

**Educated: A Memoir**

by Tara Westover

MAY 21, 2024

**Ordinary Grace**

by William Kent Krueger

JUNE 18, 2024

**Great Small Things**

by Jodi Picoult

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*





**SUMMER PICNIC**  
**THURSDAY, JUNE 20, 2024**  
**12:00 – 2:00 PM**  
**\$10/person #5008-U24A**

Rockford Community Cabin, 220 Monroe St.

Entertainment by the Dusty Chaps Trio  
Catering by Distinctive Catering

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

**LIMITED SPACE, REGISTER EARLY!**

You are invited to join Rockford Community Services on our

# Annual Brown Bag Tour to Amish Country

**THURSDAY, JUNE 6, 2024 | \$97 #5240-S24A**



Travel by motorcoach to northern Indiana for the day! At each of our stops, we will receive a free gift to fill up our brown bags. We will visit a few of our favorite places, PLUS a few new ones. Be aware that some of the stops may only accept cash for purchases. Don't wait, register now! This popular trip fills up quickly! Price includes dinner at an Amish home.

***Deadline to register: May 15, 2024, or when bus is full.***

***\*High Activity day! Lots of walking.***

***Motor Coach Transportation departs from the large Rockford parking lot just south of the Rockford Shoe Depot at 7:00am – Approximate Return at 7:30pm***

***Call Rockford Community Services, 616.863.6322, to register!***  
Credit card payments are welcome – Visa, Discover or MasterCard. Make checks payable to Rockford Community Services and drop by to register in person. Rockford Community Services, 350 N. Main Street, Rockford, MI 49341

# YOUTH ENRICHMENT

## ONCE UPON A PAINTBRUSH

Ages 2 & Up. Join us for a story time designed for kids ages 2 and up! We will be reading some of our favorite children's books and painting pottery that relates to each story. This is a fun hands-on activity for you and your child to do together! Instructor: Micaela, owner, Accidental Art. Accidental Art is a paint your own pottery studio located in Rockford. They've been open for over 5 years now! Once Upon a Paint Brush is one of her favorite events that they host at the studio. She loves seeing the little ones learn and grow as they read great books and create a one-of-a-kind masterpiece! Accidental Art, 355 Northland Drive NE.

**Thursday, May 2 (1 class) 10:30-11:30am**  
**Reading: *The Night Before Mother's Day***  
**Accidental Art \$20 #1062-S24A**

**Friday, June 7 (1 class) 10:30-11:30am**  
**Reading: *How to Babysit a Grandpa***  
**Accidental Art \$20 #1062-U24A**

**Thursday, July 11 (1 class) 10:30-11:30am**  
**Reading: *The Rainbow Fish***  
**Accidental Art \$20 #1062-U24B**

**Friday, August 23 (1 class) 10:30-11:30am**  
**Reading: *Just a Piggy Bank***  
**Accidental Art \$20 #1062-U24C**

## ARTISTIC ADVENTURES

Ages 7-11. Explore different activities that will stimulate our creative muscle. Creativity is a way to see the world from a different angle. Developing our creativity helps us have a variety of ideas to solve all types of problems in life. We will experiment with different media including watercolor, acrylic, pastels, markers, felt pens and more. The fee for this class includes a \$10 supply fee. Instructor: Anne Quiroga. Anne is passionate about helping others understand the process of putting yourself into a piece of art. Learning how to use your imagination to discover your creativity is what her classes are all about. Through art, we can learn to unleash our creativity.

**June 17-20 (Monday-Thursday) 10:00am-12:00pm**  
**RHS \$130 #1228-U24A**

**June 24-27 (Monday-Thursday) 10:00am-12:00pm**  
**RHS \$130 #1228-U24B**

**July 15-18 (Monday-Thursday) 10:00am-12:00pm**  
**RHS \$130 #1228-U24C**

**July 22-25 (Monday-Thursday) 10:00am-12:00pm**  
**RHS \$130 #1228-U24D**

Find us on ROCKFORD COMMUNITY SERVICES



**REGISTER AT**  
**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

## BOARD GAMERS

Grades 2-5. Do you love to play games? At Board Gamers, you will learn new games and have fun playing with new friends! Finding new favorite games can be difficult, so Board Gamers has a wide variety of board games. The games for each week are carefully chosen for the age group. Playing new board games is not only tons of fun, it helps develop number sense, social skills, and critical thinking. To make the experience memorable, you will also choose or customize a game piece to print on a 3D-printer in the classroom! Instructor: Kyle DeBoer teaches math at RHS. He is passionate about kids having fun together and developing thinking skills along the way. Mr. DeBoer has taught various game camps and clubs for 1st grade-high school. Come join the fun with Board Gamers!

**July 8-12 (Monday-Friday) 9:00-11:30am**  
**RHS \$120 #1020-U24A**



plainsong  
farm

## LITTLE GARDENERS FARM CAMP

Grades 1-3. Come explore the many adventures of the Farm and Gardens at Plainsong. Our Little Gardeners session introduces campers to working on a sustainable vegetable farm - learning how to plant, harvest, hunt for plant pests, make compost, and so much more. Campers have fun through hands-on activities in the farm fields, creating farm art, making music in the great outdoors, and connecting to one another in fun farm games. This camp is for students entering grades 1-3 in the fall. Plainsong Farm has 12 acres, 2 houses, historic barns, and many seeds for the future. They are located in Rockford in the Rogue River sub-watershed of the Lower Grand River watershed. Plainsong Farm is a living laboratory with connections across the country making a difference both locally and nationally. Camper drop-off is from 8:45-9:00am. Plainsong Farm, 6677 12 Mile Rd. NE, Rockford.

**June 10-13 (Monday-Thursday) 9:00am-3:00pm**  
**Plainsong Farm \$240 #1136-U24A**

**June 17-20 (Monday-Thursday) 9:00am-3:00pm**  
**Plainsong Farm \$240 #1136-U24B**



## BROADWAY BOOTCAMPS

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

### BROADWAY BOOTCAMP: ONE-DAY WORKSHOPS

Grades 1-8. 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. Immerse yourself in the fundamentals of musical theatre, including acting, music, and movement. The primary goal 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. 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.

#### **Theme: Frozen Fever**

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

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

**RFC \$50 #2225-S24A**

#### **Theme: Colors**

Featuring songs like Green Eggs and Ham from Seussical and Blue Suede Shoes from All Shook Up.

