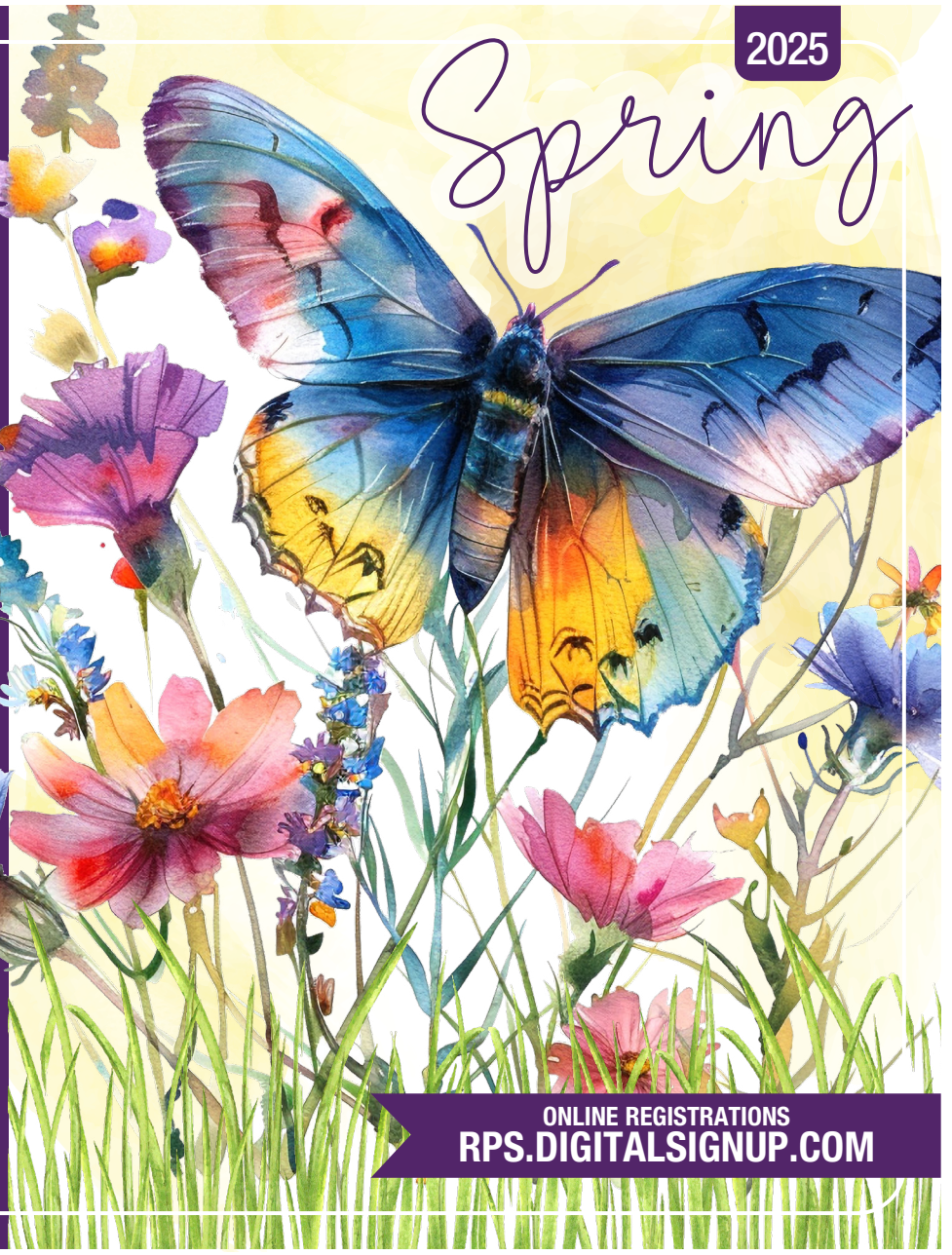


ROCKFORD

COMMUNITY SERVICES

2025

Spring



ONLINE REGISTRATIONS
RPS.DIGITALSIGNUP.COM

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Rockford Public Schools
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350 N. Main Street, Rockford, MI 49341





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..... 3-6

Fitness & Recreation

Adult Fitness & Recreation..... 7-11

Seniors Unlimited

Senior Enrichment..... 12-16

Out to Lunch Bunch Bus Trips..... 13-14

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Book Club 15

Culture Club 15

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Youth Enrichment

Youth Enrichment..... 17-21

GRASP Summer Math & Reading.....20

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Aquatics

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NOTICE: Classes at Rockford Community Services are designed to be adult leisure-time classes and therefore children under the age of 17 are not allowed to attend classes unless otherwise stated. Enrollment in classes is limited. Classes will be canceled if they haven't reached their minimum, so please do not wait until the last minute to sign up.

ADULT ENRICHMENT

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

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

ERMS \$120 #1809-S25A

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 WORKSHOP

Planning an international trip? Don't know where to start? We will cover all the aspects of pre-trip planning: where to go, when to go, money matters, transport options, tour or not to tour, map it, health/insurance needs, and best deals! BRING a notebook, a pen and your list of QUESTIONS! This is a WORKSHOP! We'll do a trial trip MAP!

Tuesday, April 29 6:30-8:00pm

RHS \$8 #1030-S25A

VOLUNTEER TRAVEL

Ever wanted to experience life in a foreign country as a 'participant' rather than just a 'tourist'? There are many opportunities to travel and volunteer overseas...for ALL ages, all budgets, all interests. We will cover short term vs. long term, pay to volunteer vs. volunteer in exchange for room/board/food.

Tuesday, May 20 6:30-8:00pm

RHS \$8 #1030-S25B

BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. No experience or talent required - learn techniques and take home your project the same day. All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. Her basic knowledge started with art classes at Macomb Community College followed by classes at New York Botanical Gardens art studies. She received more instruction at the Flint Institute of Art, Grosse Pointe Art Association and Birmingham Bloomfield Art Center. She has learned a variety of art applications from drawing to acrylic painting, print making and pastels, while always continuing with watercolor.

Thursday, May 15 6:00-8:00pm

RHS \$38 #1227-S25A

Project: Acrylic Flowers on a canvas tote bag

Thursday, June 12 10:00am-12:00pm

RHS \$35 #1227-U25A

Project: Watercolor Basics/Paint a Color Wheel

Thursday, June 26 10:00am-12:00pm

RHS \$35 #1227-U25B

Project: Summertime Gnomes

Thursday, July 17 10:00am-12:00pm

RHS \$35 #1227-U25C

Project: Birch Trees

STEP BY STEP PAINTING PARTIES

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

HUMMINGBIRD PAINT PARTY

Paint a Floral Hummingbird on a 16x20 canvas using acrylic paints. The hummingbird will be lightly pre-sketches for you. Perfect for Mother's Day! Come have fun and paint with us!

Monday, May 12 6:00-8:00pm

RHS \$47 #1229-S25A

SUNSET SAILING PAINT PARTY

Paint a Sunset Sailing painting on a 16x20 canvas using acrylic paints. Come have fun and paint with us!

Tuesday, July 8 12:00-2:00pm

RHS \$47 #1229-U25B

SUMMERS IN THE MITTEN PAINT PARTY

Paint a Summers in the Mitten beach theme painting on a 16x20 canvas using acrylic paints. The state of Michigan will be lightly pre-sketches for you. Come have fun and paint with us!

Tuesday, July 22 12:00-2:00pm

RHS \$47 #1229-U25A

GRAND RAPIDS WALKING TOURS

ARCHITECTURE OF DOWNTOWN GR WALKING TOUR

We invent cities. We create streets and we construct buildings. Whether the structures are historic, brand new, or a combination of both, they provide a creative portrayal of our collective story of our “place”, our built environment. Not one architectural style is more important than another...they are all invaluable pages in our city’s scrapbook. Each building tells a story as we physically move through time. Part 1 showcases our earliest buildings prior to Urban Renewal; Part 2 focuses on post-Urban Renewal and Reinvention; Part 3 examines recent construction and future projects; and Part 4 celebrates all of the other buildings...an attempt to fill in the cracks...to connect the dots in our mind’s streetscape. In total, we study 60+ downtown buildings. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

Part 1 - Monday, May 5 6:00-7:30pm

J.W. Marriott Lobby \$20 #1263-S25A

Part 2 - Monday, May 19 6:00-7:30pm

J.W. Marriott Lobby \$20 #1263-S25B

Part 3 - Monday, June 9 6:00-7:30pm

J.W. Marriott Lobby \$20 #1263-U25A

Part 4 - Monday, June 23 6:00-7:30pm

J.W. Marriott Lobby \$20 #1263-U25B

STEEPLE CHASE WALKING TOUR

Learn why Grand Rapids has been called “The City of Churches” on this fascinating tour of religious landmarks. We’ll pass by churches that date back to 1848 and see multiple architectural styles, soaring spires, expertly crafted stone & brickwork, Tiffany windows and more. Along the way, you’ll discover the historical importance and contemporary relevance of faith in Grand Rapids. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

Wednesday, July 9 6:00-7:30pm

J.W. Marriott Lobby \$20 #1282-U25A

YOUNG PRESIDENT FORD WALKING TOUR

Grand Rapids’ favorite son - Gerald R. Ford - the 38th President of the United States, is buried here, beside his wife, Betty, but he was not born here. In fact, he was not named Gerald R. Ford at birth. This tour will tell the tale of our humble civil servant as you visit actual places touched by “Junior” during his All-American youth - 1913-1931 - in old Grand Rapids. Experience an inspirational story of a young man who was raised in this great midwestern city to become a world leader. You will learn where he lived, played, worshipped, studied, and competed athletically. As a final stop, you will observe Gerald R. Ford’s tomb, then salute his statue in front of the Presidential Museum and his last working office. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

Wednesday, July 23 6:00-7:30pm

J.W. Marriott Lobby \$20 #1422-U25A

THE TALE OF BEER CITY, USA WALKING TOUR

“In Grand Rapids, the German-born Immigrants began arriving in the 1840’s, and within a decade, they were one of the city’s largest immigrant groups. This increased the local demand for beer and the need for more breweries and brewmasters.” This is the beginning of the Tale of Beer City, USA...as told to participants and seen through the lenses of beer-colored glasses. In the narrative of this fun and fascinating tour, you will learn about the history of the beer brewing industry in Grand Rapids, its demise and its comeback that earned Grand Rapids the “Beer City” title. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

Monday, August 4 6:00-7:30pm

J.W. Marriott Lobby \$20 #1283-U25A

MAHJONG!

LEARN AMERICAN MAHJONG!

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

Wednesdays, April 16 (4 wks) 4:15-6:15pm

RAB \$40 #1021-S25A

MAHJONG MEET-UPS

If you have taken the Learn to Play American Mahjong class and are looking for an opportunity to practice, gain experience and build new friendships, this group is for you! If you would like to encourage and play with beginning players, join us! Bring your own 2025 Mahjong hands card and get ready for a good time!

Wednesday, May 14 4:15-7:15pm

RAB \$5 #1026-S25A

Wednesday, May 21 4:15-7:15pm

RAB \$5 #1026-S25B

Wednesday, May 28 4:15-7:15pm

RAB \$5 #1026-S25C

Wednesday, June 4 4:15-7:15pm

RAB \$5 #1026-U25A

THRIVING FROM WITHIN: UNLOCKING SELF-MOTIVATION IN NEURODIVERGENT CHILDREN

This transformative class is designed to help parents of neurodivergent kids unlock their child's natural motivation and love for learning. Discover simple, actionable strategies to align everyday tasks with your child's passions, turning challenges into opportunities for growth. Whether it's mastering transitions, doing simple daily tasks consistently without parent intervention, or creating meaningful summer experiences, you'll leave equipped to foster confidence, independence, and joy in your child—all while building stronger family connections. Empower your child. Strengthen your family. Enroll today and make this a season of growth! **NOTE: Registration for this class includes 6 weeks of in-person classes, as well as weekly zoom office hours for parents/guardians that would like additional support beyond what the weekly classes offer. Class fee of \$175 for individual or \$250 for 2 parents/guardians.** Instructor: Cynthia Littell. Drawing on my background in family psychology, parent coaching, behavior therapy, and personal experience raising a neurodivergent child, I've created this course as part of my "Future Proof Your Family" program to empower parents like you. Using my "Respect, Connect, Correct" philosophy, we'll explore the brain-body connection to foster intrinsic motivation, helping you create a smoother path for your family. My goal is for you to leave feeling more confident and equipped to help your child thrive while building a strong community of families who understand along the way.

