

# ROCKFORD

COMMUNITY SERVICES



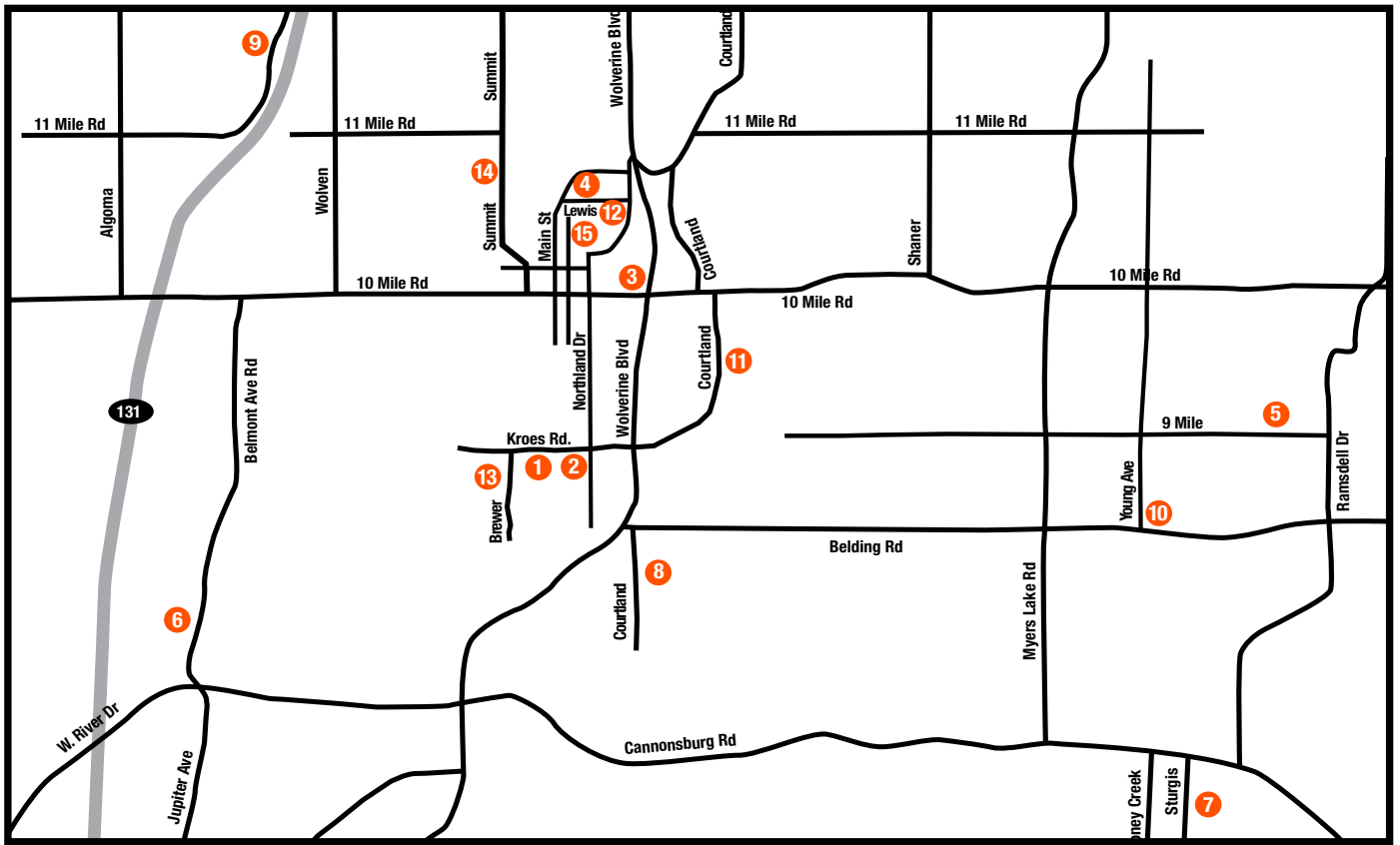
Winter  
2025

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

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





# 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 **RVA/RAB - River Valley Academy**  
**Rockford Administration Building** - 350 N. Main St.
- 5 **ERMS - East Rockford Middle School** - 8615 9 Mile Rd.
- 6 **Belmont Elementary** - 6097 Belmont Ave.
- 7 **Cannonsburg Elementary** - 4894 Sturgis Ave.
- 8 **Crestwood Elementary** - 6350 Courtland Dr.
- 9 **Edgerton Trails Elementary** - 9605 Edgerton Ave. NE
- 10 **Lakes Elementary** - 6849 Young Ave.
- 11 **Meadow Ridge Elementary** - 8100 Courtland Dr.
- 12 **Parkside Elementary** - 156 Lewis St.
- 13 **Roguewood Elementary** - 3900 Kroes Rd.
- 14 **Valley View Elementary** - 405 Summit Ave.
- 15 **Rockford Community Cabin** - 220 N. Monroe St.



# Rockford Community Services

**rps.digitalsignup.com**

*Must register using a computer or tablet;  
smartphones have difficulty completing registrations.*

350 Main Street, Rockford | Phone 616.863.6322

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

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**Adult Enrichment**

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**Fitness & Recreation**

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

**Seniors Unlimited**

Out to Lunch Bunch Bus Trips..... 14-15

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Book Club ..... 16

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**Youth Enrichment**

Youth Enrichment..... 19-21

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**Aquatics**

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Swimming Lessons ..... 28-29

**Preschool/Childcare** ..... 30-31

## **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



## STEP BY STEP PAINTING PARTIES

Join us for a fun painting party! We will be painting with acrylic paints on an 11x14 or 16x20 canvas. No painting experience is needed. Step-by-step instructions will be given to help you create a painting to take home. All materials will be provided. Aprons are provided, but please wear paint-friendly clothing. Come have fun and paint with us! Instructor: Kristal Heibel became interested in art during her high school years and her interest grew into a passion as an adult. She now owns her own business, West MI Paint & Create, LLC. Teaching painting classes allows Kristal to share her passion and inspire others to nurture their own artistic identity.

### WINTER LANDSCAPE

**Thursday, January 23 6:00-8:00pm**  
RHS \$47 #1229-W25A

### PAINT WITH YOUR VALENTINE DATE NIGHT!

Join us for a date night and paint 'Love Birds Sitting on a Tree' together. Two people paint on their own canvas to create one painting when coming together. Each participant must register - the class fee is per person.

**Thursday, February 13 6:00-8:00pm**  
RHS \$47 #1229-W25B

**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



## LEARN AMERICAN MAHJONG!

In this 4-week class, you will learn the basics of play for American Mahjong. This is a game of skill, strategy, calculation and chance. Each participant will receive an official National Mahjong hands card. We will cover the basics of understanding the suits on the tiles, setting up the wall, breaking the wall, as well as reading the card, understanding the categories and how to play. Instructors: Veronica grew up playing board games of all types. As soon as she learned how to play Mahjong, she was hooked and couldn't wait to find others to play with. The more people that learn to play, the more FUN we can have! Kathy enjoys the ins and outs of Mahjong. She likes the challenge of the play. Meeting new people and teaching them to play the game is a bonus! Kathy can't wait for class to begin!

**Wednesdays, January 15 (4 wks) 4:15-6:15pm**  
RAB \$40 #1021-W25A

## MAHJONG MEET-UPS

If you have taken the Learn to Play American Mahjong class and are looking for an opportunity to practice, gain experience and build new friendships, this group is for you! If you would like to encourage and play with beginning players, join us! Bring your own 2024 Mahjong hands card and get ready for a good time!

**Wednesday, February 19 4:15-7:15pm**  
RAB \$5 #1026-W25A

**Wednesday, February 26 4:15-7:15pm**  
RAB \$5 #1026-W25B

**Wednesday, March 5 4:15-7:15pm**  
RAB \$5 #1026-W25C

**Wednesday, March 12 4:15-7:15pm**  
RAB \$5 #1026-W25D



Find us on ROCKFORD COMMUNITY SERVICES



Register at  
**rps.digitalsignup.com**

Must register using a computer or tablet.





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

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

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

## UPCOMING BOOKS

JANUARY 21, 2025

***Calling Me Home***

By Julie Kibler

FEBRUARY 18, 2025

***First Ladies***

By Marie Benedict

MARCH 18, 2025

***Title announced in January***

APRIL 15, 2025

***Title announced in January***



## DOG OBEDIENCE

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

***Mondays & Thursdays***

***April 14 (5 classes) 6:30-7:30pm***

***ERMS \$120 #1809-S25A***

## COMMUNITY SERVICES TEACHERS NEEDED!

**No special training necessary -  
just your talent!**

**We are always looking for instructors for our  
Community Services enrichment program.**

If you wish to share your skill or knowledge in a particular area, consider teaching a Community Services enrichment class.

