



Rockford Area Schools **COMMUNITY EDUCATION**

**Winter
2023**



www.rockford.k12.mn.us

> Winter



About Rockford Community Education

It is the mission of the Rockford Community Education Department to; Encourage parent and community involvement in public education, to promote activities that address community needs, to facilitate the use of district assets for the greater good of the community.

Community Ed Staff Directory

Community Education Director

Melissa Joseph
763-477-4563, josephm@rockford.k12.mn.us

Early Childhood Programs

Tiffany Reinhard
763-477-7500, reinhardt@rockford.k12.mn.us

Galaxy Kids Program

Cody Hallahan
763-477-7555, hallahanc@rockford.k12.mn.us

Rockford Community Education Advisory Council Members

Brittni Bronczyk
Marlis Doboszenski
Todd Faber
Stefanie Geisman

Kelly Grimm
Jenny Kneeland
Negail Torborg

Table of Contents

RCC Membership

Rockford Community Center Membership	1
--------------------------------------	---

Early Childhood

About Early Childhood	2
Parent/Child Classes	3
Launching Pad Preschool	5
Preschool/Extended Preschool Care	5
ECFE Registration	6

Youth

STEM	8
Art	9
Sports & Recreation	10
Rocket Gymnastics Club	10
Classroom Driver Education	11
Galaxy Kids School Age Childcare	12

Adults/Seniors

Recreation/Fitness	14
Adult Enrichment	15

Fitness Classes

Community Center Classes	16
--------------------------	----

Community Education

Facilities Map	18
Class Registration	20

RCC Winter Hours

January 1 – March 31

Monday - Friday	5 am – 9 pm
Saturday	8 am – 4 pm
Sunday	11 am – 9 pm

**Check website calendar for closed days or special hours.*

Front Desk 763-477-5294

CE Office Hours: 8am - 4pm, M-F

Rockford Community Center
7600 County Road 50

Rockford Community Center Membership

Plan a visit to the Rockford Community Center – we would love to meet you and give you a tour of the Rocket Power Center. Our goal is to make everyone feel comfortable and motivated – we can help you achieve your health and fitness goals. We have fitness professionals, a variety of equipment and fitness classes included in your membership to support and coach you as you improve your health. We have a clean, comfortable and safe environment with no long term contract hassles. Call or stop in at the RCC front desk today for more information or to sign up!

RCC Membership Includes:

- Most RCC Fitness Classes
- Access to Rocket Power Center
- Access to RCC Fieldhouse
- Access to Bathroom/showers
- Access to RCC Personal Trainers (extra fee)

Non-members can get a daily pass for \$5 or take a class for \$5 each

How to become a Member:

Fill out a Membership Registration form and a monthly fee will be automatically deducted.

<https://rockfordcc.recdesk.com/Community/Home>

Questions:

email Jamie Smith, smithj@rockford.k12.mn.us
Call 763-477-5294 between 8am - 4pm

RCC Fitness Classes

All monthly memberships include RCC fitness classes at no additional charge. Fees may be required for some equipment.

How it works:

No pre-registration is needed, however, we encourage all participants to arrive 15 minutes before the class begins. Simply swipe your membership card and sign in upon arrival.

Rocket Power Center

The RCC also has a fitness center with cardiovascular equipment such as elliptical, treadmill and stair climber machines. In addition the RCC has a Freemotion cable cross machine, free weights and Cybex weight machines.

No one under the age of 12 is allowed in the Rocket Power Center. Ages 12-14 must be supervised by a legal guardian.

Access to RCC Personal Trainers

The RCC has two personal trainers available to help you meet your fitness goals.

Personal Training is not included in Membership and is an additional fee. See page 17 for information about our trainers and pricing.

RCC Membership Rates

Fill out a Membership Registration form and a monthly fee will be automatically deducted.

Adult Monthly

Includes: RCC fitness classes and access to fieldhouse and Rocket Power Center

\$32

Student Monthly

Valid HS or College ID MUST be present when joining.

\$20

Senior Monthly (62 and over)

Includes: RCC fitness classes and access to fieldhouse and Rocket Power Center

\$20

Free walking passes

(Walking passes do not include the use of the Rocket Power Center).

Family Monthly

Includes: RCC fitness classes and access to fieldhouse and Rocket Power Center*

**Does not include Rocket Power instruction, must have student membership for that program.*

\$45

Annual Walking Pass

Seniors 62 and over receive FREE walking passes in the fieldhouse.

\$50

Day Pass

Daily fee for Rocket Power Center and Fieldhouse use OR one fitness class. Anyone under the age of 18 must be signed up and paid for by a legal guardian.

\$5

\$2 for 62+

No sign up fees, no cancellation fees, no minimum contract length.

Insurance Benefits

Contact your insurance provider to see if you are eligible. Stop by the RCC Front Desk or call 763-477-5294 for more information.



Early Childhood Family Education

(ECFE) is a program for all Minnesota families with children between the ages of birth to kindergarten. The program is offered through Minnesota public school districts.

ECFE offers parents hands-on learning experiences that will nourish a lifetime of teachable moments.

All ECFE classes are taught by licensed teachers and parent educators to provide the quality education for which parents are looking.

Together, parents and children, newborn to kindergarten age, participate in activities and experiences that foster children's social, emotional, cognitive, physical, and language skills.

ECFE & Launching Pad Preschool Location

Rockford Elementary Arts Magnet School
7650 County Road 50
Rockford, MN 55373

More information

Tiffany Reinhard, Coordinator
763-477-7500

Resources

Have you recently moved or had a baby?

If you have recently had a new baby, or have moved to our school district and have children ages birth through five, it is important that they are included in the school census. This ensures that you receive notification about early childhood classes, early childhood screening, kindergarten round-up and other school-related information. If you are not sure whether your children are listed on the school census, please contact the Early Childhood Office at 763-477-7500, or fill out a census form located on our website at www.rockford.k12.mn.us. Scroll over Community and select Early Childhood Programs.

ECFE on Wheels

The program features visits to your daycare, or visits on-site at the ECFE center. Visits offer creative, fun, age-appropriate activities, as well as time to informally discuss questions about child development, milestones, etc. Information on parenting and community resources are also available. Call the ECFE office at 763-477-7500 to set-up a home visit. There is no fee for home visits.