Thursdays, April 24 (6 wks) 6:00-7:45pm

NRMS \$175 (Individual) #1091-S25A

Thursdays, June 19 (6 wks) 9:00-10:45am

NRMS \$175 (Individual) #1091-U25A *skip 7/3

Thursdays, April 24 (6 wks) 6:00-7:45pm

NRMS \$250 (2 Parents/Guardians) #1092-S25A

Thursdays, June 19 (6 wks) 9:00-10:45am

NRMS \$250 (2 Parents/Guardians) #1092-U25A *skip 7/3



PIANO LESSONS
FOR ALL AGES



Proven method • Experienced instructor
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KAREN NAGLE PIANO STUDIO
(616) 826-4626 | kfnagle@msn.com

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. Instructors: 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, May 13 6:30-8:00pm

RAB FREE #1878-S25A

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

Tuesday, May 20 6:30-8:00pm

RAB FREE #1879-S25A

RETIREMENT INCOME

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

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

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

Tuesday, April 15 6:30-8:30pm

RFC \$10 #2160-S25A

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

RFC \$10 #2160-S25B

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

RFC \$10 #2160-S25C

Thursday, May 22 6:30-8:30pm

RFC \$10 #2160-S25D

UNDERSTANDING YOUR INVESTMENTS

An unvarnished perspective as to why investment products may be recommended, how to tell if your investments are in your absolute best interest, as well as what to look for in a prospectus. The class also focuses on how to tell the difference between the suitability and fiduciary standard, how to discover the true costs of your portfolio, how financial advisers get paid, and how different investment products operate. Participant questions are encouraged. Instructors: Fred Iacovoni AWMA® and Tyler Kotlarz CFP® are fiduciary advisors with Synergy Wealth Management LLC, a local independent fee-only Registered Investment Advisor (RIA) in Cascade. Fred and Tyler are staunch advocates for transparency in the financial industry and the fiduciary standard.

Monday, April 28 6:30-8:00pm

RHS FREE #1331-S25A

Monday, May 19 6:30-8:00pm

RHS FREE #1331-S25B

Tuesday, June 10 1:00-2:30pm

RHS FREE #1331-U25A

Tuesday, July 29 1:00-2:30pm

RHS FREE #1331-U25B

Monday, August 18 1:00-2:30pm

RHS FREE #1331-U25C

UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

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

Wednesday, April 23 6:30-8:00pm

RFC FREE #1337-S25A

UNDERSTANDING THE BASICS OF TERM & WHOLE LIFE INSURANCE

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

Wednesday, May 7 6:30-8:00pm

RFC FREE #1338-S25A

COMMUNITY SERVICES TEACHERS NEEDED!

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

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

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

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

ADULT FITNESS & RECREATION



BACKPACKING BASICS

Have you ever dreamed of really exploring nature by backpacking to amazing destinations that you can only experience by hiking? Learn the basics of backpacking so you can enjoy some incredible experiences. We will review local, regional and national destinations, how to plan and prepare, essential items to bring, tasty food that is easy to prepare, selecting a day pack and an overnight/extended trip pack, as well as how to pack your backpack. Life is an adventure and the beautiful outdoors is waiting for you to explore it.

Instructor: Don Bratt is an avid outdoor enthusiast and adventurer who loves sharing his knowledge and experiences so others can enjoy all that nature has to offer. Don has backpacked portions of the John Muir Trail, Glacier National Park, Isle Royale National Park, The Grand Canyon, Lake Superior Provincial Park (Canada), Apostle Islands, Porcupine Mountains Wilderness State Park, and North & South Manitou Islands. Recently retired as the CMO of Lake Michigan Credit Union (LMCU), Don looks forward to many adventures with his wife, three children and six grandchildren. Discover and enjoy the beautiful outdoors by learning backpacking basics!

Tuesdays, May 6 (2 wks) 6:30-8:00pm
RAB \$10 #1018-S25A

APTITUDE FITNESS

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

RISE AND SHINE VINYASA

Rise and Shine Vinyasa is a high-energy morning class that blends dynamic movement, breath awareness, and mindfulness to energize and uplift you for the day ahead. This invigorating flow will get your body moving, increase flexibility, and focus your mind. As always, listen to your body and modify the practice as needed to suit your unique needs. Start your day feeling strong, centered, and ready to take on whatever comes your way.

Tue/Thur, April 22 (6 wks) 9:15-10:00am

Aptitude Fitness \$95 #1482-S25A

Tue/Thur, June 3 (6 wks) 9:15-10:00am

Aptitude Fitness \$95 #1482-U25A *skip July 3

CHAIR YOGA

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

Chairs provided in studio

Mon/Fri, April 21(6 wks) 10:30-11:15am

Aptitude Fitness \$95 #1441-S25A *skip May 23 & 26

Mon/Fri, June 9 (6 wks) 10:30-11:15am

Aptitude Fitness \$95 #1441-U25A *skip July 4

BUTTS AND GUTS - MONDAYS/WEDNESDAYS

This 30-minute class is designed to strengthen and tone your abs and lower body, including your legs and glutes. Through low-impact, high-energy bodyweight circuits, we'll target your glutes, quads, hamstrings, and core. Join us for a fun, effective workout that sculpts and tones from head to toe!

Mon/Wed, April 21 (6 wks) 6:00-6:30pm

Aptitude Fitness \$95 #1469-S25A

Mon/Wed, June 9 (6 wks) 6:00-6:30pm

Aptitude Fitness \$95 #1469-U25A

ZUMBA

Get ready to dance! Zumba is a mood-boosting workout with a dance-party vibe! Originally inspired by Latin American music, Zumba now features rhythms from around the world. Whether you're a fitness enthusiast seeking a cardio challenge or new to exercise and looking for a fun alternative to the gym, this class is for you.

Mondays, April 21 (6 wks) 6:30-7:15pm

Aptitude Fitness \$60 #1435-S25A *skip May 26

Mondays, June 9 (6 wks) 6:30-7:15pm

Aptitude Fitness \$60 #1435-U25A

Find us on

ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

NEW! RESTORATIVE YOGA

Embrace self-love and self-care with this restorative Hatha Yoga class, designed for all levels. This slow-paced, nurturing practice offers a gentle, supportive environment perfect for unwinding and recharging. Ideal for those seeking a calming, mindful experience, it provides time to slow down, relax, and reconnect with your body in a compassionate and soothing way.

Sundays, April 20 (6 wks) 6:00-7:00pm

Aptitude Fitness \$60 #1410-S25A *skip May 25

Sundays, June 8 (6 wks) 6:00-7:00pm

Aptitude Fitness \$60 #1410-U25A

NEW! SELF-CARE

The focus is on deep relaxation, gentle movement, and mindful awareness. This class invites you to slow down, tune into your body, and release tension through restorative poses and breathwork. With the support of props, we'll create a nurturing environment to enhance flexibility, promote healing, and restore balance. This practice is designed to soothe the nervous system and rejuvenate your spirit.

Sundays, April 20 (6 wks) 9:00-10:00am

Aptitude Fitness \$60 #1411-S25A *skip May 25

Sundays, June 8 (6 wks) 9:00-10:00am

Aptitude Fitness \$60 #1411-U25A

STRENGTH AND STRETCH

Strength & Stretch blends strength-building exercises with flexibility and stretching, offering a well-rounded approach to fitness. This versatile workout can be tailored to suit individual preferences and fitness goals, providing a balanced mix of strength training and mobility work to enhance overall performance and flexibility. Preferred weights range from 5lbs-25lbs. Shoes are optional for this class, allowing you to move freely and comfortably.

M/W/F, April 21 (4 wks) 5:30-6:15am

Aptitude Fitness \$95 #1467-S25A

M/W/F, May 19 (4 wks) 5:30-6:15am

Aptitude Fitness \$95 #1467-S25B *skip May 23 & 26

EXPRESS BARRE

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

Mon/Fri, April 21 (6 wks) 8:30-9:00am

Aptitude Fitness \$95 #1438-S25A *skip May 23 & 26

Mon/Fri, June 9 (6 wks) 8:30-9:00am

Aptitude Fitness \$95 #1438-U25A *skip July 4

APTITUDE HIKES

Ages 16 and up. Immerse yourself in the tranquility of nature, where every step becomes a meditation, every breath a celebration of life. Our guided hikes offer a mindful escape from the every day, allowing you to reconnect with the earth, quiet the mind, and nourish the soul. Designed for those 16 and older, these hikes explore a variety of local scenic trails. Locations are disclosed prior to each weekly hike and may change based on trail conditions and weather to ensure the best experience for all participants. Whether you're seeking solitude, connection, or simply fresh air and movement, these hikes provide the perfect opportunity to embrace the rhythm of nature and find peace in the journey.

Session 1: April 16, 30 | May 7, 21

Session 2: June 18, 25 | July 2, July 16

Wednesdays, April 16 (4 wks) 6:30-7:30pm

\$65 #1460-S25A

Wednesdays, June 18 (4 wks) 6:30-7:30pm

\$65 #1460-U25A

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TEEN DRIVER ED



must be at least 14 & 8 months old to start

Segment 1

Segment 2

In-Car Lessons

GIVE US A CALL 248.548.8000

Find us on

ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

ADULT GOLF LESSONS BEGINNING AND INTERMEDIATE

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

*Max enrollment of 7 golfers per session.

For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford

SESSION 1:

Tuesdays, April 29 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-S25A

Tuesdays, April 29 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-S25B

Wednesdays, April 30 (4 wks) 9:30-10:30am

Golf Emporium \$110 #2050-S25C

Wednesdays, April 30 (4 wks) 11:00am-12:00pm

Golf Emporium \$110 #2050-S25D

Wednesdays, April 30 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-S25E

Wednesdays, April 30 1 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-S25F

SESSION 2:

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

Golf Emporium \$110 #2050-U25A

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

Golf Emporium \$110 #2050-U25B

Wednesdays, June 4 (4 wks) 9:30-10:30am

Golf Emporium \$110 #2050-U25C

Wednesdays, June 4 (4 wks) 11:00am-12:00pm

Golf Emporium \$110 #2050-U25D

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

Golf Emporium \$110 #2050-U25E

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

Golf Emporium \$110 #2050-U25F

SESSION 3:

Tuesdays, July 8 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-U25G

Tuesdays, July 8 (4 wks) 6:30-7:30pm

Golf Emporium \$110 #2050-U25H

Wednesdays, July 9 (4 wks) 5:00-6:00pm

Golf Emporium \$110 #2050-U25I

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

Golf Emporium \$110 #2050-U25J

ADULT TRAMPOLINE & TUMBLING

Ready to bounce, flip and fly? This dynamic class is designed for adults of all skill levels, from beginner to those with gymnastic experience. Learn trampoline basics, tumbling techniques and build strength & flexibility in a fun, supportive setting. It's the perfect way to stay active, challenge yourself and have a great time. Instructor: Coach Caleb is a current USA

Gymnastics Competitive Athlete and certified USA Gymnastics Coach. Caleb has over 12 years of competitive experience in the sport. He has earned National Champion status for trampoline, tumbling, double mini trampoline and synchronized trampoline. Coach Caleb is dedicated to helping people learn proper technique and achieve goals through safe gymnastic practices. Grand Rapids Trampoline Academy is located in the Watermark Tech Center at 1601 Galbraith Ave SE, Grand Rapids.

