

ROCKFORD

COMMUNITY SERVICES



Fall

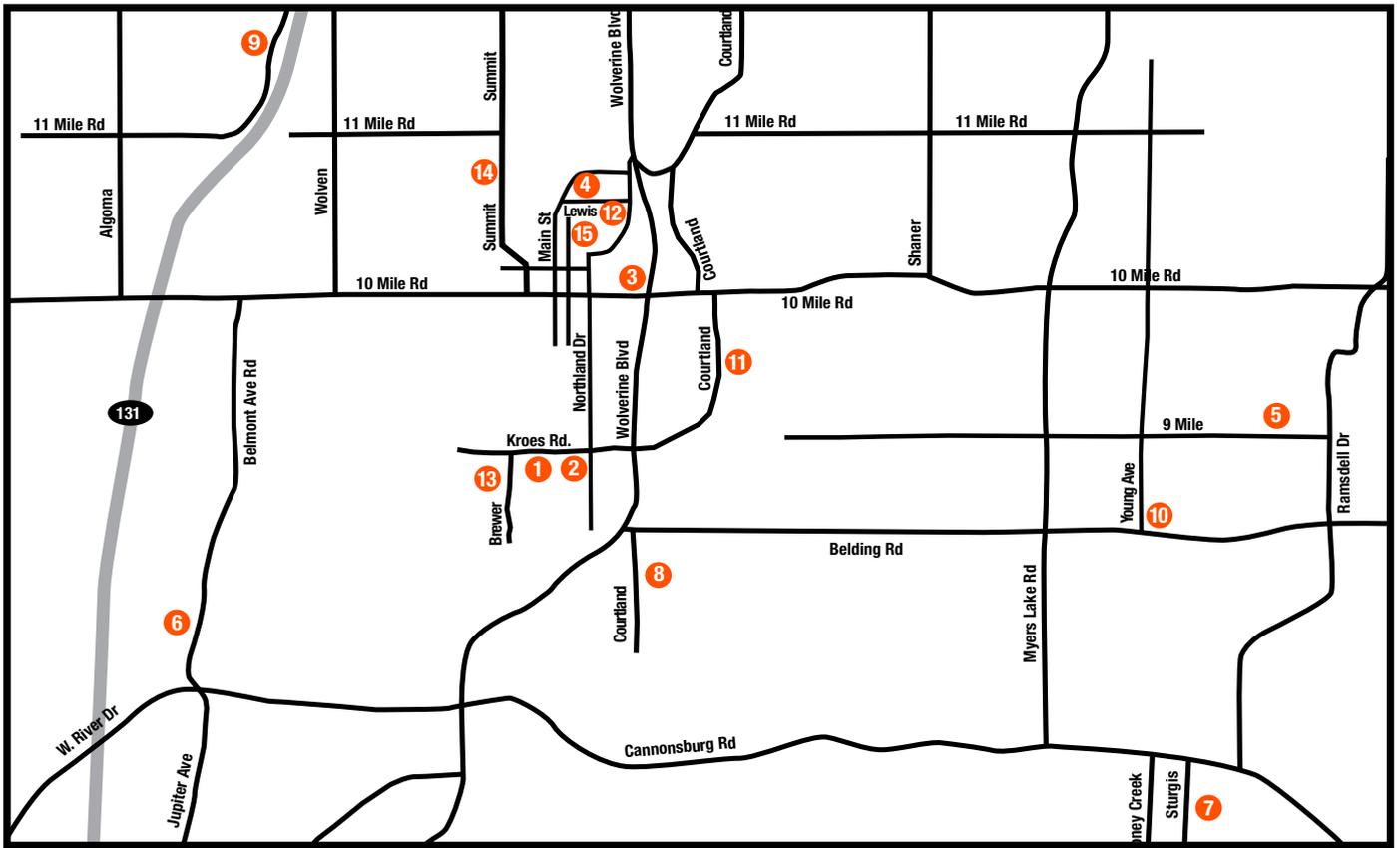
2024

ONLINE REGISTRATIONS
RPS.DIGITALSIGNUP.COM

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

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

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

Adult Enrichment

Adult Enrichment..... 4-10
Finance..... 9-10

Fitness & Recreation

Adult Fitness & Recreation..... 10-15

Seniors Unlimited

Out to Lunch Bunch Bus Trips..... 17
Bingo 18
Community Cabin College Luncheons 18
Culture Club 19
Book Club 19

Youth Enrichment

Youth Enrichment.....20-22

Youth Fitness & Recreation

Youth Fitness & Recreation.....23-29

Aquatics

Swimming Lessons 30-31
Lap Swim30

Annual Holiday Craft Fair Info32

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



NEEDLE FELTED SQUIRREL

Ages 12-Adult. In this needle felting class, you will be able to create your very own woodland squirrel. Class includes instruction and demonstration of the needle felting process, needle safety and proper use, creating a sculpture using wool and adding exterior details. Approximate size of project is 3.5 - 4 inches tall. Although this is listed as an adult class, ages 12+ are welcome to enroll. Instructor: Sam Coon is a self-taught fiber artist and has been making felt since being introduced to both needle felting and wet felting in 2009. Through the years, she has gleaned much of her inspiration from nature - the colors, textures and endless patterns.

Monday, September 16 6:00-9:00pm
NRMS \$28 #1040-F24A

BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. Learn techniques, designs, composition and more while creating your own art to take home. Each class will help you develop understanding of this medium, improve focus and concentration while having fun with other creative people! All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. Her basic knowledge started with art classes at Macomb Community College followed by classes at New York Botanical Gardens art studios. She received more instruction at the Flint Institute of Art, Grosse Pointe Art Association and Birmingham Bloomfield Art Center. She has learned a variety of art applications from drawing to acrylic painting, print making and pastels, while always continuing with watercolor.

Thursday, September 12 6:00-8:00pm
RHS \$35 #1227-F24A Theme: Birch Trees

Thursday, September 19 6:00-8:00pm
RHS \$35 #1227-F24B Theme: Sunflowers

Thursday, October 10 6:30-8:30pm
RHS \$35 #1227-F24C Theme: Fall Landscape

Thursday, October 17 6:00-8:00pm
RHS \$35 #1227-F24D Theme: Pumpkins

Thursday, November 7 6:00-8:00pm
RHS \$35 #1227-F24E Theme: Fall Wreath

Thursday, November 14 6:00-8:00pm
RHS \$35 #1227-F24F Theme: Feathers

Thursday, December 5 6:00-8:00pm
RHS \$35 #1227-F24G Theme: Gnomes

Thursday, December 12 6:00-8:00pm
RHS \$35 #1227-F24H Theme: Christmas Ornament

Shop Til You Drop!

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

Saturday, October 19 \$80 per person #2149-F24A

Depart @ 7:30am, Return @ 11:00pm

Motor coach transportation departs from the Rockford Meijer parking lot (2799 10 Mile Rd).

No refunds after September 18. Bus drops off at north end of Michigan Avenue and picks us up near Millennium Park.





BEGINNING SEWING

Learn to sew as you add new skills each week. There will be a weekly project to practice. During week 1, we will cover machine basics and then make a decorative pillow case. During week 2, we will make a tote bag and then week 3, we will make pajama pants. You will learn how to read a pattern and many more skills. Please bring your own sewing machine. The supply list for each week's class will be emailed to you prior to class.

