

# COMMUNITY CONNECTIONS

Spring/Summer  
2020  
Volume 4 Issue 1



***Be Inspired!***

**Get Ready For Summer!  
Sign Up For Summer Camps Now!**

**Inside This Issue:**

**Summer Camps...8 -12**

**Spring Flag Football...4**

**Family Fun Night.....5**



**Caledonia Community Schools  
Caledonia Resource Center**

**Adult & Youth Enrichment - Theatre - 55 & Better- A.W.O.L  
[inspiremenow.org](http://inspiremenow.org)**



## *Inside*

Youth Programs  
Sports & Enrichment 3-6

CMS & CHS Enrichment 7

Summer Camps 8 - 12

Theatre 13

Adult Enrichment Classes  
Health & Fitness 14 - 17  
Music & Art 18 - 19

Misc 20 -21  
Aquatics 22

55 and Better Programs  
A.W.O.L 21-22  
Activities 25-25  
Travel 26-28

General Information  
Registration Information 29  
Registration Form 30

Community Connections is published three times per year: March, August and December.

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Caledonia Community Schools Resource  
Center, 9749 Duncan Lake Ave., Caledonia,  
MI 49316

### Early Bird Discounts!

Sign up for your favorite class or activity one week or more before it begins and save \$10! Signing up is easy! Go online any time day or night to register at [www.inspiremenow.org](http://www.inspiremenow.org). This offer applies to any class or activity with a listed Early Bird price.

## Welcome to the Caledonia Resource Center's Spring 2020 Course Catalog

The Caledonia Resource Center would like to invite you to get inspired! This catalog includes many opportunities for all ages to get fit, learn a new skill or just have fun! Our goal is to create classes and programs to enrich your life.

Please take a moment to browse through this catalog and find something that will inspire you! We have some brand new classes along with many of your favorites from the past. Join us and be inspired!

### Your Inspiration Team Leaders



Sherry  
Stehouwer



Barb  
Nemecek



Monique  
Brennan



Mitch  
Brennan



**Spring  
Break  
Art Class  
Printmaking  
Page 5**

**Check out  
Family Fun Night  
Featuring  
Generation  
POUND®  
on page 5.**



**Weight  
Training for  
Women  
page 15**

## *A note from the superintendent....*

### **Bond Proposal Will Bring Continued Success, Safer Schools**

When it comes to success inside and outside of the classroom, Caledonia Community Schools has a proven track record. On May 5, voters will have the opportunity to pass a bond proposal that will help us continue the standard of excellence we have come to expect.

As superintendent, my job is to ensure your child has the best education and to make sure they come home safe every day. The bond will allow us to invest in much-needed security and safety enhancements and update aging buildings so our kids can learn in a safe and healthy environment.

This includes creating the best environments for our children to become well-rounded citizens.

Replacing the 64-year-old Dutton Elementary with a neighborhood school is a top priority as well as upgrading classrooms and technology so our students are prepared for college and careers. Quality schools are an integral part of a strong community.

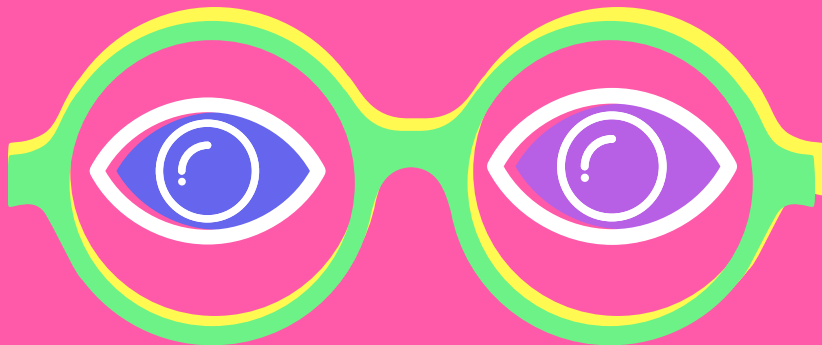
For those of you that are beyond the school years, this bond will have a positive impact beyond funding critical repairs and improvements and will have a significant benefit to our school district and the residents of Caledonia as a whole. Adding a community center will bring our community together, encourage healthy lifestyles and encourage lifelong learning and enrichment.

The prudent fiscal management of our schools is why we've received a clean financial audit for decades and have an AA bond rating. This proposal will not raise property taxes and is a smart way to invest in our future. Let's build on our proud tradition of excellence and keep Caledonia an attractive place to raise families. I encourage you to learn more about the upcoming bond proposal.



WE'RE ON THE LOOKOUT

## FOR NEW INSTRUCTORS



### **LEARN TO BE A COMMUNITY ED INSTRUCTOR WEDS. APRIL 22ND, 6:30 P.M**

DLMS Resource Room 9749 Duncan Lake Ave

Please RSVP to Monique Brennan  
[brennanm@calschools.org](mailto:brennanm@calschools.org)

Have a passion for teaching or a hobby? Learn how you can share it with our community and make money. Meet with our staff about class ideas and to answer any questions you may have on becoming a Community Ed instructor.