Wellness on Wheels (WOW)

The WOW Van, a public health service through Wright County Health and Human Services, is staffed by Registered Nurses and offers many services, including: Immunizations*, Healthy Adult Program, Healthy Family Program, Dental Wellness Program, Fluoride Treatment*, Well Child Check*, Car Seat Check*, Community Resources, and Take Heart Minnesota*. It also offers screenings, including: Blood pressure, Cholesterol*, Diabetes, Pregnancy, Hemoglobin, Lead*, Mantoux Test, Radon Test Kit, Well Testing Kit.

Please call 763-682-7516 for questions or to schedule an appointment. *Appointment needed

Wright County Family Planning Program

This program promotes healthy pregnancy and provides regular check-ups and testing that can help protect a person's ability to have children in the future. This program is for women and men of any age who don't have insurance to pay for family planning. Services are no cost and are strictly confidential.

- Free pregnancy testing and counseling
- Medical exam and screening for infections
- Full range of birth control methods

Call Wright County Health and Human Services at 763-682-8424.

Parent/Child Non-Separating Classes

Baby & Me Classes

Infants up to 1 year old

You've likely read some things and heard all kinds of advice, but nobody else has ever parented your child. In our infant classes you'll spend time connecting with other parents going through many of the same things. We'll talk about infant development, eating, sleeping, parent/child attachment, self-care and other topics unique to you and your infant. Whether this is your first or your fifth, you'll find yourself amongst friends. (Please inquire if the "sessions" listed do not completely coincide with your maternity leave. You are welcome to join class around your maternity leave and as space allows.) (Non-Separating - you and your child stay together for the entire class)

Mondays

WINTER SESSION	No fee
Jan 30- Mar 13 (no class Feb 20)	
10:30 - 11:15 AM	
REAMS ECCE Room 213	6 classes

SPRING SESSION	No fee
Apr 10 - May 15	
10:30 - 11:15 AM	
REAMS ECCE Room 213	6 classes



Parent Support Coach

Are you searching for resources or have questions about parenting? Are you needing support on your parenting journey, or guidance in developing parenting strategies? Our friendly, welcoming and knowledgeable licensed parent educator is available for in-person or virtual meetings. To request a meeting, please contact our early childhood programs coordinator at 763-477-7500 or by email at reinhardt@rockford.k12.mn.us. You can also register in Eleyo at www.rockford.ce.eleyo.

Play 'N Learn Together

Mixed ages Birth to 5 years

This mixed-age class is perfect for those looking for parent conversation and discussion in a relaxed and informal atmosphere while their child is playing, learning and hanging out with other kid-friends. This is a non-separating class where you'll spend the entire time in the early childhood classroom.

Tuesday Evenings

WINTER SESSION	\$55/family
Jan 10 - Mar 14	
6:00 - 7:00 PM	
REAMS ECCE Room 213	10 classes

SPRING SESSION	\$35/family
Apr 11 - May 16	
6:00 - 7:00 PM	
REAMS ECCE Room 213	6 classes

Screening Appointments

State law requires all children to participate in **Early Childhood Health & Development Screening** before they may enter public kindergarten. Identifying possible concerns early is the best way to prevent serious problems later. The ideal time to screen children is at age 3 to 4. Early Childhood Screening provides an opportunity for parents to discuss and find out about resources in the school and community.

The Screening Process

Screening includes a health history, immunization assessment, height and weight assessment, interview with parents and screening in the following areas:

- Hearing & vision
- Speech & development
- Fine & gross motor skills
- Social-emotional

Make your appointment by calling 763-477-7500

Appointments are needed and letters are sent to families with age-eligible children. If you have a child in this age group and do not receive a letter, please call the Early Childhood Programs office, 763-477-7500.

Parent/Child Separating Classes

Play 'N Learn

Mixed ages Birth to 5 years

These mixed-ages classes are for everyone! During these classes, you'll spend time with your child in the early childhood classroom before separating for the parent/caregiver discussion. While you're gone, your child will enjoy time playing and learning with an Early Childhood teacher and other kid-friends. This is a great opportunity for parents and caregivers to connect and support each other and for children to learn and grow with other children and apart from their adults.

Mondays

WINTER SESSION	\$68/1 child \$81/2 children \$94/3 children
Jan 9 - Mar 20 (no class Jan 23, Feb 20)	
8:00 - 9:30 AM	
REAMS ECFE Room 213	9 classes

SPRING SESSION	\$47/1 child \$60/2 children \$73/3 children
Apr 10 - May 15	
8:00 - 9:30 AM	
REAMS ECFE Room 213	6 classes

Tuesdays

WINTER SESSION	\$75/1 child \$88/2 children \$101/3 children
Jan 10 - Mar 14	
9:00 - 10:30 AM	
REAMS ECFE Room 213	10 classes

SPRING SESSION	\$47/1 child \$60/2 children \$73/3 children
Apr 11 - May 16	
9:00 - 10:30 AM	
REAMS ECFE Room 213	6 classes

Almost Ready for Preschool

Ages 2.5 to 4.5 years

This class is the perfect combination of ECFE and a practice preschool experience. One morning a week (Wednesdays) you'll spend time with your child in the early childhood classroom before leaving to have a parent/caregiver-only discussion with our Parent Educator, and the other parents/caregivers. During the parenting time you'll talk about school readiness, behavior, friends, discipline, child development and other topics chosen by you as parents, while your child plays and learns in a classroom of peers led by an Early Childhood teacher. The second day of class (Fridays) is just for the kids! You'll drop your child off in the Early Childhood room and pick them up at 10:00 am for a brief together time and good-byes. What a great way to practice separating from adults and navigating a room full of new friends.

Wednesdays & Fridays

WINTER SESSION	\$165/child
Jan 11 - Mar 17	
8:15 - 10:15 AM	
REAMS ECFE Room 213	20 classes

SPRING SESSION	\$101/child
Apr 12 - May 19 No class Apr 15	
8:15 - 10:15 AM	
REAMS ECFE Room 213	12 classes



The Launching Pad Preschool

Ages 3 to 5 years

The Launching Pad Preschool provides an outstanding and unique public preschool experience for your child. We embrace a Reggio Emilia-inspired philosophy and Creative Curriculum. The Reggio-inspired approach encourages exploration, discovery and critical thinking. Our Creative Curriculum is research based, and aligned with the Minnesota Early Childhood Indicators of Progress (ECIPs).