**Wednesday, May 8 2:00-6:00pm**

**RFC \$50 #2225-S24B**

#### **Theme: Through the Eras**

It will be a dance through the history of musical theater featuring songs from Grease, Hairspray, Mamma Mia, Footloose, and more!

**Wednesday & Thursday, May 30 & 31 2:00-6:00pm**

**RFC \$100 #2225-S24C**

### BROADWAY BOOTCAMP

Grades K-5. Join the Broadway Bootcamp team for the original Broadway Bootcamp summer experience! Participants learn the basics of musical theatre performance and choreography to perform their own scenes and songs from popular musicals. It is a high-energy, engaging experience for anyone, no matter their level of stage experience. Each session is split into smaller groups by age so that students are learning material tailored to their interests and skills. Students are rotated through singing, dancing, and acting activities each day. The variety of games and exercises allows participants to discover their hidden talents and expand upon their natural gifts and creativity. We provide a structure so participants can present what they have learned in a comfortable, confident manner. The primary goal: promote a healthy interest in the performing arts while providing a safe environment for participants to recognize and develop their talents and self-expression. Wear comfortable clothing, closed-toed tennis shoes, and bring a water bottle. *This morning class is strictly for students who have completed grades K-5. Class size is limited.*

**Monday-Friday, June 24-28 (1 wk) 9:00-11:00am**

**ERMS \$125 #2227-U24A**

### BROADWAY BOOTCAMP 2.0

Grades 6-12. Join us for an advanced musical theater experience and take your performance skills to the next level! This intensive bootcamp is high-energy and open to anyone no matter their level of stage experience. Bootcampers will have the opportunity to participate in age-appropriate scenes and songs from more modern, mature musicals than our original Broadway Bootcamp experience. Multiple performance opportunities will be rehearsed with guidance from professionals, with the goal of showcasing on Friday afternoon. Students are encouraged to come with a prepared solo or duet/trio/quartet with friends to audition with for the chance to share in our Friday performance! Students are asked to wear comfortable clothing, closed-toed tennis shoes, and bring a water bottle, pencil and highlighter.

*2.0 camp is strictly for students who have completed grades 6-12.*

**Monday-Friday, June 24-28 (1 wk) 12:00-2:00pm**

**ERMS \$125 #2228-U24A**

### BROADWAY BOOTCAMP: THE SHOW!

Join us in producing a musical adventure! Take part in learning all of the lines, lyrics, and dances to this 30 minute production, as well as take part in many behind the scenes elements of the stage, such as creating stage decorations and props, assembling their costumes, and more! The final performance at the end of the week is a free production for family and friends. Students will receive their own commemorative script and show t-shirt to take home with them on Friday. Students should wear comfortable clothes, tennis shoes, and have a water bottle.

**Grades K-3: Monday-Friday, July 15-19 (1 wk) 9:00-11:30am**

**ERMS \$150 #2229-U24A**

**Grades 4-8: Monday-Friday, July 15-19 (1 wk) 1:00-3:30pm**

**ERMS \$150 #2229-U24B**





We Learn. We Build. We Play.

## LEGO® SUMMER SERIES

LEGO® is a registered trademark of the LEGO® Group and Mojang® 2009-2013. "Minecraft™" are trademarks of Notch Development AB of companies which does not sponsor, authorize or endorse these programs.

### SAFARI ADVENTURES

Ages 4-8. Come explore the jungle using LEGO® Bricks in our Safari Adventures Camp! Grab your camera and hop in the Jeep! We're going on a safari adventure! Kids will love learning about and building favorite safari animals and objects. They'll steer their brick Jeep or boat model through the jungle, snapping imaginary photos of lions, elephants and chimpanzees on their brick camera model. Each camper gets a mini-figure with accessories to keep!

**Monday-Thursday, June 10-13 (1 wk) 9:00am-12:00pm**  
**RHS \$115 #2635-U24A**

### B4K ARTS & CRAFTS CAMP

Ages 5-11. Calling all arts and crafts fans who love to imagine, design and create unique art using LEGO® bricks! In this camp, each day will feature motorized models which can be used to create one-of-a-kind art pieces. Campers will have the opportunity to build with our technic, 3-D, and mosaic kits and each day will feature one or more projects from which campers can choose to keep! Each child will get to choose which project(s) they want to complete! Choices include bookmarks, picture frames, jewelry, room décor, pens, pencil sharpeners, pencil holders, and more! Cost includes materials for up to \$20 worth of LEGO® projects to keep!

**Monday-Thursday, June 10-13 (1 wk) 1:00-4:00pm**  
**RHS \$142 #2635-U24B**

### ADVANCED ROBOTICS: MINING & CRAFTING

Ages 9-13. Step into the fusion of digital creativity and real-world robotics with Advanced Robotics: Mining & Crafting, perfect for aspiring engineers and programmers aged 9-13. Inspired by the imaginative world of Minecraft™, this camp utilizes LEGO®'s innovative Spike Prime kit to transform virtual concepts into dynamic robotic creations. Campers will build and program everything from automated miners to robotic creepers, diving into the fundamentals of robotics, coding, and problem-solving. It's a unique opportunity to blend the thrill of Minecraft™ with hands-on technological skills, offering a week filled with learning, building, and endless innovation. Enroll now and start crafting your future in robotics!

**Monday-Thursday, June 17-20 (1 wk) 9:00am-12:00pm**  
**RHS \$142 #2635-U24C**

### VIDEO GAME DESIGN

Ages 8-12. Students will develop a range of coding and problem-solving skills as they create fun Space-themed video games. Game designers will think creatively, reason systematically, and work collaboratively to create various video games. Each Game Design unit includes a mini-model rocket built with LEGO® Bricks that will be the main character of all of the games. Each game progressively teaches more advanced capabilities within the Scratch® video game design software. Students will be excited to actually play their very own completed video games. Participants receive a flash drive which contains their games.

**Monday-Thursday, June 17-20 (1 wk) 1:00-4:00pm**  
**RHS \$142 #2635-U24D**

### BRICKS 4 KIDZ MASTER CHALLENGE CAMP

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

**Monday-Thursday, June 24-27 (1 wk) 9:00am-12:00pm**  
**RHS \$115 #2635-U24E**

### WORLD OF WIZARDS

Ages 5-11. Step into the World of Wizards at Bricks 4 Kidz, where the enchanting worlds of Harry Potter and Fantastic Beasts come alive through LEGO® building! Young wizards will build mystical worlds, craft magical creatures, and concoct LEGO® potions in a realm where imagination knows no bounds – the Bricks 4 Kidz way! From hidden chambers to soaring dragons, each day is a new building adventure of creativity and magic. Grab your wand and join this spellbinding journey where your building creations help ensure that good triumphs over evil. Enroll now and let the magic begin! Each camper gets a Harry Potter-themed mini-figure to keep!

