Building a Community for Life-Long Learning

Rockford Area Schools

COMMUNITY EDUCATION

Spring Summer 2024



www.rockford.k12.mn.us

Spring Summer 2024



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
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Rockford Community Education Advisory Council Members

Brittni Bronczyk
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Rockford Community Center Information

RCC Spring Hours
April 1 – May 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.*

Starting June 1

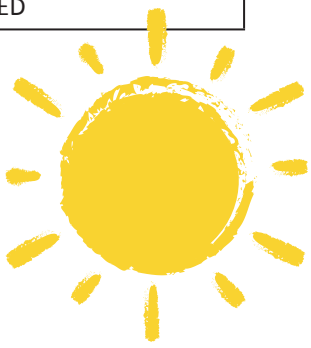
RCC Summer Hours
June 1 – August 31

Monday - Friday	5 am – 8 pm
Saturday	8 am – 1 pm
Sunday	3pm – 9 pm

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

RCC CHANGE IN HOURS OR CLOSED

May 26	RCC CLOSED
May 27	RCC CLOSED
May 30	Fieldhouse CLOSED
May 31	RCC CLOSED
June 1, 2	Fieldhouse CLOSED
June 19	RCC CLOSED
July 4, 5, 6	RCC CLOSED
Sept 1, 2	RCC CLOSED



Tennis/Pickleball Courts Hours
April/May – October 15*

Open 7 days a week, 7am – Dusk

* Inclement weather could cause closure of the tennis courts.

REGISTRATION/WAIVER REQUIRED annually to use the tennis courts. These forms are available at the RCC front desk.

Front Desk 763-477-5294

CE Office Hours: 8am - 4pm, M-F
Rockford Community Center
7600 County Road 50

Find us on social media!

Facebook
@ISD883

Instagram
@isd883

Twitter
@ISD883

YouTube
RAS-Rockford MN

ECFE



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

ECFE on Wheels

The program features visits to your daycare, or on-site at the ECFE center if you prefer. Visits offer a mini-ECFE class experience including creative, fun, and age-appropriate activities for your group. Call the ECFE office at 763-477-7500 to set-up a visit. There is no fee for visits.

Help Me Grow

Help Me Grow Minnesota provides resources for families to understand developmental milestones and learn if there are developmental concerns. This can help families who are seeking additional support, or who may be interested in a comprehensive, confidential screening or evaluation for their child at no cost. Visit **www.helpmegrowmn.org** for more information.

Wright County Family Planning Program

The Wright County Family Planning Program is designed to provide access to family planning services to people who are uninsured, under-insured or are unable to use private insurance. Call/text Wright County Health and Human Services at 763-335-0280.

Wellness on Wheels (WOW)

The WOW Program promotes healthy living for individuals and families by providing teaching, guidance, support, screenings, and immunizations. Appointments are preferred for immunizations and screenings. Services offered include: Child and adult immunizations; blood pressure, cholesterol, and hemoglobin AC screenings; radon testing kit, well testing kit; and community resources. Please call/text 763-335-0280 for questions or to make an appointment.

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 web site at **www.rockford.k12.mn.us/community/early-childhood-programs.**

Parent/Child Non-Separating Classes

Baby & Me Classes

Infants up to 16 months

In these classes, you'll spend time interacting with your baby and will meet other parents going through many of the same things as you. Informal parent/caregiver discussion will take place during the class time and is driven by needs and requests of attendees. Typical topics include: Activities to do with your infant, eating, sleeping, infant development, establishing routines, parent/child bonding, family life, self-care and other topics unique to you and your infant. You and your infant stay together for the entire class. Whether this is your first or your fifth, you'll find yourself amongst friends. (All of the dates listed may not coincide with your maternity/family leave. You are welcome to join this class as it works in your schedule – please call 763-477-7500, or email reinhardt@rockford.k12.mn.us to inquire.)

Wednesdays

SPRING SESSION (6 classes)	No fee
Apr 10 – May 15	
11:00 AM - 12:00 PM	REAMS ECFE Rm 213

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 your 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 with your child and our early childhood teachers.

Tuesday Evenings

SPRING SESSION (6 classes)	$35/family
Apr 9 – May 14	
6:00 - 7:00 PM	REAMS ECFE Rm 213

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 at 763-477-7500 or reinhardt@rockford.k12.mn.us. You can also register in Eleyo at www.rockford.ce.eleyo.com

Pop-In & Play

Mixed ages Birth to 5 years

Come and explore our early childhood classroom especially set-up for your little ones. This is all about play, play and more play! A change of scenery, something new, maybe something messy that you don't have to clean up. Activities will change each week and be fun and engaging for your child. Come and play once, or every time. Pre-registration is requested, but not required. Payment can be made on site.

Tuesdays

SPRING SESSION (6 classes)	$2/child/session
Apr 9 – May 14	
11:00 AM - 12:00 PM	REAMS ECFE Rm 213

Play 'N Learn Beside Me

Mixed ages Birth to 5 years

Is separation a challenge for your little one? If so, this class is for you! Children and parents will enjoy exploring activities, music, movement and snack. The parent/caregiver discussion time will happen right in the same classroom, providing an opportunity for connection and support with each other. Meanwhile, your child can check in with you as needed, all while building confidence with other kid-friends.

Mondays

SPRING SESSION (6 classes)	$41/1 child $54/2 children $67/3 children
Apr 8 – May 13	
10:00 - 11:15 AM	REAMS ECFE Rm 213

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.

Make your appointment by calling 763-477-7500

Scan me to learn more! ▶

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 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 apart from their adults.

Mondays

SPRING SESSION	$47/1 child $60/2 children $73/3 children
Apr 8 - May 13	
8:00 - 9:30 AM	
REAMS ECFE Room 213	6 classes

Tuesdays

SPRING SESSION	$47/1 child $60/2 children $73/3 children
Apr 9 - May 14	
9:00 - 10:30 AM	
REAMS ECFE Room 213	6 classes

SUMMER SESSION	$47/1 child $60/2 children $73/3 children
May 21 - June 25	
9:00 - 10:30 AM	
REAMS ECFE Room 213	6 classes

Beyond ECFE

Grades K-4 Parents

(Join in person or virtually)

It turns out parenting doesn't get less complicated once kids enter school. The little ones that once relied on you for everything are now becoming more independent, have more responsibility, and carry ever changing feelings and emotions about all of it. Join facilitator and fellow parent, Jess, and other parents as we discuss the joys, concerns, and unknowns of this season of parenting.

Thursdays

SPRING SESSION	$23/family
Apr 18 - May 23	
1:30 - 2:30 PM	
REAMS ECFE Room 200, or virtually	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 parents/caregivers leave the classroom for discussion with the Parent Educator. 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 10:15 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

SPRING SESSION	$85/child
Apr 10 - May 15 No class April 12	
8:30 - 10:30 AM	
REAMS ECFE Room 213	10 classes

ECFE for Grandparents & Grandkids

Mixed ages: Birth - 5 years

Come join other grandparents and their grandkids as we play, learn, and grow together. We'll spend the first part of class in the Early Childhood classroom exploring and playing together. The second part of class will include the children staying in the classroom with their teacher while the grandparents go to a separate room to discuss all things grandparenting and caregiving. We'll cover child development, relationships and communication, transitioning to grandparenting or caregiving, fun and age appropriate activities, and more.

Thursdays

SPRING SESSION	$35/family
Apr 18 - May 23	
9:00 - 10:30 AM	
REAMS ECFE Room 213	6 classes

Preschool

Parent Aware Rated Program
★★★★
Highest Possible Rating

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.



2024-25 Preschool Registration is OPEN!!

Launching Pad Preschool offers:

Full Day Programs: 2, 3 or 5 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.

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 canceled due to weather or other emergencies, ECFE classes and trips are also canceled. When school has a late start, morning ECFE classes will be canceled. 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 Family Size	Annual income equal to or less than:	Annual income between	Annual income between	Annual income between	Annual income equal to or greater than
1	$ 18,954.00	$18,955-21,870	$21,871-25,515	$25,516-29,160	$ 29,161.00
2	$ 25,636.00	$25,637-29,580	$29,581-34,510	$34,511-39,440	$ 39,441.00
3	$ 32,318.00	$32,319-37,290	$37,291-43,505	$43,506-49,720	$ 49,721.00
4	$ 39,000.00	$39,001-45,000	$45,001-52,500	$52,501-60,000	$ 60,001.00
5	$ 45,682.00	$45,683-52,710	$52,711-61,495	$61,496-70,280	$ 70,281.00
6	$ 52,364.00	$52,365-60,420	$60,421-70,490	$70,491-80,560	$ 80,561.00
7	$ 59,046.00	$59,047-68,130	$68,131-79,485	$79,486-90,840	$ 90,841.00
8	$ 65,728.00	$65,729-75,840	$75,841-88,480	$88,481-101,120	$ 101,121.00
9	$ 72,410.00	$72,411-83,550	$83,551-97,475	$97,476-111,400	$ 111,401.00
PAYMENT DUE	No Fee	1/4 Class Fee	1/2 Class Fee	3/4 Class Fee	Full Class Fee
Each additional member, add: $5140.00					

SLIDING FEE APPLICATION REQUIRED.