Our program is founded on the belief that all children have great potential, are curious, and are interested in constructing their learning. Learning activities are exciting, creative, and developmentally appropriate. We focus on some of these key elements that encourage children's growth and learning:

Project-based learning:

Stresses individual and small group investigation of topics that are of interest to the children. Teachers integrate skills acquisition within the project work.

Inquiry-based learning:

Emphasizes thinking and problem solving, and is a natural progression for students as they move into kindergarten and the primary grades.

Authentic Art:

Helps children find expression through authentic art experiences and have the opportunity to explore materials and processes.

Launching Pad Preschool offers:

Full Day Programs: 2 or 3 days per week

Half Day Programs: 2, 3 or 5 days per week

Please call us at 763-477-7500, or visit us at www.rockford.k12.mn.us. Scroll over Community and select Early Childhood Programs for more information, including busing and tuition schedules.

**2023-24
Preschool
Registration
— OPENS —
Feb 1**

**OPEN
HOUSE
Feb 21
5:30-7pm**

Galaxy Kids Extended Preschool Care

Galaxy Kids offers a care program for all preschool age children who are enrolled in Launching Pad Preschool or Preschool programs within the Rockford Area School District.

The program is designed to both enhance and reinforce your child's education and social experiences to help prepare them for kindergarten. Preschool Extended Care has a 1 to 10 adult to student ratio.

To register: Please call us at 763-477-7500, or visit us at www.rockford.k12.mn.us. Scroll over Community and select Galaxy Kids - School Age Care

Consistent Schedule Rates:

Preschool Half-Day Care AM 8:05 am - 12:15 pm	\$15.50/day
Preschool Half-Day Care PM 10:45 am - 3:00 pm	\$15.50/day
Preschool School Day Care 8:05 am - 3:00 pm	\$25.75/day

For additional care options, including flexible schedule and drop-in rates, call 763-477-7555.

ECFE Class & Event Registration

Procedures

Children are our future. We value humanity, the strength of families and celebrate differences and we are committed to promoting the value of families in our society. To accomplish our goals in the fairest way possible, we must adhere to the following procedures:

Missed Classes

Call the ECFE office at 763-477-7500 when you are unable to attend class.

Behavior

Staff will immediately respond to children engaged in unsafe play whether or not a parent is present. Staff will assist parents with appropriate guidance when necessary.

Health Procedures

We have a designated area to put all toys that come into contact with a child's mouth; these are sterilized daily. A child who has a fever of 100 degrees or more, or has vomited within the past 24 hours should not attend classes. Children should be kept home if they exhibit a sore throat, diarrhea, thick mucous from the nose, undiagnosed rash, inflamed or mattery eyes, infected sores, or persistent itching of body or scalp. If a child comes to school with these conditions, we will request the parent and child to leave and return when symptoms have disappeared.

Weather Related School Closings

When school is cancelled due to weather or other emergencies, ECFE classes and trips are also cancelled. When school has a late start, morning ECFE classes will be cancelled. Please listen to WCCO 830 or KRWC 1360 radio, KARE 11 or WCCO 4 TV, or check the Rockford Area Schools website for late start or closing information.

Our classes are affordable to all

Class fees are based on a sliding fee schedule according to income and family size. No family who meets scholarship requirements will be turned away for inability to pay, dependent on availability of class enrollment openings. Family fee applies to members of immediate family only.

Sliding Fee Scale	Annual income equal to or less than:	Annual income between	Annual income between	Annual income between	Annual income equal to or greater than
Family Size					
1	\$17,677	\$17678-20385	\$20386-23782	\$23783-27180	\$27,181
2	\$23,803	\$23804-27465	\$27466-32042	\$32043-36620	\$36,621
3	\$29,939	\$29940-34545	\$34546-40302	\$40303-46060	\$46,061
4	\$36,075	\$36076-41625	\$41626-48562	\$48563-55500	\$55,501
5	\$42,211	\$42212-48705	\$48706-56822	\$56823-64940	\$64,941
6	\$48,347	\$48348-55785	\$55786-65082	\$65083-74380	\$74,381
7	\$54,483	\$54484-62865	\$62866-73342	\$73343-83820	\$83,821
8	\$60,619	\$60620-69945	\$69946-81602	\$81603-93260	\$93,261
9	\$66,755	\$66756-77025	\$77026-89862	\$89863-102700	\$102,701
PAYMENT DUE	No Fee	1/4 Class Fee	1/2 Class Fee	3/4 Class Fee	Full Class Fee
Each additional member, add \$4720.00					

SLIDING FEE APPLICATION REQUIRED.

Application can be found at www.rockford.k12.mn.us/domain/125, in the EC Program Information box. Download and return completed form with your registration or call 763-477-7500.

Ways to Register

Submit your registration form and payment:

ONLINE www.rockford.ce.eleyo.com

A current immunization form is required to complete registration.

MAIL Submit your completed registration form, immunization form and payment (make checks payable to ECFE):

ECFE
7650 County Road 50
Rockford, MN 55373

PHONE 763-477-7500, Fax 763-477-5025

Cancellations and Refunds

If you need to cancel your registration and it is five or more days prior to the beginning of class, you will be refunded the fee minus a \$5 processing fee.

You will be notified ONLY if a class has been cancelled.

Immunization Records

As required by state law, updated immunization records **MUST** be provided for all children. You must submit an updated immunization form when registering for ECFE classes. This form will be kept on file for the school year. Please bring in or have your child's clinic fax immunization records to 763-477-5025 (Attn: ECFE).

Age Designation Some classes are designated for a specific age group. Parents may not bring younger or older children to these classes unless they have made arrangements with us for sibling care. Infants (6 months and younger) are the exception; they can attend if they remain with the parent during parent discussion time, excluding gym class.

Nondiscrimination

Federal and state laws prohibit discrimination in education based on sex/gender, sexual orientation, race, color, creed, national origin, religion, disability, receipt of public assistance, marital status and age.

ECFE Registration

ADULT CONTACT INFORMATION

Name _____

Address _____

City _____ Zip _____

Home Phone _____

Cell Phone _____

Email _____

PARTICIPATION INFORMATION

First Name	
Middle Name	
Last Name	
Date of Birth	
Class/Event #	
Class/Event Name	
Fee	\$

First Name	
Middle Name	
Last Name	
Date of Birth	
Class/Event #	
Class/Event Name	
Fee	\$

First Name	
Middle Name	
Last Name	
Date of Birth	
Class/Event #	
Class/Event Name	
Fee	\$

PAYMENT INFORMATION

TOTAL	\$
Check #	

Mail to:

ECFE, 7650 County Road 50, Rockford, MN 55373

AGREEMENT

I have read and agree to all ECFE policies.