**Monday-Thursday, June 24-27 (1 wk) 1:00-4:00pm**  
**RHS \$115 #2635-U24F**

### NINJA ROBOTICS

Ages 7-11. LEGO® Ninjago™ fans will spin with excitement in this action-packed camp! Come learn the basics of robotics while building motorized models inspired by your favorite Ninjago™ characters. Imagination and creativity will abound as campers build and program innovative models, customize battle arenas and vehicles, and battle with their mini-figures. All campers get a custom mini-figure to keep!

**Monday-Thursday, July 8-11 (1 wk) 9:00am-12:00pm**  
**RHS \$115 #2635-U24G**

## B4K MINING & CRAFTING CAMP

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

**Monday-Thursday, July 8-11 (1 wk) 1:00-4:00pm**  
**RHS \$115 #2635-U24H**

## GAME ON: MARIO EDITION!

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

**Monday-Thursday, July 15-18 (1 wk) 9:00am-12:00pm**  
**RHS \$115 #2635-U24J**

## MYSTERIOUS CASE OF THE MISSING MASTER BUILDERS

Ages 5-11. Calling all puzzle and mystery lovers! Mystery and Mayhem have struck in the town of Bricksburg and several Master Builders have gone missing! So, pull out your magnifying glass, put on your detective's cap and grab your brick separator - we've got clues to unravel, missing persons to track down, and a whole lot of LEGO® models to build to help solve the mystery! Each day will unlock more answers and bring us closer to the solution. Join us for creative building, motorized LEGO® projects, new building techniques, logic puzzles, games, and much more! Each camper gets a goodie bag of B4K and LEGO® themed items to keep!

**Monday-Thursday, July 15-18 (1 wk) 1:00-4:00pm**  
**RHS \$115 #2635-U24K**

## WEDO 2.0 ROBOTICS EXPLORATION

Ages 8-12. Bring LEGO® Bricks to life with coding! The ability to code is a key component of technology education today. Our coding programs will teach students important strategies to enhance their logic and problem-solving skills, as well as help them work toward becoming technological innovators of tomorrow. Our program offers campers the opportunity to develop skill level progression of coding concepts as they advance through multiple levels of difficulty. Build models with LEGO® Education's WeDo 2.0 elements, then control their models with the codes they write. Participants will receive a LEGO® mini-set to keep.

**Monday-Thursday, July 22-25 (1 wk) 1:00-4:00pm**  
**RHS \$142 #2635-U24M**

## SPACE & GALAXY WARS

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

**Monday-Thursday, July 22-25 (1 wk) 9:00am-12:00pm**  
**RHS \$115 #2635-U24L**

## SUPER HERO ACADEMY

Ages 5-11. Join Bricks 4 Kidz for a week of building Super Heroes with LEGO® bricks! Campers will recognize a family of incredible heroes, hero guardians in space, teen heroes, and of course their favorite classic heroes. Explore all the caped crusaders and discover their super powers. Build a fantasy world and protect it from enemies with custom contraptions made with LEGO® bricks. Participants receive a LEGO® Super Hero mini-figure to keep.

**Monday-Thursday, July 29-August 1 (1 wk) 9:00am-12:00pm**  
**RHS \$115 #2635-U24N**

## STUDIO 2.0 3-D DESIGN

Ages 8-14. Have you ever wanted to design your own LEGO® set? Learn how to create anything you can imagine in an on-line platform designed for brick lovers like you. Learn how to use Studio 2.0 to turn your ideas into a 3-D virtual set. We will provide directions as to how you can order the parts to build your set at home.

**Monday-Thursday, July 29-August 1 (1 wk) 1:00-4:00pm**  
**RHS \$142 #2635-U24P**

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### CONVERSATIONAL SPANISH FOR KIDS

Grades 4-6. This class is ideal for kids who are at an intermediate to advanced Spanish level. If you are in grade 4-6 and in the Spanish Immersion program, this course would be great for you. Improve your Spanish conversation skills. The best way to be fluent in a language is by practicing it while having fun and talking about all the things you're interested in. We will play games, have debates, create stories, talk about fun topics, and enjoy time together. *Not sure what level of Spanish you are at? Send me an email to schedule a phone call. [aquiroga@rockfordschools.org](mailto:aquiroga@rockfordschools.org).*

Instructor: Anne Quiroga is a native Spanish speaker. She has taught her own two sons how to speak, read and write Spanish. She believes that it is important for kids to learn a second language as it broadens their perspective on life. Anne works as a paraprofessional in the Spanish Immersion program at Roguewood Elementary where she enjoys speaking Spanish with all the kids there.

**Monday-Thursday, June 17-20 (1 wk) 8:00-9:30am**  
RHS \$120 #1800-U24A

**Monday-Thursday, June 24-27 (1 wk) 8:00-9:30am**  
RHS \$120 #1800-U24B

**Monday-Thursday, July 15-18 (1 wk) 8:00-9:30am**  
RHS \$120 #1800-U24C

**Monday-Thursday, July 22-25 (1 wk) 8:00-9:30am**  
RHS \$120 #1800-U24D

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**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

## 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.* Students will receive a piano book, practice CD and assignment folder.

Material Fee: additional \$35 paid/picked up at Allegro School of Music, 4301 Ambrose Ave NE, Grand Rapids, MI 59525 or by contacting Allegro School of Music (616.301.3888 or [lessons@allegroGR.org](mailto:lessons@allegroGR.org)). Payment is accepted by cash, credit/debit card, or check. Instructor: Emmy Schuster/Allegro School of Music.