***Please call Jason, Julie or Chris at  
616.863.6322 for more information.***

## ROCKFORD COMMUNITY BAND

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

***Mondays, January 6 (19 wks) 7:00-9:00pm***  
***ERMS \$49 #1900-W25A \*skip 4/7, 5/26***



## ROCKFORD CIVIC SYMPHONY

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

***Tuesdays, January 7 (16 wks) 7:00-9:00pm***  
***NRMS \$59 #1901-W25A***

## ROCKFORD COMMUNITY CHOIR

Ages 18-Adult. The Rockford Community Choir welcomes adult singers of all ages and skill levels! There is no audition requirement. We sing a wide range of music, including classical, folk, hymnody, gospel, multicultural, novelty, Broadway, jazz and modern. We perform two to three concerts a year, typically with the Rockford Community Orchestra and Community Band. Cost includes a \$10 supply fee. Instructor: Renee Vande Wege is a seasoned music educator of all ages and long-term resident of Rockford. She currently directs the North Rockford Middle School Choirs and the Rockford Community Adult & Children's Choirs. A former member of the Opera Grand Rapids Chorus, Grand Rapids Symphony Chorus and Vocal Director/Soloist of Grand Rapids Children's Opera Workshop, Ms. Vande Wege holds a degree in vocal performance and a masters in music education as well as certification through the Gordon Institute of Music Learning.

***Tuesdays, January 7 (12 wks) 7:00-8:30pm***  
***NRMS \$65 #1902-W25A***



The Rockford Community Services  
office will be closed

**Monday, December 23, 2024**  
**through**  
**Wednesday, January 1, 2025.**

***We will re-open at 8:00am***  
***on Thursday, January 2, 2025.***



### 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, February 11 6:30-8:00pm**  
**RAB FREE #1878-W25A**

### 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, February 18 6:30-8:00pm**  
**RAB FREE #1879-W25A**

You are invited to join Rockford Community Services on our

# Annual Brown Bag Tour to Amish Country

**TUESDAY, MAY 6, 2025 | \$101 #5240-S25A**



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

**Motor Coach Transportation departs from the Rockford city parking lot at 156 N. Main St. 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



## MAKING SENSE OF SENIOR LIVING

Have you been thinking of downsizing? Finding that you or a spouse have been needing or wanting extra help in the home? Looking to maintain quality of life and enjoy your golden years? Feeling overwhelmed with all of the options that are out there? Learn more about how CarePatrol helps make sense of senior living through our personalized approach and no cost service.

Instructor: Madalyn Weber has worked in healthcare for the majority of her career as a recreation therapist. Most recently, she has worked within a senior living community as the activity director. Madalyn's goal as a recreation therapist was to get people back to living their best life, and that is still her focus as she helps people find the best community for themselves. She is passionate about helping her clients find the best options for whatever their needs might be and supporting them through this transition.

**Tuesday, January 21 4:30-5:30pm**  
**RAB FREE #1024-W25A**

**Tuesday, February 18 4:30-5:30pm**  
**RAB FREE #1024-W25B**

**Tuesday, March 18 4:30-5:30pm**  
**RAB FREE #1024-W25C**



## 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 about the insurance they are purchasing.

**Wednesday, January 22 6:30-8:00pm**  
**RFC FREE #1337-W25A**

## 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? 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 about the insurance they are purchasing.

**Wednesday, January 29 6:30-8:00pm**  
**RFC FREE #1338-W25A**

## RETIREMENT INCOME

This class is designed to educate you about the subject matter of Retirement Income in the least irritating and boring manner possible. Topics covered include, but are not limited to: inflation (this might just be on your mind hmmm?), taxable vs. tax free assets (you'll definitely have questions), qualified plans, rollover considerations, Social Security (yes, please!), Medicare (a must), estate conservation and distributing assets in an organized fashion.

### YOU WILL NOT BE FALLING ASLEEP!

Instructor: Adam Fliehman is a Fiduciary and Investment Advisor Representative and holds the FINRA series 7, 66, 6, 63 licenses as well as insurance licenses for Life, Health, Disability and Long-Term Care. Adam lives in Rockford with his family and is the owner and operator of the famous Fliehman Financial.

Securities and Advisory Services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC Fliehman Financial is independently owned and operated.

**Tuesday, January 7 6:30-8:30pm**  
**RFC \$10 #2160-W25A**

**Thursday, January 23 6:30-8:30pm**  
**RFC \$10 #2160-W25B**

**Tuesday, February 4 6:30-8:30pm**  
**RFC \$10 #2160-W25C**

**Thursday, February 20 6:30-8:30pm**  
**RFC \$10 #2160-W25D**

**Tuesday, March 4 6:30-8:30pm**  
**RFC \$10 #2160-W25E**

**Thursday, March 20 6:30-8:30pm**  
**RFC \$10 #2160-W25F**

**Tuesday, April 15 6:30-8:30pm**  
**RFC \$10 #2160-S25A**

**Thursday, April 24 6:30-8:30pm**  
**RFC \$10 #2160-S25B**

**Tuesday, May 6 6:30-8:30pm**  
**RFC \$10 #2160-S25C**

**Thursday, May 22 6:30-8:30pm**  
**RFC \$10 #2160-S25D**



## Preschool Information Night

**2025-2026**

### Parent Only Information Night

Join us at the Child Development Lab or the Administration building to gather all the preschool information you need for the 2025-26 school year!

#### Child Development Lab Preschool

**Monday, February 3, 5:30-7pm**

Child Development Lab at Rockford High School,  
4100 Kroes St, Rockford  
(entrance is around the back of the high school)

#### All Other Preschool Programs

**Tuesday, February 4, 6-7:30pm**

Administration Building, 350 N. Main St, Rockford  
(use Community Services Entrance)

For more information, please call the Child Care office.

**616.863.6560**

## ADULT FITNESS & RECREATION



### CAPOEIRA: THE BRAZILIAN MARTIAL ART

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

**Tuesdays, January 7 (6 wks) 7:30-8:30pm**  
**RFC \$90 #1012-W25A**

**Tuesdays, February 18 (6 wks) 7:30-8:30pm**  
**RFC \$90 #1012-W25B**

### WERQ DANCE FITNESS

Ages 13 & Up. A fiercely fun dance fitness class for ALL LEVELS based on chart-topping pop, rock, and hip-hop music and high-energy dance steps. The WERQ® warm-up previews the steps to be used in class, and the cool-down combines yoga-inspired static stretching with balance poses. NO EXPERIENCE IS NECESSARY. Bring a water bottle and a sweat towel, and expect to burn around 500-900 calories while dancing to your favorite songs!

**Tuesday, January 14 (1 wk) 6:30-7:30pm**  
**Meadow Ridge Elementary Gym FREE #1449-W25A**

**Tuesdays, January 21 (7 wks) 6:30-7:30pm**  
**Meadow Ridge Elementary Gym \$56 #1449-W25B \*skip 2/11**

**Tuesdays, March 18 (7 wks) 6:30-7:30pm**  
**Meadow Ridge Elementary Gym \$56 #1449-S25A \*skip 4/8**

## KETTLEBELL AMPD

Ages 13 & Up. Kettlebell AMPD is a group fitness format that takes heart-pumping music and kettlebell moves and combines them into an hour of calorie-torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective, full-body workout. Combining the benefits of strength training, functional movements, and cardiovascular exercise, this program is a safe and effective workout for all ages and fitness levels. No experience necessary! Instructor: Monica is an AFAA Certified Group Fitness Instructor and has been teaching a variety of fitness classes in the greater Grand Rapids area since 2010.

**Wednesday, January 15 (1 wk) 7:00-8:00pm**

**Meadow Ridge Elementary Gym FREE #1450-W25A**

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

**Meadow Ridge Elementary Gym \$60 #1450-W25B \*skip 2/12**

**Wednesdays, March 19 (7 wks) 7:00-8:00pm**

**Meadow Ridge Elementary Gym \$60 #1450-S25A \*skip 4/9**

## MOXIE FITNESS - REV FITNESS

Rev Fitness classes use fitness as a tool to spread the good news gospel message while working up a sweat. We will be dancing, drumming, stretching, and strengthening and end each class with relaxation breathing, prayer, and meditation. Come as you are, do what you can, embrace your weird fun side, and join us for a heart-centered class. Michelle is a certified Revelation Wellness instructor, AFAA Certified Group Fitness and Personal Trainer, and certified LiveWell Health Coach. WHAT TO BRING: Your mat, water and wear supportive shoes to move in.