Parent/Guardian Signature

> Youth



Kidcreate Studio

Specializing in children's art classes, camps and art themed birthday parties, Kidcreate Studio is an art studio just for kids. At Kidcreate, your child will create fridge-worthy masterpieces, learn art concepts, and experiment with many different art materials.

KidzArt

KidzArt is a drawing based program providing a fun, unique, and confidence-building creative art experience. KidzArt provides students with a non competitive environment with creative activities that promote problem solving. We offer art classes, camps, workshops, birthday parties and more!

STEM

Robotics Open House

All ages

Ever wonder what the Rockford Robotics Team is up to? Get a sneak peek of the construction of their robot going to competition in March. Parents and students are welcome!

Tuesday	FREE
March 14	
4:00 - 6:00 PM	Robotics Lab / RHS Commons

Party Crashers RC Racing

Grades 1-8

Interested in RC Cars? Want to try racing them on a track? Then come join us for some fun as we explore what makes them work and then get to try them out. Participants will leave with a better understanding of the hobby, and get some time testing out their driving skills on a few different types of RC Cars and Trucks.

Session 1 - Monday	\$25
May 8	
6:00 - 7:10 PM	RCC

Session 2 - Monday	\$25
May 8	
7:20 - 8:30 PM	RCC



A Very Messy Art Camp

4-9 years

Let's take mess-making to a whole new level! We'll paint with plaster, sculpt with gooey gunk, make papier mache birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. These are not projects to tackle at home – leave the mess with us. After all, being a kid is messy business! Please pack a nut free snack and drink for your child each day.

Instructor: Kidcreate Studio

3 day camp, Mon/Tue/Wed	\$105
March 27, 28, and 29	Galaxy student price \$88
9:00 AM - Noon	RCC Room 806

Slime-Tastic Art

5-12 years

It's a slime takeover! In this class, slime is the main event. We'll explore different slime recipes as we create tons of gooey, sparkly, stretchy, messy goo. From an out-of-this-world glitter solar system slime, confetti cake slime and bubble gum scented slime, we'll make a different slime during each day of class. We'll even throw in a little painting and sculpting on the side, too! Roll up your sleeves, and get ready for the Slime-Tastic time you've been waiting for! Please pack a nut free snack and drink for your child each day.

Instructor: Kidcreate Studio

3 day camp, Mon/Tue/Wed	\$105
March 27, 28, and 29	Galaxy student price \$88
1:00 - 4:00 PM	RCC Room 806

Canvas Fun: Cats in Love

Grades K-5

Grab your friends for this special one-time painting workshop. We will use acrylic paint on a 9x12 canvas to paint cuddly cats just in time for Valentine's Day.

Instructor: KidzArt

Friday	\$25
February 10	
3:00 - 4:00 PM	REAMS Rm 300

Canvas Fun: Spring Rainboots

Grades K-5

It's a slime takeover! In this class, slime is the main event. We'll explore different slime recipes as we create tons of gooey, sparkly, stretchy, messy goo. From an out-of-this-world glitter solar system slime, confetti cake slime and bubble gum scented slime, we'll make a different slime during each day of class. We'll even throw in a little painting and sculpting on the side, too! Roll up your sleeves, and get ready for the Slime-Tastic time you've been waiting for! Please pack a nut free snack and drink for your child each day.

Instructor: Kidcreate Studio

Friday	\$25
April 21	
3:00 - 4:00 PM	REAMS Rm 300

Bedazzled Unicorn

5-12 years

The only thing better than a unicorn... is a unicorn that's blinged out! Come bedazzle with us as we create a colorful unicorn masterpiece on a real canvas board. We'll also make one of our most popular projects- Unicorn Slime!!! Please pack a nut free snack and drink for your child. Instructor: Kidcreate Studio

TBD	\$42
TBD	
9:00 AM - Noon	RCC Room 806



Sports & Recreation

Bouncing Basketballs! (RACER)

Grades K-3

Looking for a weekend activity for your child to do in the winter? Bouncing Basketballs is a great way for girls and boys to learn basketball skills, terminology, and have fun as we play games at the end of each practice! So grab your gear and sign up today! All equipment is provided and participants also receive a t-shirt!

Volunteer coaches are needed and will receive a free t-shirt and 75% off their child's registration! The registration deadline is January 2nd. Shirts are not guaranteed if you register after this date.

Grades K-1 Boys and Girls	\$40
6 Saturdays	
January 7, 14, 21, 28, Feb. 4, 11	
9:00 - 10:00 AM	REAMS or RCC

Grades 2-3 Boys and Girls	\$48
6 Saturdays	
January 7, 14, 21, 28, Feb. 4, 11	
10:15 - 11:30 AM	REAMS or RCC

Wacky Wednesday Activities Camp

Grade 5 & 6

Come get Wacky on Wednesdays and play a variety of games and have fun with your classmates! Explore different sports, games, and themes each Wednesday. For example, wacky sock day or bed head day! T-shirt included and prizes for best themed outfit. This is a class you won't want to miss!

4 Wednesdays	\$30
February 15, 22, March 1, 8	
3:00 - 4:00 PM	RMS Gym

Terrific Themed Thursdays Activities Camp

Grade 3 & 4

Come have a Terrific time in this after school program! Play a variety of games and have fun with your classmates where we will explore different sports, games, and have a different dress up theme each Thursday. For example, wacky sock day or mis-match day! T-shirt included and prizes for best themed outfit. This is a class you won't want to miss!

4 Thursdays	\$30
February 2, 9, 16, 23	
3:00 - 4:00 PM	REAMS Gym



Rocket Gymnastics Club

The Rockford Community Education provides a program that offers the residents and surrounding communities a local place to train for both recreational, competitive club level and high school level gymnastic at affordable rates.

GOALS:

- Successful gymnastics programs feeder program
- Successful gymnastics training for: Strength, Agility, Flexibility, Dance skills, All level tricks, with proper progression & skill levels

Training and coaching will be provided by qualified coaching staff to offer a complete program with clear levels, achievement, and teaching strategies.