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

Wednesdays, October 16 (3 wks) 6:00-8:30pm
NRMS \$50 #2449-F24A



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 a little bit of chance. Each participant will receive an official standard National Mahjong hands and rules card. If you have an American Mahjong tile set, please feel free to bring it along. We will cover the basics of understanding the different tiles, how to set up the deal and break the wall, reading the card, understanding the categories and combos and how to play. Instructor: Veronica is relatively new to playing Mahjong, but she has enjoyed learning while playing and is very excited to grow and share the game with others. Veronica grew up playing board games with her family and has a game shelf that is overflowing with games! Veronica lives in Rockford and would love to see more Mahjong groups start!

Wednesdays, October 2 (4 wks) 6:15-8:15pm
RAB \$40 #1021-F24A

Wednesdays, October 30 (4 wks) 6:15-8:15pm
RAB \$40 #1021-F24B

COURTESY

— — DRIVING SCHOOL — —



ROCKFORD FRESHMAN CENTER

SEGMENT I: 24 Lecture Hours, 6 Driving Hours

September 4-20	3:00-5:00 p.m.
Sept. 30 - Oct. 17	3:00-5:00 p.m.
Oct. 28 - Nov. 21	3:00-5:00 p.m.
December 2-19	3:00-5:00 p.m.

SEGMENT II: 6 Lecture Hours

September 12,16,18	5:00-7:00 p.m.
October 8,10,16	5:00-7:00 p.m.
November 14,18,20	3:00-5:00 p.m.
December 10,12,17	5:00-7:00 p.m.

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

Schedules and registration are available on our website

www.courtesydrivingschool.com

(800) 256-9559

Find us on ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

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



DOG OBEDIENCE

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

Mondays & Thursdays

September 12 (5 classes) 6:30-7:30pm

Meadow Ridge Elementary \$120 #1809-F24A

DOG & CAT FIRST AID AND CPR CERTIFICATION

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

Tuesdays, September 17 (2 wks) 6:00-8:00pm
NRMS \$89 #1810-F24A

Tuesdays, October 1 (2 wks) 6:00-8:00pm
NRMS \$89 #1810-F24B

Tuesdays, October 15 (2 wks) 6:00-8:00pm
NRMS \$89 #1810-F24C

Tuesdays, November 12 (2 wks) 6:00-8:00pm
NRMS \$89 #1810-F24D

Tuesdays, December 3 (2 wks) 6:00-8:00pm
NRMS \$89 #1810-F24E

TRAVEL SERIES

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

INTERNATIONAL TRAVEL - DEMYSTIFIED

Ins and outs of international travel from pre-trip needs to post-trip oops! Tips, tricks and helpful information from an industry insider. Terminology explained, what to do when 'overbooked', and how and where to get the best airfares. Do I need trip insurance or not? Do I need a visa? Shots? Trip ideas and suggestions will also be provided. Time allotted for your questions.

Tuesday, September 24 6:30-8:30pm
RHS \$8 #1030-F24A

DESTINATION: GUATEMALA & BEYOND

The 'Land of Eternal Spring', Guatemala offers Mayan ruins, volcanoes, heritage pueblos, Caribbean and Atlantic coasts, and mystical mountain lakes. It's truly a land full of cultural interests and wonder. Beyond? Well, it is easy to hop over to sites in Honduras and Belize!

Tuesday, October 8 6:30-8:00pm
RHS \$8 #1030-F24B

GRAND RAPIDS WALKING TOURS

PARK TO PARK TO PARK WALKING TOUR

It's hard to imagine today's cities without public parks, but it wasn't always that way. The history of intentional green spaces within an urban setting began in the western world in the 1800's... about the same time that Grand Rapids was putting down roots and blossoming. As we walk between the multitude of parks within our city, you'll hear the where-why-when narrative of these oases in the city. You'll then appreciate the early heroes of our park efforts and the re-commitment of today's park leaders. Perhaps you'll plan a picnic for before or after our lovely stroll. Meet in the middle of the Blue Bridge, downtown Grand Rapids.

Wednesday, September 11 6:00-7:30pm
Blue Bridge \$20 #1423-F24A



OAKHILL CEMETERY WALKING TOUR

Cemeteries are, in essence, local history books that you can walk through, see firsthand, even touch. Oakhill Cemetery is one such place of remarkable rich history, plus exquisite beauty... especially in the autumn. It is also a peaceful, treasure trove of Grand Rapids lore. Enjoy the winding pathways in the parklike setting surrounded by mature foliage and manicured lawns. Oakhill is a perfect example of a rural garden cemetery, a place of rest and reflection. Here lie many great persons of local notoriety. Learn the tales of their interesting lives and how their gravestones reflect their personal stories. Meet in the small parking lot entrance/gatehouse of Oakhill North, 603 Hall Street SE, Grand Rapids.

Part 1 (North)

Monday, October 7 5:30-7:00pm
Oakhill Cemetery \$20 #1281-F24A

Part 2 (South)

Wednesday, October 9 5:30-7:00pm
Oakhill Cemetery \$20 #1281-F24B



GRAND RAPIDS MOST HAUNTED WALKING TOUR

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

Monday, October 28 6:00-7:30pm
J.W. Marriott \$20 #1458-F24A

HERITAGE HILL VICTORIAN CHRISTMAS WALKING TOUR

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

Wednesday, December 18 6:00-7:30pm
Corner of Fulton and Prospect \$20 #1427-F24A

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

ROCKFORD COMMUNITY BAND

The Rockford Community Band is comprised of instrumentalists from all walks of life who simply enjoy making music passionately and meaningfully. Membership is open to all interested instrumentalists who have a minimum of high school band experience. While there is not a formal audition for admittance to the ensemble, the conductor may request to hear new members individually to best facilitate part assignments. This ensemble presents 4-6 performances during the semester. In addition to concerts at local venues, this ensemble also participates in a shared holiday concert with other Rockford community ensembles. In essence, the Rockford Community Band is an ensemble dedicated to life-long musicianship while presenting diverse, entertaining performances to the community it serves.

Instructor: Tiffany Engle has served as the conductor of the Rockford Community Band since January 2008. She currently is 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 director of Calvin's Knollcrest Music Camp (a summer program for middle and high school students), and regularly serves as a clinician with various school ensembles throughout the West Michigan area.

Mondays, September 9 7:00-9:00pm
ERMS \$49 #1900-F24A



ROCKFORD CIVIC SYMPHONY

Formerly known as the Rockford Community Orchestra, the Rockford Civic Symphony welcomes musicians of varied skill levels and ages to play and learn through the shared experiences of orchestral music. Membership is open to all persons who possess the skills necessary to perform standard orchestral literature. There is no audition requirement. We are always interested in expanding our string sections. Our group also includes percussion, brass and woodwind players. We play a variety of orchestral literature, from classical symphonic pieces, ballets and operas to Broadway shows. We perform 3-4 concerts per year. We will have extra rehearsals on 12/18 and 12/19 for our holiday concert. For information, contact rockfordcivicsymphony@gmail.com.

Conductor: John Reikow is the Director of Orchestras for the Holland Public Schools and conducts the Holland High School Orchestra. He is a cellist with the Holland Symphony Orchestra and teaches cello at Hope College.