**Thursday, January 9 (1 wk) 6:45-7:45pm**

**RAB Free #1503-W25A**

**Thursdays, January 16 (11 wks) 6:45-7:45 pm**

**RAB \$88 #1503-W25B**



## TAI CHI

### BEGINNING TAI CHI CHUAN

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

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

**Tuesdays, January 21 (8 wks) 10:00-11:00am**

**Rockford United Methodist Church \$65 #1405-W25A**

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

**Rockford United Methodist Church \$65 #1405-W25B**

### CONTINUING TAI CHI CHUAN

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

Instructor: Cheryl Medvedenko, Level 4 Certified.

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

**Tuesdays, January 21 (8 wks) 11:00am-12:00pm**

**Rockford United Methodist Church \$65 #1406-W25A**

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

**Rockford United Methodist Church \$65 #1406-W25B**



### POSTPARTUM CORE AND RESTORE

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

**Wednesdays, January 22 (4 wks) 7:00-8:00pm**

**Meadow Ridge Elementary \$75 #1448-W25A**



## BEGINNING ADULT FENCING

Welcome to our adult fencing class, where enthusiasts of all levels come together to hone their skills, compete, and immerse themselves in the elegant Olympic Sport of Fencing. Known also as Physical Chess, fencing combines anaerobic and aerobic elements, developing eye and hand coordination and a great sense of balance and flexibility. Our experienced coaches are US National Champions. The class begins with a focus on the fundamentals of fencing, including proper en garde, footwork, and blade work. Safety is paramount, so participants will be equipped with regulation fencing gear, including masks, jackets, and gloves. Our coaches prioritize creating a supportive and inclusive environment where all fencers can learn and grow without fear of injury. As the class progresses, participants can engage in friendly sparring sessions, where they can apply their skills during the fencing bouts. Whether your goal is to improve your fitness, unleash your competitive spirit, or indulge in the thrill of swordplay, our adult fencing class offers a welcoming and stimulating environment for fencers of all backgrounds and aspirations. Join us as we embark on this exhilarating journey through the art and sport of fencing! Class held at Grand Rapids Area Fencing Academy (GRAFA) 1345 Monroe NW, Suite 102, Grand Rapids, MI 49505  
**Wednesdays, January 8 (6 wks) 7:00–8:00pm**  
**GRAFA \$100 #1403-W25A**

**Wednesdays, February 19 (6 wks) 7:00–8:00pm**  
**GRAFA \$100 #1403-W25B**



## WOMEN'S FENCING

Ages 16 and up. We are introducing our exclusive morning fencing class designed for the dynamic women of our community! Whether you're a stay-at-home mom or looking for movement during lunch, we understand the need for a fulfilling and invigorating break after the morning routine. Join us for a unique fencing experience tailored just for you. Discover the art of fencing in a supportive environment, enhance your physical fitness and mental focus, and learn the elegance of this timeless sport. Embrace a new passion and meet like-minded women in a GRAFA class that balances skill development with a touch of morning excitement. En Garde for a journey of empowerment and camaraderie! Class held at Grand Rapids Area Fencing Academy (GRAFA) 1345 Monroe NW, Suite 102, Grand Rapids, MI 49505  
**Wednesdays, January 8 (6 wks) 11:30am–12:30pm**  
**GRAFA \$100 #1400-W25A**

**Wednesdays, February 19 (6 wks) 11:30am–12:30pm**  
**GRAFA \$100 #1400-W25B**

Find us on ROCKFORD COMMUNITY SERVICES



Register at  
**rps.digitalsignup.com**

*Must register using a computer or tablet.*

# PICKLEBALL

ADULT PICKLEBALL Ages 18 & up.



Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. It brings together people from all athletic backgrounds. Whether you're a beginner or an experienced player, the rules are simple and the game is easy for beginners to learn. Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring paddles.

**Mondays (6 wks) NRMS Upper Gym \$35**  
**\*skip January 20, February 17 & April 7**

**SESSION 1 – January 13 (6 wks)**  
**6:30-8:00pm Beginners #3205-W25A**  
**8:00-9:30pm Intermediate #3205-W25B**

**SESSION 2 – March 10 (6 wks)**  
**6:30-8:00pm Beginners #3205-S25A**  
**8:00-9:30pm Intermediate #3205-S25B**

# APTITUDE FITNESS

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

## APTITUDE STRENGTH AND STRETCH M/W/F

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

**M/W/F, January 13 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-W25A**

**M/W/F, February 10 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-W25B**

**M/W/F, March 10 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-W25C \*skip April 4th**

## 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, January 13 (4 wks) 6:00-6:30pm**  
**Aptitude Fitness \$95 #1469-W25A**

**Mon/Wed, February 24 (4 wks) 6:00-6:30pm**  
**Aptitude Fitness \$95 #1469-W25B**

## EXPRESS BARRE

Barre Fitness is a unique and engaging hybrid workout class that blends elements from various disciplines, creating a comprehensive and dynamic exercise experience. Barre Fitness can be a great option for individuals looking for a full-body workout that combines the elegance of dance with the strength and toning benefits of Pilates and strength training.

**Mon/Fri, January 13 (6 wks) 8:30-9:00am**  
**Aptitude Fitness \$95 #1438-W25A**

**Mon/Fri, February 24 (6 wks) 8:30-9:00am**  
**Aptitude Fitness \$95 #1438-W25B**

## CHAIR YOGA

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

**Mon/Fri, January 13 (6 wks) 10:30-11:15am**  
**Aptitude Fitness \$95 #1441-W25A**

**Mon/Fri, February 24 (6 wks) 10:30-11:15am**  
**Aptitude Fitness \$95 #1441-W25B**

## 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.

**Tue/Thu, January 14 (4 wks) 9:15-10:15am**  
**Aptitude Fitness \$95 #1482-W25A**

**Tue/Thu, February 25 (4 wks) 9:15-10:15am**  
**Aptitude Fitness \$96 #1482-W25B**

## STRENGTH AND STRETCH - THURSDAYS

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 a total body sculpting. We will strengthen + stretch our muscles using yoga-inspired postures and breathing techniques designed to tone your whole body.

**Thursdays, January 16 (6 wks) 6:00-6:45pm**  
**Aptitude Fitness \$60 #1466-W25A**

**Thursdays, February 27 (6 wks) 6:00-6:45pm**  
**Aptitude Fitness \$60 #1466-W25B**



Find us on ROCKFORD COMMUNITY SERVICES



**Register at**  
**rps.digitalsignup.com**

*Must register using a computer or tablet.*

# APTITUDE FITNESS

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



## EXPRESS ZUMBA

Get ready to energize your day with Express Zumba, a 30-minute class that feels like a dance party! Featuring a mix of global rhythms from Latin, Hip-Hop, Pop, and Bollywood, this fun workout is open to everyone—no dance experience needed. Enjoy supportive guidance and modifications as you work towards your fitness goals in a welcoming community. Join us to boost your mood, tone up, and make new friends on the dance floor!

**Tue/Thu, February 4 (6 wks) 8:30-9:00am**  
**Aptitude Fitness \$95 #1439-W25A**

## ZUMBA

Get ready to dance! Zumba is a mood-boosting workout with a dance-party vibe! Originally inspired by Latin American music, Zumba now features rhythms from around the world. In my classes, you'll groove to a mix of Latin, Hip-Hop, Pop, Bollywood, K-pop, J-Pop, and more! Whether you're a fitness enthusiast seeking a cardio challenge or new to exercise and looking for a fun alternative to the gym, this class is for you.

No dance experience? No worries! As long as you're moving to the beat and having fun, you're already winning. I'm here to offer guidance, modifications, and encouragement along the way. Plus, our community is super welcoming—you'll find new friends while you crush your fitness goals. Whether you're aiming for weight loss, toning, boosting your mental health, or simply shaking off stress, I can't wait to see you on the dance floor! Let's do this!

**Mondays, February 3 (6 wks) 6:30-7:15pm**  
**Aptitude Fitness \$60 #1435-W25A**

## APTITUDE RUNS

RoGa is a running + yoga series for everybody!

Whether you've been running for years, haven't run in a while, or have never run, you've been invited to join Aptitude Fitness + Yoga; RoGa Club, a running + yoga club for every BODY!

We'll meet on Thursdays from 6pm-7pm at Aptitude Fitness + Yoga studio and run, walk, or a mixture of both for 30 minutes followed by a runner-specific yoga session. Your instructor Sara will guide you through safe running strategies, and breathing techniques and build confidence in running outside in all weather conditions. Grab a buddy or two and let's make this winter full of miles of friendship, community, and FUN! Sara is an avid runner, Barre, Pilates, and 500-registered yoga instructor with a passion for helping people find fun ways to stay active.