Club Location:

6051 Ash Street, Rockford, MN 55373
Enter Activity Door #5

More information

Rocket Gymnastic Club:

763-477-7535

Gymnastics Coordinator, Averi Shrode:

Shrodea@rockford.k12.mn.us



Classroom Driver Education

Classroom Driver Education

We are offering Classroom Driver Education to Rockford and surrounding areas for the low price of \$130. This class will prepare students for the instructional permit test and fulfills the 30 hours of classroom training required by the state of Minnesota to operate a motor vehicle (not including Behind the Wheel time).

Included in our classroom portion is a Safe Communities night (Parent & Student Class). This night informs participants about dangerous conditions that exist on our roads, inattentive driving, drinking, drugs, police stops and more. Students will take a practice test on the last day of class.

***Please note - the fees below apply to classroom training ONLY. Behind the wheel lessons are a separate fee paid to the company of your choice.**



Behind the Wheel

A+ Driving School

There are many choices for your Behind the Wheel driving experience, but with Rockford's partnership with A+ driving school you can stay in your own "backyard". A+ will pick up your student from either the high school or your home and drop them off at either place as well. They also have a representative at the RCC at the end of each classroom session where you can register for lessons and get your blue card.

To register and pay for Behind the Wheel:
visit www.aplusdrivingschool.net

Winter Session	
10 Days of Class, M-F	\$130
January 9 - 20	
3:00 - 6:00 PM	
Location TBD	Min 10/ Max 30

Parent & Student Class	
DATES: TBD	
TIME: 6:30 - 8:00 PM	
PLACE: RCC Room 805	

About Blue Cards

(what you need to get your permit)

Please note that this class only fills the classroom portion of drivers ed. In order to get a permit, students must be signed up with a behind the wheel company. The behind the wheel company, not Rockford, will issue your blue card.

Galaxy Kids 2022-23 School Year Program

Galaxy Kids is a certified before and after school child care program for preschool-6th grade students offered through Rockford Area Schools Community Education. We are conveniently located in Rockford Elementary Arts Magnet School right across the hall from ECCE and the preschool classrooms. We are open Monday-Friday from 6:00am-6:00pm to assist with family child care needs. We have many different registration options that are sure to accommodate most families' busy schedules. If you are looking for child care before, during, or after school, then this may be the program for you.



Program Services

- Before and after school care for preschool - 6th grade
- Extended day care and AM or PM 1/2 day care for preschool students
- Consistent, pick your days, or drop-in schedule options
- Full day care on most non-school days and extended morning care on late start days
- Drop-off and pick-up assistance for community education programs and classes during after school program
- 1 hour or less rates for before and after school care

Program Highlights

Our program is a choice-based program where students get the chance to immerse themselves into many different activities, including art, science, math, STEM, drama, music, sports, engineering and technology, language arts/literacy, mentoring and community services, homework assistance, and self-guided activities. At Galaxy, we strive to promote positive behavior, social skills, and friendships while encouraging self-expression, creativity, and leadership amongst the students. Each and every day is a new adventure for students participating in Galaxy.

Galaxy Kids staff are well-trained and knowledgeable individuals that strive to engage and entertain every student that is part of the program. We are professionals that strive to provide a high-quality program that not only meets the expectations of parents, but also is a program students enjoy being a part of. We come to work each and every day to put a smile on students' faces and try to engage all that are part of the program.

Pick-up and Drop-off Information

Preschool students are welcome to use the district's bus service for drop-off and pick-up for our preschool care options. Non-school days require parent drop-off and pick-up. You may drop-off and pick-up your child during the following time slots, based on which care option you're registered for:

Before School Care Full Session	6:00am – 8:05am
Before School Care 1 hour or less	7:00am – 8:05am
Preschool Half Day Care AM	8:05am – 12:15pm
Preschool School Day Care	8:05am – 3:00pm
Preschool Half Day Care PM	10:45am – 3:00pm
After School Care 1 Care hour or less	3:00pm – 4:00pm
After School Care Full Session	3:00pm – 6:00pm
Non-School Days	6:00am – 6:00pm



Galaxy Kids Location



**Rockford Elementary
Arts Magnet School**

7650 County Road 50, Rockford, MN 55373

Call: 763-477-7555

Email: galaxy@rockford.k12.mn.us

Registration Information

- More information and our Parent Handbook are available at <https://www.rockford.k12.mn.us/community/galaxy-kids-school-age-childcare>
- Register at <https://rockford.ce.eleyo.com/> and click on Galaxy Kids Program and follow the prompts
- Auto-Pay is Required for all Galaxy Accounts
- Contact Galaxy staff at 763-477-7555 if you have any questions or would like to schedule a tour

> Adults/Seniors



Senior Citizens Clubs

Rockford

The Rockford Area Seniors meet the 2nd Monday of each month at different locations. Attend and find out more information about activities or call Marilyn Blake (763) 331-5896. Membership is \$10 per year.

Rockford Township

Judith Saewert, 763-972-2887
1st Thursday of each month at
Rockford Township Hall

Corcoran

Bill Grabski, 763-422-4818
1st Monday of each month at
Corcoran City Hall

Hanover

Elizabeth Loeffler, 763-241-0094
1st Tuesday of each month at
Hanover City Hall

Delano

763-972-0574, 234 2nd Street N, Delano

Recreation/Fitness

Men's Open Basketball

Must be 18 to join. Adult men's basketball league. Come play pickup basketball on Wednesday nights and Saturday mornings!

Wednesdays/Saturdays	\$25
Starting January 4th	
Wednesday Evenings: 6:00 - 8:00 PM REAMS Gym	
Saturday Mornings: 8:00 - 10:00 AM RHS Gym	

Senior Walk and Talk!

Come join a group of seniors for a social gathering that includes walking, stretching, and band strength training. This is an informal group that meets twice a week at the community center for laughs, conversation, and fitness. Must have a at least a walking pass (free for seniors 65+).

Tuesdays and Thursdays	call 763-477-5294 for details.
11:00 AM	
RCC	

Free Walking Passes for Senior Citizens!

Visit the RCC for more information at 7600 Co. Rd. 50 (Rebecca Park Trail) Rockford, MN or call 763-477-5294 for details.

Rockford Community Center
is an authorized
provider of:


SilverSneakers®

 **Silver&Fit®**

Renew Active
by  **UnitedHealthcare®**

One Pass™

Emotional Poverty

Every evening on the news, there are multiple stories about violence and anger erupting. Workplace, family and school violence are increasingly a reality. The book, Emotional Poverty by Ruby Payne, Ph.D. was written for educators and others to help identify what motivates good behavior and the underlying emotional causes of unsafe/disruptive behavior. Using a brain-based approach, this workshop looks at the underlying causes of anger, anxiety, and violence; how they develop; and the tools that can be used to change those responses. Emotions are processed 200 to 5,000 times faster than thought. To change behavior, the motivation for the behavior must be changed. This workshop will provide understanding on how that can be used with family, relationships, institutions, and oneself.