Tuesdays, April 15 (8 wks) 7:00-7:55pm

GR Trampoline Academy \$200 #1031-S25A

Tuesdays, July 8 (4 wks) 7:00-7:55pm

GR Trampoline Academy \$100 #1031-U25A

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, May 20 (1 wk) 6:30-7:30pm

RAB Cafeteria FREE #1449-U25A Demo

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

RAB Cafeteria \$48 #1449-U25B *skip July 1

Tuesdays, July 15 (4 wks) 6:30-7:30pm

RAB Cafeteria \$32 #1449-U25C *skip July 29

CAPOEIRA: THE BRAZILIAN MARTIAL ART

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

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

RFC \$90 #1012-S25A

Tuesdays, May 27 (6 wks) 7:30-8:30pm

NRMS \$90 #1012-U25A

WOMEN'S SELF-DEFENSE

Kraken Jiu Jitsu is proud to offer a Women's Self-Defense class, led by Coach Uma, a national champion, highly decorated Jiu Jitsu competitor, military veteran, and respected community leader. This class is designed to empower women by teaching practical, real-world self-defense techniques in a safe, supportive, and encouraging environment. Participants will build strength, balance, resilience, and confidence while learning the fundamentals of Jiu Jitsu and proven self-defense strategies. Whether you're a complete beginner or have experience, this class is open to all women in the local community who want to take control of their personal safety and well-being. Come train, grow, and become stronger - on and off the mats! Join us and take the first step toward confidence and self-reliance! Kraken Jiu Jitsu Academy, 2355 Belmont Center Dr., Ste 105, Belmont

Sundays, April 20 (6 wks) 5:00-6:30pm

Kraken Jiu Jitsu Academy FREE #1433-S25A

Sundays, June 1 (6 wks) 5:00-6:30pm

Kraken Jiu Jitsu Academy FREE #1433-U25A

KETTLEBELL AMPD

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

Wednesday, May 21 (1 wk) 7:00-8:00pm

RAB Cafeteria FREE #1450-U25A

Wednesdays, May 28 (6 wks) 7:00-8:00pm

RAB Cafeteria \$52 #1450-U25B *skip July 2

Wednesdays, July 16 (4 wks) 7:00-8:00pm

RAB Cafeteria \$34 #1450-U25C *skip July 30

REV FITNESS-STICKS, KICKS & STRETCH

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

Thursday, April 17 (1 wk) 6:45-7:45pm

Meadow Ridge Free #1503-S25A

Thursdays, April 24 (6 wks) 6:45-7:45 pm

Meadow Ridge \$48 #1503-S25B

POSTPARTUM CORE AND RESTORE

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

Instructor: Michelle Granner.

Wednesdays, April 16 (4 wks) 6:00-7:00pm

Meadow Ridge Elementary \$80 #1448-S25A

NEW! BARRE FUSION

Are you looking to mix up your workouts and try something new? What about a low-impact exercise that makes you feel good in your body? Come and join us for four weeks of Barre Fusion. Each class combines barre AND functional strength techniques, focusing on slow, controlled movements, and ending with breathwork and meditation. We will increase our strength, endurance, and flexibility—and have fun doing it! Come with a yoga mat and a water bottle. Leave class feeling grounded, strong, and connected to your whole body. Instructor: Michelle Granner.

Wednesdays, May 14 (4 wks) 6:00-7:00pm

Meadow Ridge Elementary \$60 #1447-S25A



PICKLEBALL

ADULT PICKLEBALL AGES 18 & UP.

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

Mondays, May 5 (4 wks) *skip May 26

NRMS Upper Gym \$25

6:30-8:00pm Beginners #3205-S25C

8:00-9:30pm Intermediate #3205-S25D



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, April 9 (6 wks) 7:00–8:00pm
GRAFA \$100 #1403-S25A

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, April 9 (6 wks) 11:30am–12:30pm
GRAFA \$100 #1400-S25A

TENNIS

ADULT SOCIAL TENNIS LEAGUE

This program will be fun and offers competitive play, drills, and coaching! The format for competitive play will change each week! For example, one week will be the same teams/round robin, the next week, winners move up/losers move down and you switch partners, another week will be a Fast Four Tournament! Prizes included! This program is NOT for beginners or advanced beginners! This is a two-tiered league: Intermediate (USTA 3.0 +) and Advanced (USTA 4.0 +). Examples of each:

- You currently play tennis regularly or on a USTA team and know your rating.
 - You played on a varsity team in high school and/or college.
- Please indicate your level (intermediate or advanced) at sign up. Max of 32 participants.

Warm-up drills, serves, coaching 6:30-7:00pm
Competitive social play 7:00-8:30pm

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

RHS Tennis Courts \$120 #3137-U25A *skip July 1

ADULT TENNIS LESSONS

BEGINNER/ADVANCED BEGINNER

Coach Katie Hunting, USPTA/RSPA Professional Tennis Instructor.

This is a class designed for the beginner or newer/occasional tennis players and features instruction regarding specific strokes, serve, and strategy. Class Maximum: 16

Thursdays, June 12 (8 wks) 6:30-7:30pm

RHS Tennis Courts \$120 #3136-U25A *skip July 3

NEW! 50/50 TENNIS DRILLS FOR INTERMEDIATE/ADVANCED TENNIS PLAYERS

Coach Katie Hunting, USPTA/RSPA Professional Tennis Instructor.

Are you looking for a fun, next-level activity that will not only test your skill on the court but also up your endurance? This is a drill session featuring a variety of drills that work on all strokes and strategies MIXED WITH CARDIO TENNIS. This drill is set to music that will get your body in gear!!!

First 30 minutes: stroke/strategy; last 30 minutes: cardio.
Class Maximum: 16

Thursdays, June 12 (8 wks) 7:30-8:30 PM

RHS Tennis Courts \$96 #3138-U25A *skip July 3

Find us on ROCKFORD COMMUNITY SERVICES



Register at

rps.digitalsignup.com

Must register using a computer or tablet.

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 monthly to work together on a quilt that will be awarded to a service member. We welcome anyone with a little sewing experience. If you don't sew, we can still use help in cutting and preparing fabric that will be used in our quilt. You also may be interested in donating fabric for our quilts. We hope to see you there!

Third Monday of every month, 2:30–4:30pm
Rockford Community Cabin, 220 N. Monroe Street

TECHNOLOGY ASSISTANCE NOW AVAILABLE

Tech Information and Assistance by Holly Young

Classes are one hour long and lecture-style, with plenty of time for Q&A. The instructor, Holly Young, has a “no question is too dumb” philosophy and has a knack for explaining technical topics in easy-to-understand language. She has a passion for all things “techie”. All sessions are held at the RPS Administration Building which is located at 350 N. Main Street.

HOLLY'S TECH TALK - MANAGING YOUR INBOX

Are you overwhelmed by all the junk email you receive? Is your inbox overflowing and out of control? Have you thought about ditching an AOL address and upgrading to something new? If you want to learn how to clean up the mess for good, this class is for you!

Tuesday, April 22 10:00am

RAB \$12 #3414-S25A

Pre-registration is required.

STAYING SAFE ONLINE

Nervous about getting hacked, having your identity stolen, or accidentally ending up on a spam list? Are robocalls and solicitors driving you crazy? We will discuss how to spot scams and stay safe when using your phone, tablet, and computer.

Tuesday, May 27 10:00am

RAB \$12 #3414-S25B

Pre-registration is required.

HOLLY'S TECH TIME

Holly is also offering (4) 30-minute one-on-one appointments on class days (you do not need to attend a class to schedule a one-on-one). Bring your phone, tablet, or laptop with you to receive personalized help with your device. Appointments must be scheduled in advance. NOT COVERED: desktop computers, any kind of networking, or wireless printers.

Tuesday, April 22 11:00am, 11:30am, 12:00pm, 12:30pm

RAB \$25 #3416-S25A

Pre-registration is required.

Tuesday, May 27 11:00am, 11:30am, 12:00pm, 12:30pm

RAB \$25 #3416-S25B

Pre-registration is required.

FREE LEGAL ADVICE FOR SENIORS!

Attorney Michael Herring offers free legal advice to our seniors on the last Monday of every month at the Rockford Community Services building, located at 350 N. Main Street, Rockford. If you are interested, you must call our office at 616.863.6322 to get on the schedule.

Each appointment is scheduled for 30 minutes

4/28/25, 10:00am-12:00pm

Next appointments will be in September.

OUT TO LUNCH BUNCH

APRIL- ANTIQUES ON CENTURY

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

Wednesday, April 23 \$15 #1055-S25A

**9:45am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
1:30pm approximate return to Rockford.**

Find us on ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.



2025 Luncheon

- Who-** All graduates, students, and friends of Rockford High School before and including the Class of 1975, who will be given a special recognition
- What-** 10:30 am Social time with beverages
12:00 Sit-down lunch
- When-** Saturday, June 28, 2025
This event is held annually on the last Saturday of June
- Where-** Rockford Senior High School Cafeteria
4100 Kroes Street, Rockford, Michigan 49341
- Cost-** \$17 per person (\$21 after May 23, 2025)

Reservations- No later than Friday, May 23, 2025

Visit www.rockfordgoldenr.org for info

APRIL- GUN LAKE CASINO

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

Friday, April 25 \$15 #1650-S25A

**9:00am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
1:30pm approximate return to Rockford.**



MAY- HERITAGE HILL HOME TOUR

57th annual Heritage Hill Weekend Tour of Homes welcomes you to their historic Heritage Hill neighborhood, one of the country's largest urban historic districts recognized by the National Register of Historic Places. More than 1,300 homes stand within the boundaries of Heritage Hill and date back to 1843. Nearly every style of American architecture, from Greek Revival to Prairie, is represented in the district. At the turn of the century, this was the city's most prestigious residential area. Each year, a different lineup of 6-7 private homes and 1-2 historic buildings are open, each with a unique story. During the tour, guides stationed at each house will share information and highlight special features. An array of architecture, decorating styles, and urban gardens await you. Included is a ticket to the tour that is good all weekend and a bus ride to and from Heritage Hill. Transportation is provided by RPS. Activity level: HIGH.

Sunday, May 18 \$37 #1421-S25A

**10:30am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
4:00pm approximate return to Rockford.**

MAY- GUN LAKE CASINO

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

Friday, May 16 \$15 #1650-S25B

**9:00am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
1:30pm approximate return to Rockford.**

JUNE- LIGHTHOUSE TOUR

Visit seven breathtaking lighthouses in this scenic trip along Michigan's beautiful west coast. Our tour will start in Holland to see Big Red, and then travel north along Lake Michigan visiting Grand Haven Lighthouse, Muskegon South Pierhead Lighthouse, White River Light Station, Little Sable Point Lighthouse, Ludington North Breakwater, and Big Sable Lighthouse along the way. We will plan on approx. 30 min per lighthouse and a stop for lunch along the way. Some of the lighthouses will be open for tours. A full list of available lighthouse tours (at an additional cost) will be available to registrants prior to departing on day of trip. Transportation provided by Great Lakes Motorcoach. Activity Level: HIGH.

Friday, June 20 \$80 #1375-S25A

**7:00am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
7:00pm approximate return to Rockford.**

AUGUST- SAUGATUCK ANTIQUES, BREWERY, AND PADDLE WHEEL

Travel by motorcoach to Saugatuck for the day! We will start our day at the Lakeshore Antique Trails largest store, The Saugatuck Antique Pavilion. After wandering the aisles for treasures, we will grab a bite to eat (food is on your own) at the Saugatuck Brewery next door (you will receive 10% off food bill for shopping). Next, our charter chariot will take us to the Star of Saugatuck, an authentic sternwheel paddleboat. Our 90-minute trip will take us up the Kalamazoo River to Lake Michigan and back. The price includes bus transportation, boat tickets, and tips. Transportation provided by Great Lakes Motorcoach. Activity Level: MED.