**Thursdays, January 16 (6 wks) 6:00-7:00pm**  
**Aptitude Fitness \$95 #1437-W25A**

**Thursdays, February 27 (6 wks) 6:00-7:00pm**  
**Aptitude Fitness \$95 #1437-W25B**

## BOOT CAMP

In this Boot Camp class, you'll engage in a mix of high and low-intensity exercises through timed intervals. The workout includes free weights, plyometrics, cardio and balance training, encouraging you to push your limits. Success is driven by your attitude, regardless of your fitness level. Each session is unique and incorporates various equipment like benches, resistance bands, and free weights. Partner work is common, making it a great class to share with a friend. Be sure to wear supportive shoes and comfortable workout clothes.

**Mon/Wed, January 20 (4 wks) 6:45-7:30pm**  
**Aptitude Fitness \$95 #1434-W25A**

**Mon/Wed, March 3 (4 wks) 6:45-7:30pm**  
**Aptitude Fitness \$95 #1434-W25B**

## POSTPARTUM PREP CLASS

Calling all moms to be! If you are pregnant and gearing up for delivery, this class is for you! Join us to learn all about prepping your pelvic floor for delivery, and what to expect after from a Pelvic Floor Occupational Therapist. Get some tips and tricks from a trained birth and postpartum Doula and helpful tools for a successful breastfeeding journey from a Certified Breastfeeding Specialist. And last but not least, get a better understanding of your hormones and return of fertility post delivery from a Hormone and Fertility Awareness Educator. Leave this class feeling confident and ready to tackle your fourth trimester!

**Tuesday, February 25 (1 wk) 6:00-8:00pm**  
**Aptitude Fitness \$60 #1436-W25A**

**Tuesday, March 25 (1 wk) 6:00-8:00pm**  
**Aptitude Fitness \$60 #1436-W25B**



# SENIORS UNLIMITED



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

## JOIN US AND BECOME A PART OF QUILTS OF VALOR!

Quilts of Valor is a nationwide foundation created to “Cover service members and veterans touched by war with comforting and healing quilts.” A quilt of valor® (QOV) is a quality, handmade quilt machine or hand quilted. It is awarded to a service member or veteran who has been touched by war. The quilt says unequivocally, “Thank you for your service and sacrifice in serving our nation.”

Quilters/sewers meet once a month to work together on a quilt that will be awarded to a service member. We welcome anyone with a little sewing experience. If you don't sew, we can still use help in cutting and preparing fabric. 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 LEGAL ADVICE FOR SENIORS!

Attorney Michael Herring offers free legal advice to our seniors on the last Monday of every month at the Rockford Community Services building, located at 350 N. Main Street, Rockford.

If you are interested, you must call our office at 616.863.6322 to get on the schedule.

**Each appointment is scheduled for 30 minutes.**

**Last Monday of the month, 10:00am-12:00pm**

**January 27, February 24, March 31**

Find us on **ROCKFORD COMMUNITY SERVICES**



**Register at**  
**rps.digitalsignup.com**

*Must register using a computer or tablet.*

## OUT TO LUNCH BUNCH BUS TRIPS

### JANUARY - ANTIQUES ON CENTURY

Come antiquing with us at Antiques Row in GR. This amazing old warehouse location features three large stores in downtown Grand Rapids: Century Antiques, Warehouse One, and Lost and Found. Browse thousands of square feet filled with one-of-a-kind, old-time, and unique treasures. You are sure to find that special item you have been looking for and didn't even know you needed. Or, come to wander the aisles and let items elicit memories of yesterday's past. Transportation is provided by RPS.

Activity level: MED.

**Thursday, January 23 \$15 #1055-W25A**

**9:45am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

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

### FEBRUARY - 3RD ANNUAL GALENTINE'S DAY OUTING

Hey Ladies! Looking for something fun to do? Want to meet other 55+ ladies in the area? Join us for our 3rd annual Galentine's Day Outing! Many people have a kind of a love-hate relationship with Valentine's Day as there's often a sense that it's only for people who are romantically paired, making it feel rooted in exclusion. However, this just sets the stage perfectly for Galentine's Day. That's right, Galentine's Day; a day for women to celebrate their friendships with their lady friends. It's Valentine's Day with your gals! This year we will be traveling to the amazing Mudpenny in Eastown Grand Rapids to enjoy a delicious brunch (paid on your own) in their cozy atmosphere. Grab a girlfriend or come solo; it doesn't matter! It is going to be a great time! Transportation provided by RPS. Activity level: LOW.

**Thursday, February 13 \$18 #1414-W25A**

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

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

### MARCH - TANGER OUTLET SHOPPING

Shopping Galore! We will visit Tanger Outlets in Byron Center. Whether you are looking for high-end retailers like Brooks Brothers or Coach, or are just browsing for better deals with retailers like Nike or Old Navy, Tanger Outlets GR has plenty of shopping opportunities available. Bring your friends or make some new ones by joining our group for a fun shopping trip. There are a number of food locations on-site if you get hungry as well. Transportation is provided by RPS. Activity level: LOW.

**Friday, March 14 \$15 #1075-W25A**

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

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

### MARCH - GUN LAKE CASINO

Try your hand at winning big! A premier gaming and entertainment destination, Gun Lake Casino features a variety of thrilling gaming options, including 2,500 state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno. Gun Lake Casino also contains several high-quality dining amenities. As part of our group, you will receive \$10.00 in free slot play and \$10.00 in dining dollars if you are, or sign up to be, a GLC Rewards Member. Must be 21 years of age with a valid ID to enter casino. Transportation is provided by RPS. Activity level: LOW.

**Friday, March 21 \$15 #1650-W25A**

**9:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

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

### MARCH - HERITAGE RESTAURANT EXPERIENCE AT GRCC

Come out and have lunch with us at the Heritage Restaurant. The Heritage is a fine dining public restaurant staffed by culinary school students under the direct supervision of the chef and Instructors at the GRCC campus. Lunch includes soup, salad, and your choice of entrée, dessert, and beverage. You will be asked to choose your entrée from the list when registering; trip cost includes standard gratuity. Transportation provided by RPS. Activity level: LOW.

**Thursday, March 27 \$40 #5123-W25A**

**10:45am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

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

### APRIL - GRAND RAPIDS ARCHIVES TOUR

Grand Rapids City Archives Warehouse features several exhibits that detail the city's vast history. This tour is not open to the public, now is your opportunity to get a behind-the-scenes look at all kinds of historical items! Some you might remember, some you may not, but we are guaranteed to enjoy seeing all the amazing things kept at the Archives Warehouse. Transportation is provided by RPS. Activity level: MED.

**Thursday, April 17 \$15 #1838-S25A**

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

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

### APRIL - GUN LAKE CASINO

Try your hand at winning big! A premier gaming and entertainment destination, Gun Lake Casino features a variety of thrilling gaming options, including 2,500 state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno. Gun Lake Casino also contains several high-quality dining amenities. As part of our group, you will receive \$10.00 in free slot play and \$10.00 in dining dollars if you are, or sign up to be, a GLC Rewards Member. Must be 21 years of age with a valid ID to enter casino. Transportation is provided by RPS. Activity level: LOW.

**Friday, April 25 \$15 #1650-S25A**

**9:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

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

### MAY - SHIPSHEWANA BROWN BAG TOUR

Travel by motorcoach to Northern Indiana for the day! At each tour stop you will receive a free gift to fill your Brown Bag (bag provided by the tour guide). Be aware that some stops will only accept cash for purchases and we will be visiting a lot of different kinds of shops. Price includes transportation, tour, gifts, bus driver and tour guide gratuity, and a full dinner experience in an Amish home. A detailed itinerary will be emailed to participants before the trip. This is a very active day! Transportation provided by Great Lakes Motorcoach. Activity Level: HIGH.

**Tuesday, May 6 \$101 #5240-S25A**

**7:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

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

Winter Weather Crossword Answers:  
ACROSS: 3 melt, 7 freeze, 8 frigid, 11 windchill, 12 cool, 14 sunny, 16 whiteout, 17 frost, 18 avalanche  
DOWN: 1 temperature, 2 sleet, 4 thermometer, 5 precipitation, 6 hail, 9 ice, 10 blizzard, 13 snow, 14 slush, 15 snow, 17 fog



### 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  
January 13, February 10, March 10**



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

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

Third Tuesday of each month 10:00-11:00am  
**Community Services Meeting Room**  
350 N. Main St., Rockford

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

## UPCOMING BOOKS

JANUARY 21, 2025

**Calling Me Home**

By Julie Kibler

FEBRUARY 18, 2025

**First Ladies**

By Marie Benedict

MARCH 18, 2025

**Title announced in January**

APRIL 15, 2025

**Title announced in January**

## CULTURE CLUB

### MARCH: **CLUE - BROADWAY GRAND RAPIDS**

A mansion. A murder. A mystery. Murder and blackmail are on the menu when six mysterious guests assemble at Boddy Manor for a night they'll never forget! Was it Mrs. Peacock in the study with the knife? Or was it Colonel Mustard in the library with the wrench? Based on the fan-favorite 1985 Paramount Pictures movie and inspired by the classic Hasbro board game, *Clue* is the ultimate whodunit that will leave you dying of laughter and keep you guessing until the final twist. Performance is 80 minutes with no intermission.