**Mondays, April 15 (6 wks) 5:30-6:30pm**  
RFC \$133 (+\$35 materials fee) #1713-S24A

**Mondays, June 17 (6 wks) 12:45-1:45pm**  
RFC \$133 (+\$35 materials fee) #1713-U24A



## BEYOND THE ROCK CAMP

Grades 6-12. Calling all future filmmakers, actors, actresses, and reporters! Join the award-winning High School Television Station of the Year program Beyond the Rock for an exciting week of camp! Learn how to operate top of the line professional video equipment while learning videography and editing basics as well as music track production. Students will focus on being on a team to create their own music videos or short films to take home with them at the end of the week. Lights, Camera, ACTION! Instructor: Kris DeYoung has been the instructor for the BTR program for 14 years and Jason Springer has been the classroom video technician for 24 years. Together they have helped to lead their students to a total of 16 High School Television Station of the Year awards by the Michigan Association of Broadcasters and recently received their 10th straight. Both have a background in storytelling and video production in front of and behind the camera.

**Monday-Thursday, June 3-June 6 (1 wk)**  
9:00am-12:00pm  
RHS \$75 #2237-U24A

**Monday-Thursday, August 5-August 8 (1 wk)**  
9:00am-12:00pm  
RHS \$75 #2237-U24B



# 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 & tights for girls. White shirt & black slacks for boys.

**Saturdays, April 13 (5 wks) 12:00-12:45pm**  
David Matthew Studios \$85 #1250-S24A

**Tuesdays, June 11 (8 wks) 5:00-5:45pm**  
David Matthew Studios \$136 #1250-U24A

**Thursdays, June 13 (8 wks) 10:00-10:45am**  
David Matthew Studios \$136 #1250-U24B \*skip 7/4

## LITTLES BALLET & JAZZ

Ages 5-7. Calling all BOYS & GIRLS! Littles Ballet & Jazz combo classes are fun introductory dance classes that teach movement and music. Students will learn ballet/jazz etiquette and vocabulary. Pink leotards & tights for girls. White shirt & black slacks for boys.

**Tuesdays, June 11 (8 wks) 5:45-6:45pm**  
David Matthew Studios \$160 #1252-U24A

**Thursdays, June 13 (8 wks) 11:00am-12:00pm**  
David Matthew Studios \$160 #1252-U24B

## BEGINNER BALLET

Ages 5-7. Calling all BOYS & GIRLS! Beginner Ballet 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 dancedms.com

**Saturdays, April 13 (5 wks) 1:45-2:30pm**  
David Matthew Studios \$85 #1253-S24A

**Mondays, June 10 (8 wks) 11:00am-12:00pm**  
David Matthew Studios \$160 #1253-U24A

**Wednesdays, June 12 (8 wks) 11:00am-12:00pm**  
David Matthew Studios \$160 #1253-U24B

## 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 dancedms.com.

**Saturdays, April 13 (5 wks) 1:00-1:45pm**  
David Matthew Studios \$85 #1254-S24A

## BEGINNER BALLET TECHNIQUE

Ages 8+. Beginner Ballet Technique 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 on our website at dancedms.com.

**Mondays, June 10 (8 wks) 12:30-1:30pm**  
David Matthew Studios \$160 #1255-U24A

**Thursdays, June 13 (8 wks) 12:30-1:30pm \*skip 7/4**  
David Matthew Studios \$160 #1255-U24B

## 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 dancedms.com.

**Tuesdays, June 11 (8 wks) 4:00-5:00pm**  
David Matthew Studios \$160 #1258-U24A

## MUSICAL THEATER

Ages 7+. 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 available at Dancedms.com.

**Thursdays, June 13 (8 wks) 2:00-3:00pm**  
David Matthew Studios \$160 #1257-U24A \*skip 7/4

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## YOUTH RECREATION



## READY-SET-CHEER

### READY-SET-CHEER YOUTH CHEER PROGRAM

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

***Mondays, April 22 (5 wks) 5:30-6:30pm***

***Parkside Gym \$60 #2023-S24A***

### SPRING STUNT CLASS

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

***Tuesdays, April 23 (5 wks) 5:30-6:30pm***

***RHS Gymnastics Room \$60 #2025-S24A***



## AMPED REALITY

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

### BUILD A DOODLE ROBOT & TAKE IT HOME

Ages 6-9 or 5 years old with an adult helper. 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 ages 6-9 and would be a great opportunity to build a robot with a parent or grandparent. The kids start to see how mechanical things work & get to take the robot home with them!

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

***NRMS \$30 1190-S24A***

### INTRO TO ELECTRONICS

#### USING MINECRAFT™ VIRTUAL REALITY

Ages 10-15. 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, May 18, 10:30-11:30am***

***Amped Reality \$22 #1114-S24A***

***Saturday, August 10 10:30-11:30am***

***Amped Reality \$22 #1114-U24A***

### EXPLORE SPACE USING VIRTUAL REALITY

Ages 9+. 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 \$10/30 minutes (payable at Amped Reality).

***Saturday, May 18 11:45am-12:45pm***

***Amped Reality \$22 #1195-S24A***

***Saturday, August 10 11:45am-12:45pm***

***Amped Reality \$22 #1195-U24A***

## CAMP ACTIVE

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

### SESSION 1:

**Tuesday-Thursday, June 4-6 (1 wk) 9:00-11:00am**  
**Roguewood fields \$50 #2520-U24A**

### SESSION 2:

**Tuesday-Thursday, June 4-6 (1 wk) 11:00am-1:00pm**  
**Roguewood fields \$50 #2520-U24B**

### SESSION 3:

**Tuesday-Thursday, June 11-13 (1 wk) 9:00-11:00am**  
**Roguewood fields \$50 #2520-U24C**

### SESSION 4:

**Tuesday-Thursday, June 11-13 (1 wk) 11:00am-1:00pm**  
**Roguewood fields \$50 #2520-U24D**



## YOGA FOR KIDS

Ages 5-13. Yoga is an excellent way to provide safe, physical movement for all ages. Yoga for kids incorporates both expressive and physical play. By using creative and fun techniques, kids will explore and discover awareness of their physical bodies and emotions. Improve coordination, posture, strength, and flexibility. This is a friendly, non-competitive environment where kids are encouraged to exhibit positive and respectful behavior in a group setting. Bring a towel or mat and enjoy the fun! Instructor: Tamara Reaume, RYT 200. She has received over 200 hours of Therapeutic Yoga Teacher training from Grand Rapids Healing Yoga. She also has certifications from Yoga Fit Kids and Mindful Schools. Tamara has been sharing her passion for yoga with Kent County since 2012.