Wednesday, August 27 \$85 #5232-F25A

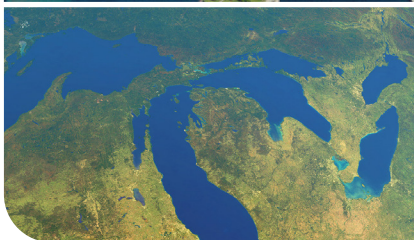
**9:00am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
5:30pm approximate return to Rockford.**

SEPTEMBER- IKEA AND TANGER OUTLETS

Have you ever wanted to spend time leisurely strolling the amazing aisles of IKEA in Canton, Michigan, and the stores of the Tanger Outlet Mall in Brighton? Join us for a full shopping day trip! We will start our day at IKEA at approximately 10:00am. Enjoy lunch in their onsite restaurant! Then we depart from IKEA at 1:00pm to head over to the Tanger outlets in Brighton. Enjoy browsing their wonderful shops until we leave at 4:00pm to head back to Rockford. There will be plenty of under bus storage space for all your purchases-don't you worry! Transportation provided by Great Lakes Motorcoach. Activity level: HIGH.

Thursday, September 18 \$60 #2242-F25A

**8:00am departure from Rockford's city parking lot
156 N. Main Street (south of the Shoe Depot parking lot).
7:30pm approximate return to Rockford.**



COMMUNITY CABIN LUNCH & LEARN

RESHAPING THE FLOW: MAKING THE GREAT LAKES NAVIGATIONAL HIGHWAY

Presented by Matthew Daley.

What does it take to get 200 million tons of cargo 2,340 miles from the Atlantic Ocean to ports in Chicago and Duluth every year? The Soo Locks, the Livingstone Channel, Gary Harbor, and the Welland Canal are all major pieces of the Great Lakes bulk freight network from Lake Superior to Lake Ontario. This presentation examines the work to create the harbors, the locks and channels, the loading and unloading equipment, and the managerial structure necessary for a complex navigation system. Mr. Daley is a History Professor at Grand Valley State University, a published author, and the Vice President of the Grand Rapids Historical Society. Please come to prattle with community friends over lunch provided by Rockford Food Services (menu varies) and stay entertained by Matthew Daley's intriguing historical stories.

Monday, May 19 \$10 #5263-S25A

**Doors open at 11:45am, lunch at 12:00pm
Rockford Community Cabin, 220 N. Monroe St.
Pre-registration is required.**



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 Services entrance on Lewis St. (across from Parkside Elementary)

UPCOMING BOOKS

APRIL 15, 2025

FOUR WINDS BY KRISTEN HANNAH

MAY 20, 2025

BOOK OF LOST FRIENDS BY LISA WINGATE

JUNE 17, 2025

BORN A CRIME BY TREVOR NOAH

JULY 15, 2025

BERRY PICKERS BY AMANDA PETERS

AUGUST 19, 2025

BRIAR CLUB BY KATE QUINN

SENIOR CITIZENS

60 years of age or older

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

THIS PASS NEVER EXPIRES!

Call 616.863.6322 for more information

CULTURE CLUB EVENTS

MAY: PRETTY WOMAN - BROADWAY GRAND RAPIDS

Pretty Woman: The Musical, based on one of Hollywood's most beloved romantic stories of all time, springs to life with a powerhouse creative team led by two-time Tony Award®-winning director Jerry Mitchell and original score by Grammy® winners Bryan Adams and Jim Vallance. *Pretty Woman* the film was an international smash hit when it was released in 1990. Now, 30 years later, *Pretty Woman: The Musical* is "Big romance and big fun!" (Broadway.com). "Irresistible! A romantic fantasy. A contemporary fairy tale," says The Hollywood Reporter. *Pretty Woman: The Musical* delivers on all the iconic moments you remember. Get ready to experience this dazzling theatrical take on a love story for the ages. Are you ready to fall in love all over again? RATED: PG-13 for adult language, use of alcohol, and sexual situations. Performance is 2 hours and 20 minutes with one intermission.

Thursday, May 1 \$60 #5277-S25A

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

10:30pm approximate return to Rockford.

JUNE: WAITRESS - GRAND RAPIDS CIVIC THEATRE

Brought to life on Broadway by a groundbreaking all-female creative team, *Waitress* features original music and lyrics by six-time Grammy nominee Sara Bareilles, and a story by acclaimed screenwriter Jessie Nelson. *Waitress* is inspired by Adrienne Shelly's beloved film and offers a special recipe for finding happiness in unexpected places. Jenna, a waitress and expert pie maker, is stuck in a small town and a loveless marriage. Faced with an unexpected pregnancy, Jenna fears she may have to abandon the dream of opening her own pie shop...until a baking contest in a nearby county and the town's handsome new doctor offer her a tempting recipe for happiness. Supported by her quirky crew of fellow waitresses and loyal customers, Jenna summons the secret ingredient she's been missing all along — courage. Grand Rapids Civic Theatre's production of *Waitress* is a Michigan community theatre premiere. RATED: PG-13 due to some violence, including domestic abuse, adult language, use of alcohol, and sexual situations. Performance is 90 minutes with one intermission.

Wednesday, June 11 \$45 #5242-S25A

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

9:30pm approximate return to Rockford.

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.



BINGO

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

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

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

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

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

2nd Monday of the month 1:00pm
April 14, May 12, June 9
(next date will be in September)

MUSICAL MONDAYS



New live music performers every month!
Come and sit in on our local jam session at the
Rockford Community Cabin. Dance, sing along,
or just enjoy the music! Our performers will be
playing all kinds of your favorite songs from the
50's, 60's, and 70's.

APRIL 14, MAY 12
(next Musical Monday is in September)

Second Monday of the month,
10am-12:00pm | \$2 pay at the door
No registration required
Rockford Community Cabin, 220 N. Monroe St.



Entertainment by Dusty Chaps. Let's get together to celebrate the summer! You will be treated to some spectacular summer food followed by a rocking good time provided by Dusty Chaps! Dusty plays all the familiar hits of yesterday mixed with a little comedy. He will keep your toes tapping and a smile from ear to ear. Come out and join in the fun! Professionally catered.

SUMMER PICNIC

MONDAY, JUNE 16, 2025
12:00 – 2:00PM

\$15/person #5008-U25A

Doors open at 11:45am, lunch at 12:00pm,
and music starts at 1:00pm.

Rockford Community Cabin, 220 N. Monroe St.

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

LIMITED SPACE, REGISTER EARLY!

YOUTH ENRICHMENT

STEP BY STEP PAINTING PARTIES

Ages 8+ or Ages 5-7 assisted by an adult. Join us for a fun painting party! We will be painting with acrylic paints on a 16x20 canvas. No painting experience is needed. Step-by-step instructions will be given to help you create a painting to take home. All materials will be provided. Aprons are provided, but please wear paint-friendly clothing. Come have fun and paint with us! Instructor: Kristal Heibel became interested in art during her high school years and her interest grew into a passion as an adult. She now owns her own business, West MI Paint & Create, LLC. Teaching painting classes allows Kristal to share her passion and inspire others to nurture their own artistic identity.

CALLING ALL SWIFTIES

We will be having a fun Taylor Swift-themed paint party; join us! We will listen to T.S. music for creative inspiration and have complimentary party favors, door prizes & lots of fun!

Tuesday, August 5 12:00-2:00pm

RHS \$50 #1229-U25C



BEYOND THE ROCK CAMP

Grades 6-12. Calling all future filmmakers, actors, actresses, and reporters! Join the award-winning High School Television Station of the Year program Beyond the Rock for an exciting week of camp! Learn how to operate top of the line professional video equipment while learning videography and editing basics, as well as music track production. Students will focus on being on a team to create their own music videos or short films to take home with them at the end of the week. Lights, Camera, ACTION! Instructors: Kris DeYoung has been the instructor for the BTR program for 15 years and Jason Springer has been the classroom video technician for 25 years. Together they have helped to lead their students to a total of 16 High School Television Station of the Year awards by the Michigan Association of Broadcasters and recently received their 10th straight. Both have a background in storytelling and video production in front of and behind the camera.

Monday-Thursday, June 9-12 9:00-11:00am

RHS \$75 #2237-U25A

Monday-Thursday, August 4-7 9:00-11:00am

RHS \$75 #2237-U25B



BEGINNER TRAMPOLINE & TUMBLING

Jump Into fun! This high energy class introduces kids to basic trampoline and tumbling skills like controlled jumps, forward rolls and cartwheels, as well as progressing to more advanced jumps and flips. Through progression-based learning and expert guidance, students build coordination, strength and confidence - all while having a blast! Perfect for anyone ready to bounce, roll and soar. Instructor: Coach Caleb is a current USA Gymnastics Competitive Athlete and certified USA Gymnastics Coach. Caleb has over 12 years of competitive experience in the sport. He has earned National Champion status for trampoline, tumbling, double mini trampoline and synchronized trampoline. Coach Caleb is dedicated to helping people learn proper technique and achieve goals through safe gymnastic practices. Grand Rapids Trampoline Academy is located in the Watermark Tech Center at 1601 Galbraith Ave SE, Grand Rapids.

Ages 10+ (Coach Caleb)

Tuesdays, April 15 (8 wks) 6:00-6:55pm

GR Trampoline Academy \$200 #1032-S25A

Ages 5-6 (Coach Caden)

Wednesdays, April 16 (8 wks) 5:00-5:55pm

GR Trampoline Academy \$200 #1032-S25B

Ages 7-10 (Coach Caleb)

Thursdays, April 17 (8 wks) 5:00-5:55pm

GR Trampoline Academy \$200 #1032-S25C

Ages 10+ (Coach Caleb)

Tuesdays, July 8 (4 wks) 6:00-6:55pm

GR Trampoline Academy \$100 #1032-U25A

Ages 5-6 (Coach Caden)

Wednesdays, July 9 (4 wks) 5:00-5:55pm

GR Trampoline Academy \$100 #1032-U25B

Ages 7-10 (Coach Caleb)

Thursdays, July 10 (4 wks) 5:00-5:55pm

GR Trampoline Academy \$100 #1032-U25C



We Learn. We Build. We Play.

LEGO® SUMMER SERIES

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LEGO® BRICKS 4 KIDZ® BESTIES AND FRIENDS

Ages 5-11. Join us for a week of fun, friendship, and building! In our "Besties and Friends" camp, we'll dive into the colorful world of LEGO® friends, where creativity and adventure are always just around the corner. Whether it's exploring new hobbies, zipping around in cool custom vehicles, or taking care of adorable pets, there's something for everyone! All Besties & Friends campers will love collaborating with others while creating LEGO® neighborhoods, exciting builds, fun challenges and memories with new friends. Get ready for a week of laughter, teamwork, and endless imagination!

Monday-Thursday, June 9-12 (1 wk) 9:00am-12:00pm
RHS \$136 #2635-U25A

LEGO® BRICKS 4 KIDZ® JR ROBOTICS - BUILD YOUR ROBLOX ADVENTURE

Ages 8-11. Know a kid that's a fan of playing Roblox? They will love this Roblox-inspired building camp! We have a LEGO® block-based building adventure ahead of us, not to mention daily motorized models of things like cars and animals that really move! We'll build all kinds of amazing LEGO® creations based on their favorite games! Whether they're into racing cars, building cities, making pizza, or adopting pets, kids will have plenty to build and talk about all week long and for years to come! Let's have a building adventure the Bricks 4 Kidz® way!