Tuesdays, September 3 (16 wks) 7:00-9:00pm
NRMS \$59 #1901-F24A

Conveniently at Rockford High School

~250,000+ Students Taught
~Proprietary Curriculum

~Modern & Safe Fleet
~Highly Trained Driving Instructors



Segment 1



Segment 2



We're Your Key to Safe Driving for Life

www.allstarde.com

734-665-7374



ROCKFORD COMMUNITY CHOIR

The Rockford Community Choir welcomes adult singers of all ages and skill levels! There is no audition requirement. We sing a wide range of music, including classical, folk, hymnody, gospel, multicultural, novelty, Broadway, jazz and modern. We will perform two or three concerts a year, typically with the Rockford Community Orchestra and Community Band. We have Community Holiday Concerts scheduled for December 8 and 12. 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 also conducts the Rockford Community Adult and Children's Choirs. A former member of the Opera Grand Rapids Chorus, Grand Rapids Symphony Chorus and Vocal Director/Soloist of the Grand Rapids Children's Opera Workshop, Ms. Vande Wege holds a degree in vocal performance, and a master's in music education, as well as certification through the Gordon Institute of Music Learning.

Tuesdays, September 3 (15 wks) 7:00-8:30pm
NRMS \$65 #1902-F24A

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, September 10 6:30-8:00pm
RAB FREE #1878-F24A

MEDICARE MADE SIMPLE – 102 (INTERMEDIATE)

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

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

Making the right choices, particularly when you are first eligible, could save you hundreds or even thousands of dollars over your lifetime. Attending this class will help you start the Medicare planning process with the basic knowledge you will need to make right choices. NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid. Instructor: Kristin Rocheleau and Amy Orr help people choose the right individual health insurance plans. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. They are both independent health insurance advisors.

Tuesday, September 17 6:30-8:00pm
RAB FREE #1879-F24A



UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

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

Wednesday, September 18 6:30-8:00pm
RFC FREE #1337-F24A

UNDERSTANDING THE BASICS OF TERM & WHOLE LIFE INSURANCE

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

Wednesday, September 25 6:30-8:00pm
RFC FREE #1338-F24A

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

RETIREMENT INCOME

This class is designed to educate you on the subject matter of Retirement Income in the least irritating and boring manner possible. Topics covered include, but are not limited to: Inflation (this might just be on your mind, hmmm?), taxable vs. tax free assets, qualified plans, rollover considerations, Social Security, Medicare, estate conservation and distributing assets in an organized fashion. There is so much great information, you will not be falling asleep during this class! Instructor: Adam Fliehman is an Investment Advisor Representative and holds the FINRA series 7, 66, 6, 63 licenses as well as insurance licenses for Life, Health, Disability and Long-Term Care. After years of working for captive financial firms and over 10 years in the financial industry, Adam founded Fliehman Financial.

Tuesday, September 10 6:30-8:30pm

RFC \$10 #2160-F24A

Thursday, September 26 6:30-8:30pm

RFC \$10 #2160-F24B

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

RFC \$10 #2160-F24C

Thursday, October 24 6:30-8:30pm

RFC \$10 #2160-F24D

Tuesday, November 5 6:30-8:30pm

RFC \$10 #2160-F24E

Thursday, November 21 6:30-8:30pm

RFC \$10 #2160-F24F

Tuesday, December 3 6:30-8:30pm

RFC \$10 #2160-F24G

Thursday, December 19 6:30-8:30pm

RFC \$10 #2160-F24H

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.*

ADULT FITNESS & RECREATION



CAPOEIRA: THE BRAZILIAN MARTIAL ART

Ages 13 - Adult. Capoeira is a martial art that is highly cardio-based. In our classes, one learns to blend kicks and dodges together through flowing movements that are often said to resemble a dance. This unique martial art originated in Brazil and has spread in popularity throughout the globe. Capoeira is a martial art that will bolster one's strength, balance, and flexibility. Instructor: Juston Espinoza began training Capoeira in 2005 at Grand Valley State University and immediately fell in love with the art. He began teaching classes in 2008, leading courses for a variety of programs throughout the state of Michigan. In 2016 Juston founded Grand Rapids Capoeira as a way to continue training and sharing Capoeira with the community. Juston likes to keep classes light yet engaging, always having fun while training hard. He aims to create a space where training is enjoyable, even after doing 500 kicks, and questions are always welcome.

Tuesdays, September 24 (6 wks) 7:30-8:30pm

RFC \$90 #1012-F24A

Tuesdays, November 5 (7 wks) 7:30-8:30pm

RFC \$105 #1012-F24B

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! Meadow Ridge Elementary Gross Motor Room.

Wednesdays, September 18 (4 wks) 7:00-8:00pm

Meadow Ridge Elementary \$70 #1448-F24A

MOXIE FITNESS

REV ON THE MAT WITH MICHELLE

Join us for Rev On The Mat - This mind/body/spirit class encourages all levels to come and move in a supportive, joyful environment. The music is positive and uplifting, and each class will begin with a bible verse that will be the theme of the day. We then move into energy-boosting, smile-inducing, dance style cardio & yoga/Pilates/barre, ending with time to be still, breathe and hold space quietly for prayer/meditation. You will come away with a full-body workout designed to move at your level of energy and fitness in a safe, effective manner. Michelle is a certified Revelation Wellness instructor and AFAA Certified Group Fitness and Personal Trainer. WHAT TO BRING: Your mat, water, and wear supportive shoes to move in.

Thursdays, September 5 (8 wks) 6:30-7:30pm

Meadow Ridge Elementary \$64 #1502-F24A

Thursdays, November 7 (6 wks) 6:30-7:30pm

Meadow Ridge Elementary \$48 #1502-F24B *skip 11/28



ADULT GOLF LESSONS

BEGINNING AND INTERMEDIATE

Work on your golf skills and get ready for fall play. You will work on the basic skills, including etiquette, stance, grip, putting, chipping and driving.

*Max enrollment of 6 golfers per session.

Golf Emporium, 10831 14 Mile Rd NE

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

Golf Emporium \$100 #2050-F24A

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

Golf Emporium \$100 #2050-F24B

Wednesdays, September 4 (4 wks) 10:00-11:00am

Golf Emporium \$100 #2050-F24C

Wednesdays, September 4 (4 wks) 11:30-12:30pm

Golf Emporium \$100 #2050-F24D

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

Golf Emporium \$100 #2050-F24E



**NATIONAL KIDNEY
FOUNDATION**

The National Kidney Foundation offers a variety of in-person and virtual classes for adults and/or caregivers of individuals facing chronic or ongoing health conditions including arthritis, heart disease, diabetes, emphysema, asthma, high blood pressure and kidney disease.

High Blood Pressure Control Classes

nkfm.org/HBPC

PATH (Personal Action Toward Health) Classes

nkfm.org/PATH

**OFFICIAL
DRIVING
SCHOOL™**



Teen Driver Education

OVER 40 YEARS EXPERIENCE
AND 300,000 STUDENTS

ROCKFORD HIGH SCHOOL!

REGISTER TODAY!