**Wednesdays, April 24 (5 wks) 5:00-5:50pm**  
**Meadow Ridge \$50 #2525-S24A**

## NEW! CAMP FUNSHINE

Ages 5-8. This camp is filled with a mixture of activities to ensure kids will have fun. Activities include, but are not limited to: sports fun, water fun, wooded adventure, and wind it down with options of books, LEGOS®, coloring, or puzzles.

**Tuesday-Thursday, June 4-6 (1 wk) 1:00-3:00pm**  
**Roguewood Fields \$50 #2524-U24A**



## 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, April 10 (12 wks) 6:30-8:00pm**  
**RAB Gym \$40 #1407-S24A \$20 - 2nd family member**

## YOUTH GOLF LESSONS BEGINNING AND INTERMEDIATE

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

**Wednesdays, June 5 (4 wks) 10:00-11:00am**  
**Golf Emporium \$100 #2049-U24A**

**Wednesdays, July 10 (4 wks) 10:00-11:00am**  
**Golf Emporium \$100 #2049-U24B**





## SPRING COED MIDDLE SCHOOL ROWING

Try out a new and unique sport this spring, or build upon the skills you have already learned. Our coaching staff will help the students learn and reinforce the fundamentals of the rowing stroke on land and water. Students will also be learning how to handle equipment and build confidence and comfort on the water.

This is a great building block for students who may want to participate in the sport in high school, or those who just simply want to try something new.

**Tuesdays & Thursdays, April 16 (7 wks) 6:00-8:00pm**  
**Jupiter Boathouse \$175 #2221-S24A**



# GIRLS INDOOR VOLLEYBALL LEAGUE

### GRADES 3-4, 5-6

Teams will play local schools and will practice once or twice a week, depending on the coach's availability and gym space. *Registration Deadline: Friday, August 2*

**Games will be played on Saturdays in  
September and October.**  
**Practice begins the week of August 26**

**Grades 3-4 #3182-F24A ERMS \$65**

**Grades 5 #3182-F24B ERMS \$65**

**Grades 6 #3182-F24C ERMS \$65**

### VOLUNTEER COACHES ARE NEEDED!

If you are interested in coaching: please email  
Chris at [Cmaxwell@rockfordschools.org](mailto:Cmaxwell@rockfordschools.org)

# KIDS PICKLEBALL

Grades 2-5. Pickleball is not just for adults! With a smaller court and slower moving ball than tennis, pickleball is a perfect game for kids to learn and enjoy for life. Kids in this class will learn the fundamentals of pickleball, participate in fun pickleball activities, and play pickleball with friends. This is a great opportunity for kids to make friends, exercise, learn hand-eye coordination, and have lots of fun!

Bring your own paddle or borrow one for the entire session for \$5 (payable on the first day of class). Instructor: Kyle DeBoer teaches math at RHS. He loves pickleball and has played since high school. In addition to his pickleball experience, Kyle played tennis in college and has taught tennis camps for elementary-high school.

**Mondays, April 15 (6 wks) 5:30-6:30pm**  
**NRMS Tennis Courts \$60 #1431-S24A**

**Monday-Friday, June 10-14 (1 wk) 9:00-10:30am**  
**ERMS Tennis Courts \$65 #1431-U24A**



# NEON NERF BATTLE

## NEON NERF BATTLE

Grades 3-5. Attention thrill-seekers and Nerf warriors! Get ready for an electrifying adventure at our Neon Nerf Battle camp! Immerse yourself in an intergalactic battlefield, where neon lights and glowing gear transform the battleground into an epic area unlike any other. This is not just a camp, it's an extraordinary journey into the neon-drenched universe of Nerf Battles! Instructor: Mark Schlaudt, 5th grade teacher at Roguewood.

**Tuesdays, April 23 (3 wks) 6:00-7:00pm**  
**RAB \$50 #2301-S24A**

## QUIDDITCH CAMP

Grades 3-5. 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. Instructor: Mark Schlaudt, 5th grade teacher at Roguewood.

**Tuesdays, May 14 (3 wks) 5:00-6:00pm**  
**Roguewood \$50 #2521-S24A**

**Monday-Thursday, June 10-13 (1 wk) 2:00-3:00pm**  
**Roguewood \$55 #2521-U24A**



## BATTLE FOR THE WOODS Capture The Flag Edition!

Grades 3-6. Dive into the heart of nature as you participate in epic Capture the Flag battles amidst towering trees, hidden clearings and meandering trails.

The woods are your playground, and victory awaits the most cunning and strategic teams! Don't miss your chance to join the Battle for the Woods - Capture the Flag Edition! Instructor: Mark Schlaudt, 5th grade teacher at Roguewood.

**Monday-Thursday, June 10-13 (1 wk) 10:00-11:30am**  
**Roguewood \$50 #2303-U24A**



## 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.

Grand Rapids Area Fencing Academy (GRAFA), 1345 Monroe NW, Suite 102, Grand Rapids

**Tuesdays, April 9 (6 wks) 6:00-7:00pm**  
**GRAFA \$79 #1402-S24A**

**Tuesdays, May 21 (6 wks) 6:00-7:00pm**  
**GRAFA \$79 #1402-U24A**

## YOUTH FENCING CAMP

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 young people life skills such as confidence, focus, decision-making, and respect, along with improving balance, flexibility, and mental agility. In this camp, the students learn the fundamentals with games, exercises, footwork, and bouting with fellow novice fencers with all equipment provided. GRAFA's coaching staff, with many years of professional coaching experience, are instructors for this camp. This camp will be combined with other Parks and Recreation Departments. Grand Rapids Area Fencing Academy (GRAFA), 1345 Monroe NW, Suite 102, Grand Rapids

**Monday-Thursday, July 22 (1 wk) 10:00am-12:00pm**  
**GRAFA \$89 #1404-U24A**

**Monday-Thursday, August 12 (1 wk) 10:00am-12:00pm**  
**GRAFA \$89 #1404-U24B**



### **CO-ED DISTANCE RUNNING GROUP 2024**

Grades 6-12. Workload and paces will be crafted to meet the motivation level, experience level, aspiration level, and age of participants. Session 1 participants will receive a white shirt and session 2 participants will receive an orange shirt.