Monday-Thursday, June 9-12 (1 wk) 1:00-4:00pm
RHS \$136 #2635-U25B

Monday-Thursday, July 28-31 (1 wk) 9:00am-12:00pm
RHS \$136 #2635-U25C

Find us on **ROCKFORD COMMUNITY SERVICES**



Register at
rps.digitalsignup.com

Must register using a computer or tablet.



LEGO® BRICKS 4 KIDZ® MASTER CHALLENGE CAMP

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

Monday-Thursday, June 16-19 (1 wk) 9:00am-12:00pm
RHS \$122 #2635-U25D

LEGO® BRICKS 4 KIDZ® GAME ON: MARIO EDITION!

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

Monday-Thursday, June 16-19 (1 wk) 1:00-4:00pm
RHS \$122 #2635-U25E

LEGO® BRICKS 4 KIDZ® BRICK CITY ENGINEERS

Ages 4-9. Let's build a CITY! Young campers will work together to put their engineering and architecture skills to work as they build city themes models using LEGO® bricks. The sky is the limit when campers are challenged to use their own ideas and skills to build a skyscraper taller than their heads! They'll have a blast making custom made cars to move the people of the city all around town. What an accomplishment to be able to say, "We built this city!" Campers receive a generic mini-figure with accessories to keep.

Monday-Thursday, June 23-26 (1 wk) 9:00am-12:00pm
RHS \$122 #2635-U25F

LEGO® BRICKS 4 KIDZ® VIDEO GAME DESIGN

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

Monday-Thursday, June 23-26 (1 wk) 1:00-4:00pm
RHS \$136 #2635-U25G

LEGO® BRICKS 4 KIDZ® ADVANCED ROBOTICS: SUMOBOTS

Ages 9-13. Get ready to build, program, and battle your very own robotic sumo wrestler in our Sumobots Advanced Robotics Camp! Using Bricks 4 Kidz® advanced robotics kits, campers aged 9-13 will work in pairs as they dive into the exciting world of robotics, learning how to design and code robots to push their opponents out of the ring. Through hands-on challenges, team collaboration, and strategic problem-solving, campers will enhance their engineering and programming skills while having a blast. Whether you're a seasoned builder or new to robotics, this camp will take your skills to the next level. Let the battles begin!

Monday-Thursday, July 7-10 (1 wk) 1:00-4:00pm
RHS \$150 #2635-U25H

LEGO® BRICKS 4 KIDZ® MINING & CRAFTING CAMP

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

Monday-Thursday, July 14-17 (1 wk) 9:00am-12:00pm
RHS \$122 #2635-U25J

LEGO® BRICKS 4 KIDZ® JOURNEY WITH SHARKS

Ages 5-11. Embark on an underwater adventure with Journey with Sharks at Bricks 4 Kidz®, where Shark Week comes to life through LEGO® building! Perfect for kids aged 5-11, this camp blends the thrill of shark exploration with the joy of LEGO® building. Aspiring Shark Biologists will work in pairs to construct LEGO® models of various sharks, from the mighty Great White to the legendary Megalodon, and learn about their fascinating habitats. Dive into a week of creating motorized sharks, intricate sea life mosaics, and discovering the wonders of the deep blue. Sign up now for a splash of education and a wave of fun!

Monday-Thursday, July 14-17 (1 wk) 1:00-4:00pm
RHS \$122 #2635-U25K

LEGO® BRICKS 4 KIDZ® ADVANCED ROBOTICS: MINING & CRAFTING

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

Monday-Thursday, July 21-24 (1 wk) 1:00-4:00pm
RHS \$150 #2635-U25L

LEGO® BRICKS 4 KIDZ® STUDIO 2.0 3-D DESIGN

Ages 10-14. Have you ever wanted to design your own LEGO® set? Learn how to create anything you can imagine in an online platform designed for brick lovers like you. We will teach you how to use Studio 2.0 to turn your ideas into a 3-D virtual set. We will provide directions as to how you can order the parts to build your set at home. Campers will work individually but have the opportunity to collaborate with others as they create their unique models. One laptop per camper is provided for use at camp.

Monday-Thursday, July 28-31 (1 wk) 1:00-4:00pm
RHS \$150 #2635-U25M



ROCKFORD FRESHMAN CENTER

SEGMENT I: 24 Lecture Hours, 6 Driving Hours

May 5-28	3-5 p.m.
June 9-26	9-11 a.m.
July 7-24	9-11 a.m.
August 4-21	9-11 a.m.

SEGMENT II: 6 Lecture Hours

May 5, 6, 12	5-7 p.m.
June 9, 11, 16	11 a.m.-1 p.m.
July 7, 9, 15	11 a.m.-1 p.m.
August 4, 6, 12	9-11 a.m.

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

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www.courtesydrivingschool.com

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ALLEGRO SCHOOL OF MUSIC

4301 Ambrose Ave NE, Grand Rapids, MI 49525

INTRO TO PIANO

Completed Grades 2-4 (level 1). This fun introduction to playing the piano balances keyboard time with learning basic music theory, improving overall musicianship and encouraging the learning process. Students must have access to a full-sized keyboard or piano at home for practice. Students will receive a piano book, practice CD and assignment folder.

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

Instructor: Rick Wiltse/Allegro School of Music.

Mondays, June 23 (6 wks) 6:00-7:00pm

Allegro School of Music \$144 (+\$35 materials fee) #1713-U25A

grasp

Grand Rapids Academic Summer Programs



GRAND RAPIDS ACADEMIC SUMMER PROGRAM (GRASP)

GRASP is a correspondence program for students in Kindergarten through 8th grades which helps students maintain reading and/or math skills while they are on summer break. Students will receive their course materials containing 9 lessons at the end of the school year (online materials are available for grades 4th-8th: SEE REGISTRATION). Each lesson should take your student approximately one hour to complete. This is a self-paced course, but all completed lessons must be submitted by August 8th.

Completed lessons can be mailed to GRASP for scoring and will be returned with instructor feedback via the email address provided. Or, new this year, lessons can be scored with a parent/guardian cell phone instead of mailing them in! Details regarding this process will be sent to the email provided in May. Students who successfully complete and submit at least 7 lessons with 70% accuracy are awarded a certificate. Those who successfully complete and submit all 9 lessons with 70% accuracy will receive a medal! Certificates and medals will be distributed by your student's school at the beginning of the next school year. Please note that this registration is for the booklet/online registration to a self-paced course. This is NOT an in-person or virtual class.

- Kindergarten Math \$26 #2110-U25A
- Kindergarten Reading \$26 #2110-U25B
- Kindergarten Math & Reading \$48 #2110-U25C
- 1st Grade Math \$26 #2111-U25A
- 1st Grade Reading \$26 #2111-U25B
- 1st Grade Math & Reading \$48 #2111-U25C
- 2nd Grade Math \$26 #2112-U25A
- 2nd Grade Reading \$26 #2112-U25B
- 2nd Grade Math & Reading \$48 #2112-U25C
- 3rd Grade Math \$26 #2113-U25A
- 3rd Grade Reading \$26 #2113-U25B
- 3rd Grade Math & Reading \$48 #2113-U25C
- 4th Grade Math \$26 #2114-U25A
- 4th Grade Reading \$26 #2114-U25B
- 4th Grade Math & Reading \$48 #2114-U25C
- 5th Grade Math \$26 #2115-U25A
- 5th Grade Reading \$26 #2115-U25B
- 5th Grade Math & Reading \$48 #2115-U25C
- 6th Grade Math \$26 #2116-U25A
- 6th Grade Reading \$26 #2116-U25B
- 6th Grade Math & Reading \$48 #2116-U25C
- 7th Grade Math \$26 #2117-U25A
- 7th Grade Reading \$26 #2117-U25B
- 7th Grade Math & Reading \$48 #2117-U25C
- 8th Grade Math \$26 #2118-U25A
- 8th Grade Reading \$26 #2118-U25B
- 8th Grade Math & Reading \$48 #2118-U25C

***Registration opened January 6, 2025 and closes April 21, 2025.**

PLEASE NOTE, refunds will not be given if the order is cancelled after April 21, 2025. CREDIT CARD PAYMENT ONLY.



BROADWAY BOOTCAMP

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

BROADWAY BOOTCAMP: ONE DAY WORKSHOPS

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

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

*All sessions are on RPS early release days.

Wednesday, April 23 2:00-6:00pm

RFC \$50 #2225-S25A

Theme: Wickedly Wonderful!

Wednesday, May 7 2:00-6:00pm

RFC \$50 #2225-S25B

Theme: Eras!

BROADWAY BOOTCAMP

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

Monday-Friday, June 16-20 (1 wk) 9:00-11:00am

ERMS \$125 #2227-U25A

BROADWAY BOOTCAMP 2.0

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

Monday-Friday, June 16-20 (1 wk) 12:00-2:00pm

ERMS \$125 #2228-U25A

BROADWAY BOOTCAMP: THE SHOW!

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

Grades K-3:

Monday-Friday, August 4-8 (1 wk) 9:00-11:30am

ERMS \$150 #2229-U25A

Grades 4-8:

Monday-Friday, August 4-8 (1 wk) 1:00-3:30pm

ERMS \$150 #2229-U25B

YOUTH RECREATION



READY-SET-CHEER

READY-SET-CHEER YOUTH CHEER PROGRAM

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

Wednesdays, April 23 (5 wks) 5:30-6:30pm
NRMS Upper Gym \$60 #2023-S25A

SPRING STUNT CLASS

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

Wednesdays, April 23 (5 wks) 5:30-6:30pm
RHS Gymnastics Room \$60 #2025-S25A

FENCING

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

BEGINNING YOUTH FENCING

Ages 8-15. 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. Learn the fundamentals with games, exercises, footwork, and bouts with fellow novice fencers. Professional coaches, Mikhail and Arkadiy Sarkisov, both 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 provided.

Tuesdays, April 8 (6 wks) 6:00-7:00pm
GRAFA \$80 #1402-S25A

Tuesdays, May 20 (6 wks) 6:00-7:00pm
GRAFA \$80 #1402-U25A

LITTLE MUSKETEERS-KINDER FENCING

Ages 5-7. 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, kids 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. Kids will learn how to hold a foil, the basic footwork techniques, and the importance of coordination and balance. They will be equipped with child-friendly plastic fencing equipment suitable for their age. Learn about the importance of respecting fellow Musketeers and following the rules of the fencing arena.

Wednesdays, April 9 (6 wks) 5:00-6:00pm
GRAFA \$80 #1401-S25A

YOUTH FENCING CAMP

Ages 8-15. 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. Learn the fundamentals with games, exercises, footwork, and bouts with fellow novice fencers with all equipment provided. Instructors: GRAFA's coaching staff, with many years of professional coaching experience. Camp is combined with other Parks and Recreation Departments.

Monday-Thursday, July 22 (1 wk) 10:00am-12:00pm
GRAFA \$90 #1404-U25A

Monday-Thursday, August 11 (1 wk) 10:00am-12:00pm
GRAFA \$90 #1404-U25B

SPRING COED MIDDLE SCHOOL ROWING

Try out a new and unique sport this spring, or build upon the skills you have already learned. Our coaching staff will help the students learn and reinforce the fundamentals of the rowing stroke on land and water. Students will also be learning how to handle equipment and build confidence and comfort on the water. This is a great building block for students who may want to participate in the sport in high school, or those who just simply want to try something new. 30 seats available

Tuesdays & Thursdays, April 29 (6 wks) 6:00-8:00pm
Jupiter Boathouse \$175 #2221-S25A

YOGA FOR KIDS

Ages 7-13. Yoga is an excellent way to provide safe, physical movement for all ages. Yoga For Kids incorporates both expressive and physical play. By using creative and fun techniques, kids will explore and discover awareness of their physical bodies and emotions, improve coordination, posture, strength, and flexibility. This is a friendly, non-competitive environment where kids are encouraged to exhibit positive and respectful behavior in a group setting. Bring a towel or mat and enjoy the fun! Instructor: Tamara Reaume, RYT 200. She has received over 200 hours of Therapeutic Yoga Teacher training from Grand Rapids Healing Yoga. She also has certifications from Yoga Fit Kids and Mindful Schools. Tamara has been sharing her passion for yoga with Kent County since 2012.