**Tuesday, March 4 \$60 #1786-W25A**

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

**9:30pm approximate return to Rockford**

### APRIL: **A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL**

Created in collaboration with Neil Diamond himself, *A Beautiful Noise* is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalog of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy® Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway-and head out on the road across America. Like *Jersey Boys* and *Beautiful: The Carole King Musical* before it, *A Beautiful Noise The Neil Diamond Musical* is an inspiring, exhilarating, energy-filled musical memoir that tells the untold true story of how America's greatest hitmaker became a star, set to the songs that defined his career. This performance is 2 hours and 15 minutes with one intermission. Transportation is provided by Rockford Public Schools bus.

**Thursday, April 3 \$60 #1730-S25A**

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

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

## SENIOR CITIZENS

60 years of age or older

We offer a **LIFETIME GOLDEN AGE PASS** which entitles you to admission to school sponsored sporting events.

**THIS PASS NEVER EXPIRES!**

**Stop by the Community Services Office to get your free pass!**



**ACROSS**

- 3 The process by which snow or ice changes to water.
- 7 A period of very cold winter weather that damages plants.
- 8 Intensely cold temperature.
- 11 The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12 Mildly cold feeling.
- 14 Bright with sunshine.
- 16 Snowfall that is so heavy one can see little or nothing on the horizon.
- 17 Ice crystals on a frozen surface; "Old Jack \_\_\_\_\_."
- 18 A large mass of snow that slides down a mountain.

**DOWN**

- 1 A standardized measure of how hot or cold it is outside.
- 2 Rain that freezes as it falls.
- 4 A tool used to measure the temperature.
- 5 Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.
- 6 Pieces of ice falling from the sky.
- 9 A solid form of frozen water.
- 10 A storm with heavy snow, strong winds, and severe cold.
- 13 Covered with snow.
- 14 A mixture of snow and water.
- 15 Precipitation in the form of small white ice crystals that form inside clouds.
- 17 Thick water vapor that makes it hard to see.



# Winter Weather

## CROSSWORD



Answers on page 15

# Community Cabin College

A service of Rockford Public Schools



### FATAL CROSSING - Past and present collide in the story of NWA Flight 2501 over Lake Michigan

Presented by Valerie Van Heest

The crash of Northwest Flight 2501 into Lake Michigan off the coast of South Haven on June 24, 1950, marked the worst American aviation accident at the time when all 58 people aboard lost their lives. Authorities could not find the wreckage, the cause of the crash could not be determined, and the accident was soon forgotten. More than half a century later, Valerie Van Heest became interested in the accident when research conducted in 2003 by the Michigan Shipwreck Research Association (MSRA), cofounded by Van Heest, determined that the aircraft had gone down in the same general vicinity as a number of lost ships the group hoped to find. Van Heest, who adopted this as a passion project, amassed a collection of primary information never before considered in the aftermath of the accident, and years later had her narrative nonfiction novel, *Fatal Crossing*, about the aircraft's disappearance and the group's effort to find the wreckage, published. Please come to chat over lunch provided by Rockford Food Services (menu varies) and stay to be captivated by this amazing historical tale.

**Monday, March 17 \$10 #5261-W25A**

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

**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.**

\*NO Community Cabin College lunches in January or February due to Rockford Public Schools' calendar

### WOMEN OF THE WATCH, KEEPERS OF THE LIGHT

Presented by Anna Marck

Women of the Watch, Keepers of the Light, is an uplifting 45 minutes of music, laughter, and simple honest storytelling. Anna recounts hilarious family trips to lighthouses in Michigan, which ignited her passion to share the spectacular stories of various female lighthouse keepers of the Great Lakes. She details the lives of four particular keepers by donning voice and movement. As she steps into these brave women's shoes, she discovers the tragedy of the hardships they faced and the beauty of their spirits. Please come to prattle with community friends over lunch provided by Rockford Food Services (menu varies) and stay to be entertained by the amazing talents of Anna Marck.

**Monday, April 21 \$10 #5262-W25A**

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

**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.**

**Introducing  
OUR NEW WEBSITE!**



**LAUNCHING  
JANUARY 2025!**



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



**ROCKFORD COLLEGE PREP**  
8+ YEARS OF EXPERIENCE  
ONE-ON-ONE TUTORING

- ACT and SAT Preparation
- AP Calculus Tutoring
- College Application Guidance

Call/text/email today to learn more!

(616) 205-9870  
rockfordcollegeprep@gmail.com

# COURTESY

— — DRIVING SCHOOL — —



## ROCKFORD FRESHMAN CENTER

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

January 6-30	3-5 p.m.
February 10-March 11	3-5 p.m.
March 24-April 28	3-5 p.m.

### SEGMENT II: 6 Lecture Hours

January 14, 16, 22	3-5 p.m.
February 19, 20, 25	3-5 p.m.
April 15, 17, 22	3-5 p.m.

Michigan's Largest and Oldest 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**

# YOUTH ENRICHMENT

## ONCE UPON A PAINT BRUSH

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 Schichtel. Micaela is the owner of 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 Dr. NE.

**Thursday, January 16 10:30-11:30am**

**Reading: *The Duck Never Blinks***

**Accidental Art \$20 #1062-W25A**

**Wednesday, February 5 2:30-3:30pm**

**Reading: *Grumpy Monkey Valentine Cross-Out***

**Accidental Art \$20 #1062-W25B**

**Friday, March 7 10:30-11:30am**

**Reading: *If You Were a Penguin***

**Accidental Art \$20 #1062-W25C**



## ALLEGRO SCHOOL OF MUSIC

4301 Ambrose Ave NE, Grand Rapids, MI 49525

### INTRO TO GUITAR

Ages 8–12 (level 1). Learn the basics of playing the guitar in a fun group setting. Hand position, chording, melodies, note-reading, tabs, and more will be covered. Students will receive a guitar book and assignment folder, but must provide their own guitar. This class includes an additional \$25 materials fee. The materials fee may be paid and materials picked up at Allegro School of Music (Main Studio: 4301 Ambrose Ave NE, Grand Rapids, MI 49525) on a date TBD or by contacting Allegro School of Music (616.301.3888 or lessons@allegroGR.org) for other arrangements. Payment is accepted by cash, credit/debit card, or check payable to Allegro School of Music. This class will be held in the Main Studio Library at Allegro School of Music. Classes with only one student may be shortened to 30 minutes at the instructor's discretion.

Instructor: Allegro School of Music Staff

**Thursdays, January 30 (8 wks) 7:45-8:30pm**

**Allegro School of Music \$129 (+\$25 material fee)**

**#1704-W25A**

## BROADWAY BOOTCAMP

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

### BROADWAY BOOTCAMP: ONE-DAY WORKSHOPS

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

The workshop will run from 2:00-5:30pm at which time family & friends are invited to watch the 30-minute performance.

\*All sessions are on RPS early release days.

**Wednesday, February 5 2:00-6:00pm**

**RFC \$50 #2225-W25A**

**Theme: *Snow Much Fun***

**Wednesday, February 26 2:00-6:00pm**

**RFC \$50 #2225-W25B**

**Theme: *Happily Ever After***

**Wednesday, March 12 2:00-6:00pm**

**RFC \$50 #2225-W25C**

**Theme: *Once Upon a Time***

**Wednesday, March 26 2:00-6:00pm**

**RFC \$50 #2225-W25D**

**Theme: *Born to Hand Jive***



## ROCKFORD COMMUNITY CHILDREN'S CHOIR

Calling young singers! This choir is open to upper elementary singers (grades 3-5) who are interested in vocal development and learning the basics of choral singing. RC3 provides the opportunity for young singers to learn about the voice as an instrument and explore being a musician within an ensemble. Children's voices are often not ready for the rigor of private instructions, but few opportunities exist for students who are passionate about singing at a young age. Enter RC3! It is the goal of this ensemble to provide an enjoyable and educational outlet for young musicians. Our choir meets weekly and aims to share approximately four public performances per year. Cost includes a \$25 supply fee. Any late registration considerations must go through Anna, the chorus manager at [rockfordcommunitychoir@gmail.com](mailto:rockfordcommunitychoir@gmail.com)

Instructor: Renee Vande Wege is a seasoned music educator of all ages and long-time resident of Rockford. She currently directs the North Rockford Middle School Choirs and the Rockford Community Adult & Children's Choirs. A former member of the Opera Grand Rapids Chorus, Grand Rapids Symphony Chorus and Vocal Director/Soloist of Grand Rapids Children's Opera Workshop, Ms. Vande Wege holds a degree in vocal performance, a masters in music education as well as certification through the Gordon Institute of Music Learning.