#### **SEGMENT #1**

***Mondays-Fridays, June 10-June 21, \$40 #3181-U24A***

***Mondays, 7:30-9:00am, RFC Parking Lot***

***Tuesdays, 7:30-9:00am, Townsend Park Ramsdell Parking Lot***

***Wednesdays, 7:30-9:00am, RFC Parking Lot***

***Thursdays, 7:30-9:00am, RFC Parking Lot***

***Fridays, 7:30-9:00am, RFC Parking Lot***

#### **SEGMENT #2**

***Mondays-Fridays, July 8-August 2, \$55 #3181-U24B***

***\*skip week of July 22.***

***Mondays, 7:30-9:00am, RFC Parking Lot***

***Tuesdays, 7:30-9:00am, Townsend Park Ramsdell Parking Lot***

***Wednesdays, 7:30-9:00am, RFC Parking Lot***

***Thursdays, 7:30-9:00am, RFC Parking Lot***

***Fridays, 7:30-9:00am, RFC Parking Lot***

## **JUST RUN!**

Entering grades 3-6. We will play a variety of running games that work on both speed and stamina. The focus will be on fun, sportsmanship, and personal improvement. This is a good introduction for kids who are interested in running cross country in middle school, or just want to have fun running! T-shirt included. Instructor: Emily Weinmann is the cross country and track coach at North Rockford Middle School.

***Tuesday-Thursday, July 30-August 1 (1 wk)***

***9:00-11:00am***

***ERMS Track \$50 #3180-U24A***



## **EVOLUTION TENNIS**

**Evolve Your Game!**

Featuring the USTA 10 & Under Format

Coordinator/Instructor:

Katie Unsworth, USPTA Certified Tennis Professional

**USTA 10 & UNDER TENNIS PROGRAM**

**\$50 per session – RHS Tennis Courts**

***SESSION 1: 12 per age group***

***June 4-6: Tuesday, Wednesday, and Thursday***

***Ages 5 & 6, 8:15-9:15am #3162-U24A***

***Ages 7 & 8, 8:15-9:15am #3162-U24B***

***Ages 9 & 10, 8:15-9:15am #3162-U24C***

***SESSION 2: 12 per age group***

***June 11-13: Tuesday, Wednesday, and Thursday***

***Ages 5 & 6, 8:15-9:15am #3162-U24D***

***Ages 7 & 8, 8:15-9:15am #3162-U24E***

***Ages 9 & 10, 8:15-9:15am #3162-U24F***

***SESSION 3: 12 per age group***

***June 18-20: Tuesday, Wednesday, and Thursday***

***Ages 5 & 6, 8:15-9:15am #3162-U24G***

***Ages 7 & 8, 8:15-9:15am #3162-U24H***

***Ages 9 & 10, 8:15-9:15am #3162-U24I***

***SESSION 4: 12 per age group***

***June 25-27: Tuesday, Wednesday, and Thursday***

***Ages 5 & 6, 8:30-9:30am #3162-U24J***

***Ages 7 & 8, 9:30-10:30am #3162-U24K***

***Ages 9 & 10, 10:30-11:30am #3162-U24L***

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





### **YOUTH BEACH VOLLEYBALL 2024**

SUN-COMPETITION-SPORT-FUN-TRAINING-SAND-EXERCISE  
 Grades 4-5, Boys & Girls. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! Participants will learn the fundamentals of the game with instruction on Beach Volleyball skills as well as game situations. Instruction provided by area coaches, led by Russ Ettinger, former MPVA & EVP Champion, AVP Main Draw Qualifier, and The Score Volleyball Manager.

The Score Beach Courts, 5301 Northland Drive NE, Grand Rapids  
 Format: 30 minutes of skill and drill instruction and 30 minutes of game competition. Includes a t-shirt.

**SESSION 1: June 6, June 13, June 20, & June 27**  
**Thursdays, June 6 (4 wks) 4:00-5:00pm**  
**\$100 #3196-U24A**

**SESSION 1: June 7, June 14, June 21, & June 28**  
**Fridays, June 7 (4 wks) 9:30-10:30am**  
**\$100 #3196-U24B**

**SESSION 2: July 11, July 18, July 25, & August 1**  
**Thursdays, July 11 (4 wks) 4:00-5:00pm**  
**\$100 #3196-U24C**

**SESSION 2: July 12, July 19, July 26, & August 2**  
**Fridays, July 12 (4 wks) 9:30-10:30am**  
**\$100 #3196-U24D**

### **HS YOUTH BEACH VOLLEYBALL 2024**

SUN-COMPETITION-SPORT-FUN-TRAINING-SAND-EXERCISE  
 Grades 9-12. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! This program is for high school boys and girls. Participants will learn the fundamentals of the game with instruction on Beach Volleyball skills as well as game situations. Instruction provided by area coaches, led by Russ Ettinger, former MPVA & EVP Champion, AVP Main Draw Qualifier, and The Score Volleyball Manager. Includes a t-shirt.

The Score Beach Courts, 5301 Northland Drive NE, Grand Rapids.  
 Format: 1 hour of skill & drills instruction and 1 hour of game competition. Includes a t-shirt.

**SESSION 1: June 7, June 14, June 21, & June 28**  
**Fridays, June 7 (4 wks) 3:00-5:00pm**  
**\$120 #3199-U24A**

**SESSION 2: July 12, July 19, July 26, & August 2**  
**Fridays, July 12 (4 wks) 3:00-5:00pm**  
**\$120 #3199-U24B**

### **MS YOUTH BEACH VOLLEYBALL 2024**

SUN-COMPETITION-SPORT-FUN-TRAINING-SAND-EXERCISE  
 Grades 6-8. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! This program is for middle school boys and girls. Participants will learn the fundamentals of the game with instruction on Beach Volleyball skills as well as game situations. Instruction provided by area coaches, led by Russ Ettinger, former MPVA & EVP Champion, AVP Main Draw Qualifier, and The Score Volleyball Manager.

The Score Beach Courts, 5301 Northland Drive NE, Grand Rapids  
 Format: 45 minutes of skill & drills and 45 minutes of game competition. Includes a t-shirt.