Saturday	\$15
January 7	Scholarships available
9:00 AM - 1:00 PM	RCC

Saturday	\$15
January 14	Scholarships available
9:00 AM - 1:00 PM	Maple Hill Estates

55+ Driver Improvement Program

The Minnesota Highway Safety Center offers 55+ Driver Improvement Courses to help adults brush up on driver safety. Confidence and comfort are enhanced by utilizing the most up-to-date research in the field, including the latest visual scanning and steering techniques, anti-lock braking skills, road rage, traffic laws and vehicle technology.

To register for class today, please call 1-888-234-1294. Persons age 55 and older who complete the course will qualify for a 10% discount on auto insurance premiums for three years. Call the number above to register or visit www.DRIVERDISCOUNTPROGRAM.COM for more information and other sites.

4 hour refresher:

Jan. 12th 12pm-4pm RCC

Feb. 13th 12-4pm

Please remember to register and pay directly with the Minnesota Highway Safety Center at 1-888-234-1294, not through Rockford Community Education!



Sweet and Salty Bingo

Do you love Treats and Bingo? Then come join us on the listed Wednesdays for both! Come to socialize, enjoy some treats, and get ready to call out "BINGO"! Treats and bottled water will be served.

Mondays	Free for Seniors 55+
December 19 January 9 January 30 February 13 February 27 March 13	
6:30 - 7:30 PM	RCC Meeting Rooms

GED/ESL classes

ABE is a free program to help adults, ages 17 years and older, prepare for the GED test, learn English, and improve basic skills such as literacy and math.

GED Basic Skills: Work one-on-one with staff to acquire or improve math and literacy skills for work, training, college or personal enrichment.

GED (General Education Development):

This program is available to ages 17+ who would like to earn their GED, which is equivalent to a high school diploma.

ESL Multi Level (English as a Second Language):

Adults learn skills in listening, conversation, reading and writing English.

Instructor Zach Binsfield

GED/Writing Prep	FREE
Wednesdays	
Starting September 8	
6:00 - 8:30 PM	RCC 804

ESL Multi Level	FREE
Wednesdays	
Starting September 8	
3:30 - 5:30 PM	RCC 804

Community Center Classes



**Fitness Classes
FREE with RCC Membership!**

RCC Winter Hours January 1 – March 31

Monday - Friday	5 am – 9 pm
Saturday	8 am – 4 pm
Sunday	11 am – 9 pm

**Check website calendar for closed days or special hours.*

MegaFit

Join us for a strength-based class led by Instructor Megan Leipholtz. The focus of class is on building full body strength with an emphasis on the core and the posterior chain. Strength training is a primary weapon against aging related muscle loss. Join us to get MEGAFIT. Certified Fitness Instructor: Megan

M/W/F	Free for Members or \$5/guest
MON & WED at 9:00 - 9:50 AM	
FRIDAYS at 8:30 - 9:20 AM	
RCC	

POUND Fitness

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music. Certified POUND® Instructor: Shannon

Wednesdays	Free for Members or \$5/guest
7:00 - 7:50 PM	
RCC Dance Studio	

POUND Unplugged

POUND Unplugged was inspired by the 3 pillars of health --> Physical, Mental & Emotional. Following the structure of 2 parts Rock and 1 part Reset we incorporate the Earth's elements to blend high intensity training with rhythmic breathing, mindfulness & meditation. We are able to sweat, release and boost the neurochemicals in the brain while quickly settling back into a peaceful, recharged and empowered state. Certified POUND® Instructor.: Shannon

Every other Saturday	Free for Members or \$5/guest
8:15 AM	
Call 763-477-5294 for monthly dates	
RCC Dance Studio	

Prime Time Fitness

Join us for a variety of exercises that will work the whole body! Strength, Flexibility, Balance, Range of Motion, and Fun! This class is open to all who like a slower pace class, with a friendly, motivating atmosphere, but are still willing to work! We use free weights, fitness balls, resistance bands, body weight, dumbbells, and practice balance drills. Each class is different and is meant to develop and increase muscle mass, gain strength, and improve bone density, range of motion, and mobility. Certified Fitness Instructor: Olimpia.

M/W/F	Free for Members or \$5/guest
7:30 - 8:20 AM	
RCC Room 801	

Senior Fitness

Join Seniors for a fitness class designed to increase endurance and muscular strength, stamina, coordination, balance, and flexibility. A selection of equipment such as bands and lightweight dumbbells, will be used to meet all capability levels. Work out at your own pace by standing or sitting on a chair, depending on your fitness level. Adults of all ages and fitness levels welcome. Certified Fitness Instructors: Olimpia & Allison.

T/TH	Free for Members or \$5/guest
8:00 - 8:50 AM	
RCC Room Dance Studio	



Access to Rocket Power Center is only for Members and Day Pass Guests.
Non-members can get a daily pass for \$5 or take a class for \$5 each

Strength & Conditioning

Conditioning meets strength training for a total body workout! In this class, we practice balance drills and also use dumbbells to stimulate muscle growth and to gain strength. We do conditioning exercises to train the whole body with the goal of increasing stamina, range of motion, and mobility. Adults of all ages and fitness levels welcome.

Certified Fitness Instructor: Olimpia.

M/W/F	Free for Members or \$5/guest
3:45 - 4:45 PM	
RCC Dance Studio	

Strength Vinyasa Flow

Increase flexibility, core power, and strength with **Power Yoga**. This new class combines traditional yoga poses, breathing, and mindfulness with interval training and light weights. With **Power Yoga**, the goal is to start the day strong, sweaty, balanced, and relaxed. Come see for yourself!

Certified Fitness Instructor: Allison

Thursdays	Free for Members or \$5/guest
9:00 - 9:50 AM	
RCC Room 801	

TRX Suspension Training PLUS

This class utilizes the TRX suspension Trainer, combined with other functional training tools to create an effective interval and circuit workout which is suitable to all fitness levels. Suspension training engages the entire body to improve balance, coordination, flexibility and strength. The first 10 minutes are dedicated to TRX adjustment, resistance options and correct movement pattern. This fun, higher intensity, interval class offers all the movement enhancing benefits of TRX Suspension Training and functional training methods. Certified TRX® Trainer Instructor: Allison

Tuesdays	Free for Members or \$5/guest
9:00 - 9:50 AM	
RCC	

Personal Training Sessions

Rockford Community Center offers professional and quality Personal Training at an excellent price! Contact us today for more information! (Please note that you must be a community center member in order to have training sessions.)