Application can be found at www.rockford.k12.mn.us/community/early-childhood-programs; click ECFE icon. 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 canceled.

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 it 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!

Dance

Dance Camp!

Grades K-2 *(2024 fall grade)*

Join us for dancing fun as we enjoy music and dance! Ballet or jazz shoes and dance attire preferred but not required. Bring a nut-free snack and water bottle each day. Family and friends are invited to watch a brief performance 12:45 pm on the last day of camp!
NOTE: Children must be independent bathroom users!

Tuesday - Friday	$58
June 25 - 28	
11:30 AM - 1:00 PM	RCC Dance Studio

Jazz Dance Camp!

Grades 3-6 *(2024 fall grade)*

We will be learning beginning/intermediate Jazz technique and dance skills as well as a short routine incorporating these skills. Wear comfortable clothes you can move in and dance shoes (Jazz shoes, ballet shoes or socks if needed). Bring a nut-free snack and water bottle each day. Family and friends are invited to watch a brief performance 12:45pm on June 21st!

Monday - Thursday	$58
June 17, 18, 20, 21	
11:30 AM - 1:00 PM	RCC Dance Studio

Jazz Technique & Skills

Grades 7-12 *(2024 fall grade)*

Join us to work your core, flexibility and sharpen your skills to become a better dancer. We will work on various turns and leaps as well as connected movement through combinations across the floor. We will learn multiple short routines filled with jazz choreography to put the skills learned in class to use!

Monday/Wednesday	$80
June 10 - August 7	
9:00 - 11:00 AM	RCC Dance Studio

High Kick Technique & Skills

Grades 7-12 *(2024 fall grade)*

Join us to work your core, flexibility and sharpen your skills to become a better dancer. We will work on various kicks and jumps as well as connected movement through combinations across the floor. We will learn kick combinations as well as technique focused practice.

Tuesdays	$80
June: 11 - August 6	
9:00 - 11:00 AM	RCC Dance Studio



Neon Glow

Grades 1-5 *(2024 fall grade)*

Science and Art were never this much fun! This summer, unleash your inner luminescence at our Glow-in-the-Dark Art Camp. Dive into a world where creativity takes on a whole new meaning, illuminated by the magic of fluorescent paints, neon powders, and blacklight surprises. Make a simple circuit to light up your painting! Create your own glow-in-the-dark dice and learn some new games to play. Make a treasure box, along with neon, black light and fluorescent designs that will help you discover the fun you can have with light. Instructor: KidzArt

4 Day Camp, M-TH	$125
June 24-27	
1:30 - 4:00 PM	RCC Room 806

Pajama Jam

Ages 4-9 years

Painting in your pajamas? Sculpting in your slippers? Why not?? In this camp, we'll create a colorful ring toss game, sculpt a seaworthy ship, make a 3D bug, and so much more, and just for fun, we'll do it all while wearing our pajamas! You wear your favorite jammies, and we'll take care of the rest- it's a Pajama Jam! Please pack a nut free snack and drink for your child each day. Instructor: Kidcreate

3 Day Camp, T/W/TH	$132
August 6, 7, 8	
9:00 AM - Noon	RCC Room 806

IlluminART

Ages 4-9 years

Get ready to light up the night with art! Our ultra-cool camp creations will shine, shimmer and glow for their big debut in the dark. Join us as we use clay, paint and other luminescent materials to craft extraordinary pieces of art that really glow-in-the-dark. Your child's creative imagination is sure to illuminate like never before! Please pack a nut free snack and drink for your child each day.
Instructor: Kidcreate

3 Day Camp, T/W/TH	$132
August 6, 7, 8	
1:00 - 4:00 PM	RCC Room 806

Flower Hour Classes:

Join **Sunshine Supply** in these awesome flower arranging classes. Create amazing arrangements that can be used as gifts or decorations. These classes will be sure to bring a smile to your face!

Make your Mom's Day!

Grades 5-8 *(2024 fall grade)*

Create a special flower arrangement for your mom this Mother's Day! Homemade gifts are the perfect way to make your mom's day! Vase, flowers, and all other supplies included.

Wednesday	$32
May 8	
3:00 - 4:00 PM	RCC Room 806

Make your Mom's Day!

Grades K-4 *(2024 fall grade)*

Create a special flower arrangement for your mom this Mother's Day! Homemade gifts are the perfect way to make your mom's day! Vase, flowers, and all other supplies included.

Thursday	$32
May 9	
3:00 - 4:00 PM	RCC Room 806

Tutoring

NEW!

Rockets 1:1 Tutoring

Grades 1-5 *(2024 fall grade)*

Are you looking for a 1:1 tutor for your child to keep the summer slide at bay? Register today for personalized literacy tutoring sessions with a structured literacy trained teacher. Instructors have years of experience teaching reading to all levels of elementary grades, have certifications in Orton Gillingham methods and use a structured literacy approach to tutoring. Children who have completed kindergarten through 4th grade are eligible.

Details: 50 minute sessions offered on: Tuesday, Wednesday, or Thursday between the hours of 9am to 3pm. Choose which day and time slot works best for your child. Transportation is not included. Classes can be purchased in blocks of 10, 16 or 20 to be spread out 1-3 times per week. Sessions begin in June or July depending on the schedule of the instructor. A google document will be sent to you to sign up once your student is registered.

Offered Tues/Wed/Thur	$60/each session
June or July (per instructor)	
9:00 AM - 3:00 PM 50 Minute Sessions	REAMS

STEM

Extreme Robotics: Bionic Beasts

Grades 4-8 *(2024 fall grade)*

Students will program robots to move, act and think on their own. Discover the excitement of programming your creation to follow a command and watch it go. Our classes are fun, educational, and hands-on, teaching students the foundations of building and programming concepts. Students working in teams will then be challenged to morph their projects into better, stronger, or faster robots.

1 Class, Friday	$85
June 21	
9:00 AM - 2:00 PM	RCC

3D Printing: Jewelry Fabrication & Arts

Grades 2-6 *(2024 fall grade)*

Bring your creations to life in this 3D printing class. The ancient craft of jewelry making is brought to the modern world using TinkerCad and 3D printers. Students will learn to build 2D and 3D models on the computer using CAD software. They will design and print a pair of earrings, or a pendant in this class. If printing is not completed in class, prints will be mailed home.

1 Class, Friday	$99
July 19	
9:00 AM - 2:00 PM	RCC

STEM classes taught by Tech Academy of Minnesota
(formally Computer Explorers)

Robotics: Star Wars Droid Builder

Grades 1-5 *(2024 fall grade)*

Bring Star Wars-inspired inventions to life with the Star Wars LEGO® Mindstorms Robotics Developer Kit. We will start with a simple droid mechanism, then move on to more ambitious droids that move and walk. This modular building system allows students to build using subassemblies, making it easy to create and customize robotic droids. These robotic inventions are powered by the Micro Scout, the smallest LEGO® microcomputer, equipped with a light sensor and six robotic programs to control our droid creations. Possible models include Droid Vehicle, Trainer Droids, our version of R2-D2, and more! We will experiment with robotic programs that avoid light, seek light, are controlled by lights, act as alarms, and more.

1 Class, Friday	$85
July 12	
9:00 AM - 2:00 PM	RCC

Party Crashers RC Racing

Grades 1-8 *(2024 fall grade)*

Come join us for some fun as we explore what makes RC cars 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 Truck.

Monday (choice of 2 sessions)	$29/session
August 5	
Session A > 6:00 - 7:15 PM	
Session B > 7:20 - 8:35 PM	RCC

Boys Basketball Camp

Grades 3-10 *(2024 fall grade)*

Come join the Rockford Boys Basketball coaches and players to share their secrets to success in this fun and informative basketball camp for grades 3-10. Awards, t-shirts, and prizes included. Camp will be split into two groups divided by ages and will stress fundamentals of basketball. Please make sure to sign up at least 3 days before in order to receive a t-shirt.

4 Day Camp	$89
June 6, 7, 10, 11	
Grades 3-6, 9:00 - 11:30 AM	
Grades 7-10, 11:30 AM - 2:00 PM	RHS/RCC

Girls Basketball Summer Long Program

Grades 1-12 *(2024 fall grade)*

Come join the Rockford Coaches for a summer long program that is sure to enhance your child's skills, knowledge and tactics! If you want to be the best, you have to train like the best! T-shirt included!

Mon / Wed	
June 10 - July 31 (no class June 19, July 1, July 3)	
Grades 1-6 10:00 - 11:15 AM	$85
Grades 7-12 8:00 - 9:45 AM	$120
RHS/RCC	

Football Skills and Drills

Grades 7-12 *(2024 fall grade)*

Come learn valuable skills, technique, and tactics that will prepare you for your season. In order to be the best, you need to train like the best! Coaches will work on individual skills and team tactics to prepare players for the upcoming season!