248.548.8000

OfficialDrivingSchool.com

APTITUDE FITNESS

Aptitude Fitness+Yoga, 251 Northland Drive NE

**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 a 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, September 16 (4 wks) 5:30-6:15am

Aptitude Fitness \$96 #1467-F24B

M/W/F, October 14 (4 wks) 5:30-6:15am

Aptitude Fitness \$96 #1467-F24C

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, August 15 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-F24A

Thursdays, September 19 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-F24B

Thursdays, October 24 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-F24C *skip 10/31,11/28

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, September 16 (4 wks) 5:30-6:00pm

Aptitude Fitness \$96 #1469-F24B

Mon/Wed, October 14 (4 wks) 5:30-6:00pm

Aptitude Fitness \$96 #1469-F24C

Mon/Wed, November 11 (4 wks) 5:30-6:00pm

Aptitude Fitness \$96 #1469-W24A



RISE AND SHINE VINYASA

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

M/W/F, September 16 (4 wks) 9:15-10:00am

Aptitude Fitness \$96 #1482-F24B

M/W/F, October 14 (4 wks) 9:15-10:00am

Aptitude Fitness \$96 #1482-F24C

SLOW FLOW

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

Tue/Thur, September 10 (4 wks) 4:00-4:45pm

Aptitude Fitness \$96 #1493-F24B

Tue/Thur, October 8 (4 wks) 4:00-4:45pm

Aptitude Fitness \$96 #1493-F24C

TABATA

We will utilize a variety of exercises in intervals to increase your aerobic capacity. Burn a ton of calories, get stronger, leaner, and overall healthier. This class is for those who want to take their workout to the next level. Participants can expect to increase overall cardiovascular fitness, endurance, and fat loss, without losing muscle mass. Be ready to sweat, and wear athletic shoes that will grip the floor but allow you to move in different directions easily. No two classes are ever the same. All abilities are welcome!!

Mon/Wed, September 16 (4 wks) 4:30-5:00pm

Aptitude Fitness \$119 #1464-F24B

Mon/Wed, October 14 (4 wks) 4:30-5:00pm

Aptitude Fitness \$119 #1464-F24C

Mon/Wed, November 11 (4 wks) 4:30-5:00pm

Aptitude Fitness \$119 #1464-W24A

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

CHAIR YOGA

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

Mon/Fri, September 23 (5 wks) 10:30-11:15am

Aptitude Fitness \$96 #1441-F24B

Mon/Fri, October 28 (5 wks) 10:30-11:15am

Aptitude Fitness \$96 #1441-F24C



APTITUDE HIKES

Ages 16 and up. Surround yourself in the beauty and peace of nature, where every step becomes a meditation, every breath a celebration of life. Disconnect from the noise of the world and immerse yourself in the pure, unadulterated beauty of nature. We will soak up the surroundings, practice mindful walking and meditation, and provide space for quiet reflection. Hiking or comfortable footwear as well as a small bag for water, snacks, and journal are recommended but not required. Let's journey together and rediscover the magic that lies within and around us. Locations are disclosed before weekly hikes and are subject to change based on trail conditions and weather.

*Registration includes hiking journals.

Sundays, October 6 (3 wks) 9:00-10:15am

Aptitude Fitness \$25 #1460-F24A



WERQ DANCE FITNESS

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

Tuesday, September 10 (1 wk) 6:30-7:30pm

Meadow Ridge Elementary Gym FREE #1449-F24A

Tuesdays, September 17 (6 wks) 6:30-7:30pm

Meadow Ridge Elementary Gym \$56 #1449-F24B

Tuesdays, November 5 (7 wks) 6:30-7:30pm

RAB \$56 #1449-W24A

WERQ FITNESS KETTLEBELL AMPD

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

Wednesday, September 11 (1 wk) 7:00-8:00pm

Meadow Ridge Elementary Gym FREE #1450-F24A

Wednesdays, September 18 (7 wks) 7:00-8:00pm

Meadow Ridge Elementary Gym \$60 #1450-F24B

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

RAB \$51 #1450-W24A *skip 11/27

TAE PARK ENSING - TAE KWON DO

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

Wednesdays, September 4 (8 wks) 6:30-8:00pm

RAB Gym \$40 #1407-F24A

\$20 - 2nd family member

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

RAB Gym \$40 #1407-F24B

\$20 - 2nd family member *skip 11/27, 12/25, 1/1



PICKLEBALL

PICKLEBALL - ADULT 18 & UP

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

**Session 1 may be outside on NRMS tennis courts

SESSION 1 – Mondays, September 9 (6 wks)

6:30-8:00pm Beginners #3205-F24A

8:00-9:30pm Intermediate #3205-F24B

NRMS Upper Gym \$35

SESSION 2 – Mondays, October 21 (6 wks)

6:30-8:00pm Beginners #3205-F24C

8:00-9:30pm Intermediate #3205-F24D

NRMS Upper Gym \$35



TAI CHI CHUAN

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.

***skip 12/24 and 12/31**

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

Rockford United Methodist Church \$65 #1405-F24A

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

Rockford United Methodist Church \$65 #1405-F24B

Tuesdays, October 29 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-W24A

Tuesdays, October 29 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-W24B

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.

***skip 12/24 and 12/31**

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

Rockford United Methodist Church \$65 #1406-F24A

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

Rockford United Methodist Church \$65 #1406-F24B

Tuesdays, October 29 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-W24A

Tuesdays, October 29 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-W24B

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, September 11 (6 wks) 7:00–8:00pm

GRAFA \$100 #1403-F24A

Wednesdays, October 23 (6 wks) 7:00–8:00pm

GRAFA \$100 #1403-F24B

Find us on ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.



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, October 23 (6 wks) 11:00am–12:00pm
GRAFA \$100 #1400-F24A

ADULT TENNIS

Coach Katie Hunting, USPTA Professional Tennis Instructor

ADULT BEGINNER TENNIS CLASS

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

Wednesdays, September 4 (5 wks) 6:30–7:30pm

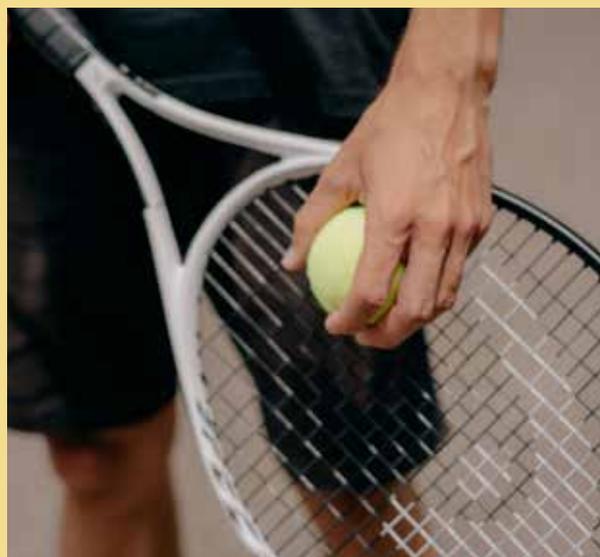
NRMS Tennis Courts \$75 #3136-F24A

ADULT INTERMEDIATE TENNIS CLASS (2.5–3.0)

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

Wednesdays, September 4 (5 wks) 7:30–8:30pm

NRMS Tennis Courts \$75 #3136-F24B



Shop Til You Drop!



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

Saturday, October 19 \$80 per person #2149-F24A
Depart @ 7:30am, Return @ 11:00pm

Motor coach transportation departs from the Rockford Meijer parking lot (2799 10 Mile Rd).

No refunds after September 18. Bus drops off at north end of Michigan Avenue and picks us up near Millennium Park.

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 Tuesday 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.

Tuesdays, 10:00am-12:00pm

September 24, October 29

(No appointments scheduled in November or December)

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

SAVE THE DATE!!
DECEMBER 12, 2024

Rockford Seniors Unlimited
HOLIDAY DINNER

Social Hour 5:30pm | Dinner 6:00pm
Rockford Freshman Center #5004-W24A \$10/person

OUT TO LUNCH BUNCH BUS TRIPS

SEPTEMBER - 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, including Shkodé, CBK Brewery, 131 Sports Bar & Lounge and Harvest Buffet. As part of our group, you will receive \$10 in free slot play and \$10 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. Gun Lake Casino is owned by the Match-E-Be-Nash-She-Wish Band of Pottawatomi. Transportation provided by RPS. Activity level: LOW.