**SESSION 1: June 7, June 14, June 21, & June 28**  
**Fridays, June 7 (4 wks) 11:00am-12:30pm**  
**\$110 #3198-U24A**

**Fridays, June 7 (4 wks) 1:15pm-2:45pm**  
**\$110 #3198-U24B**

**SESSION 2: July 12, July 19, July 26, & August 2**  
**Fridays, July 12 (4 wks) 11:00am-12:30pm**  
**\$110 #3198-U24C**

**Fridays, July 12 (4 wks) 1:15pm-2:45pm**  
**\$110 #3198-U24D**

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT**  
**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

## 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. The first session will be held outside.

**Thursdays, June 13 (6 wks) 6:00-6:45pm**  
**RFC \$60 #1013-S24A \*skip July 4**

**Thursdays, August 1 (6 wks) 6:00-6:45pm**  
**RFC \$60 #1013-U24A**

## JIU JITSU FOR KIDS – BJJ/SELF DEFENSE

Ages 7-12. Kraken Jiu Jitsu offers an empowering Kids' BJJ Self-Defense Class. Children learn practical self-defense techniques, fostering confidence to protect themselves. Beyond self-defense, they develop physical fitness, coordination, discipline, and respect. The program enhances problem-solving skills, conflict resolution, and self-confidence. Improved focus, concentration, and social skills are integral outcomes. Our experienced instructors create a safe, supportive environment where every child receives personalized attention. Enroll your child today for a confident and empowered future. Instructor: Professor Tony, a seasoned practitioner with two decades of Brazilian Jiu Jitsu (BJJ) experience and embodies the essence of martial arts dedication. A distinguished international competitor, he has honed his skills on a global stage. However, his true passion lies in sharing the art of BJJ with students of all ages and abilities. Professor Tony derives immense joy from introducing newcomers to the world of Jiu Jitsu and helping them achieve their personal goals. With his wealth of knowledge, patient instruction, and infectious enthusiasm, he serves as a mentor, guiding each student on their unique journey toward mastery in BJJ. Come experience the transformative power of Professor Tony's expertise and passion. Kraken Jiu Jitsu Academy, 2355 Belmont Center Dr., Ste 105, Belmont

**Tuesdays, April 9 (6 wks) 4:00-4:45pm**  
**Kraken Jiu Jitsu Academy \$100 #1413-S24A**

**Tuesdays, May 21 (6 wks) 4:00-4:45pm**  
**Kraken Jiu Jitsu Academy \$100 #1413-U24A**

**Tuesdays, July 9 (6 wks) 4:00-4:45pm**  
**Kraken Jiu Jitsu Academy \$100 #1413-U24B**

## AFTER THE BELL: ELEMENTARY YOGA SERIES

Ages 6-12. 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.

**Mondays, April 29 (4 wks) 3:45-4:45pm**  
**Roguewood Elementary \$64 #1471-S24A**



**FALL CO-ED | GRADES DK-8**

# SOCCER

Practices begin the week of August 26. Practices will take place Monday-Friday between 5:00-8:00pm and the coach will choose the night. Saturday games start September 7- October 12. Practices and games will be at various locations in the district.  
*No practices on August 30-September 2 (Labor Day).*

DK- You must be enrolled for the fall in a DK program.  
*Please note practice conflicts during registration. Requests are not guaranteed. No pierced earrings or jewelry allowed.*

<b>DK-K.....#3101-F24A</b>	<b>5-6 .....#3101-F24D</b>
<b>1-2.....#3101-F24B</b>	<b>7-8 .....#3101-F24E</b>
<b>3-4 .....#3101-F24C</b>	

**Registration Deadline: Friday, August 2.**  
\*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)  
Register at [rps.digitalsignup.com](http://rps.digitalsignup.com)

ROCKFORD COMMUNITY SERVICES

# BASKETBALL

## BOYS FALL BASKETBALL LEAGUE

Grades 3-6. Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 14 and is selected by the coaches. Practices are 1x a week between 5:30-8:30pm. Please include in the notes nights you cannot practice or other requests. Instructor: Ryan DeKuiper.

*Register for the grade you will be in the fall of 2024.*

**Registration deadline: Sunday, September 15**

**Games Begin on Saturday, October 26 (6 wks)**

**Grade 3 #3117-F24A      Grade 5 #3117-F24C**

**Grade 4 #3117-F24B      Grade 6 #3117-F24D**

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

No games or practices over Thanksgiving break.

## GIRLS FALL, BASKETBALL LEAGUE,

Grades 3-6. Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 14 and is selected by the coaches. Practices are 1x a week between 5:30-8:30pm. Please include in the notes nights you cannot practice or other requests. Instructor: Ryan DeKuiper.

**Registration deadline: Sunday, September 15**

**Games Begin on Saturday, October 26.**

*Register for the grade you will be in the fall of 2024.*

**Grade 3 #3107-F24A      Grade 5 #3107-F24C**

**Grade 4 #3107-F24B      Grade 6 #3107-F24D**

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

No games or practices over Thanksgiving break

## GIRLS BASKETBALL CLINIC

Grades 3-4 and 5-6. The goal of the clinic is to build girls' core basketball skills such as ball handling, defense, offense, rebounding, shooting, and conditioning. There will be competitive team play during the clinic. Instructor: Mrs. Joyce, RPS PE Teacher.

**Grades 3-4: Mondays, April 8 (4 wks) 5:15-6:15pm**

**RFC Gym \$50 #3112-S24A**

**Grades 5-6: Mondays, April 8 (4 wks) 4:15-5:15pm**

**RFC Gym \$50 #3112-S24B**

## VOLUNTEER COACHES: WE NEED YOU!

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



## ULTIMATE FRISBEE

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

Play Ultimate Frisbee this Spring! Join the Rockford Ultimate Frisbee Club! We have a 4th-8th Grade co-ed team and a high school co-ed team. We welcome players of all skill levels - even if you don't know how to throw a frisbee.

Instructor: Mike "Zaags" Zaagman has 15 years of playing experience. He played professionally in the AUDL, played 4 years for the Calvin College Ultimate Frisbee team, and played in adult clubs all around the country. He has 10 years of coaching experience, including several 4th-8th grade teams and high school teams, and is currently the head coach for Davenport University. Can't make Sundays? We have other options - just let us know! Email [mike@zigzagultimate.com](mailto:mike@zigzagultimate.com)

### EQUIPMENT NEEDED: (not included in the registration fee):

Jersey \$37 (unless you have one from a previous season) Shorts are \$37 (Optional). Cleats are required (soccer, lacrosse, or football). We have several donated cleats! There is a chance we have your size. Disc, \$10 (optional)