Personal Trainers

Megan Leipholtz

Certified Personal Trainer and Group Fitness Instructor

Olimpia Escamilla

ACSM Certified Personal Trainer. 10 Years of Experience. (CPR, Weight Training for Older Adults, Group Training, and AIS & PNF Stretching Certifications).

1 HOUR PERSONAL TRAINING SESSIONS	
Single Person	\$45
Two People	\$75
3 People	\$90

PERSONAL TRAINING PACKAGES	
5 Sessions (non-transferable)	\$200 (Savings of \$5 per session)

Yoga

Create strength, flexibility, and balance through challenging yet calming yoga poses. A well rounded class for all ability levels that guarantees to leave you with less tension in the body and the mind. Please bring your own fitness mat or borrow one from the RCC. Yoga Certified Instructors: Allison and Rosie.

TUES / THURS at 5:30 - 6:20 PM	Free for Members or \$5/guest
SOME SATURDAYS at 9:00 AM	
RCC Room 805-806	

Zumba

Zumba®, a Latin-Inspired Fitness Dance class is an exhilarating and easy-to-follow class that's moving millions of people toward joy and health. A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Certified Zumba® Instructor: Rosemary

Tuesdays	Free for Members or \$5/guest
6:30 - 7:30 PM	
RCC Room 801	

Rockford Community Center is an authorized provider of:

One Pass™

SilverSneakers®

Silver&Fit®

Renew Active
by UnitedHealthcare

Rockford Area Schools Facilities

RHS

Rockford High School

7600 County Road 50
Rockford, MN 55373
763-477-5846

RMS-CES

Rockford Middle School Center for Environmental Studies

6051 Ash Street
Rockford, MN 55373
763-477-5831

REAMS

Rockford Elementary Arts Magnet School

7650 County Road 50
Rockford, MN 55373
763-477-5837

RCC

Rockford Community Center & Community Education Office

7600 County Road 50
Rockford, MN 55373
763-477-5294 (RCC), 763-477-4563 (Office)

District Office

6051 Ash Street
Rockford, MN 55373
763-477-9165

Transportation Center

7700 County Road 50
Rockford, MN 55373
763-477-6100



Gyms/Classroom Entrances

ROCKFORD ELEMENTARY - REAMS	
Door 1	REAMS Main Entrance & Office
Door 7	Galaxy Kids Entrance
Door 35	REAMS Gym Entrance
ROCKFORD MIDDLE SCHOOL - RMS-CES	
Door 1	District Office
Door 4	RMS-CES Entrance & Office
Door 5	Rocket Gymnastics Club entrance
ROCKFORD HIGH SCHOOL - RHS	
Door 1	RHS Main Entrance & Office
Door 1 / 13	RHS Auditorium (enter through 1 or 13)
Door 13	RHS Commons
Door 13	RHS Main Gym
ROCKFORD COMMUNITY CENTER - RCC	
Door 11	Rocket Power Fitness Center
Door 11	RCC Entrance and Office
Door 11	RCC Fieldhouse
Door 11	RCC Dance Studio / RCC Rooms