Wednesdays, April 22 (5 wks) 5:00-5:50pm
Meadow Ridge \$55 #2525-S25A

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. Go to www.ensingtkd.org for more information.

Wednesdays, May 21 (6 wks) 6:30-8:00pm
RAB Gym \$40 #1407-S25A
\$20 - 2nd family member

YOUTH GOLF LESSONS

BEGINNING AND INTERMEDIATE

Ages 10-18. Work on your golf skills and get ready for summer play. You will work on the basic skills, including etiquette, stance, grip, putting, chipping, and driving. Max of 8 golfers per session. For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford.

Wednesdays, July 9 (4 wks) 9:30-10:30am

Golf Emporium \$100 #2049-U25A

Wednesdays, July 9 (4 wks) 11:00am-12:00pm

Golf Emporium \$100 #2049-U25B



ULTIMATE FRISBEE

A FUN, FAST ALTERNATIVE TO COLLISION SPORTS!

JOIN THE ROCKFORD ULTIMATE FRISBEE CLUB!

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

EQUIPMENT NEEDED: (not included in the registration fee)

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

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

GAMES:

Grades 3-8 games: Fridays, 6:00-8:00pm

@rotating locations vs 38 local teams (6 games)

Grades 9-12 games: Mondays, 6:00-8:00pm

@rotating locations vs 6 local teams (6 games)

ULTIMATE FRISBEE SUMMER SESSION

Tuesdays, June 17 (7 wks) 6:00-8:00pm

Practices: *SKIP June 30-July 4

NRMS Practice Field \$125 #1495-U25A

GAMES (7 games total):

GRADES 3-8 GAMES: Wednesdays, 6:00-8:00pm

@ rotating locations vs 38 local teams

GRADES 9-12 GAMES: Mondays, 6:00-8:00pm

@ rotating locations vs 6 local teams



NEW! BMX BEGINNERS RACING CLUB

Ages 4-15: *The rider must be able to ride a bike unassisted, with no training wheels.*

Learn the fun sport of BMX right here in Rockford. This 5-week class provides the new rider with the skills to race BMX. Each week the first half of class the rider will work on a new skill and put that skill to use during the second half of class during racing. That's right, we race each week! We focus on good sportsmanship, BMX rules, gate starts, and proper bike handling skills with new riders in mind. Bikes and helmets are available to use, no special equipment is needed. The rider needs to wear long pants, closed-toe shoes, and provided jersey each week to class. Each rider will receive a USABMX membership as part of the class. Location: 3300 10 Mile Rd, Rockford 49341.

Mondays, May 12 (5 wks) 6:30-8:30pm

Rock City BMX \$160 #1409-S25A *skip May 26

CAPOEIRA FOR KIDS

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

Thursdays, April 17 (6 wks) 6:15-7:00pm
Roguewood Elementary \$60 #1013-S25A

Thursdays, May 29 (6 wks) 6:15-7:00pm
NRMS \$60 #1013-U25A

Thursdays, July 10 (6 wks) 6:15-7:00pm
NRMS \$60 #1013-U25B

DAVID MATTHEW STUDIOS

495 Pettis Ave SE, Suite 469 & 473, Ada

SUMMER CLASS PASSES

Ages 5-18. David Matthews Studios Summer technique class passes offer the flexibility to drop-in to any of our morning technique classes throughout our eight-week summer session. Each class is an hour with a total of 12 hours of technique classes available each week.

No classes the week of July 21.

BARRE CLASSES 9:00-10:00am

CENTER FLOOR CLASSES 10:00-11:00am

*Must pair Barre with Center Floor to ensure proper warm-up/stretching.

CONTEMPORARY CLASSES 11:15am-12:15pm

10 HOUR PASS

Monday - Thursday June 16 (8 wks)

David Matthew Studios \$240 #1245-U25A

20 HOUR PASS

Monday - Thursday June 16 (8 wks)

David Matthew Studios \$440 #1245-U25B

30 HOUR PASS

Monday - Thursday June 16 (8 wks)

David Matthew Studios \$600 #1245-U25C

40 HOUR PASS

Monday - Thursday June 16 (8 wks)

David Matthew Studios \$720 #1245-U25D

UNLIMITED PASS

Monday - Thursday June 16 (8 wks)

David Matthew Studios \$1,200 #1245-U25E

SUMMER INTENSIVE WORKSHOPS

Ages 5-18. Want to try a new dance style this summer, or refine your current favorites? Intensives are the perfect fit! At the end of the session, dancers will perform what they've learned in a workshop showcase!

Musical Theater

Monday-Thursday June 16-26 1:00-4:00pm

David Matthew Studios \$320 #1246-U25A

Jazz Funk

Monday-Thursday June 30-July 10 1:00-4:00pm

David Matthew Studios \$320 #1246-U25B

Hip Hop

Monday-Thursday July 14-17 and 28-31 1:00-4:00pm

David Matthew Studios \$320 #1246-U25C

Contemporary Ballet

Monday-Thursday August 4-14 1:00-4:00pm

David Matthew Studios \$320 #1246-U25D

GIRLS INDOOR VOLLEYBALL LEAGUE

GRADES 3-4, 5 and 6

Teams will play local schools and will practice once or twice a week, depending on the coach's availability and gym space.

Registration Deadline: Sunday, August 3

Games will be played on Saturdays in September & October.

Practice begins the week of August 25.

Grades 3-4 #3182-F25A ERMS \$70

Grades 5 #3182-F25B ERMS \$70

Grades 6 #3182-F25C ERMS \$70

VOLUNTEER COACHES NEEDED!

If you are interested in coaching:
please email Chris at
Cmaxwell@rockfordschools.org



GIRLS GRADES 3-6

BASKETBALL CLINIC

Grades 3rd-6th. The goal of the clinic is to build girls' core basketball skills such as ball handling, defense, offense, rebounding, shooting, and conditioning. There will be competitive team play during the clinic.

Instructor: Mrs. Joyce, RPS PE Teacher.

Tuesday-Thursday, May 6 (1 wk) 4:30-5:30pm
NRMS Gym \$30 #3112-S25A

COMMUNITY SERVICES

SOCCER



7TH-8TH GRADE COED SOCCER

This is a coed team that will play in a league on weeknights and Saturdays. The coach will pick 2-3 nights for practice. Practices will begin the week of September 1. There will be some travel to area schools or fields. Teams will play between 6-8 games.

The deadline to register is Sunday, August 17.
Saturdays, September 13 (8 wks)
RFC \$85 #3105-F25A

FALL SOCCER

GRADES DK - 6. Practices begin the week of August 25th with games on Saturdays, starting September 6th. The coach will choose one night per week for practice. Games end October 11th. Practices and games will be at various locations in the district. Practices will take place Mon-Fri and the coach will choose the night. Please note practice conflicts during registration. Requests are not guaranteed. No pierced earrings or jewelry allowed.

DK-K.....#3101-F25A
1-2.....#3101-F25B
3-4.....#3101-F25C
5-6.....#3101-F25D

FEE: \$65

The deadline to register is Sunday, August 3.

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

VOLUNTEER COACHES NEEDED

Please contact Chris at cmaxwell@rockfordschools.org
REGISTER AT RPS.DIGITALSIGNUP.COM

JIU JITSU FOR KIDS - BJJ/Self-DEFENSE

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

Tuesdays, April 22 (6 wks) 4:00-4:45pm

Kraken Jiu Jitsu Academy \$60 #1413-S25A

Tuesdays, June 3 (6 wks) 4:00-4:45pm

Kraken Jiu Jitsu Academy \$60 #1413-U25A

CAMP ACTIVE

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

Max of 40 participants per session.

SESSION 1:

Monday-Wednesday, June 9-11 (1 wk) 9:00-11:00am

Roguewood fields \$50 #2520-U25A

SESSION 2:

Monday-Wednesday, June 9-11 (1 wk) 11:00am-1:00pm

Roguewood fields \$50 #2520-U25B

CAMP FUNSHINE

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

Monday-Wednesday, June 9-11 (1 wk) 1:00-3:00pm

Roguewood fields \$50 #2524-U25A

Kids Pickleball



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 students. Responsible high school students with pickleball experience serve as assistant coaches.

Monday-Friday, June 23-27 9:00-10:15am

NRMS Tennis Courts \$70 #1431-U25A

INTERMEDIATE KIDS PICKLEBALL

Grades 5-8. Intermediate Kids Pickleball is for kids who are familiar with pickleball and want to have fun playing. Participants do not need to have extensive experience or skills. The class includes playing pickleball with encouragement and coaching in addition to a small amount of instruction and drills. This is a great opportunity for kids to make friends, exercise, get better at pickleball and have lots of fun! Bring your own paddle or borrow one for the entire session for \$5 (payable on the first day of class). Instructor: Kyle DeBoer teaches math at RHS. He loves pickleball and has played since high school. In addition to his pickleball experience, Kyle played tennis in college and has taught tennis camps for elementary-high school students.

Mondays, April 21 (5 wks) 6:00-7:15pm

NRMS Tennis Courts \$70 #1432-S25A

Monday-Thursday June 23-26 2:30-4:00pm

NRMS Tennis Courts \$70 #1432-U25A

BEACH VOLLEYBALL 2025

SUN-COMPETITION-SPORT-FUN-TRAINING-SAND-EXERCISE

YOUTH BEACH VOLLEYBALL 2025

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

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

*Those registered for the Friday, June 6 class attend the Thursday, June 5th session due to school on the 6th.

SESSION 1: June 5, June 12, June 19, & June 26

Thursdays, June 5 (4 wks) 4:00-5:00pm

\$105 #3196-U25A

SESSION 1: June 6, June 13, June 20, & June 27

Fridays, June 6 (4 wks) 9:30-10:30am

\$105 #3196-U25B

SESSION 2: July 10, July 17, July 24, & July 31

Thursdays, July 10 (4 wks) 4:00-5:00pm

\$105 #3196-U25C

SESSION 2: July 11, July 18, July 25, & August 1

Fridays, July 11 (4 wks) 9:30-10:30am

\$105 #3196-U25D

MS COED BEACH VOLLEYBALL 2025

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

The Score Beach Courts, 5301 Northland Drive NE, Grand Rapids.
Format: 60 minutes of skill & drills and 30 minutes of game competition. Includes a t-shirt.

SESSION 1: June 6, June 13, June 20, & June 27

***June 6 -Beginners will start at 11:15am.**

Fridays, June 6 (4 wks) 11:00am-12:30pm

\$115 #3198-U25A (Beginners)

Fridays, June 6 (4 wks) 1:15pm-2:45pm

\$115 #3198-U25B (Experienced)

SESSION 2: July 11, July 18, July 25, & August 1

Fridays, July 11 (4 wks) 11:00am-12:30pm

\$115 #3198-U25C (Beginners)

Fridays, July 11 (4 wks) 1:15pm-2:45pm

\$115 #3198-U25D (Experienced)

HS COED BEACH VOLLEYBALL 2025

Grades 9-12. Get introduced to the exciting sport of Beach Volleyball, the #1 sport being added at the collegiate level nationwide! This program is for high school boys and girls. Participants will learn the fundamentals of the game with instruction on Beach Volleyball skills and game situations. Instruction provided by area coaches, led by Russ Ettinger, former MPVA & EVP Champion, AVP Main Draw Qualifier, and The Score Volleyball Manager. Includes a t-shirt.
The Score Beach Courts, 5301 Northland Drive NE, Grand Rapids.
Format: 1 hour of skill & drills instruction and 1 hour of game competition. Includes a t-shirt.