**Practices: Sundays 1:00-3:00pm @ NRMS practice field**

**GAMES: Friday games at 6:00pm @ MacKay Jaycee Park or Grand Rapids Christian HS FB Stadium**

**Sundays, April 14 (7 wks) 1:00-3:00pm**

**NRMS Practice Field \$100 #1495-S24A**

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT**

**[RPS.DIGITALSIGNUP.COM](https://RPS.DIGITALSIGNUP.COM)**

*Registration using a computer or tablet is preferred.*



# SWIM LESSONS

April Sessions: Registration Opens 6pm 4-8-24 | June Sessions: Registration Opens 6pm 5-20-24

## 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

April 15 (5 wks)  
6:00-6:30pm  
NRMS Pool \$58  
#4307-S24A  
#4307-S24B

### MONDAYS

April 15 (5 wks)  
6:40-7:10pm  
NRMS Pool \$58  
#4307-S24C

### WEDNESDAYS

April 17 (5 wks)  
6:00-6:30pm  
NRMS Pool \$58  
#4307-S24D  
#4307-S24E

### WEDNESDAYS

April 17 (5 wks)  
6:40-7:10pm  
NRMS Pool \$58  
#4307-S24F

### SATURDAYS

April 20 (5 wks)  
9:00-9:30am  
NRMS Pool \$58  
#4307-S24G

### MONDAYS

June 3 (4 wks)  
6:00-6:30pm  
RHS Pool \$48  
#4307-U24A  
#4307-U24B

### MONDAYS

June 3 (4 wks)  
6:40-7:10pm  
RHS Pool \$48  
#4307-U24C

### WEDNESDAYS

June 5 (4 wks)  
6:00-6:30pm  
RHS Pool \$48  
#4307-U24D  
#4307-U24E

### WEDNESDAYS

June 5 (4 wks)  
6:40-7:10pm  
RHS Pool \$48  
#4307-U24F

## LEVEL TWO

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

### MONDAYS

April 15 (5 wks)  
6:00-6:30pm  
NRMS Pool \$58  
#4308-S24A

### MONDAYS

April 15 (5 wks)  
6:40-7:10pm  
NRMS Pool \$58  
#4308-S24B  
#4308-S24C

### WEDNESDAYS

April 17 (5 wks)  
6:00-6:30pm  
NRMS Pool \$58  
#4308-S24D

### WEDNESDAYS

April 17 (5 wks)  
6:40-7:10pm  
NRMS Pool \$58  
#4308-S24E  
#4308-S24F

### SATURDAYS

April 20 (5 wks)  
9:40-10:10am  
NRMS Pool \$58  
#4308-S24G

### MONDAYS

June 3 (4 wks)  
6:00-6:30pm  
RHS Pool \$48  
#4308-U24A

### MONDAYS

June 3 (4 wks)  
6:40-7:10pm  
RHS Pool \$48  
#4308-U24B  
#4308-U24C

### WEDNESDAYS

June 5 (4 wks)  
6:40-7:10pm  
RHS Pool \$48  
#4308-U24E

## 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

April 15 (5 wks)  
7:15-8:00pm  
NRMS Pool \$58  
#4302-S24A  
#4302-S24B

### MONDAYS

June 3 (4 wks)  
7:15-8:00pm  
RHS Pool \$48  
#4302-U24A  
#4302-U24B

### SATURDAYS

April 20 (5 wks)  
10:15-11:00am  
NRMS Pool \$58  
#4302-S24C

## 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 - SATURDAYS

April 20 (5 wks) 1:00-1:45pm  
NRMS Pool \$58 #4313-S24A

### GROUP B - SATURDAYS

April 20 (5 wks) 2:00-2:45pm  
NRMS Pool \$58 #4313-S24B

## 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

April 18 (5 wks) 8:00-8:45pm  
NRMS Pool \$25 #4311-S24A

**RHS POOL: 616.747.3766 | NRMS POOL: 616.747.3530**

# SWIM LESSONS

April Sessions: Registration Opens 6pm 4-8-24 | June Sessions: Registration Opens 6pm 5-20-24

## LEVEL FOUR

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
April 15 (5 wks)	April 17 (5 wks)	June 3 (4 wks)	June 5 (4 wks)
7:15-8:00pm	7:15-8:00pm	7:15-8:00pm	7:15-8:00pm
NRMS Pool \$58 #4310-S24A	NRMS Pool \$58 #4310-S24B	RHS Pool \$48 #4310-U24A	RHS Pool \$48 #4310-U24B

## LEVEL FIVE

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

WEDNESDAYS	WEDNESDAYS
April 17 (5 wks)	June 5 (4 wks)
7:15-8:00pm	7:15-8:00pm
NRMS Pool \$58 #4303-S24A	RHS Pool \$48 #4303-U24A

## LEVEL SIX

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

WEDNESDAYS	WEDNESDAYS
April 17 (5 wks)	June 5 (4 wks)
7:15-8:00pm	7:15-8:00pm
NRMS Pool \$58 #4304-S24A	RHS Pool \$48 #4304-U24A

## WEST MICHIGAN MASTERS

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

### TUESDAYS AND FRIDAYS

April 9 (7 wks) Tuesdays 7:00-8:00pm and Fridays 4:45-5:45pm NRMS Pool \$80 #4314-S24A

## NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL  
616.747.3530

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

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

**Mondays and Wednesdays 8:00-9:00pm**

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

**Tuesdays and Thursdays 8:00-9:00pm**

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

*NRMS pool will be closed on Memorial Day May 27 and also be closed for pool maintenance and construction starting June 7 with an anticipated reopening date of August 19.*

## RHS LAP SWIM

ROCKFORD HIGH SCHOOL  
616.747.3766

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

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

*The RHS pool is closed on Memorial Day May 27 and on the Fourth of July Break July 1-5.*

**RHS POOL: 616.747.3766 | NRMS POOL: 616.747.3530**

CREAM OF THE CROP



MEAT & POTATOES



Jason & Jamie Berris  
Rob & Laura Bondy



BYRNE

David & Kimberly Lund  
Eric & Cathy Mannor



Joe & Leslie Poot  
Nick & Joan Reichenbach

BREAD & BUTTER



Matt & Kristy Becker  
Bill & Bobbi Jo Blanton



Jeff & Lori Boss  
Dave & Heidi LaPlante

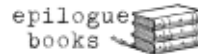


Kevin & Mary Kay Shaver  
John & Amy Vancil

ICING ON THE CAKE



Steve & Laura Bargwell  
Scott & Mary Beckman



Jeff & Anna Leitch  
Carl & Anne Quenneville



Joel & Katy Scheffler

CHERRY ON TOP

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