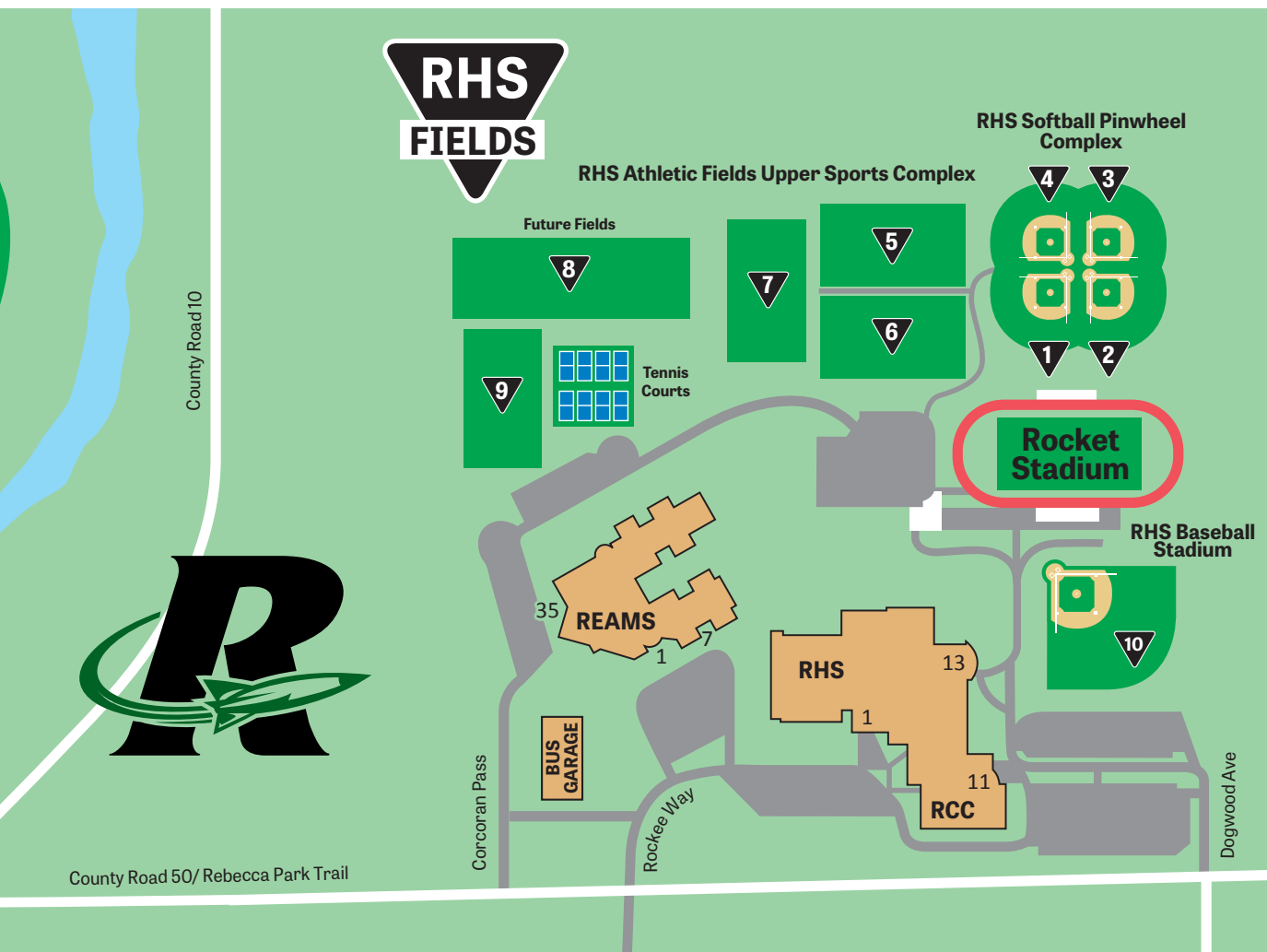
Field/Court Locations

RHS 1	Varsity Softball Pinwheel
RHS 2	Softball Pinwheel
RHS 3	Softball Pinwheel
RHS 4	Softball Pinwheel
RHS 5	Football/Soccer Practice Fields
RHS 6	Football/Soccer Practice Fields (lighted)
RHS 7	Football/Soccer Practice Fields
RHS 8	Future Fields
RHS 9	Football/Soccer Practice Fields
RHS 9	Tennis Courts
RHS 10	Varsity Baseball Field
Rocket Stadium	Rockets Multi-Use Stadium and Olympic Size Track
RMS 1	Baseball Field
RMS 2	Baseball Field
RMS 3	Baseball Field
RMS 4	Baseball Field
RMS 5	Football/Soccer Practice Fields



Facility Scheduling 763-477-4563

Contact Melissa Joseph, Facilities Coordinator



> Class Registration



Rockford Area Schools **COMMUNITY EDUCATION**

Registration

Classes are filled on a first-come, first-served basis. The class fee must be paid at the time of registration.

Assume you are in the class for which your registered unless you hear from us. All classes will meet at the scheduled time and place.

Registration Questions

Email Melissa Joseph at
josephm@rockford.k12.mn.us
or call 763-477-4563

3 Ways to Register

ONLINE

Use our new online system to register and pay all on the same site! We encourage you to add all members of your household in anticipation of future registrations within the system.

Create or Sign In to your account:

<https://rockford.ce.eleyo.com>

> Select **Explore All Programs**



BY MAIL OR IN PERSON

To register - mail, fax or drop off payment and this completed form to:

Rockford Community Education, 7600 County Rd 50,
Rockford, MN 55373

We will transfer this registration into our new system. Confirmation that you are registered in the class will be sent via email, so please make sure to include a valid email address. Registration in a class is not complete until we have payment or payment arrangements. We will contact you if the class is canceled or any additional information is needed.

FAX

You can fax the completed registration to 763-477-5833. Registration in a class is not complete until we have payment or payment arrangements.

Cancellation Policy

If a class is cancelled due to insufficient enrollment, you will be notified and your fee refunded in full. If you need to cancel, you will receive a refund minus a \$5 processing fee if you cancel at least five days before the start of class. No refunds will be issued if you cancel after that time.

Weather Cancellation

Community Ed classes will not meet when Rockford Area Schools are closed during the day due to bad weather.

Nondiscrimination

Federal and state laws prohibit discrimination in education based on sex/gender, sexual orientation, race, color, creed, national origin, religion, disability, receipt of public assistance, marital status and age.

Community Education Registration - Mail Option

To register - mail, fax or drop off payment and this completed form to:

Rockford Community Education, 7600 County Rd 50, Rockford, MN 55373 • Phone (763) 477-4563 • Fax (763) 477-5833

PARTICIPATION INFORMATION

ECFE registration: use ECFE form on page 9.

First Name	
Last Name	
Course Name/#	
Fee	\$

Please complete if registration requires age, grade and/or t-shirt size

First Name	
Last Name	
Course Name/#	
Fee	\$
2022-23 Grade: K 1 2 3 4 5 6 7 8 9 10 11 12	
Child's Birth Date: — / — / —	Child's Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male
Child's T-Shirt Size: Youth Sizes: S (6-8) M (10-12) L (14-16) Adult Sizes: S M L XL	

First Name	
Last Name	
Course Name/#	
Fee	\$
2022-23 Grade: K 1 2 3 4 5 6 7 8 9 10 11 12	
Child's Birth Date: — / — / —	Child's Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male
Child's T-Shirt Size: Youth Sizes: S (6-8) M (10-12) L (14-16) Adult Sizes: S M L XL	

ADULT CONTACT INFORMATION

Name _____

Address _____

City _____ Zip _____

Home Phone _____

Cell Phone _____

Emergency Phone _____

Primary Email _____

Secondary Email _____

PAYMENT INFORMATION

Total Fees \$ _____

☐ Cash

☐ Check payable to RCE _____

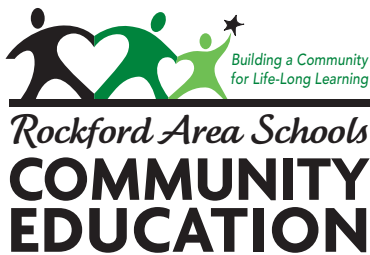
CONFIRMATION

We will transfer this registration into our new system. Confirmation that you are registered in the class will be sent via email, so please make sure to include a valid email address. Registration in a class is not complete until we have payment or payment arrangements. We will contact you if the class is canceled or any additional information is needed.

AGREEMENT

I hereby agree to allow myself or my child to participate in the named RCE activity. In consideration of accepting this registration, I hereby, for myself and heirs, waive any and all rights and claims for damages I may have against the Rockford School District ISD #883 and its representatives, for any and all injuries from whatever cause suffered by the listed participant(s) in the indicated activity.

Parent/Guardian Signature



PRSTD STD
Non-Profit Org.
US Postage
PAID
Madelia MN
Permit No. 4

Independent School District 883
Rockford Area Schools
6051 Ash Street
Rockford, MN 55373

Postal Patron
ECRWSS

Community Education Classes for all ages!



Winter 2023



ECFE Winter Classes begin January 9

ECFE offers parents hands-on learning experiences.
Sign up for classes today!



<https://rockford.ce.eleyo.com>

**Easy Online
Registration!**