**Tuesdays, January 7 (17 wks) 5:30-6:30pm**  
**NRMS \$175 #1903-W25A \*skip 4/8**

## ROCKFORD COMMUNITY CHILDREN'S CHOIR JUNIOR

This class is open to current first and second grade students. Classes will include songs, chants, movement and vocabulary that develops musicality and artistry. A variety of meters and tonalities will be used to build and strengthen musicianship. Designed to expand musical understanding while focusing on vocal development, in preparation for ensemble singing. Parents are invited to attend the final session to experience a taste of what their child has learned throughout the 10-week course. Cost includes a \$10 supply fee. Any late registration considerations must go through Anna, the chorus manager at [rockfordcommunitychoir@gmail.com](mailto:rockfordcommunitychoir@gmail.com). Instructor: Ms. Vande Wege has been teaching musicians of all ages since 2000. She thoroughly enjoys the creativity, musical passion and curiosity young musicians bring to the classroom. Ms. Vande Wege has a master's in music education and is certified through the Gordon Institute of Music Learning (GIML). She is currently employed as the director of choirs at North Rockford Middle School and directs our local upper elementary ensemble, the Rockford Community Children's Choir, as well as the Rockford Community Choir for adults.

*If this class fills before you have the opportunity to register, consider putting your child's name on the waitlist. There may be an option to add another section.*

**Thursdays, January 9 (10 wks) 4:30-5:15pm**  
**NRMS \$110 #1904-W25A \*skip 2/6**

## STEP BY STEP PAINTING PARTIES

Ages 8+ or Ages 5-7 assisted by an adult.

Join us for a fun painting party! We will be painting with acrylic paints on an 11x14 or 16x20 canvas. No painting experience is needed. Step-by-step Instructions will be given to help you create a painting to take home. All materials will be provided. Aprons are provided, but please wear paint-friendly clothing. Come have fun and paint with us! Instructor: Kristal Heibel became interested in art during her high school years and her interest grew into a passion as an adult. She now owns her own business, West MI Paint & Create, LLC. Teaching painting classes allows Kristal to share her passion and inspire others to nurture their own artistic identity.



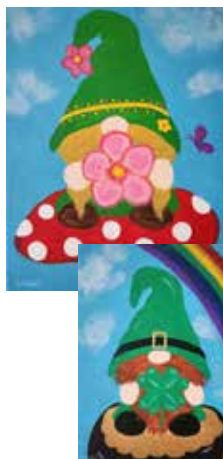
### CALLING ALL SWIFTIES!

We will be having a fun Taylor Swift themed paint party; join us! We will listen to TS music for creative inspiration and have complimentary party favors, door prizes & lots of fun!  
**Monday, February 24 6:00-8:00pm**  
**RHS \$50 #1229-W25C**



### WIZARDS & WANDS

Join us for a fun Harry Potter inspired paint party! Choose either a Wizard, Dragon or Wizard Wand option to paint. The Wizard and Dragon options will be pre-sketched for you. The Wand will not be pre-sketched as it is less detailed. You are welcome to wear wizard-themed clothing/accessories.  
**Wednesday, March 5 6:00-8:00pm**  
**RHS \$47 #1229-W25D**



### PAINTER'S CHOICE GNOMES

Join us for Painter's Choice! You may choose from a St. Patty's Day inspired Gnome or a Spring Floral Gnome. The gnomes will be pre-sketched.  
**Thursday, March 13 6:00-8:00pm**  
**RHS \$47 #1229-W25E**

Find us on ROCKFORD COMMUNITY SERVICES



Register at

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

Must register using a computer or tablet.



## LEGO® BRICKS 4 KIDS®

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### LEGO® BRICKS 4 KIDZ® – A PIRATE'S QUEST

Grades K-5. "Shiver me timbers!" Explore the popular culture behind the life of a pirate! Build a motorized pirate ship, a helm and an anchor as we batten down the hatches and prepare for mutiny. Protect the hands-on deck by building a launching trebuchet. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles! Anchors aweigh!

**Week of January 13 (4 wks) 3:45-5:00pm**

**Mondays, Roguewood \$75 #2642-W25A \*skip 1/20**

**Tuesdays, Crestwood \$75 #2642-W25B**

**Thursdays, Valley View \$75 #2642-W25C**

### LEGO® BRICKS 4 KIDZ® – JURASSIC BRICK LAND

Grades K-5. Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage...you're about to enter Jurassic Brick Land! Students will build a world that comes to life with the giant Brontosaurus, ferocious Velociraptor, terrifying T. Rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period, and other extinct, prehistoric animals that roamed the earth and swam the seas during that era. Show us your building skills using our specialized project kits! Come learn, build and play at Jurassic Brick Land class!

**Week of February 10 (6 wks) 3:45-5:00pm**

**Mondays, Roguewood \$115 #2643-W25A \*skip 2/10, 2/17**

**Tuesdays, Crestwood \$115 #2643-W25B \*skip 2/11, 2/25**

**Thursdays, Lakes \$115 #2643-W25C \*skip 2/27**

### LEGO® BRICKS 4 KIDZ® – LIFE SCIENCE

Grades K-5. Explore the fascinating science of living things and build engaging models of creatures from caterpillars to spiders and snakes. During this unit, students will explore topics such as how the human body stays cool, the amazing life cycle of a butterfly, and investigate the Venus Fly Trap -- a plant that eats bugs! If you love creatures, this is the class for you.

**Week of April 14 (6 wks) 3:45-5:00pm**

**Mondays, Roguewood \$115 #2644-S25A**

**Tuesdays, Crestwood \$115 #2644-S25B**

**Thursdays, Valley View \$115 #2644-S25C**

Find us on

ROCKFORD COMMUNITY SERVICES



Register at

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

*Must register using a computer or tablet.*

## BOARD GAMERS

Grades 2-5. Do you love to play games? At Board Gamers, you will learn new games and have fun playing with friends! Finding new favorite games can be difficult, so Board Gamers has a wide variety of board games. The games are carefully chosen for this age group. Playing new board games is not only tons of fun, it helps develop number sense, social skills and critical thinking. Come join the fun with Board Gamers! Instructor: Kyle DeBoer teaches math at Rockford High School. 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 through high school. Come join the fun with Board Gamers!

**Thursdays, January 16 (6 wks) 3:45-4:45pm**

**Crestwood Elementary \$60 #1020-W25A**





# YOUTH RECREATION



## TAE PARK ENSING -TAE KWON DO

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

**Wednesdays, January 15 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 #1407-W25A**

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

**Wednesdays, March 12 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 #1407-S25A \*skip 4/9**

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

## ROWING CONDITIONING: NOVICE LEVEL

Grades 9-12. This class is focused on furthering the basic technique of new rowers while preparing them for the spring varsity season through strength and endurance training.

**No class on Wednesdays and no class on Feb 14.**

**M/T/TH/F, January 6 (6 wks) 6:00-8:00pm**

**RFC Cafeteria \$150 #8158-W25A**

Rockford Community Services

## TEACHERS NEEDED!

No special training necessary - just your talent!

We are always looking for instructors for our Community Services enrichment program. If you wish to share your skill or knowledge in a particular area, consider teaching a Community Services enrichment class.

Please call Jason, Julie or Chris at 616.863.6322 for more information.

## CAPOEIRA FOR KIDS

Ages 5-11. Capoeira is a martial art that blends together kicks and dodges, creating flowing movements that are often said to resemble a dance. Originating in Brazil, Capoeira has spread around the globe. Students learn movements and music while building their confidence and situational awareness. Instructor: Juston Espinoza began training Capoeira in 2005 at Grand Valley State University and immediately fell in love with the art. He began teaching classes in 2008, leading courses for a variety of programs throughout the state of Michigan. In 2016 Juston founded Grand Rapids Capoeira as a way to continue training and sharing Capoeira with the community. Juston likes to keep classes light yet engaging, always having fun while training hard. He aims to create a space where training is enjoyable, even after doing 500 kicks, and any questions are always welcome.

**Thursdays, January 16 (6 wks) 6:15-7:00pm**

**Roguewood Elementary \$60 #1013-W25A**

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

**Roguewood Elementary \$40 #1013-W25B**

Find us on

ROCKFORD COMMUNITY SERVICES



Register at

[rps.digitalsignup.com](http://rps.digitalsignup.com)

Must register using a computer or tablet.