Friday, September 6 \$10 #1650-F24A

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

1:30pm approximate return to Rockford

SEPTEMBER - HERITAGE RESTAURANT GRCC FINE DINING EXPERIENCE

The Heritage Restaurant on the GRCC campus is a unique fine dining experience with world-class service. It is staffed by culinary school students under the direct supervision of Chef Professors and Table Service Professors. Truly a 5-star dining experience at an affordable price. You will need to choose your lunch entree at the time of registration. Transportation provided by RPS. Activity level: MED.

Thursday, September 19 \$35 #5123-F24A

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

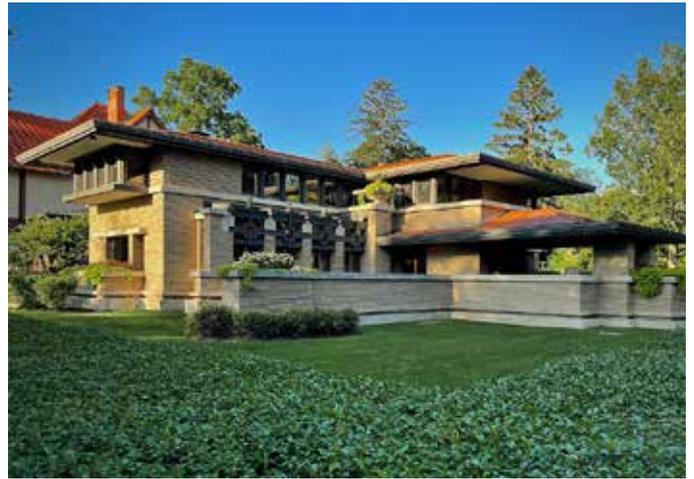
OCTOBER - CORNWELL'S TURKEYVILLE U.S.A. THE MILLION DOLLAR QUARTET

On December 4, 1956, a twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records for one of the greatest jam sessions ever. This smash-hit sensation features an incredible score of rock, R&B and country hits, including Blue Suede Shoes, Walk the Line, Sixteen Tons, Great Balls Of Fire, Folsom Prison Blues, Whole Lotta Shakin' Goin' On, Hound Dog and more. Enjoy motorcoach transportation to Cornwell's Turkeyville U.S.A. dinner theatre located in Marshall, Michigan for an amazing meal and theatre experience guaranteed to entertain! Activity level: MED.

Thursday, October 3 \$96 #1215-F24A

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

5:30pm approximate return to Rockford



OCTOBER - MEYER MAY HOUSE AND HERITAGE HILL TOUR

If you want to time travel and step back into an era of graceful, elegant living and imagine life as an heir to a furniture company fortune, then join us as we explore Frank Lloyd Wright's Meyer May House and the Heritage Hill area. This is the city's oldest residential district and Michigan's largest and finest concentration of nineteenth and early-twentieth-century houses. These were the homes of lumber barons, politicians, bankers, attorneys, judges and clothiers who shaped the city's future. The tour begins at the Meyer May House followed by lunch (on your own) at the Winchester. After a quick bite we will be joined by Caroline Cook for a guided walking tour as we traverse varying sections of the stunning, tree-lined residential streets along Heritage Hill. Transportation provided by RPS van. Activity level: HIGH.

Thursday, October 17 \$18 #2040-F24A

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

3:00pm approximate return to Rockford

NOVEMBER - CHRISTKINDL MARKT AT THE GRAND RAPIDS MARKET

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

Friday, November 15 \$5 #1739-F24A

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

Community Cabin College

A service of Rockford Public Schools

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

Pre-registration is required.

**Deadline to register is one week prior to the event.
*Refunds given up until one week prior to luncheon date.***

THE PAST IN PERSON -

MICHIGAN LUMBERJACK FROM 1870

Presented by Michael Deren

Meet a lumberjack/shanty boy from 1870s northern Michigan! Performer Michael Deren plays concertina, fiddle, bones, and button accordion as he recreates life in the old Michigan lumber camps. He shares songs and stories of daily life and work in the camps and the importance of the lumber industry. Enjoy catching up with friends from our community during lunch and then sit back and watch history come alive! Food will be provided by Rockford Food Services (menu varies).

Monday, September 16 \$8 #5253-F24A

THE HAUNTING OF HERITAGE HILL

Presented by Caroline Cook

Would you be surprised to know there are ghosts on Heritage Hill? Don't be. The stately homes of Heritage Hill may reflect the grace, dignity, and formality of another era, but because most of these Victorian dwellings were built in the late 1800s and early 1900s, ghost stories abound. Listen to Caroline recount stories of tenacious and playful spirits still hanging around this area. Some of the accounts are scary, some silly, some believable, and some not. Sometimes there are no accounting for things that go "bump" in the night. If one person sees a ghost, even if several times, you may blame it on an active imagination; but if two or more people see the same spirit in the same place several years apart, you may just reconsider! Enjoy a tasty lunch provided by Rockford Food Services (menu varies) and camaraderie with fellow community members.

Monday, October 21 \$8 #5254-F24A

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!

MICHIGAN BACKROADS - ODDITIES & RARITIES

Presented by Ron Rademacher

Michigan Back Roads is a collection of often-overlooked Michigan road trips to lesser-known attractions across the state. Ron will focus on unique historical destinations, oddities, and bizarre natural features from his journeys across Michigan, visit unique small towns that hide obscure stories and mysteries sure to entertain even the most traveled Michigander! Learn about the enigmatic Keweenaw Wall, the ancient artifact in Nahma, the Tomb of the Cow, the Sanilac Petroglyphs, and more. A very popular program with an emphasis on forgotten Michigan history. Please come to chat over lunch provided by Rockford Food Services (menu varies) and stay to be entertained with the vast knowledge of Michigan Backroad's Ron Rademacher.

Monday, November 18 \$8 #5255-F24A

***There Is No Community Cabin College In December**

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at

rps.digitalsignup.com

Must register using a computer or tablet.



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
9/9, 10/14, 11/11, 12/9**

CULTURE CLUB

SEPTEMBER: "ROCKY HORROR PICTURE SHOW" AT GRAND RAPIDS CIVIC THEATRE

In this cult classic more than 50 years old, sweethearts Brad and Janet, stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter. As their innocence is lost, Brad and Janet meet a houseful of wild characters, including a rocking biker and a creepy butler. Through elaborate dances and rock songs, Frank-N-Furter unveils his latest creation: a muscular man named "Rocky." Music, lyrics, and book by Richard O'Brien. This production of the Rocky Horror Picture Show is a Grand Rapids Civic Theatre first! Rated: R for adult language and explicit content. Transportation provided by RPS.

Sunday, September 15 \$40 #1777-F24A

1:00pm departure from Rockford city parking lot, 156 N. Main Street (south of the Shoe Depot parking lot).

4:00pm approximate return to Rockford

NOVEMBER: "CATS" AT GRAND RAPIDS CIVIC THEATRE

One of the world's best-known and meow-velous musicals! The Jellicle cats come out to play on one special night of the year - the night of the Jellicle Ball. One by one they tell their stories for the amusement of Old Deuteronomy, their wise and benevolent leader, who must choose one of the cats to ascend to the Heavyside layer and be reborn into a whole new Jellicle life. Music by Andrew Lloyd Webber; based on *Old Possum's Book of Practical Cats* by T.S. Eliot. Transportation provided by RPS.