Mon / Wed	$89
June 17 June 18 (instead of June 19) June 24 - July 29 (no class July 4th week)	
Grades 7-9 10:30 AM - Noon	Rocket Stadium
Grades 10-12 9:00 - 10:30 AM	Rocket Stadium

Volleyball Camp

Grades 3-8 (Co-ed) *(2024 fall grade)*

Join our Volleyball coaches and players for an exciting 4 day camp! Players will learn skills, technique, terminology, and strategy, all while having a blast at this awesome camp! Participants will each receive a t-shirt and go home with valuable skills and knowledge to excel them to the next level!

4 Day Camp, M/T/TH/F	$75
June 17, 18, 20, 21	
9:00 - 11:00 AM	RHS Gym

Volleyball Skills and Drills

Grades 7-12 (Co-ed) *(2024 fall grade)*

Come learn valuable skills, technique, and tactics that will prepare you for your season. This camp will work on individual skills as well as team skills. In order to be the best, you need to train like the best!

Tues / Thurs	$89
June 17 - July 30 (no class July 4th week)	
9:00 - 11:00 AM	RCC/RHS Gym

Wrestling Skills Program

Grades 6-12 *(2024 fall grade)*

Come join Jake Allar, former University of Minnesota standout wrestler and Owner of Grynd Wrestling, for an awesome and informative program that will have you competing at your best!

Thursdays	$100
June 13, 20, July 11, 18, 25, August 1, 8	
6:00 - 7:30 PM	RCC/RHS Gym

Youth Wrestling Camp

PreK-Grade 6 *(2024 fall grade)*

Boys and Girls of all skill levels are invited to a 4-day camp to work with Wrestling Coaches on technique, mat strategy, conditioning and wrestling games. Wrestlers will receive a t-shirt and awards on Thursday. We hope to see you for a week of fun on the mat.

4 Day Camp, Tues - Fri	$89
August 6 - 9	
9:00 - 11:30 AM	RHS Gym

Sports & Recreation

Soccer Basic Technique and Skills

Grades 4-12 *(2024 fall grade)* **(co-ed)**

3 Day Camp, M/W/F	$75
July 22, 24, 26	
5:00 - 6:00 PM	RHS Turf Field

Intermediate & Advanced Technique, Skills, including Soccer Based Agility

Grades 4-12 *(2024 fall grade)* **(co-ed)**

3 Day Camp, M/W/F	$75
July 22, 24, 26	
6:00 - 7:00 PM	RHS Turf Field

Soccer Tennis

Ages 12 - Adult (co-ed)

Soccer tennis is an exciting game that fuses the best of soccer and tennis. The main aim is to keep the ball moving, strategically striking it over the net into the other team's region. It offers an excellent workout and a unique opportunity to sharpen your dribbling and ball control skills. Suitable for all ages and abilities.

T/TH	$50
July 16, 18, 23, 25	
6:00 - 7:00 PM	RHS Tennis Courts

Community Soccer Pick-up Games

Ages 14-Adult (co-ed)

Saturday	$20/day
June 1, 8, 15, 22	
10:00 - 11:00 AM	RHS Turf Field

Community Soccer Pick-up Games

Ages 9-13 (co-ed)

Saturday	$20/day
June 1, 8, 15, 22	
9:00 - 10:00 AM	RHS Turf Field

1on1 Soccer Training

Ages 7-18 *(all soccer levels and positions)*

Five 1on1 sessions to be scheduled at a convenient time between coach and trainee between June 1 and August 9.

5 Sessions, M-Th	$250
Schedule between June 1 – August 9	
Time to be scheduled	RHS Turf Field

RACER Summer Soccer League

PreK – Grade 5 *(2024 fall grade)*

Pre-K-5th Grade Players have fun learning skills, refining techniques and playing games. Each day will have a skills based theme, 20-30 minutes of fun drills to practice the skill, and 15-30 minutes of small sided games. The summer soccer league is conducted at the RHS Soccer Fields. T-shirt included. Players must play within their age group (based on fall 2024 grade level). Registration Deadline: June 28th
August 7th - ice cream on the turf!

Mon / Wed	
July 8, 10, 22, 24, 29, 31, August 5, 7 **No soccer July 15, 17	
PreK / Kindergarten 5:35 - 6:20 PM	$52
Grade 1 / Grade 2 6:30 - 7:30 PM	$60
Grade 3 / Grade 4 / Grade 5 6:45 - 8:00 PM	$65
RHS Soccer Fields	







Track & Field Day

Grades K-6 *(2024 fall grade)*

Rocket Track and Field coaches and athletes will provide instruction on track and field skills. This will give future rocket athletes opportunities to learn new skills, have fun, and compete in a mini meet where they can win prizes! Awards, t-shirts, and watermelon will make this a great day! (Please note that in order to receive a t-shirt, you must be signed up by 3pm on Friday, May 3rd.

Any registrations after May 3rd will NOT receive a t-shirt due to the processing time to order and make.

Saturday	$45
May 11	
11:00 AM - 2:00 PM	RHS Track

Summer Track League

Grades K-6 *(2024 fall grade)*

The Rockford High School Track and Field Coaches are offering track meet events for K-6 boys and girls. Students will be divided by age group, with the youngsters starting first. Ribbons will be awarded to the 1st six placers. Participants need to bring running shoes and a water bottle. Events will be coordinated by RHS Track and Field Coaches, Assistant Coaches and volunteer high school track students. Parents are expected to stay for the entire event to supervise their children. All participants registered by June 1st will receive a track T-shirt on the first day of the program.

Any registrations after May 30th will NOT receive a t-shirt due to processing time.

(3)Wednesdays / (1) Tuesday	$56
Wednesdays - June 5, 12, 26, Tuesday - June 18	
6:00 - 7:45 PM	RHS Track

Fun to 5K!

Grades 4-7 *(2024 fall grade)*

No matter what sport your young athlete loves to play, it likely involves running; and running coaches Jeff Dickman (Head Coach Rockford Cross Country and Distance Track Coach) and Colleen Prudhomme (Certified Running Coach, Certified Speed and Agility Coach, Certified Personal Trainer) are super excited to share the fun of running with your 4th - 7th grader! Fun to 5K is the perfect way to help your young athlete gain endurance while having fun along the way. Coaches Jeff and Colleen have created workouts that will help your young athlete learn how to train for a long effort such as a 5K. This training also will help your athlete stay stronger for longer in any game they play, whether it be gaining incredible stamina in ice hockey, flying fast on the field in soccer, battling harder for the ball in basketball, or, of course, cruising speedy-like on the cross country course. Of course, we also will sneak in some cool knowledge like what good running form looks like, what kind of muscles are needed to run, how muscles act like energy-producing factories every time we breath, what kind of snacks help lead to speedy success, and, of course, we can't forget about the importance of relaxing for recovery!

What you need to know

- Cost is $110 (Plus registration for the Hanover Harvest Festival 5K on Saturday, August 3rd, 2024)
- Race tank provided for race day!
- Tuesdays from 11:00 - 12:30 at the Rockford High School track stadium.
- Runners will be given a training plan for each week to help prepare them for the big event!
- This program is for kids who will be entering th grade through 7th grade in the coming school year.
- Snacks will be included

Sports & Recreation

Rockford Rockets and Rackets Tennis Program

Grades 2-7 *(2024 fall grade)*

Beginner Class:

- Learn basic fundamentals of tennis (grip, balance, coordination)
- Simple drills to practice basic strokes & volleys
- Fun & interactive games

Intermediate Class:

- Expand on fundamentals of tennis & implement gameplay strategies (techniques)
- Drills to enhance strokes, volleys, & rallying
- Fun & interactive games

**Participants should bring their own racket (the RCC does have a few youth rackets that can be borrowed) and water bottle! Program will be held outside so please dress accordingly and have sunscreen (pre-applied) before the class

**In the event of inclement weather, the class will be held on a makeup date to be announced.

Junior Rockets - Grades 2 & 3	
Mondays	$78
June 10, 17, 24	
Beginner Class (co-ed)	9:00 - 10:00 AM
Intermediate Class (co-ed)	10:30 - 11:30 AM
RHS Tennis Courts	

Mighty Rockets - Grades 4 & 5	
Mondays	$78
July 8, 15, 22	
Beginner Class (co-ed)	9:00 - 10:00 AM
Intermediate Class (co-ed)	10:30 - 11:30 AM
RHS Tennis Courts	

Major Rockets - Grades 6 & 7	
Mondays	$88
August 12, 19, 26	
Intermediate Class (GIRLS)	9:00 - 10:15 AM
Intermediate Class (BOYS)	10:30 - 11:45 AM
RHS Tennis Courts	

Yoga for Athletes

Grades 7-12 *(2024 fall grade)*

Learn stretches, strength poses, mindfulness tips, and breathing techniques that can improve athletic performance and personal mind set. Elite athletes endure a lot of physical and mental pressure from themselves and others, like coaches, parents, or teammates. Yoga for athletes is an opportunity to learn how to use this pressure constructively. In this class, athletes will learn poses that help prevent injury, increase balance and body awareness, and many feel-good poses for the tight spaces many athletes experience. Additionally, athletes will learn how to mindfully prepare for performance, alleviate stress and anxiety during performance, and mental hacks to increase positivity and confidence. Led by Susie Wagner, E-RYT 200. Susie has been leading groups of athletes since 2020.

Thursdays	$45
July 25, August 1 and 8	
8:45 - 9:45 AM	RHS Gym



Got Talent?