## WOLVERINE YOUTH BASEBALL

Based in Belmont Michigan serving Northern Kent County

### Divisions:

4-6 year T-Ball

6-8 Coach Pitch

8-10 Minors  
Player Pitch

11-12 Majors

13-15 AAA

No Weekends!

### Our mission:

Creating Confidence,

Improving Skills,

Have Fun Playing Baseball



### Available:

Coaching & Sponsorship Opportunities

Team Photos by Douglas Photography

Sign up online at  
[wolverineyouthbaseball.org](http://wolverineyouthbaseball.org)







### 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 bouts with fellow novice fencers with all equipment provided. Professional coaches, Mikhail and Arkadiy Sarkisov, both of whom are former Soviet Champions and US Cadets and Junior National team coaches, are instructors. Students should wear sweatpants (no jeans), a T-shirt, and clean athletic shoes with laces. Equipment will be provided.

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

***Tuesdays, January 7 (6 wks) 6:00–7:00pm  
GRAFA \$80 #1402-W25A***

***Tuesdays, February 18 (6 wks) 6:00–7:00pm  
GRAFA \$80 #1402-W25B***



### LITTLE MUSKETEERS-KINDER FENCING

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

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

***Wednesdays, January 8 (6 wks) 5:00–6:00pm  
GRAFA \$80 #1401-W25A***

***Wednesdays, February 19 (6 wks) 5:00–6:00pm  
GRAFA \$80 #1401-W25B***



## INTERMEDIATE KIDS PICKLEBALL

Grades 5-8. Intermediate Kids Pickleball is for kids who are familiar with pickleball and want to have fun playing. Participants do not need extensive experience or skills. The class includes playing pickleball with encouragement and coaching in addition to a small amount of instruction and drills. This is a great opportunity for kids to make friends, exercise, get better at pickleball 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 Rockford High School. He loves pickleball and has played since high school. In addition to his pickleball experience, Kyle played tennis in college and has taught tennis and pickleball camps for elementary through high school students.

***Tuesdays, January 14 (6 wks) 6:00-7:00pm | NRMS Gym \$60 #1432-W25A***



## ULTIMATE FRISBEE

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

### Join the Rockford Ultimate Frisbee Club!

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

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

- Jersey \$40 (unless you have one from a previous season)
- Shorts \$40 (optional)
- Cleats are required (soccer, lacrosse, or football)  
*We have several donated cleats! There is a chance we have your size.*
- Disc, \$15 (optional)

#### PRACTICES:

**Sundays, April 20 (7 wks) 1:00-3:00pm**  
NRMS practice Field \$125 #1495-S25A

#### GAMES:

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

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



Find us on



ROCKFORD COMMUNITY SERVICES

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

*Must register using a computer or tablet.*

### 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, 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, January 14 (6 wks) 4:00-4:45pm**  
**Kraken Jiu Jitsu Academy \$100 #1413-W25A**

**Tuesdays, February 18 (6 wks) 4:00-4:45pm**  
**Kraken Jiu Jitsu Academy \$100 #1413-W25B**

#### COMMUNITY SERVICES

# SOCCER

## OFFICIAL TRAINING

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

\*Officials are paid per game.

#### TRAINING

**Wednesday, March 5 (1 wk) 7:00-8:00pm**  
**NRMS RM44 #3124-S25A**

\*Adults with soccer officiating experience please contact Ross at [bigred5384@gmail.com](mailto:bigred5384@gmail.com)



# GIRLS LACROSSE CLINIC

The students will be taught basic skills, teamwork, sportsmanship, and fundamentals every player should know.

There will be no competitive play.

Stick skills: all levels are welcome from beginners to those who have played before. Sticks and goggles are needed.

*The clinic will be on  
Wednesdays, January 15-February 19.*

**GRADES 3-5**  
*Wednesdays, January 15 (6 wks) 6:30-7:30pm*  
*ERMS West Gym \$60 #3165-W25A*

**GRADES 6-8**  
*Wednesdays, January 15 (6 wks) 7:30-8:30pm*  
*ERMS West Gym \$60 #3165-W25B*



# GIRLS LACROSSE

**Grades 3-8**

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

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

**Practices begin the week of April 14.**

**COACHES ARE NEEDED!**

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

**Grades 3-4 #3167-S25A**

**Grades 5-6 #3167-S25B**

**Grades 7-8 #3167-S25C**

**Games will start in April - \$120**

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

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

# SOCCER



Practices begin the week of April 14. Practices will take place Mon-Fri and the coach will choose the night. Saturday games start April 19 and end May 31. Practices and games will be at various locations in the district.

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

*The 7-8th team travels and plays Saturdays and some weeknights.*

**DK-K..... #3125-S25A**  
**1-2..... #3125-S25B**  
**3-4..... #3125-S25C**  
**5-6..... #3125-S25D**  
**7-8..... #3125-S25E**

**The deadline to register is Sunday, March 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) | <https://rps.digitalsignup.com>





## DAVID MATTHEW STUDIOS

495 Pettis Ave SE, Suite 469 & 473, Ada

### LITTLES BALLET & TAP

Ages 3-4. This is a very basic introduction to ballet and tap fundamentals. Pink leotard & tights for girls. White shirt & black slacks for boys.

**Saturdays, January 11 (6 wks) 11:00-11:45am**

**David Matthew Studios \$120 #1251-W25A \*skip 2/15**

**Saturdays, March 1 (5 wks) 11:00-11:45am**

**David Matthew Studios \$100 #1251-W25B**

### BEGINNER TAP

Ages 6+. Tap dance is a great way to learn beat, musicality, rhythm and synchronization. Come try tap dance where you'll learn the basic steps and technique. Dress code available at: [dancedms.com](http://dancedms.com).

**Saturdays, January 11 (6 wks) 11:45am-12:30pm**

**David Matthew Studios \$120 #1247-W25A \*skip 2/15**

**Saturdays, March 1 (5 wks) 11:45am-12:30pm**

**David Matthew Studios \$100 #1247-W25B**

### BEGINNER BALLET 1

Ages 5+. Ballet 1 classes are fun introductory dance classes that teach movement and music. Learn ballet etiquette and vocabulary, correct placement and technique. Pink leotard & tights for girls. White shirt & black slacks for boys.

**Saturdays, January 11 (6 wks) 12:30-1:15pm**

**David Matthew Studios \$120 #1253-W25A \*skip 2/15**

**Saturdays, March 1 (5 wks) 12:30-1:15pm**

**David Matthew Studios \$100 #1253-W25B**

### BEGINNER JAZZ 1

Ages 5+. 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](http://dancedms.com).

**Saturdays, January 11 (6 wks) 1:15-2:00pm**

**David Matthew Studios \$120 #1254-W25A \*skip 2/15**

**Saturdays, March 1 (5 wks) 1:15-2:00pm**

**David Matthew Studios \$100 #1254-W25B**

ROCKFORD GIRLS

# SOFTBALL CLINIC

### ROCKFORD SOFTBALL-GIRLS SOFTBALL CLINIC

Grades 1-5. The Rockford High School softball coaches and players will be holding a softball clinic! Our clinic will teach and practice the fundamentals of the game through individual and team play, combining both drills and games. Attendees will develop a more thorough understanding of the game while developing their skills and knowledge of the game. This clinic will focus on hitting, fielding, and baserunning.

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

**Grades 1-5**

**Saturday, January 18 (1 wk) 9:00-10:30am**

**NRMS Gym \$25 #8403-W25A**

### ROCKFORD SOFTBALL PITCHING CLINIC

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

**Gear:** Players should bring a glove and wear gym shoes.

**Grades 3-5**

**Saturday, February 1 (1 wk) 9:00-10:30am**

**NRMS Gym \$25 #8399-W25A**

Find us on



ROCKFORD COMMUNITY SERVICES

**Register at**

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

*Must register using a computer or tablet.*

# NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL  
616.747.3530

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

**December 17 - April 20**

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

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

*The NRMS pool is closed during Christmas Break December 23-January 4.*

# 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 December 24, 25, 31, 2024 and January 1, 2025.*



# WATER POLO

**Grades 6-8**

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

Practice starts the week of March 17.

6-weekend tournaments: March 28-29, April 18-19,  
April 25-26, May 2-3, May 9-10, May 16-17

**Boys Practices: Tuesdays & Thursdays**  
**March 18, 3:30-5:30 NRMS Pool \$120 #4402-S25A**

**Girls Practices: Mondays & Wednesdays**  
**March 17, 5:15-7:15pm RHS Pool \$120 #4402-S25B**

**There are no practices from April 3-April 11.**

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

## Driver Ed in the Winter?

Winter driving is a way of life, we teach your teen to drive the right way!



