



Fall 2026

Program Discounts for

Rockwood Employees & Retirees

Retirees: Register by calling 636-891-6644 to receive the discounted rate.

Employees: Use your district email address when registering to receive the discounted rate.

➡➡➡ **FREE** ⬅⬅⬅

Basic Yoga

Build strength, flexibility, and relaxation through proper form and breathwork in this all-levels yoga class

Mondays • Sept. 14-Oct. 26 • 5 to 6 p.m.
Rockwood South Middle

Game Club: Jeopardy

Put your knowledge to the test in this Jeopardy-style trivia night featuring team-based questions covering everything from history to science to pop culture and literature.

Monday • Sept. 21 • 6 to 8 p.m.
Wildwood Middle

Happy Hour Hiking Club

Explore a scenic trail, learn local history, and enjoy a seasonal mocktail and snacks after the hike.

Friday • Sept. 18 • 5 to 7 p.m.
Local park or trail

Hand-Painted Holiday Ornaments

Create festive wooden ornaments in this fun social workshop, perfect for holiday decorating or personalized gifts.

Wednesday • Dec. 9 • 6 to 8 p.m.
Selvidge Middle

➡➡➡ **50% OFF** ⬅⬅⬅

Boot Camp Fitness

Build strength, endurance, and grit in this fast-paced, military-inspired workout featuring bodyweight drills, strength training, core work, and cardio, with scalable exercises for all fitness levels.

Saturdays • Sept. 12-Oct. 17 • 9:45 to 10:45 a.m.
Legends Karate

Mahjong for Beginners

Learn the basics of Mahjong, including rules, tiles, and gameplay strategies, in this beginner-friendly class.

Thursday • Oct. 22 • 6 to 8 p.m.
LaSalle Springs Middle