Interested in teaching a class?

We are always looking for local instructors who can share their talent with our community members.
All instructors are paid.

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

Rocket Gymnastics Club

The gymnastics gym is a popular place to be this summer! We offer a variety of classes for beginner to advanced levels.

Information about the Summer Session can be found on our website:

https://www.rockford.k12.mn.us/Page/2272

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.*

Summer Session 1	
10 Days of Class, M-F	$130
June 5 11:30 AM - 2:30 PM	
June 6 - 18 8:00 - 11:00 AM	RHS Room 406

Summer Session 2	
10 Days of Class, M-F	$130
July 1 - 15 No class July 4	
8:00 - 11:00 AM	RHS Room 406

Parent & Student Class	
TBD	$0 with session
6:30 - 8:00 PM	RCC Room 805

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

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 Summer Program

June 10 - August 23

Galaxy Kids offers a summer care program for students going into preschool through 6th grade. The summer care program provides a variety of structured activities in a fun and safe learning environment. Galaxy Kids offers a choice-based program, offering opportunities in the areas of art and drama, music, sports, science, math, engineering and technology, language arts/literacy, mentoring and community services, and self-guided activities. Galaxy Kids is certified through the Department of Human Services.

Summer Program Highlights

- Flexible schedules and open 6:00am-6:00pm every week day
- Galaxy Closed June 19th for Juneteenth Holiday, July 1st-5th for program maintenance, and closed August 26th-30th for School Year prep
- Enrichment Programs
- Interest Groups
- Volunteer and Community Service Opportunities
- Yard and Field Games
- Water Day
- Field Trips
- Galaxy Kid's staff can bring your child to most Community Ed. programs, camps, or classes, located at REAMS, RCC, or High School, while your child is at Galaxy, and pick them up when it's over!





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

Summer 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
- Registration window is April 1st-May 15th to guarantee your child's spot
- Auto-Pay is required for all Galaxy Accounts
- Registration options include Full day and Half day care
- Weekly Rate available for full day care scheduled Monday-Friday every week.
- Summer Registration Fees: $40 per child or $75 max per family
- Contact Galaxy staff at 763-477-7555 if you have any questions or would like to schedule a tour

Galaxy Kids 2024-25 School Year Program

Starting September 5

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 ECFE 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 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.

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

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	6:00 - 8:05am
Before School 1 hour or less	7:00 - 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 hour or less	3:00 - 4:00pm
After School Care Full Session	3:00 - 6:00pm
Non-School Days	6:00am - 6:00pm

School Year 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
- Registration window is April 1st-July 31st to guarantee your child's spot
- Auto-Pay is required for all Galaxy Accounts
- School Year Registration Fees: $40 per child or $75 max per family
- 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

Adult Enrichment

Medicare 101

Presented By: Milestone Medicare. This class will help Medicare eligible individuals and their family members understand Medicare basics: How Medicare works, how to enroll and what options are available when deciding which coverage is best. We will provide an overview of Original Medicare (Parts A & B), explain prescription drug coverage (Part D), and discuss how Medicare Advantage Plans (Part C) work. If you are newly eligible or will become eligible soon, the information available will help you navigate the choices available to you. And if you are already enrolled in Medicare, we can explain why the Annual Enrollment Period (AEP) matters to you and what to do about it. FREE CLASS!

2 Class Offerings	Free
Tues, July 9, 6:30 - 7:30 PM	
Tues, August 6, 6:30 - 7:30 PM	RCC Room 804

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. Persons ages 55 and older who complete the course will qualify for a 10% discount on auto insurance premiums for three years. The class is taught by certified driver improvement instructor, Dave Kummer, from the Minnesota Highway Safety Center.

4-Hour Refresher Class	Call to Register: **1-888-234-1294**
Thurs, April 23, 12 - 4 PM	
Thurs, August 15, 12 - 4 PM	RCC Room 804

Register and pay directly with the Minnesota Highway Safety Center at **1-888-234-1294**, not through Rockford Community Education!



Rent-able Community Garden Beds

Rockford Area Schools Will be opening rent-able community garden beds in conjunction with RAS Community Education. This is being offered so that community members have accessible garden space right in town! Registration for a bed will begin on April 15th and continue until full on a first come first serve basis. We are offering up 14 beds that measure 4x8 and will be located next to the Middle School Greenhouse for the seasonal price of just $35!

Register starting April 15th	$35
Only 14 beds available!	
Rockford Middle School Greenhouse	

Sweet and Salty Bingo

Do you love Treats and Bingo? Then come join us at the Rockford Community Center for this Free Bingo! Come to socialize, enjoy some treats , and get ready to call out "BINGO"! Treats and bottled water will be served. (Since all Bingo dates are free, the RCC is always looking for donations for prizes, store bought treats, and water/pop. Thank you in advance! Donations can be dropped off at the RCC front desk up to the day of each session!)

Mondays 6:30 - 7:30 PM	Free for Seniors 55+
April 29, May 20, June 17, July 15, August 12	
RCC Meeting Rooms	

Flower Hour

Join Sunshine Supply in these awesome Flower Arranging classes! Create amazing arrangements that can be used as gifts or decorations! These classes will be sure to bring a smile to your face!

Make your Mom's Day!

Make & take a beautiful Mother's Day arrangement for yourself or that special someone else! Better yet, make it extra special by signing up together with your mom!

Wednesday	$36
May 8	
6:00 - 7:00 PM	RCC

Seasonal "Sunshine" Time! Summer Pot Class

Time for some "sunshine!" Learn how to create a Seasonal Outdoor Planter Pot just in time for summer! Create for yourself, a friend, or family member! Let's spread some "sunshine!"

Price includes 10-12 inch planter pot (neutral color), summer plants and soil.

*Bring a pair of garden gloves and any small garden tools to help with planting.

Thursday	$46
May 30	
6:00 - 7:00 PM	RCC

Adult Recreation

Yoga for Weightlifters

Finish out or start your gym session with yoga specific for weightlifters and heavy trainers. Yoga can help balance out your strength training by decreasing your risk for injury, increasing body awareness, and stretching out deserving muscles - they work hard! This short 30 min practice will focus on hitting up those really sticky spaces with held yoga poses. Knowledge gained in these 3 short sessions can be incorporated into your own workout routine. Led by Susie Wagner, E-RYT 200.

3 Classes, Thursdays	$30
July 25, August 1 and 8	
8:00 - 8:30 AM	RCC Room 806

Hatha Yoga

Hatha yoga is a slower practice focusing on the strength and stretch of poses while making internal observations about breathing, thought patterns, and body connection. Hatha is different from your typical flow yoga classes, matching movement and breath. Instead, poses are held longer to allow the individual to understand them better. Each practice includes mindful breathing, grounding, and internal observation instruction. Instructor Susie Wagner, E-RYT 200, is passionate about leading others in their physical and mental health journey. Her strength lies in keeping her students mindfully present throughout their practice.

3 Classes, Tuesdays	$45
Jun 4, 11, 18	
9:00 - 10:00 AM	RCC Room 806

Yoga in the Park

Experience yoga outdoors! Fresh air, blue skies, and singing birds make the perfect atmosphere for a yoga practice. Join Susie Wagner, E-RYT 200, in a morning flow practice geared to start your day off right. Each class includes mindful breathing, grounding, and internal observation. Susie is passionate about leading others in their physical and mental health journey. Her strength lies in keeping her students mindfully present throughout their practice.

3 Classes, Tuesdays	$45
July 23, 30, August 6	
9:00 - 10:00 AM	Lions Park Pavilion

Instructor Spot Light

Susie Wagner

Susie Wagner (E-RYT, 200) has been leading others in dynamic, meaningful yoga practices since 2019. For her, guiding and supporting others in their personal journeys of growth, healing, strength, and acceptance is pure joy. She lives in the Rockford school district, is a mother of 3, a wife, and a mom to many pets.



Somatic Breathwork

Our breath can have a significant positive influence on our emotions and deeply held tension. Somatic breath work is a mind-body practice that incorporates intentional breathing, such as fast, slow, or breath holds, to release stress, alleviate anxiety, increase lung capacity, and many more positive outcomes that improve overall well-being. Led by Susie Wagner, E-RYT 200.

3 Classes, Tuesdays	$40
June 4, 11, 18	
8:15 - 8:45 AM	RCC Room 806

Open Pickleball (Outdoor)

Join other pickleball enthusiasts of all levels for group play! We have set two days and times for our 4 pickleball courts (the back four tennis courts behind the Elementary school have pickleball lines!!) to be designated for open pickleball league, just like we have in the winter! **Please note that you must first come to the RCC to fill out a waiver before using the courts.**

June 1 - August 17	
Wednesday Evenings: 6:00 PM - Dusk	$25
Saturdays: 9:00 AM - Noon	$25
RHS Tennis Courts (back courts)	

Men's Open Basketball

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

July 1 - December 31	$35
Wednesday Evenings: 6:00 - 8:00 PM	
Saturday Mornings: 8:00 - 10:00 AM	
Rockford Elementary Gym	

Free Walking Passes for Senior Citizens!