Limited Availability.  
Sign-Up Today!



**Master the most difficult winter roads.  
Be a safe and confident driver all year long!**

**734.665.7374**

**[www.allstarde.com](https://www.allstarde.com)**

# SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

January Sessions: Registration Opens 6pm 1/2/25 | February Sessions: Registration Opens 6pm 2/10/25

## LEVEL ONE

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 6 (5 wks)	Jan. 8 (5 wks)	Feb. 17 (5 wks)	Feb. 19 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-W25A	#4307-W25D	#4307-W25G	#4307-W25J
MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 6 (5 wks)	Jan. 8 (5 wks)	Feb. 17 (5 wks)	Feb. 19 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-W25B	#4307-W25E	#4307-W25H	#4307-W25K
MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 6 (5 wks)	Jan. 8 (5 wks)	Feb. 17 (5 wks)	Feb. 19 (5 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4307-W25C	#4307-W25F	#4307-W25I	#4307-W25L

## LEVEL TWO

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 6 (5 wks)	Jan. 8 (5 wks)	Feb. 17 (5 wks)	Feb. 19 (5 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-W25A	#4308-W25D	#4308-W25G	#4308-W25J
MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 6 (5 wks)	Jan. 8 (5 wks)	Feb. 17 (5 wks)	Feb. 19 (5 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-W25B	#4308-W25E	#4308-W25H	#4308-W25K
MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
Jan. 6 (5 wks)	Jan. 8 (5 wks)	Feb. 17 (5 wks)	Feb. 19 (5 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4308-W25C	#4308-W25F	#4308-W25I	#4308-W25L

**RHS POOL: 616.884.2326**  
**NRMS POOL: 616.747.3530**

## LEVEL THREE

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

MONDAYS	MONDAYS	MONDAYS	MONDAYS
Jan. 6 (5 wks)	Jan. 6 (5 wks)	Feb. 17 (5 wks)	Feb. 17 (5 wks)
7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58	NRMS Pool \$58
#4302-W25A	#4302-W25B	#4302-W25C	#4302-W25D



## SPLASHBALL

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

*The only recommended pre-requisite is that the participant should be able to swim one width of the pool unassisted.*

**SATURDAYS**  
 January 11 (5wks)  
 1:30-2:30pm  
 NRMS Pool \$50  
 #4315-W25A

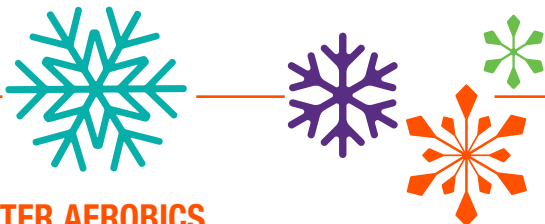
**SATURDAYS**  
 February 22 (5wks)  
 1:30-2:30pm  
 NRMS Pool \$50  
 #4315-W25B



# SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

January Sessions: Registration Opens 6pm 1/2/25 | February Sessions: Registration Opens 6pm 2/10/25



## WATER AEROBICS

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

### WEDNESDAYS

January 8 (5 wks)  
8:00 – 8:45pm  
NRMS Pool \$25  
#4311-W25A

### WEDNESDAYS

February 19 (5wks)  
8:00 – 8:45pm  
NRMS Pool \$25  
#4311-W25B

## 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, and to participate in US Masters Swim Meets or Open Water swim events (all swimmers may, but are never required or expected to compete). Come and 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, and our coach is more than willing to assist all swimmers to meet their goals.

### MONDAYS & WEDNESDAYS

January 6 (6 wks)  
4:45 – 5:45pm  
NRMS Pool \$80  
#4314-F24A

### MONDAYS & WEDNESDAYS

February 17 (6 wks)  
4:45 – 5:45pm  
NRMS Pool \$80  
#4314-F24B

## LEVEL FOUR

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

### MONDAYS

Jan. 6 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4310-W25A

### WEDNESDAYS

Jan. 8 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4310-W25B

### MONDAYS

Feb. 17 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4310-W25C

### WEDNESDAYS

Feb. 19 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4310-W25D

## LEVEL FIVE

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

### WEDNESDAYS

Jan. 8 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4303-W25A

### WEDNESDAYS

Feb. 19 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4303-W25B

## 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

Jan. 8 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4304-W25A

### WEDNESDAYS

Feb. 19 (5 wks)  
7:15 – 8:00pm  
NRMS Pool \$58  
#4304-W25B

Find us on ROCKFORD COMMUNITY SERVICES



Register at

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

Must register using a computer or tablet.

RHS POOL: 616.884.2326

NRMS POOL: 616.747.3530

**Rockford**  
**Preschool  
& Child Care**  
services



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

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

**Check Us Out on Facebook**

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

### Parent Information Night

Information Night for parents interested in learning more about the Child Development Lab Preschool will be held **Monday, February 3, 5:30-7:00pm** (CDL is located behind Rockford High School).

Information Night for parents interested in learning more about Community Education Preschool, Montessori, Spanish Preschool, or Full Day Preschool will be held

**Tuesday, February 4, 6:00-7:30pm**

Administration Building, 350 N. Main Street.

### CHILD DEVELOPMENT LAB PRESCHOOL

**Rockford High School, 4100 Kroes**

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

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

A \$200 non-refundable deposit is due at the time of registration.

### COMMUNITY EDUCATION PRESCHOOL

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

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

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

A \$200 non-refundable deposit is due at the time of registration.

### MONTESSORI

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

**Program cost: \$3900 per year.**

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

### SPANISH PRESCHOOL

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

**Program cost: \$1950 per year.**

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

# Child Care and Preschool for Young Rams and School Age

## FULL DAY PRESCHOOL

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

**Monday–Friday, 7:00am–6:00pm**

**Program cost is \$48 per day/per child.**

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

## SUMMER SCHOOL AGE PROGRAM “SUMMER KIDS ROCK”

**Monday–Friday, 7:00am–6:00pm**

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

**Registration Fee: \$75 per child.**

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

Online registration begins March 4, 2025. Find more information at [rockfordschools.org](http://rockfordschools.org).

*Note: Registration process subject to change.*



## BEFORE AND AFTER SCHOOL CARE (BAC)

**All elementary schools in RPS district**

**Monday–Friday**

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

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

**Registration Fee: \$40 per student.**

Our school-age BAC programs provide parents with the security of knowing their children are in a safe, fun and nurturing environment during before and after school hours. These programs are found in each elementary school building in the district and are available to children in grades DK-5. BAC is offered every day that school is in session, as well as teacher in-service and conference days. BAC is also offered on many school vacation days. Table games, crafts, gym time, outdoor play and homework time are planned each day. More information and registration packets are available online and in the Child Care office in the Community Services building. Please call our office at 616.863.6560 with any questions. Enrollment for the 2025-26 school year will begin May 7. Registration will be considered based on availability. *\*Due to limited staffing, some sites may be on a waitlist very soon after enrollment opens.*

## ONLINE REGISTRATION

Registration for Montessori, Spanish Preschool, Community Education Preschool 3/4s and Child Development Lab Preschool 3/4s  
**Begins at 6:00pm on Wednesday, February 19, 2025.**

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

**To enroll in the 3 or 4 year old all-day preschool classroom: forms available on our website beginning February 19 at 5:00pm**

### TO REGISTER ONLINE:

- Create your user account at [rps.digitalsignup.com](http://rps.digitalsignup.com) prior to February 19.
- On the day you register, go to [rps.digitalsignup.com](http://rps.digitalsignup.com) and select the preschool program for which you want to enroll.
- Select the class name to which you want to enroll.
- Follow on-screen instructions to complete registration.



# DAUGHTER DANCE

Register today for Rockford's biggest daughter dance that is sure to be an event to remember. Girls across our community are welcome to invite their favorite adult(s) to this special event that will feature a live DJ provided by Solid Sound and professional photos provided by Douglas Photography. Light refreshments will be available. Three locations will be open simultaneously at the Rockford High School, the Rockford Freshman Center, and East Rockford Middle School to accommodate as many people as possible. Please make sure to register for the location you plan on attending. **Reservations close at noon on February 4. No walk-in registrations will be permitted.**

**FRIDAY, FEBRUARY 7, 2025 – 6:30-8:00PM**

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

**RHS #2210-W25A | ERMS #2210-W25B | RFC #2210-W25C**

# SON & FUN SPECTACULAR

**BATTLE  
GRAND RAPIDS**  
TACTICAL GAMES & SPORTS

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

*Registration will close at noon on February 18.  
No walk-in registrations will be permitted.*

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

**Friday, February 21, 2025  
6:30-8:00pm**

**\$25 per person Battle GR #2212-W25A**  
*Payment for each person attending required*