SESSION 1: June 6, June 13, June 20, & June 27

Fridays, June 6 (4 wks) 3:00-5:00pm

\$125 #3199-U25A

SESSION 2: July 11, July 18, July 25, & August 1

Fridays, July 11 (4 wks) 3:00-5:00pm

\$125 #3199-U25B

Find us on



ROCKFORD COMMUNITY SERVICES

Register at

rps.digitalsignup.com

Must register using a computer or tablet.

EVOLUTION TENNIS

Evolve Your Game!

Featuring the USTA 10 & Under Format

Coordinator/Instructor: Katie Unsworth, USPTA/RSPA

Certified Tennis Professional

USTA 10 & UNDER TENNIS PROGRAM

\$50 per session – RHS Tennis Courts

SESSION 1: 24 per age group

June 10-12: Tuesday, Wednesday & Thursday

Ages 5 & 6, 8:15-9:15am #3162-U25A

Ages 7 & 8, 8:15-9:15am #3162-U25B

Ages 9 & 10, 8:15-9:15am #3162-U25C

SESSION 2: 24 per age group

June 17-19: Tuesday, Wednesday & Thursday

Ages 5 & 6, 8:15-9:15am #3162-U25D

Ages 7 & 8, 8:15-9:15am #3162-U25E

Ages 9 & 10, 8:15-9:15am #3162-U25F

SESSION 3: 24 per age group

June 24-26: Tuesday, Wednesday & Thursday

Ages 5 & 6, 8:15-9:15am #3162-U25G

Ages 7 & 8, 8:15-9:15am #3162-U25H

Ages 9 & 10, 8:15-9:15am #3162-U25I

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

2025 SUMMER SPORTS CAMPS

SIGN UP FOR GRADE ENTERING FALL 2025 – RPS.DIGITALSIGNUP.COM – 616.863.6322

SESSION	SPORT	GRADE	DATE	TIME	LOCATION	FEE
#8753-U25A	Baseball	2nd-5th	June 10-12	8:00-10:00am	Varsity Baseball Field	\$75
#8754-U25A	Baseball	6th-8th	June 10-12	10:15am-12:15pm	Varsity Baseball Field	\$75
#8759-U25A	Basketball-boys	1st-2nd	June 9-12	11:00am-12:00pm	North Rockford Middle	\$75
#8760-U25A	Basketball-boys	3rd-4th	June 16-19	8:00-9:15am	Rockford High School	\$75
#8761-U25A	Basketball-boys	5th-6th	June 16-19	9:45-11:15am	Rockford High School	\$75
#8762-U25A	Basketball-boys	7th-8th	June 9-12	12:30-2:15pm	Rockford High School	\$75
#8763-U25A	Basketball-boys	9th	June 2-5	5:00-7:00pm	Rockford High School	\$75
#8769-U25A	Basketball-girls	1st-2nd	June 9-12	1:00-2:00pm	North Rockford Middle	\$75
#8770-U25A	Basketball-girls	3rd-4th	June 16-19	12:00-1:15pm	Rockford High School	\$75
#8773-U25A	Basketball-girls	5th-6th	June 16-19	1:45-3:15pm	Rockford High School	\$75
#8771-U25A	Basketball-girls	7th-8th	June 9-12	3:00-4:45pm	Rockford High School	\$75
#8772-U25A	Basketball-girls	9th-12th	June 9 June 10-12	6:00-8:00pm 10:00am-12:00pm	Rockford High School East Rockford Middle	\$30
#8400-U25A	Bowling	6th-8th	July 21, 22	10:00am-12:00pm	Rockford Lanes	\$25
#8400-U25B	Bowling	9th-12th	July 23, 24	10:00am-12:00pm	Rockford Lanes	\$25
#8100-U25A	Cheerleading	K-2nd	June 25	9:00am-3:00pm	RHS Cafeteria	\$75
#8100-U25B	Cheerleading	3rd-5th	June 25	9:00am-3:00pm	RHS Cafeteria	\$75
#3181-U25A	Distance Running Group	7th-12th	June 10-23	7:30-9:00am	Various Locations	\$40
#3181-U25B	Distance Running Group	7th-12th	July 7-August 1	7:30-9:00am	Various Locations	\$55
#8793-U25A	Field Hockey-girls	6th-8th	June 16-18	1:30-3:00pm	Ted	\$70
#8793-U25B	Field Hockey-girls	3rd-5th	June 16-18	11:30am-1:00pm	Ted	\$70
#8200-U25A	Football-Team Camp	ERMS 7th	July 7-10	2:30-5:30pm	ERMS	\$75
#8200-U25B	Football-Team Camp	ERMS 8th	July 7-10	2:30-5:30pm	ERMS	\$75
#8200-U25C	Football-Team Camp	NRMS 7th	July 7-10	2:30-5:30pm	NRMS	\$75
#8200-U25D	Football-Team Camp	NRMS 8th	July 7-10	2:30-5:30pm	NRMS	\$75
#8200-U25E	Football-Team Camp	9th	July 7-10	2:30-5:30pm	Ted	\$75
#8200-U25F	Football-Team Camp	10th	July 7-10	2:30-5:30pm	Ted	\$75
#8200-U25G	Football-Team Camp	11th	July 7-10	2:30-5:30pm	Ted	\$75
#8200-U25H	Football-Team Camp	12th	July 7-10	2:30-5:30pm	Ted	\$75
#8210-U25A	Football-Youth Camp	3rd	July 7-9	9:00-11:30am	Ted	\$75
#8210-U25B	Football-Youth Camp	4th	July 7-9	9:00-11:30am	Ted	\$75
#8210-U25C	Football-Youth Camp	5th	July 7-9	9:00-11:30am	Ted	\$75
#8210-U25D	Football-Youth Camp	6th	July 7-9	9:00-11:30am	Ted	\$75
#8402-U25A	Golf-boys	3rd-5th	June 10-12	9:00-11:00am	North Kent Golf Course	\$65
#8402-U25B	Golf-boys	6th-8th	June 10-12	12:00-2:00pm	North Kent Golf Course	\$65
#3180-U25A	Just Run-coed	3rd-6th	June 24-26	9:00-11:00am	East Rockford Middle	\$50
#3180-U25B	Just Run-coed	3rd-6th	August 5-7	9:00-11:00am	East Rockford Middle	\$50

2025 SUMMER SPORTS CAMPS

SIGN UP FOR GRADE ENTERING FALL 2025 – RPS.DIGITALSIGNUP.COM – 616.863.6322

SESSION	SPORT	GRADE	DATE	TIME	LOCATION	FEE
#8780-U25A	Lacrosse-boys	K-5th	June 17,19	9:00-10:30am	RHS The Harv	\$55
#8790-U25A	Lacrosse-girls	1st-3rd	June 10-12	9:30-11:00am	RHS The Harv	\$70
#8790-U25B	Lacrosse-girls	4th-6th	June 10-12	11:30am-1:00pm	RHS The Harv	\$70
#8790-U25C	Lacrosse-girls	7th-8th	June 10-12	1:30-3:00pm	RHS The Harv	\$70
#3615-U25A	Ram Power Strength	9th-12th	June 10-July 24	12:00-12:50pm	RHS Fitness Center	\$150
#3617-U25A	Ram Strength FND	7th-8th	June 10-July 24	9:10-10:00am	RHS Fitness Center	\$150
#3617-U25B	Ram Strength FND	7th-8th	June 10-July 24	10:10-11:00am	RHS Fitness Center	\$150
#3617-U25C	Ram Strength FND	7th-8th	June 10-July 24	11:10am-12:00pm	RHS Fitness Center	\$150
#8159-U25A	Rowing-Middle School	6th-8th	June 17-July 17	6:00-8:00pm	Jupiter Boathouse	\$120
#8159-U25B	Rowing-Middle School	6th-8th	July 22-August 14	6:00-8:00pm	Jupiter Boathouse	\$120
#8164-U25A	Rowing-Learn to Row	9th-12th	June 9-June 27	5:30-8:00pm	Jupiter Boathouse	\$115
#8164-U25B	Rowing-Learn to Row	9th-12th	July 14-August 8	5:30-8:00pm	Jupiter Boathouse	\$135
#8165-U25A	Rowing-Dev Rowing	9th-12th	June 9-June 27	5:30-8:00pm	Jupiter Boathouse	\$135
#8165-U25B	Rowing-Dev Rowing	9th-12th	July 14-August 8	5:30-8:00pm	Jupiter Boathouse	\$150
#8785-U25A	Soccer-coed	K-2nd	June 23-25	3:30-5:00pm	Roguewood	\$65
#8785-U25B	Soccer-coed	3rd-6th	June 23-25	3:30-5:00pm	RHS Upper Turf	\$65
#8787-U25A	Soccer-boys	7th-8th	July 14-17	4:30-6:30pm	RHS Upper Turf	\$75
#8787-U25B	Soccer-boys	9th-12th	July 14-17	4:30-6:30pm	RHS Upper Turf	\$75
#8405-U25A	Softball-girls	1st-2nd	June 16-18	8:00-9:00am	Varsity Softball Field	\$60
#8405-U25B	Softball-girls	3rd-5th	June 16-18	9:30-11:00am	Varsity Softball Field	\$65
#8406-U25A	Softball-girls	6th-8th	June 16-18	11:30am-1:30pm	Varsity Softball Field	\$70
#8250-U25A	Speed & Jump Clinic	3rd-9th	June 23-25	5:00-6:30pm	RHS Track	\$75
#8251-U25A	Speed & Power for Girls	7th-12th	June 10-July 24	8:00-9:00am	RHS Track	\$75
#8300-U25A	Tennis	6th-12th	June 10-12	9:30am-12:30pm	RHS Tennis courts	\$85
#8300-U25B	Tennis	6th-12th	June 17-19	9:30am-12:30pm	RHS Tennis courts	\$85
#8300-U25C	Tennis	6th-12th	June 24-26	9:30am-12:30pm	RHS Tennis courts	\$85
#8354-U25A	Volleyball-boys	6th-8th	June 23-25	9:00-10:30am	RHS Gym	\$65
#8354-U25B	Volleyball-boys	9th-12th	June 23-25	10:30am-12:00pm	RHS Gym	\$65
#8350-U25A	Volleyball-coed	3rd-5th	June 10-12	8:15-9:45am	RHS Gym	\$55
#8350-U25B	Volleyball-girls	6th-8th	June 10-12	10:00am-12:00pm	RHS Gym	\$60
#8352-U25A	Volleyball-girls	9th-12th	July 28, 29	9:00am-12:00pm	RHS Gym	\$75
#4403-U25A	Water polo-coed	6th-8th	June 17-July 17	11:00am-12:30pm	RHS Pool	\$110
#4403-U25B	Water polo-boys	9th-12th	June 16-July 24	9:00-11:00am	RHS Pool	\$120
#8407-U25A	Wrestling	7th-12th	June 9-12	9:00am-12:00pm	RHS Wrestling Room	\$90
#8408-U25A	Wrestling	K-6th	June 9-11	5:00-6:30pm	RHS Wrestling Room	\$45

SWIM LESSONS

RHS POOL: 616.884.2326 | NRMS POOL: 616.747.3530

April Sessions: Registration Opens 6pm 4/14/25 | June Sessions: Registration Opens 6pm 5/19/25

LEVEL ONE

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
April 21 (5 wks)	April 23 (5 wks)	June 2 (4 wks)	June 4 (4 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	RHS Pool \$48	RHS Pool \$48
#4307-S25A	#4307-S25B	#4307-U25A	#4307-U25B