Visit the RCC for more information at

7600 Co. Rd. 50, Rockford, MN
or call 763-477-5294 for details.

R G CHAMBER of COMMERCE

PRESENTS

Rescue & Recreation

Spring Community Expo

Saturday, April 20

9am - 12pm

Rockford Community Center

- Free Admission
- Hourly Prizes donated by vendors
- $1 tickets for a chance to win a YETI cooler or a new outdoor grill
- Featuring special guests from:
  - **Crossroads Animal Shelter**
  - **the Rescue Crew**
  - **Rockford Area Athletic Association**
  - and many local businesses

www.facebook.com/rgchamber



Up to 65 Booths to Explore!



Community Center Classes

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 rock star 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 with our Pound Pro 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 parks 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 Pro Instructor: Shannon.

Every other Saturday at 8:15 AM	Free for Members or $5/guest
RCC Dance Studio	

Summer Boot Camp

A variety of drills with different workouts every time. Combining high-intensity activities with lighter activities like calisthenics (lunges, squats, push-ups, crunches, etc) We will also include the use of medicine balls, mats, skipping ropes, kettlebells, sleds, resistance bands, cones/markers, and steppers. Do you want to build your strength and aerobic endurance? Come to Boot Camp and test your limits! Certified Trainer and Fitness Instructor: Olimpia.

Mornings M/W, 6:00 - 6:50 AM	Free for Members or $5/guest
Evenings, M/TH, 7:00 - 7:50 PM	
RCC Dance Studio	

Prime Time Fitness

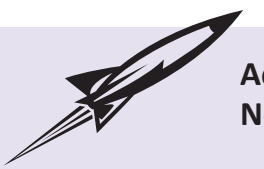
Join us for a variety of exercises that will work the whole body! Strength, Flexibility, Balance, Range of Motion, and Fun! This class is open to all who like a slower pace class, with a friendly, motivating atmosphere, but are still willing to work! We use free weights, fitness balls, resistance bands, body weight, and floor work to achieve a whole-body workout! Each class is different and will keep you on your toes! Certified Trainer & Fitness Instructor: Olimpia

M/W/F	Free for Members or $5/guest
7:30 - 8:20 AM	
RCC Dance Studio	

Senior Fitness

Join Seniors for a fitness class designed to increase endurance and muscular strength, stamina, coordination, balance, and flexibility. 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 are welcome. Certified Fitness Instructor: Olimpia.

T/TH	Free for Members or $5/guest
8:00 - 8:50 AM	
RCC 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 and Conditioning

Conditioning meets strength training for a total body workout! If you are looking to lose weight, tone your muscles, or improve cardiovascular health then this is the class for you. Adults of all ages and fitness levels are welcome. Taught by Olimpia Escamilla.

T/TH	Free for Members or $5/guest
9:00 - 9:50 AM	
RCC Dance Studio	

TRX-Plus Functional Fitness

This class combines functional training tools such as TRX suspension trainers, free weights, bodyweight exercises, and resistance bands to improve muscle endurance and strength while improving cardiovascular stamina. This 45-minute class offers a total body, interval-style workout done in a circuit fashion to develop strength, endurance, balance, coordination, flexibility, power, and core stability. If you want to have fun, burn calories, and increase your muscular strength and endurance; then this class is for you! Certified TRX Fitness Instructor: Allison and Richard.

T/TH	Free for Members or $5/guest
Mornings, 7:00 - 7:50 AM	
Evenings, 5:00 - 5:50 PM	
RCC Dance Studio	

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. Certified Yoga Instructors: Alison, Rosie, and Anne.

T/TH at 5:30 - 6:20 PM	Free for Members or $5/guest
Saturdays at 9:00 - 9:50 AM	
RCC Room 805-806	

More Yoga Classes

See page 16 & 22 for more class offerings.

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.)

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

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

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.

Wednesdays	Free for Members or $5/guest
6:00 PM (Starting June 5th)	
RCC Dance Studio	

Rockford Community Center is an authorized provider of:

One Pass™ | SilverSneakers®

Silver&Fit® | Renew Active by UnitedHealthcare

Community Organizations



Community Organizations

Dollars for Scholars

Great River Regional Library

Music Partners

North Hennepin Pioneer Society

Northwest Area Jaycees

RiverWorks Community Development

Rocket Boosters

Rockford Area Athletic Association (RAAA)

Rockford Area Girl Scouts

Rockford Area Historical Society

Rockford Cub Scouts

Rockford Education Foundation

Rockford Fire Auxiliary

Rockford-Greenfield Area Chamber of Commerce

Rockford Lions Club

Rockford Ridge Riders Snowmobile Club

Star Lodge #62

Thousand Hearts Crow River Serve Day

Community Events

Rockford Area Historical Society

The Rockford Area Historical Society formed in 1986 to manage the Ames-Florida-Stork House, a historic house museum listed on the National Register of Historic Places. Built in 1861 and used as a residence until approximately 1983, the Ames-Florida-Stork House preserves and interprets the stories of the three families that made the house their home.

Visitors can enjoy tours of the home, interesting exhibits, educational programs for both children and adults and special events. Be sure to visit the Rockford Area Historical Society and the Ames-Florida-Stork House!

Upcoming Events

- April 18 - RMS-CES Showcase
- April 20 - Rockford Expo at the Rockford Community Center from 9am - Noon
- April 21 - Dan Duffy Concert at Huikko's Event Center in Buffalo from 2:00 - 4:30pm
- May 18 - Thousand Hearts Serve Clean Up at AFS House
- Late May - "Meet the People" Memorial Day Plaques honoring local figures buried at Elmwood Cemetery
- May 27 - Memorial Day Celebration at the AFS House 10:3am - 1:00pm

Storkhouse@cityofrockford.org
www.rockfordmnhistory.org
Phone: 763-477-5383



Rockford Masonic Star Lodge #62 Hog Roast Fundraiser

Saturday, April 6, 4pm - 10pm

Funds raised from the event are donated to RiverWorks Food Shelf in Rockford, Local Scholarships, My Very Own Bed, Project Pencils, Nourishing Hope, Eagles Healing Nest, Masonic Cancer Research, and Repairs to our 150 year old lodge building.

Located at Rockford Township Hall. Social hour at 4pm, dinner at 5pm, DJ following raffle drawings. $20 per person all you can eat and drink. Tickets available at the door. Kids 12 and under are free! Many door prizes and raffles!!!

Rockford Lions Greenback Dinner

Saturday, April 20, 5pm

Rockford Township Hall
Tickets $100 per couple and includes:
Buffet meal catered by Hanover River Inn
All drinks are FREE WILL DONATION
Games, prizes, silent auction and much more!
Music entertainment 8-11 PM
Buy tickets: www.rockfordlionsmn.org/tickets

Rockford Clean Up Day

Saturday, May 4, 8am - Noon

Rockford City Clean Up Day is available to residents of Rockford. Items can be dropped off for a small fee at the Public Works Building. For a list of items and fees please contact city hall or visit our website. Volunteers are always appreciated and needed for this day. Please contact city hall to inquire at 763-477-6565.

Rockford Fire Pancake Breakfast

Sunday, May 5, 7am - Noon

Come join us for our annual Fire Department (all you can eat) Pancake Breakfast!
Free will donation.
Location: Rockford Fire Department, 6700 Main Street, Rockford

Thousand Hearts Serve Day

FREE EVENTS on May 18, 2024

- **FREE A1C Tests** - 9am - 2pm at Riverside Park
  This is a simple blood test that measures your average blood sugar levels over the past three months. It is a commonly used test to diagnose prediabetes and diabetes
- **FREE Document Shredding** - 10am - 1pm
  at Modrow Farmers Insurance
  7953 Hwy 55, Greenfield
- **FREE Tech Dump** - 10am - 1 pm
  at Tech Warrior Technologies
  8046 Hwy 55, Rockford

Questions about Thousand Hearts Serve Day?
Contact Annette at annettetryon@gmail.com

Memorial Day

May 27, 10am - 2pm

At 10:00am, the Memorial Day Parade starts at the Rockford Middle School and ends at the Elmwood Cemetery. Memorial plaques will be placed at Elmwood Cemetery to remember Rockford area residents who served our country or were instrumental in the development of our community. The Ames-Florida-Stork House will be open for tours after the events.

Rockford All City Garage Sale

June 6, 7 and 8

Rockford All City Garage Sale! Contact City Hall to be added to the list 763-477-6565.

Rockford Movie in the Park

Date/Film coming soon!

Enjoy a summer night out watching a movie at Rockford Riverside Park starting at dusk.
More info posted soon on www.cityofrockford.org.

Rockford River Days

August 9, 10, and 11

Rockford River Days is a weekend of food, fun, family, and friends down at Riverside Park!
rockfordriverdays.wixsite.com/rockfordriverdays

Corcoran Country Daze

August 16-17

Join us for two days of live music and family fun at the Corcoran Lions Park.
https://www.corcorancountrydaze.org/

Community Clubs

Cub Scout Pack 3490

Boys & Girls, Kindergarten-5th Grade

Cub Scout Pack 3490 in Rockford, Minnesota offers an exciting and enriching experience. **Here are some compelling reasons to join:**

1. **Quality Family Time**
2. **Friendships and Community**
3. **Exciting Adventures**
4. **Personal Accomplishments**.
5. **Independence and Resourcefulness**
6. **Preparation for the Future**

In Cub Scouting, young boys and girls progress through various ranks as they learn, grow, and have fun. **Here are the ranks in Cub Scouts:**

Lion Cub: The first rank for youth in kindergarten, typically under 6 years old. Lions participate in age-appropriate activities and start their Scouting journey.