Thursday, November 21 \$40 #1760-F24A

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

DECEMBER: HOLIDAY POPS CONCERT AT DEVOS PERFORMANCE HALL

Join us for this long-standing holiday tradition! This University of Michigan Health-West Holiday Pops Concert includes Bob Bernhardt and the Grand Rapids Symphony, the Grand Rapids Symphony Chorus directed by Pearl Shangkuan, the Grand Rapids Youth Chorus directed by Leah Ivory, the Embellish Handbell Ensemble directed by Brenda Austin, and frequent GRS soloist Mela Dailey. Hear your seasonal favorites including "Joy to the World", "O Come All Ye Faithful", John Williams' selections from the movie "Home Alone", a "Christmas Sing-Along", and the "Hallelujah" Chorus from "The Messiah". Plus a surprise visit all the way from the North Pole! Transportation provided by RPS.

Friday December 6, \$40 #1747-F24A

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



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

SEPTEMBER 17, 2024

My Dear Hamilton

By Stephanie Dray

OCTOBER 15, 2024

The Personal Librarian

By Marie Benedict

NOVEMBER 19, 2024

My Grandmother Asked Me To

Tell You She's Sorry

By Fredrick Backman

**No Book Club in December*

YOUTH ENRICHMENT



LEARN TO SEW

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

LEARN TO SEW TOGETHER I

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

Wednesdays, September 11 (3 wks) 6:00-8:30pm
NRMS \$50 #2424-F2FA

LEARN TO SEW TOGETHER II

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

Wednesdays, November 6 (3 wks) 6:00-8:30pm
NRMS \$50 #2425-F24A

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.

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! Family & friends are invited to watch the 30-minute performance at 5:30pm.

***All sessions are on RPS early release days**

Wednesday, September 11 2:00-6:00pm
RFC \$50 #2225-F24A

Theme: Proud to be an American

Wednesday, September 25 2:00-6:00pm
RFC \$50 #2225-F24B

Theme: Fairytale Favorites

Wednesday, October 9 2:00-6:00pm
RFC \$50 #2225-F24C

Theme: Young, Scrappy & Hungry

Wednesday, October 23 2:00-6:00pm
RFC \$50 #2225-F24D

Theme: Spooky Scary Skeletons

Wednesday, November 13 2:00-6:00pm
RFC \$50 #2225-F24E

Theme: Born to Hand Jive!

Wednesday, December 11 2:00-6:00pm
RFC \$50 #2225-F24F

Theme: We Need a Little Christmas

ROCKFORD COMMUNITY CHILDREN'S CHOIR

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

Goals:

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

Expectations:

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

Instructor: 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 also conducts the Rockford Community Adult and 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 master's in music education, as well as certification through the Gordon Institute of Music Learning.

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

NRMS \$175 #1903-F24A *skip 10/31, 11/26 in lieu of 11/28

ROCKFORD COMMUNITY CHILDREN'S CHOIR-JUNIOR

Grades 1-2. 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.

Goals:

- To develop musicianship skills through movement, play, listening, discovery and audiation.
- To sing, chant, move, listen and be immersed in a variety of tonalities and meters.
- To development the singing voice and readiness for ensemble singing.
- To enjoy music with children of a similar age in an after-school setting, where play and learning go hand-in-hand.

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 her 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.

Thursdays, September 12 (10 wks) 4:30-5:15pm

NRMS \$110 #1904-F24A *skip 10/31

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

Rockford Library and Media Services

35th Annual

Holiday

CRAFT FAIR

Saturday, December 14

9:00am - 3:00pm

Rockford High School
4100 Kroes St. NE, Rockford

Last minute holiday gifts,
food and fun!

For more info call 616.863.6348 ext. 7521

LEGO® BRICKS 4 KIDS®

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



LEGO® BRICKS 4 KIDZ® – MICHIGAN'S GRAND ADVENTURE!

Grades K-5. Extend the fun of summer into fall by building favorite amusement park rides in this imaginative unit. Students will construct a Carousel Swing, Tilt-a-Whirl, Loop-de-Loop, Merry-Go-Round and more! Lessons incorporate basic principles of physics, described in a way that children can understand. These engaging lessons and models will give students an understanding of the physical forces they experience every day while having a TON of FUN!

Week of September 16 (6 wks) 3:45-5:00pm

Mondays, Roguewood Elementary \$115 #2636-F24A

Tuesdays, Crestwood Elementary \$115 #2636-F24B

Thursdays, Valley View Elementary \$115 #2636-F24C

LEGO® BRICKS 4 KIDZ® – GALAXY FAR AWAY

Grades K-5. Join us for an adventurous journey through one of the greatest space stories of all time! Whether you favor building vehicles such as the Millennium Falcon, the TIE-fighter and X-Wing, or characters such as AT-ST, or good guys and bad guys battling with laser fighters, this is the class for you! During this unit, students will build mosaics and technic models of some of their favorites from the Star Wars™ franchise and be entertained by weekly trivia related to each week's model.

Week of October 28 (6 wks) 3:45-5:00pm

Mondays, Roguewood Elementary \$115 #2637-F24A

***skip 11/25**

Tuesdays, Crestwood Elementary \$115 #2637-F24B

***skip 11/26**

Thursdays, Lakes Elementary \$115 #2637-F24C

***skip 10/31, 11/28**

ALLEGRO SCHOOL OF MUSIC

INTRO TO GUITAR

Ages 8-12 (level 1). Learn the basics of playing the guitar in a fun group setting. Hand position, chording, melodies, note-reading, tabs, and more will be covered. Students will receive a guitar book and assignment folder, but must provide their own guitar. This class has 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. Instructor: Allegro School of Music Staff

Mondays, September 30 (8 wks) 4:30-5:15pm
RFC \$129 (+\$25 material fee) #1704-F24A

INTRO TO PIANO

Grades 2-4 (level 1). This fun introduction to playing the piano balances keyboard time with learning basic music theory, improving overall musicianship and encouraging the learning process. Students must have access to a full-sized keyboard or piano at home for practice, and are encouraged to bring their keyboards to class when possible. Students that do not bring their own keyboard to class will have access to a keyboard or piano during class. Students will receive a piano book, practice CD and assignment folder. This class has an additional \$30 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. Instructor: Allegro School of Music Staff

Mondays, September 30 (8 wks) 4:30-5:30pm
RFC \$176 (+\$30 materials fee) #1713-F24A

Mondays, September 30 (8 wks) 5:45-6:45pm
RFC \$176 (+ \$30 materials fee) #1713-F24B

YOUTH RECREATION

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 in 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, September 12 (6 wks) 6:15-7:00pm
Roguewood Elementary \$60 #1013-F24A

Thursdays, November 7 (6 wks) 6:15-7:00pm
Roguewood Elementary \$60 #1013-F24B *skip 11/28



READY-SET-CHEER

Grades K-2. Rockford Cheerleading's youngest program! The Ready-Set-Cheer program was a huge success last year and we are so excited to have you join us in Fall 2024! Cheerleaders will learn basic cheerleading skills such as motions, chants, vocals, jumps, gymnastics, dance, flexibility, and age-appropriate stunting! Includes a shirt. Required: Comfortable and appropriate practice clothing, including socks and tennis shoes with a water bottle for each athlete. Instructors: AnnMarie Dome, Ready-Set-Cheer Director, and assisted by RHS Cheerleaders.