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
April 21 (5 wks)	April 23 (5 wks)	June 2 (4 wks)	June 4 (4 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	RHS Pool \$48	RHS Pool \$48
#4307-S25C	#4307-S24D	#4307-U25C	#4307-U25D

LEVEL TWO

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

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
April 21 (5 wks)	April 23 (5 wks)	June 2 (4 wks)	June 4 (4 wks)
6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm	6:00 – 6:30pm
NRMS Pool \$58	NRMS Pool \$58	RHS Pool \$48	RHS Pool \$48
#4308-S25A	#4308-S25B	#4308-U25A	#4308-U25B

MONDAYS	WEDNESDAYS	MONDAYS	WEDNESDAYS
April 21 (5 wks)	April 23 (5 wks)	June 2 (4 wks)	June 4 (4 wks)
6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm	6:40 – 7:10pm
NRMS Pool \$58	NRMS Pool \$58	RHS Pool \$48	RHS Pool \$48
#4308-S25C	#4308-S25D	#4308-U25C	#4308-U25D

LEVEL THREE

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

MONDAYS	MONDAYS
April 21 (5 wks)	June 2 (4 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	RHS Pool \$48
#4302-S25A	#4302-U25A



WEST MICHIGAN MASTERS

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

MONDAYS AND WEDNESDAYS

April 21 (5 wks)
4:45 – 5:45pm
NRMS Pool \$80
#4314-S25A

SWIM LESSONS

RHS POOL: 616.884.2326 | NRMS POOL: 616.747.3530

April Sessions: Registration Opens 6pm 4/14/25 | June Sessions: Registration Opens 6pm 5/19/25

LEVEL FOUR

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

MONDAYS	MONDAYS
April 21 (5 wks)	June 2 (4 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	RHS Pool \$48
#4310-S25A	#4310-U25A

LEVEL FIVE

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

WEDNESDAYS	WEDNESDAYS
April 23 (5 wks)	June 4 (4 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	RHS Pool \$48
#4303-S25A	#4303-U25A

LEVEL SIX

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

WEDNESDAYS	WEDNESDAYS
April 23 (5 wks)	June 4 (4 wks)
7:15 – 8:00pm	7:15 – 8:00pm
NRMS Pool \$58	RHS Pool \$48
#4304-S25A	#4304-U25A

Find us on ROCKFORD COMMUNITY SERVICES



Register at
rps.digitalsignup.com

Must register using a computer or tablet.

NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL
616.747.3530

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

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

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

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

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

Saturdays 11:00am-1:00pm

The NRMS pool is closed during Spring Break, April 3-12, Memorial Break, May 24-26, and Fourth of July Break, June 30-July 5.

RHS LAP SWIM

ROCKFORD HIGH SCHOOL
616.747.3766

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

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

The RHS pool is closed during Spring Break, April 3-12, Memorial Break, May 23-26, and Fourth of July Break, June 30-July 5.

ROCKFORD PUBLIC SCHOOLS

SUMMER LEARNING



HIGH SCHOOL

OPEN CREDIT OPPORTUNITIES

Earn credit this summer in Health, Economics, or US Government.

**Students can take 1 or 2 open credit courses.
All courses are available either session.
Can be combined with a credit recovery course.**

Cost is \$100 per class

Mondays–Thursdays

JUNE 9-12, JUNE 16-19,

JUNE 23-26, JULY 7-10,

AND JULY 14-17

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

SESSIONS BEGIN

JUNE 9, 2025

Rockford High School
4100 Kroes Street NE

ECONOMICS

Incoming 10th-12th graders only. The study of macroeconomics and microeconomics. Topics covered include: market structure and free markets, supply and demand, financial markets, income distribution, poverty, taxation, GDP, the government's role in the economy, monetary and fiscal policy, and globalization. This course fulfills a graduation requirement.

This is an ONLINE CLASS, but must be attended in person on June 9.

Session 1: 8:45-10:15am #3610-U25A \$100

Session 2: 10:30am-12pm #3610-U25B \$100

US GOVERNMENT

Incoming 12th graders only. This is a survey course exploring the organization and administration of our federal government. The purpose of this course is to become an informed and active voter and understand the various components involved in policy making at the national level. This course fulfills a graduation requirement.

This is an ONLINE CLASS, but must be attended in person on June 9.

Session 1: 8:45-10:15am #3611-U25A \$100

Session 2: 10:30am-12:00pm #3611-U25B \$100

HEALTH

Incoming 10th-12th graders only. This class focuses on developing skills and acquiring knowledge to promote health and wellness. Students will explore units that meet the State of Michigan Health Standards. Course topics include: wellness, mental and emotional health, coping strategies, communicable and non-communicable diseases, healthy nutrition, substance abuse, first aid and safety, positive self-image, and more.

This is an ONLINE class, but must be attended in person on June 9.

Session 1: 8:45-10:15am #3622-U25A \$100

Session 2: 10:30am-12:00pm #3622-U25B \$100

ROBOTICS WORKSHOP

Build competition style robots using Vex VS competition robot brains, controllers, and build material. Participants will be grouped into teams to generate ideas and build a robot to solve the problems of the competition field. Workshop is four days of building, programming, and trial and error that will lead to a mini tournament on the final day to test the builds against the field and the other robots that have been developed. Limit of 9 students.

Sign-up for one session only (content is the same in each workshop).

Workshop I - 6th-9th Grade

June 9-12, 9:00am-12:00pm #3613-U25A \$100

Workshop II - 6th-9th Grade

June 16-19, 9:00am-12:00pm #3613-U25B \$100

Workshop III - 6th-9th Grade

June 23-26, 9:00am-12:00pm #3613-U25C \$100

Workshop IV - 9th-12th Grade

July 7-10, 9:00am-12:00pm #3613-U25D \$100

Workshop V - 9th-12th Grade

July 14-17, 9:00am-12:00pm #3613-U25E \$100

ROCKFORD PUBLIC SCHOOLS

SUMMER LEARNING



H I G H S C H O O L

CREDIT RECOVERY

Credit recovery classes are solely for students to make-up credit lost during the previous school year. Students can take 1 or 2 credit recovery courses. All courses are available either session. *Credit Recovery is in person!*

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

MONDAYS–THURSDAYS

June 9-12, June 16-19, June 23-26,
July 7-10, and July 14-17

Snack provided. Classes held at Rockford High School.

ENGLISH CREDIT RECOVERY

This course will allow students to recover credit in a required English class. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: English 9A, 9B, 10A, 10B, 11A, 11B.

SESSION 1: 8:45-10:15am #3600-U25A \$100

SESSION 2: 10:30am-12:00pm #3600-U25B \$100

MATH CREDIT RECOVERY

This course will allow students to recover credit in a required Math course. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: Algebra A, B; Geometry A, B; Algebra II

SESSION 1: 8:45-10:15am #3601-U25A \$100

SESSION 2: 10:15am-12:00pm #3601-U25B \$100

SCIENCE CREDIT RECOVERY

This course will allow students to recover credit in a required Science course. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: Earth Science A, Earth Science B; Biology A, Biology B; Chemistry A, Chemistry B.

SESSION 1: 8:45-10:15am #3602-U25A \$100

SESSION 2: 10:15am-12:00pm #3602-U25B \$100

SOCIAL STUDIES CREDIT RECOVERY

This course will allow students to recover credit in a required Social Studies course. Students will work with certified Rockford High School staff to master the priority standards needed to move to the next level of coursework. Offerings: World Studies A, World Studies B; American Studies A, American Studies B; Economics, and US Government.

SESSION 1: 8:45-10:15am #3603-U25A \$100

SESSION 2: 10:15am-12:00pm #3603-U25B \$100

HEALTH CREDIT RECOVERY

Graduation Requirement

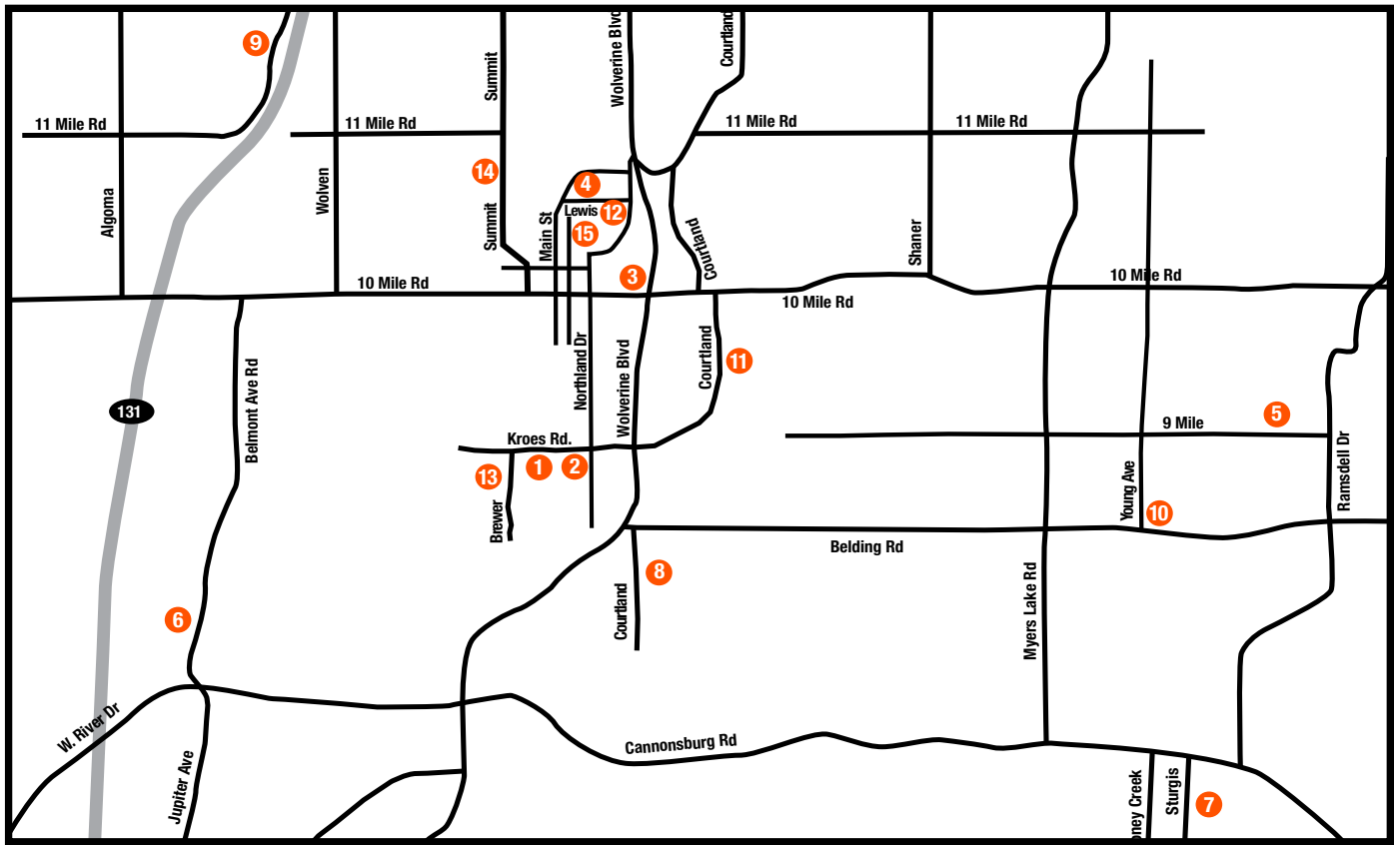
SESSION 1: 8:45-10:15am #3604-U25A \$100

SESSION 2: 10:15am-12:00pm #3604-U25B \$100



Rockford Public Schools

Quality Community – Quality Schools
Together Building a Tradition of Excellence



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 **Cannonburg 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.