Bobcat: The first badge earned by all new Cub Scouts. It teaches basic Scouting ideals and principles.

Tiger: For first-grade Cub Scouts, ages 6-7. Tigers explore exciting adventures and work on age-specific requirements.

Wolf: For second-grade Cub Scouts, ages 7-8. Wolves continue their journey, earning badges and developing essential skills.

Bear: For third-grade Cub Scouts, ages 8-9. Bears engage in outdoor activities, learn about nature, and build character.

Webelos: For fourth and fifth-grade Cub Scouts, ages 9-11. Webelos focus on more advanced adventures, preparing them for the transition to Boy Scouts.

Adventures & Activities

Cub Scout Adventures: Eagle Cave, Overnight on the USS Cobia, Ifly, Powder Ridge, Soudan Underground Mines, Polar Cubs, Spookoree, Winter Campouts, Airforce museum, Cub Scout Summer Camp, and many more!

Cub Scout Activities: Pinewood Derby, Cub Mobiles, building bird houses, Rank Advancements, Whittling chip, building fires, adventures, museums, Rockford tree lighting, service projects, food drives, etc.

Pack 490

Boys & Girls, Kindergarten-5th Grade

Rockford Pack 490 meets on the 3rd Monday of the month, and den meetings occur normally on Mondays and Thursdays from 6 pm to 7 pm. Our leaders are well-trained, ensuring a safe environment for mentoring. Many of our scouts continue their journey by crossing over to linked BSA Troops 3490 (Boys) and 5490 (Girls).
Join us today and start your Scouting adventure!
Contact: Pack490rockford@gmail.com or Jenniferdougherty4@gmail.com

BSA Troops

3490 (Boys) and 5490 (Girls) Ages 10-17

Troops 3490 and 5490 are active and dynamic groups in Rockford. We meet Monday nights at 7pm at Our Fathers Lutheran Church.
All are welcome to join.

Upcoming events include the hiking merit badge, first class adventures camporee, spring camporee-American Heros, week long Many Point Scout camp, boundary waters canoe trip, merit badges, and national youth leadership training - Grey Wolf.

If you enjoy the outdoors, creating lifelong friendships, camping, and having adventures, contact us today to start your Scouting Journey!

BSA Boys Troop 3490 - Steve Czech
stevejczech@gmail.com

BSA Female Troop 3490 - Jennifer Dougherty
jenniferdougherty4@gmail.com





Girl Scouts

Leadership learning for girls in a fun and rewarding environment! Join the Girl Scouts today!

https://www.girlscoutsrv.org/en/get-involved/become-a-girl-scout.html

Rockford Recreational Soccer Legacy Football Club

About the Season

The Rockford Rec Soccer season is focused on FUN and Development! For kids in and around the Rockford community, all are welcome!

Program Details

Season: May 11-June 29

Ages

- U4-U12 (birth years 2012-2020)

Times & Locations

- Rockford High School
- Saturdays
- 9:00-10:00am
- 7 weeks

Cost

- $130

info@legacyfc.org / www.legacyfc.org
Phone: 763-568-1941

2024 Rockford Crows Baseball Schedule

Date	Time	Location	Opponent
May 19	4:00 PM	Rockford	Princeton Panthers
May 22	7:30 PM	St. Boni	St. Boni Saints
Off Memorial Weekend			
May 31	7:00 PM	Hamel	Hamel Hawks
June 2	1:00 PM	Loretto	Larks
June 5	7:00 PM	Rockford	Maple Plain Diamond Devils
June 7	7:30 PM	Maple Lake	Maple Lake Lakers
June 9	1:00 PM	Rockford	Howard Lake Lakers
June 12	7:00 PM	Cokato	Cokato Kernels
June 14	7:30 PM	Rockford	Litchfield Blues
June 16	1:00 PM	Buffalo	Buffalo Bulldogs
June 19	6:30 PM	Waverly	Waverly-Montrose Stingers
June21	7:30 PM	Delano	Delano A's
June 23	1:00 PM	Rockford	DC Saints
June 26	6:30 PM	Maple Plain	Maple Plain Diamond Devils
June 28	7:30 PM	Waconia	All Star Game
Off Week of the 4th			
July 7	1:00 PM	Rockford	Hutchinson Huskies
July 10	7:00 PM	Rockford	Buffalo Bulldogs
July 12	7:30 PM	Hutchinson	Hutchinson Huskies
July 14	1:00 PM	Rockford	Cokato Kernels
July 17	7:00 PM	Rockford	Delano A's
July 19	Reserved for makeup game		
July 21	1:00 PM	Rockford	Albertville Anglers

Home games are located at the RHS Varsity Baseball Field

Library

Great River Regional Library - Rockford

8220 Cedar Street, Rockford
763-477-4216, www.griver.org

Library Hours:
Monday: 10:00am - 6:00pm
Tuesday: 2:00 - 7:00pm
Wednesday: 10:00am - 6:00pm
Thursday: 2:00 - 7:00pm
Friday: 2:00 - 6:00pm
Saturday: 10:00am - 1:00pm
Sunday: Closed

✪ Sponsored by the Rockford Friends of the Library

CHILDREN'S EVENTS

Summer Reading Program Kickoff Ice Cream Social
Enjoy a free ice cream treat while signing up babies to 18 year olds to track their reading for the summer and win reading incentives. Avoid the "summer slide", and keep reading! Sponsored by GRRL and ✪.
>> Tuesday, June 4, 3:00 - 5:00pm

Clay City
If you could build your very own city with others in your community, what would it look like? Young people and their caregivers get their hands dirty in CLAY CITY! Mold, poke, and build whatever you want to add to an evolving city. Use bits of wood and stone, and playful props to help your ideas come to life. Walk up event for all ages. Made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.
>> Wednesday, June 5, 10:00 am - 1:00pm

Art Book Circle
Is a hands-on alternative to traditional book clubs. We believe literacy can and should be fun and engaging and that art offers an excellent method. Art Book Club includes hands-on arts and literacy projects & discussion questions based on this summer's battle of the books selections. For ages 8 to 12. Made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.
>> Friday, June 7, 3:00 - 5:00pm

Summer Movies
Join us for pizza and PG rated movies at the library. Turn in a movie review and have a chance to get your name in a drawing for fabulous prizes. Call the library to find out what is showing. For ages 8 and up. Limit 20. Registration required. ✪
>> Fridays, June 7, July 12, and Aug 2, Noon - 2:00pm

Wright County Dairy Ambassadors' Storytime with Butter Making
Come meet the 2024 Wright County Dairy Ambassadors and learn more about dairy farms, cows, and butter! For all ages. Sponsored by the Wright County Dairy Ambassadors.
>> Monday, June 10, 2024, 10:30 am

Summer Lego Lab
Design, configure and build! STEAM activities engage children in planned activities during the lab. Creations will be on display for one month, until the next Lego Lab. For ages 6 to 12. Registration required. Limit of 15. ✪
>> Fridays, June 14, July 19 & Aug. 16, 11:30am - 1pm

Music: Will Sings Songs!
Driven by audience participation, Will Bjorndal's shows are guaranteed to get kids grooving, laughing, and singing. For kids of all ages. Made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.
>> Monday, June 17, 10:30 - 11:15am

Bingo For Kids
Stop by for some fellowship and fun with your friends. Allows children to develop group social skills. There will be prizes. For ages 6 to 12. Limit of 12. Registration required. ✪
>> Monday, July 15 3:00 to 4:00pm

Climb Theatre
"Country Mouse and City Mouse" will be performed for children of all ages. In this play, kids will learn to use their empathy skills and learn to advocate for their own needs. Made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.
>> Monday, Aug. 5, 10:30 - 11:15am

FAMILY EVENTS

Adult Book Club
If you enjoy reading and discussing books, then this is the group for you. A fun opportunity for you to learn interesting facts about the authors, talk about books, and meet new people. Contact the library for the monthly book selection and to sign up. Registration required. Limit 10. For ages 18 to adult. ✪
>> Mondays, May 20, June 17, July 15 and Aug. 19, 5:00 - 6:00pm

Paint Club
We have the supplies. You have the vision. Come paint in a relaxed setting with Tamra every month. Introductory techniques will be covered. For ages 10 to adult. Limit 10. Registration required. ✪
>> Wednesdays, May 29, June 26, July 31 & Aug. 28, 4:00 - 6:00pm