Questions: Please contact us via our Facebook Page (Search: Ready-Set-Cheer)

Mondays, September 9 (6 wks) 6:15-7:15pm
Roguewood Elementary \$65 #2023-F24A

Wednesdays, September 11 (6 wks) 6:15-7:15pm
Roguewood Elementary \$65 #2023-F24B

Find us on

ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

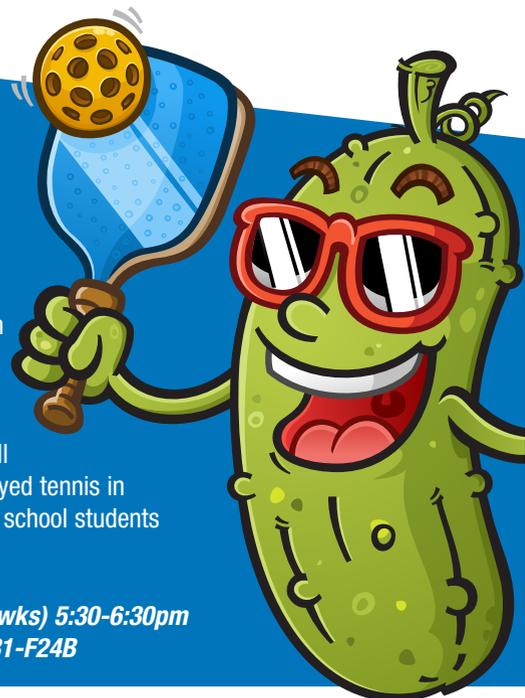
Must register using a computer or tablet.

KIDS PICKLEBALL

Grades 2-5. Pickleball is not just for adults! With a smaller court and slower moving ball than tennis, pickleball is a perfect game for kids to learn and enjoy for life. Kids in this class will learn the fundamentals of pickleball, participate in fun pickleball activities, and play pickleball with friends. This is a great opportunity for kids to make friends, exercise, learn hand-eye coordination, and have lots of fun! Bring your own paddle or borrow one for the entire session for \$5 (payable on the first day of class). Instructor: Kyle DeBoer teaches math at RHS. He loves pickleball and has played since high school. In addition to his pickleball experience, Kyle played tennis in college and has taught tennis camps for elementary-high school. Responsible high school students with pickleball experience serve as assistant coaches.

Mondays, September 9 (6 wks) 6:00-7:00pm
ERMS Tennis Courts \$60 #1431-F24A

Tuesdays, November 12 (6 wks) 5:30-6:30pm
NRMS Upper Gym \$60 #1431-F24B





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

Tuesdays, September 10 (6 wks) 6:00-7:00pm

GRAFA \$80 #1402-F24A

Tuesdays, October 22 (6 wks) 6:00-7:00pm

GRAFA \$80 #1402-F24B



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

Wednesdays, September 11 (6 wks) 5:00-6:00pm

GRAFA \$80 #1401-F24A

Wednesdays, October 23 (6 wks) 5:00-6:00pm

GRAFA \$80 #1401-F24B

YOGA FOR KIDS

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

Wednesdays, October 1 (5 wks) 5:00-5:50pm

Meadow Ridge Elementary \$55 #2525-F24A





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



TAE PARK ENSING -TAE KWON DO

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

Wednesdays, September 4 (8 wks) 6:30-8:00pm

RAB Gym \$40 #1407-F24A

\$20 - 2nd family member

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

RAB Gym \$40 #1407-F24B

\$20 - 2nd family member *skip 11/27, 12/25, 1/1

PARENTS' NIGHT OUT!

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

SESSION 1: MOVIE NIGHT! (HOME ALONE)

Grades K-5. Movie night: Kids can relax and enjoy a movie with some popcorn while parents go out, wrap some gifts, or just take time to themselves.

Friday, December 6, 7:00-9:00pm

NRMS Auditorium \$25 #1204-W24A

SESSION 2: OPEN GYM!

Grades 2-5. Kids are full of energy. Dodgeball, kickball and many other games will tire them out while parents go out, wrap some gifts, or just take time for themselves.

Friday, December 13, 6:30-9:00pm

NRMS Gym \$25 #1204-W24B

SESSION 3: BOARD GAMES/CRAFTS!

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

Friday, December 20, 6:30-9:00pm

NRMS Cafeteria \$25 #1204-W24C

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, September 14 (6 wks) 11:00-11:45am
David Matthew Studios \$120 #1251-F24A

Saturdays, September 14 (6 wks) 12:00-12:45pm
David Matthew Studios \$120 #1251-F24B

Saturdays, November 2 (6 wks) 11:00-11:45am
David Matthew Studios \$120 #1251-F24C *skip 11/30

Saturdays, November 2 (6 wks) 12:00-12:45pm
David Matthew Studios \$120 #1251-F24D *skip 11/30

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.

Saturdays, September 14 (6 wks) 1:00-1:45pm
David Matthew Studios \$120 #1247-F24A

Saturdays, November 2 (6 wks) 1:00-1:45pm
David Matthew Studios \$120 #1247-F24B *skip 11/30

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, September 14 (6 wks) 1:45-2:30pm
David Matthew Studios \$120 #1253-F24A

Saturdays, November 2 (6 wks) 1:45-2:30pm
David Matthew Studios \$120 #1253-F24B *skip 11/30

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.

Saturdays, September 14 (6 wks) 2:30-3:15pm
David Matthew Studios \$120 #1254-F24A

Saturdays, November 2 (6 wks) 2:30-3:15pm
David Matthew Studios \$120 #1254-F24B

Find us on

ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

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

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



ULTIMATE FRISBEE

A FUN, FAST ALTERNATIVE TO COLLISION SPORTS!

Join the Rockford Ultimate Frisbee Club! We have a 4-8th 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!

Never played? It's probably easiest to watch a video: <https://youtu.be/YkMMqOUNyKk>. Ultimate is played on a football-like field. After you catch the disc you can't run with it. You can throw the disc in any direction in hopes to throw to a receiver in the football-like end zone.

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

Sundays, September 8 (7 wks) 1:00-3:00pm

GAMES: Friday evenings @ rotating locations vs other league teams

NRMS Practice Field \$100 #1495-F24A

ROCKFORD ROWING

Jupiter Boathouse, 5501 Jupiter Avenue

ROCKFORD ROWING - MIDDLE SCHOOL

Try out a new and unique sport this spring or build upon the skills you have already learned. Our coaching staff will help the students learn and reinforce the fundamentals of the rowing stroke on land and on the water. Students will also be learning how to handle equipment and build confidence and comfort on the water. This is a great building block for students who may want to participate in the sport in high school or those who just simply want to try something new. Athletic shorts (if warm) or leggings and T-shirts or jackets (if cold). A water bottle is also needed for practice. *Physicals are strongly recommended but not required to participate; these can be done by a family physician. The form can be found at your school office or online at www.rockfordschools.org under "Athletics."* Choose the appropriate grade/school, then select MHSAA physical form. Equipment is provided. For more information on our program, visit our website at www.rockfordrowing.com

*Max of 30 participants. Jupiter Boathouse, 5501 Jupiter Avenue
Tuesdays/Thursdays, August 27 (5 wks), 6:00-8:00pm
Jupiter Boathouse \$150 #8159-F24A

HIGH SCHOOL ROWING- ROWING 9-12TH GRADE

This class is available for any 9-12 students with or without experience.

