



Fall 2019

Class Schedule

YogaFit for Kids – South Ridge

Open to all ages

Fun yoga practice that helps kids learn how to develop physical, mental and emotional wellness. Benefits include stress management through breathing, awareness and healthy movement, building concentration, increased confidence and being part of a non-competitive group. Please send your child in comfortable clothing.

Kristi Herron and Mandy DeBord, both certified instructors, will co-teach this inspiring program.

Wednesdays, Sept 4-Oct 23, 8:45-9:45 AM

South Ridge Bldg B Stage

Fee: \$ 83, includes mat fees

SoulShine Kids Yoga – Union Ridge

Open to all ages

Yoga and meditation are great tools for increasing concentration and reducing stress and anxiety levels. Start your child's day in a creative and playful environment that will encourage the growth and self-awareness and healthy social skills. Through breathing and relaxation techniques, as well as physical poses to strengthen their bodies, we will create a foundation of well-being.

Kristen, registered and certified Yoga instructor, looks forward to sharing her love for yoga with her students.

Wednesdays, Sept 11-Oct 30, 8:45-9:45 AM

RACC Portable 1A, Directly off the UR parking lot

Fee: \$83, includes mat fees

Brick Builders – LEGO Minecraft

Open to grades K-4

Put your engineering imagination to the test!! Learn, design, build and explore a new LEGO build each week. This session is all about MINECRAFT!! Build Creepers, the Nether, Steve, your own Minecraft world, 2D/3D mobs and more!! Each student will get a chance to share their builds with the group. Explore, learn and build together!!

Each child will receive a LEGO mini-fig to take home at last class. This is a peanut/tree nut free class.

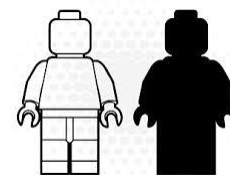
Union Ridge – Tuesdays, Sept 24-Oct 22, 3:35-4:50 PM

RACC Portable 1A&B

South Ridge – Tuesdays, Nov 5-Dec 10, 3:35-4:50 (No Nov 26)

SR Room TBD

Fee: \$70 (Per Brickzone policy: All students must be signed out by 4:50 or incur late charges)



QuickStart Sports – Basketball

Open to grades K-4

Basketball basics taught in a fun, encouraging, non-competitive environment.

Sportsmanship, teamwork and general fitness conditioning are emphasized as the key to success! All equipment provided. Students should have athletic shoes for safety.

South Ridge – Mondays, Sept 23-Oct 28, 3:40-5:15 PM South Ridge Outdoor Courts

Union Ridge – Thursdays, Sept 26-Nov 14, 3:40-5:15 PM Union Ridge Gym B

(No class Oct 25 & 31)

Fee: \$79

Register for all programs at ridge.revtrak.net

Questions? Register for email updates?? Email terri.cochran@ridgefieldsd.org

Safe On My Own

Open to ages 8-11

Safe on My Own is an informational and interactive class that will give your child the skills they need to feel more confident about taking care of themselves for short periods of time. The class aims to provide students with the tools necessary to handle situations when home alone. The curriculum is based on the American Red Cross, Michigan. It encompasses topics such as personal safety, internet safety, how to answer the door or phone, basic first aid and more.

South Ridge, Monday, Oct 14, 3:45-5 PM

South Ridge Library

Union Ridge, Tuesday, Oct 15, 3:45-5 PM

Union Ridge Library

Fee: \$12

Crochet Club – South Ridge

Open to grades 3-8

Emily Crawford

Make a scarf with your school colors, bookmarks, and more! Learn basic crochet terminology and techniques

Wednesdays, Oct 2 – Dec 11, 3:45-4:45 PM

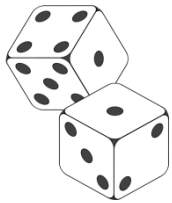
South Ridge Library

Fee: \$90, includes starter supply kit in carry bag

Games Club – South Ridge

Open to all ages, parents welcome

Emily Crawford



Learn to entertain yourself without the help of electronics or social media! Research has revealed that playing board games helps brain development. Board games are an effective way to employ cooperative learning, critical thinking, and problem solving. Club is open to any student who wants to spend some time enjoying game play with fellow students. New games will be introduced and taught each week, think back to your favorite childhood games! Parents are welcome and encouraged to join the fun!

Fridays, Sept 27-Dec 13, 3:45-4:45 PM (No class 10/11, 10/25, 11/22, 11/29) South Ridge Library

Fee: \$56

Private Piano with Janet Lapore

Best suited for age 7- Adult

Enjoy a 30-minute private lesson designed specifically for you!! Janet's love of music and teaching shines through from the moment you meet her! Students will progress at their own pace, with gentle encouragement from Ms. Lapore.

Thursdays, Time slots from 3-6 PM – Must reserve a spot, email terri.cochran@ridgefieldsd.org for current availability.

Session 1 – Oct 3 – Dec 19 (No class on Oct 31)

Fee: \$200

Spudder Football Cheer Camp, Grades K & up

Alyssa Tomillo, Anja Felton & RHS Cheer Squad

Show your Spudder Spirit!! The RHS Cheer squad looks forward to teaching your young cheerleader chants, cheers, and stunts! The young spirit leaders will perform at half time under the Friday Night Lights.

Practices: Sept 11 & 12, 5-7:15 PM View/Sunset Gyms

Performance: Sept 13, campers arrive at 7 PM, Cheer at halftime

Fee: \$55, Please note: Registration deadline to receive shirt is Sept 8th



Adult Programs

Cardio Kickboxing& Strength

Dessie Brice

This 40-minute class is designed to torch calories & get your core in shape. The class is high intensity, but we encourage students to follow at their own pace.

Thursdays, 6:30 PM

Fridays, 10:00 AM

RACC Gym

Core & Cardio

This 40-minute class is designed to strengthen both your core and your heart! All exercise modalities are used, including body weight, weights, bands, etc. All levels are welcome to attend – start where you are and progress at your own pace.

Mondays & Thursdays, 8-8:45 AM

RACC Gym

Fee: 4 week sessions – 1x per week, \$40 / 2x per week, \$70

Drop in Fee: \$12

(All session packages are valid within that 4-week session only)

Register at ridge.revtrak.net