Member Business Directory

BUSINESS NAME	CONTACT	PHONE/EMAIL	WEBSITE
AUTOMOTIVE			
Autoworks Collision Center Inc.	Lee Schlosser	763-477-6653 autoworks1@peoplepc.com	autoworkscollision.net
Hanson Auto Service Inc	Todd Hanson	763-477-5511 expert@hansonauto.com	hansonauto.com
West Hennepin Auto & Tire Inc.	Scott Pivec	763-479-6395 westhennepinauto@gmail.com	westhennepinauto.com
BUSINESS SUPPORT & SUPPLIES			
ABC Lettering Company	Cheryl Barningham	763-477-5520 abclettering@msn.com	www.facebook.com/ abclettering/
Delano Printing	Hannah Keller	763-972-9150 Hannah@delanoprintingdesign.com	delanoprintingdesign.com
Flying Orange	Jennifer Strumbel	612-978-9879 info@flyingorangewebdesign.com	flyingorangewebdesign.com
Hometown Management	Erik Sorenson	763-477-3300 erik@whcre.com	hometownmanagement.com
Immersion Data Solutions LLC	Mike Loukusa	763-408-4684 mloukusa@immersiondata.com	immersiondata.com
IntegriPrint, Inc.	Chelsie Schmid	763-682-3750 clientcare@integriprint.com	integriprint.com
Wright County Economic	Missy Meidinger	763-477-3086 MissyM@wrightpartnership.org	wrightpartnership.com
CONSTRUCTION & CONTRACTORS			
AAAV (Andy Arvold's Audio Visual)	Andy Arvold	612-532-0104 Andy@TripleAV.com	TripleAV.com
American Liberty Construction Inc.	Howard Jacobson	763-477-9900 Howardj@americanliberty.biz	
Call the Gutter Guys	Derrick Monroe	612-314-6770 Support@CallTheGutterGuys.com	callthegutterguys.com
Excel Renovation	Bruce Stageberg	612-296-9663 bruce@excel-reno.com	excel-Reno.com
Stone Creations Landscaping & Design Inc.	Jeff Nute	612-735-3336 stonecreations99@gmail.com	stonecreationslandscaping.com
Tru-Line Contracting	Nick Earley	651-508-7060 Nick@buildwithtruline.com	Buildwithtruline.com
EDUCATION			
Great River Regional Rockford Library	Theresa Jacobs	763-477-4216 theresaj@grrl.lib.mn.us	griver.org
Rockford Area Historical Society	Kevin Koehler	763-477-5383 storkhouse@cityofrockford.org	rockfordmnhistory.org
Rockford Education Foundation	Kelly Grimm	763-477-6483 kelly@rockfordfoundation.org	rockfordfoundation.org
Rockford ISD # 0883	Jeff Ridlehoover	763-477-9165 x4002 ridlehooverj@rockford.k12.mn.us	rockford.k.12.mn.us
Terra Nova School	Michelle Chlan	952-852-0129 info@TerraNovaMN.org	www.terranovamn.org

BUSINESS NAME	CONTACT	PHONE/EMAIL	WEBSITE
FOOD & DINING			
Billy's Rockford Bar/ Rachel's Place	Rachel Finn	763-227-0672 finn74@charter.net	billysrockfordbar.com
Buffalo Rock Winery	Nicole Dietman	763-682-9463 nicole@BuffaloRockWinery.com	BuffaloRockWinery.com
Choo Choo Restaurant and Bar	Barry Anderson	763-479-3565 barrycarrie@mchsi.com	choochooloretto.com
Delano Coborn's Superstore	Joe Tipka	763-972-8380 Storedirector.2028@cobornsinc.com	coborns.com
Green Rock Deli & Café	Steve Ortloff	763-477-5222 steve@greenrockdeli.com	greenrockdeli.com
Harvest Wine & Spirits	Kelly Perkins	763-477-5960 cheersgreenfield@harvest-ws.com	harvest-ws.com
River Inn Bar & Grill	Jodi Tappe	763-498-7335 jodi@riverinnhanover.com	riverinnhanover.com
Carbone's Pizzeria Bar & Grill	Jenny Kneeland	952-292-6956 jenny@carbonesmn.com	carbonesmn.com/delano
Rockford Roadhouse	Matt Linse	608-385-9308 rockfordroadhouse@gmail.com	
HEALTH & MEDICINE			
Buffalo Hospital	Mona Volden RN	763-684-7025 Mona.Volden@allina.com	buffalohospital.org
Buffie Chiropractic P.C.	Perry Buffie	763-477-4426 drperrybuffie@yahoo.com	buffiechiro.com
Lake Sarah Dental LLC	Sarah Magnuson	763-575-8038 smagnuson@lakesarahdental.com	lakesarahdental.com
Holistic Roots Dentistry	Agnes Schindler	612-930-2591 admin@holisticrootsdentistry.com	holisticrootsdentistry.com
HOME & GARDEN			
Liberty Lawn and Snow	Tom Ditsch	763-238-6917 office@libertylawnsnow.com	libertylawnsnow.com
Midco	Melissa Wolf	651-214-5493 melissa.wolf@midc.com	midco.net
Overhead Door Company of the Northland	John Zimmerman	612-363-6526 johnZ@ohdnld.com	overheaddoornorthland.com
Wright Hennepin Electric	Nathan Karels	763-477-3000 nkarels@whe.org	whe.org
LEGAL & FINANCIAL			
BANKWEST	Craig Boysen	763-477-5231 craigb@bankwestmn.com	bankwestmn.com
AMS Insurance Group LLC	Matthew Kirchmann	612-310-9811 matt@myamsinsurancegroup.com	myamsinsurancegroup.com
AW Smith LLC	Amber Smith	763-477-4949 amber@awsmithllc.com	awsmithllc.com
Edward Jones	Jessica Larson	763-972-3990 Jessica.Larson@edwardjones.com	edwardjones.com/jessica-larson
Modrow Insurance Agency LLC	Shane Modrow	763-565-0100 smodrow@farmersagent.com	farmersagent.com/smodrow
Total Coverage Insurance/ Kara Birznieks Agency	Kara Birznieks	763-478-7917 kara@totalcoveragemn.com	totalcoveragemn.com

BUSINESS NAME	CONTACT	PHONE/EMAIL	WEBSITE
MANUFACTURING, WHOLESALE, DISTRIBUTION			
DMH Companies	Greg Dvorsak	763-478-8168 greg@dmhcompanies.com	dmhcompanies.com
KingSpan	Donna Hower	763-477-5854 donna.hower@kingspan.com	
MERCHANTS (RETAIL)			
Rapha Farms	Karen Tautges	763-242-6427 karen@raphafarmsmn.com	raphafarmsmn.com
RiverWorks	Denise Kesanen	763-477-5480 dkesanen@riverworksonline.org	riverworksonline.org
MISCELLANEOUS			
City of Greenfield	Brad Johnson	763-477-6464 bjohnson@ci.greenfield.mn.us	cityofgreenfield.org
City of Rockford	Anna Carlson	763-477-6565 annac@cityofrockford.org	cityofrockford.org
Lunderby Photography Inc	Ken/Kathy Lunderby	763-477-5388 lunderby@aol.com	lunderby.com
Our Father's Lutheran Church	Wendy Gustafson	763-477-6300 Council@ourfatherschurch.org	ourfatherschurch.org
Riverwood Covenant Church	Rachel Kleinschmidt	763-477-9126 office@riverwoodcovenant.org	riverwoodcovenant.org
Rockford Lions Club	Trent Shipley	612-310-4770 rockfordlionsmn@gmail.com	rockfordlionsmn.org
PERSONAL CARE & SERVICES			
Inspired Senior Living of Hanover	Laura LaTour	763-463-0708 laura.latour@islhanover.com	hanoverseniorliving.com
The Hair Gallery	Lisa Rasmussen	763-477-6020 lisakr68@gmail.com	thehairgalleryrockford.com
The Spot Training Facility	Chris Heikkila	952-451-0726 cheikkila@klnfamilybrands.com	klnfamilybrands.com
REAL ESTATE			
Bill Fisher Realty	Bill Fisher	612-369-5492 bill@billfisherrealtor.com	billfisherrealtor.com
Derrick Monroe Group	Derrick Monroe	612-282-SOLD derrick@dmgrealtor.com	www.derrickmonroe.com
Established Real Estate - Jessica Johnson	Jessica Johnson	612-709-1221 jessica@jjexclusivehomes.com	jjexclusivehomes.com
First Class Mortgage Inc.	Emily Kastendick	763-498-9074 emily@firstclasscorp.com	MNmortgage.com
Mari Houck/Edina Realty	Mari Houck	612-201-4365 marihouck@edinarealty.com	marihouckhomes.net
LeAnn Sather - RE/MAX Consultants	LeAnn Sather	612-269-7798 leannsather@remax.net	remaxconsultantsmn.com
Shannon Sand - RE/MAX Results	Shannon Sand	952-913-0332 shannon.sand@results.net	www.livingmn.com
Ryan Properties	Dan Ryan	danryan@nasarb.com	
Trent Shipley/ Keller Williams Integrity NW	Trent Shipley	612-310-4770 trentshipley@kw.com	trentshipley.com

Membership



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

Membership Questions

Jamie Smith, Membership Coordinator
smithj@rockford.k12.mn.us
763-477-5294

Rates

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 **Free walking passes** (Walking passes do not include the use of the Rocket Power Center).	$20
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.

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 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 21 for information about our trainers and pricing.