Experienced athletes will continue to develop the skills and knowledge they already possess while working with the varsity coaches. Those without experience will learn the fundamentals of the sport while working towards competing. Athletic shorts (if warm) or leggings and T-shirts or jackets (if cold). A water bottle is also needed for practice. *Physicals are strongly recommended but not required to participate; these can be done by a family physician. The form can be found at your school office or online at www.rockfordschools.org under "Athletics."* Choose the appropriate grade/school, then select MHSAA physical form. Equipment is provided. For more information on our program, visit our website at www.rockfordrowing.com.

Class meets on Sept 2 (Labor Day).

Jupiter Boathouse, 5501 Jupiter Avenue

BOYS

Mondays-Fridays, August 26 (10 wks) 5:00-8:00pm

Jupiter Boathouse \$375 #8157-F24A

GIRLS

Mondays-Fridays, August 26 (10 wks) 5:00-8:00pm

Jupiter Boathouse \$375 #8157-F24B

Find us on ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.



YOUTH GOLF

BEGINNING & INTERMEDIATE YOUTH GOLF LESSONS

Ages 9-18. Work on your golf skills and get ready to play. You will work on the basic skills, including etiquette, stance, grip, putting, chipping and driving. *Max enrollment of 6 golfers.

Golf Emporium, 10831 14 Mile Rd NE

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

Golf Emporium \$100 #2049-F24A



GIRLS FALL FIELD HOCKEY



GIRLS FIELD HOCKEY - GRADES 6-8

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

Monday-Thursday, August 19 (8 wks) 5:00-6:30pm
RHS Upper Turf Field \$120 #8168-F24A *skip 9/2

GIRLS FIELD HOCKEY - GRADES 3-5

Grades 3-5. Come out and learn to play girls' field hockey. Field hockey is an Olympic sport and is the 3rd most popular sport worldwide. Field hockey is a mix of soccer, hockey, and lacrosse. We welcome all skill levels to this fun and exciting sport!! *Includes t-shirt

We are looking for coaches! Varsity Coach Mark Neumen will train new coaches! If interested contact Chris cmaxwell@rockfordschools.org

Sundays, September 8 (6 wks), 2:00-3:00pm
RHS Upper Turf Field \$60 #8167-F24A

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, August 21 (1 wk) 4:00-6:00pm
NRMS RM44 #3124-F24A

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

ROCKFORD COMMUNITY SERVICES

BASKETBALL

BOYS FALL BASKETBALL LEAGUE

GRADES 3-6

Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 16 and is selected by the coaches. Practice times are from 5:30-8:30pm. *Please include in the notes nights you cannot practice or other requests.* Instructor: Ryan DeKuiper.

The deadline to register is September 22

Games Begin Saturday, October 26 (6 wks)

3rd Grade #3117-F24A

4th Grade #3117-F24B

5th Grade #3117-F24C

6th Grade #3117-F24D

Rockford School Gyms \$75 - includes reversible shirt

No games or practices over Thanksgiving break.

GIRLS FALL BASKETBALL LEAGUE

GRADES 3-6

Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 16 and is selected by the coaches. Practice times are from 5:30-8:30pm. *Please include in the notes nights you cannot practice or other requests.* Instructor: Ryan DeKuiper.

The deadline to register is September 22

Games Begin Saturday, October 26 (6 wks)

3rd Grade #3107-F24A

4th Grade #3107-F24B

5th Grade #3107-F24C

6th Grade #3107-F24D

Rockford School Gyms \$75 - includes reversible shirt

No games or practices over Thanksgiving break

BOYS & GIRLS DK-2 BASKETBALL

GRADES DK-K / GRADES 1-2

Our focus is fun, good sportsmanship, and fundamentals. Practice begins the week of October 28. Practice times are between 6:00-8:00pm 1x a week. Games will be on Saturdays between 8am-3pm. We need volunteer coaches for each level. Please email Kyle Clough if you are interested in coaching. Kclough@rockfordschools.org

The deadline to register is September 22.

No games or practices over Thanksgiving and Winter break.

GRADES DK-K

Saturdays, October 28 (8 wks) 8:00am-12:30pm

Location TBD #3118-F24A \$120

BOYS GRADES 1-2

Saturdays, October 28 (8 wks) 8:00am-12:30pm

Location TBD #3118-F24B \$120

GIRLS GRADES 1-2

Saturdays, October 28 (8 wks) 8:00am-12:30pm

Location TBD #3118-F24C \$120



VOLUNTEER COACHES: WE NEED YOU!

Please contact Chris at CMaxwell@rockfordschools.org

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

Due to an extended renovation project, the NRMS pool will remain closed at this time.

We hope to re-open in October, however an exact date is TBD.

You can check the status at: www.rockfordschools.org/community-services/facility-public-hours/

October Sessions: Registration Opens 6pm 10/7/24

LEVEL ONE

Water Exploration is for beginners ages 5 and up. Your child will learn basic swimming skills: floating, kicking, and beginner strokes.

No prerequisites.

MONDAYS

October 21 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-F24G

WEDNESDAYS

October 23 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-F24J

MONDAYS

October 21 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-F24H

WEDNESDAYS

October 23 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4307-F24K

MONDAYS

October 21 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-F24I

WEDNESDAYS

October 23 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4307-F24L

LEVEL TWO

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

MONDAYS

October 21 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-F24G

WEDNESDAYS

October 23 (5 wks)
6:00 – 6:30pm
NRMS Pool \$58
#4308-F24J

MONDAYS

October 21 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-F24H

WEDNESDAYS

October 23 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-F24K

MONDAYS

October 21 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-F24I

WEDNESDAYS

October 23 (5 wks)
6:40 – 7:10pm
NRMS Pool \$58
#4308-F24L

WATER AEROBICS

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

THURSDAYS

October 24 (5 wks)
8:00– 8:45pm
NRMS Pool \$25 #4311-F24B

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 Labor Day Break August 30-September 2, and Thanksgiving Break from November 27-29.

RHS POOL: 616.884.2326

NRMS POOL: 616.747.3530

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

SWIM LESSONS

NORTH ROCKFORD MIDDLE SCHOOL POOL

*Due to an extended renovation project, the NRMS pool will remain closed at this time.
We hope to re-open in October, however an exact date is TBD.*

You can check the status at: www.rockfordschools.org/community-services/facility-public-hours/

October Sessions: Registration Opens 6pm 10/7/24

LEVEL THREE

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

MONDAYS

October 21 (5 wks)
7:15 – 8:00pm
NRMS Pool \$58
#4302-F24B

LEVEL FOUR

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

MONDAYS

October 21 (5 wks)
7:15 – 8:00pm
NRMS Pool \$58
#4310-F24B

LEVEL FIVE

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

WEDNESDAYS

October 23 (5 wks)
7:15 – 8:00pm
NRMS Pool \$58
#4303-F24B

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

October 23 (5 wks)
7:15 – 8:00pm
NRMS Pool \$58
#4304-F24B

YOUTH INTRO TO TRIATHLON TRAINING

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

SATURDAYS

October 26 (5 wks)
1:00 – 1:45pm
NRMS Pool \$58 #4312-F24B

SATURDAYS

October 26 (5 wks)
1:00 – 1:45pm
NRMS Pool \$58 #4312-F24B

WEST MICHIGAN MASTERS

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

MONDAYS AND WEDNESDAYS

October 28 (7 wks)
4:45 – 5:45pm
NRMS Pool \$80
#4314-F24B

RHS POOL: 616.884.2326

NRMS POOL: 616.747.3530

42nd ANNUAL

Holiday

ARTS & CRAFT FAIR

Rockford High School
4100 Kroes Ave. Rockford

9:00am–3:00pm
Saturday, November 9

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



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