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



Rockford Area Schools Facilities

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

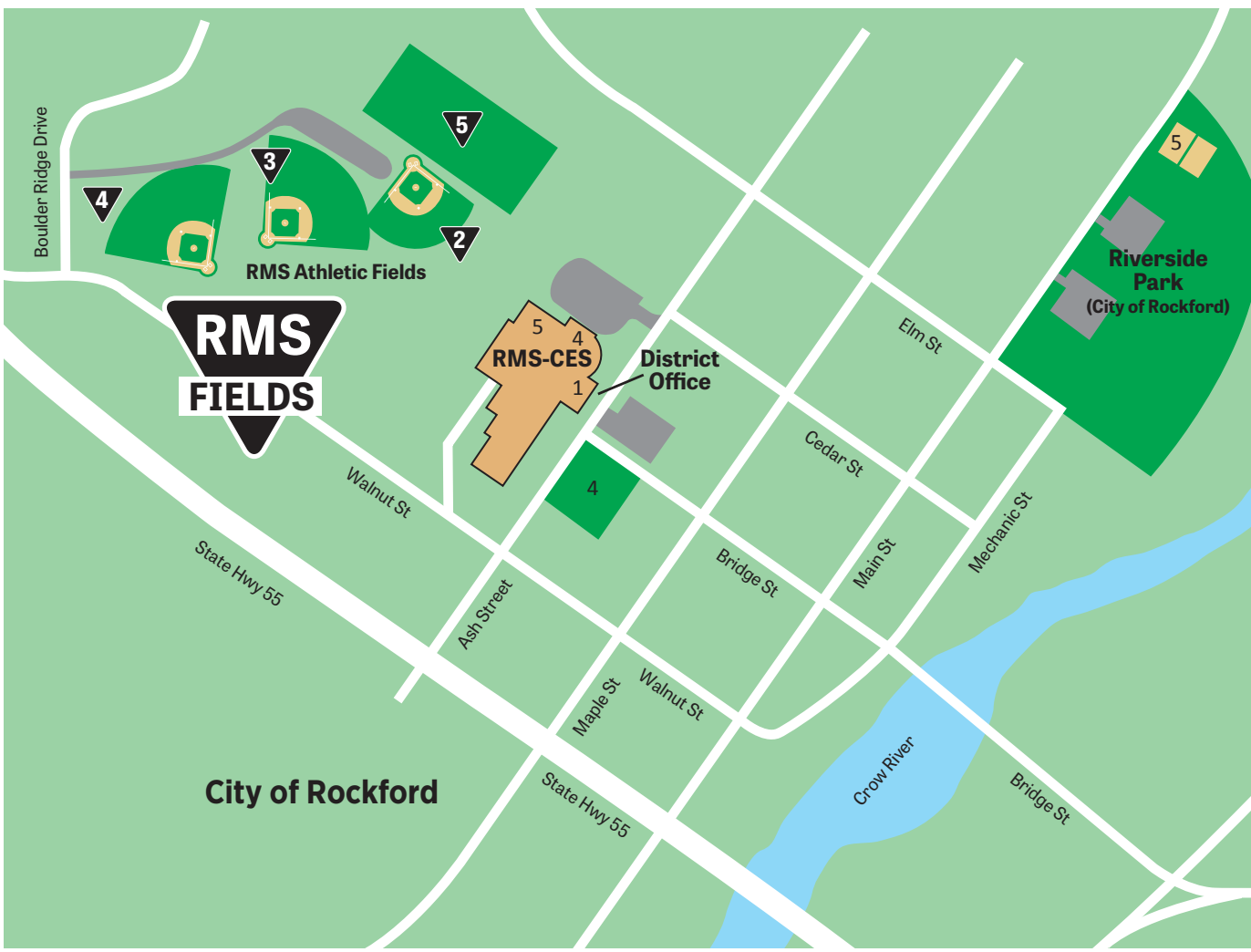
RMS-CES
Rockford Middle School
Center for Environmental Studies
6051 Ash Street
Rockford, MN 55373
763-477-5831

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

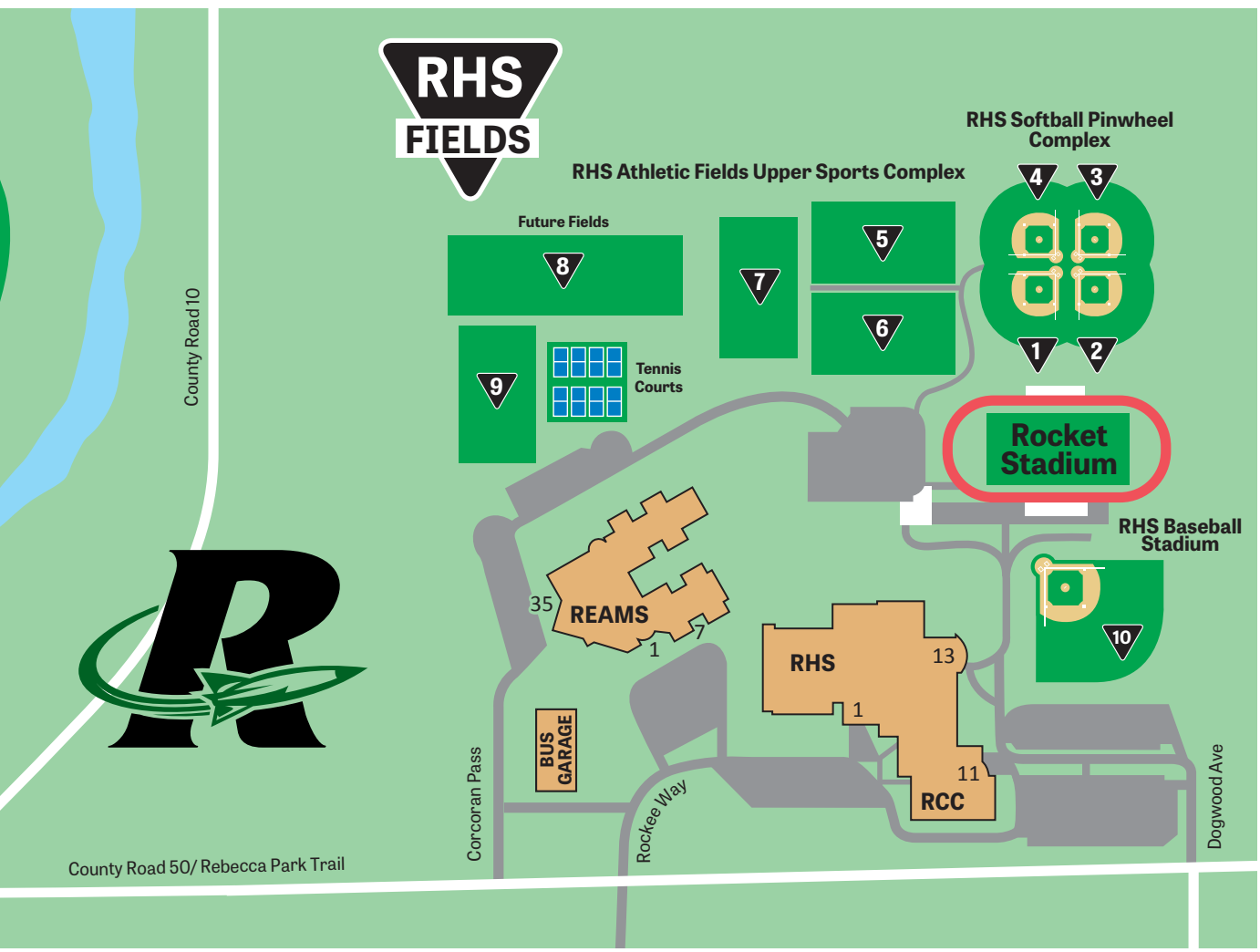
ROCKFORD ELEMENTARY - REAMS	
Door 1	REAMS Main Entrance & Office
Door 7	Galaxy Kids Entrance
Door 35	REAMS Gym Entrance
ROCKFORD MIDDLE SCHOOL - RMS-CES	
Door 1	District Office
Door 4	RMS-CES Entrance & Office
Door 5	Rocket Gymnastics Club entrance
ROCKFORD HIGH SCHOOL - RHS	
Door 1	RHS Main Entrance & 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

Building a Community for Life-Long Learning

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.

Class 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***

eleyo

BY MAIL OR IN PERSON

To register - mail 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.

Cancellation Policy

If a class is canceled 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

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	$
2023-24 Grade: K 1 2 3 4 5 6 7 8 9 10 11 12	
Child's Birth Date: —— / —— / ——	Child's Gender: ☐ Female ☐ 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	$
2023-24 Grade: K 1 2 3 4 5 6 7 8 9 10 11 12	
Child's Birth Date: —— / —— / ——	Child's Gender: ☐ Female ☐ 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

Building a Community for Life-Long Learning

Rockford Area Schools
COMMUNITY EDUCATION

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Rockford Area Schools
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Rockford, MN 55373

Postal Patron
ECRWSS

Community Education Classes for all ages!

Spring Summer 2024

Spring Community Expo 2024 - page 23
New Yoga Classes - page 16 & 22



https://rockford.ce.eleyo.com

Easy Online Registration!