# Youth Sports

## Karate Kids

Build confidence, focus and self-esteem! Learn the art of karate for these benefits and much more. Join us for lessons in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages.

Ages 13 & under 6 - 7 p.m.  
Mon & Wed 4/13- 5/20

\$79 Early Bird Fee / \$89 Regular Fee  
KMMS Gymnasium



## Peaceful Dragons Self Defense & Safety Awareness

Do you want your child to learn confidence, respect and self control? Have them join this fun course which emphasizes on child safety awareness and life lessons! Your child will be taught self defense with martial arts moves. The students have the opportunity to do light contact sparring to further their self defense skills. Additional safety equipment will be needed. The students can test each semester for their next belt rank (\$15 fee). Each student will receive a certificate and medal for their hard work. Welcome to a program that will prepare your child for life!

All sparring equipment for class use is provided.

Mon 4/13 - 6/1 (omit 5/25)  
\$79 Early Bird Fee / \$89 Regular Fee  
Class I 6 - 7 p.m. Beginning Students Ages 5 - 12  
Class II 7 - 8 p.m. Returning Students Ages 5 - 8  
Class III 8 - 9 p.m. Returning Students Ages 9 - 15

DLMS Aux. Gym

\*A uniform is highly recommended. Uniforms available for purchase at the 1st class.

Required items: Boys sparring package \$35 or girls package \$22 - includes soft shin guards, mouth guard and case and supporter/cup for boys.

Advanced students (yellow belt/green tip and above) are required to have their own sparring gloves and sparring helmet (\$69).

Please arrive 15 min. early on the first night.

Additional Opportunities - Spring Sparring Clinic  
Sat 3/21 Aux. Gym 9:30 a.m. - 12 p.m.  
Additional fees apply

## ENGARDE!

Ironically, a sport that features a weapon is also among the safest sports for its participants. This class is designed for individuals with little or no fencing experience. Build confidence, focus, self-esteem and have fun! All equipment is provided.



YOUNG SQUIRES FENCING - Ages 5 - 7  
Wed 3/4 - 4/15 (omit 4/8)  
Wed 4/22 - 5/27  
4:30 - 5:15 p.m.

BEGINNING FENCING - Ages 7 - 13  
Mon 3/2 - 4/13 (omit 4/6)  
Mon 4/23 - 5/28  
5:30 - 6:30 p.m.

CONTINUING FENCING - Ages 7 - 13  
Prerequisite - must already have completed at least one six-week class or one of the camp sessions.  
Thu 3/5 - 4/16 (omit 4/9)  
Mon 4/20 - 6/1 (omit 5/25)  
5:30 - 6:30 p.m.

\$85 Early Bird Fee / \$95 Regular Fee  
All classes are taught at the West Michigan Fencing Academy at 1111 Godfrey Ave SW, Grand Rapids. A map is available at [www.wmfa.org](http://www.wmfa.org).

*Instructor: Head Coach Nemecek has served as one of the US Women's National Foil Coaches and has produced the only fencer in West Michigan to ever represent the US on any World Championship team.*



# Youth Sports

## Ultimate Frisbee

Ultimate Frisbee is so fun! There are 14 middle school teams and 3 high school teams in Grand Rapids. Never played Ultimate Frisbee? That's ok! Our team of coaches will teach you. It's played on a football-like field and is a mix of soccer and football, however, you don't need to tackle because you can't run with the disc. Players will be split up by age and skill level. Brand new players are encouraged to join! No experience required! Each player will receive a t-shirt and a disc.

9 - 12th Grade

Mon & Wed 4/13 - 6/1 5 -7 p.m.

160 68th St SW Grand Rapids, MI 49548

6 games @ Rotating location vs. local schools

4 - 8th Grade

Mon 4/13 - 6/1 4-6pm

160 68th St SW Grand Rapids, MI 49548

Friday games 5:30-7:30pm @ Rotating location

\$65 Early Bird / \$75 Regular fee

*Instructors: Mike Zaagman is a pro Ultimate Frisbee player with 8 years experience coaching and Zahra Franco has 8 years experience playing and 2 years coaching.*



### Ultimate Frisbee Spring Break Camp

Mon - Thu 4/6 - 4/9 9 - 11 a.m.

\$49 Early Bird / \$59 Regular Fee

East Grand Rapids High School Football Field.

(Will be moved to gym if weather is bad)



## Indoor Junior Golf

A fun and informative indoor golf class designed specifically for beginners grades 1st through 5th. This one-hour class is a great introduction to the basics of the game. The class meets once a week for four consecutive weeks. Sessions will cover the fundamentals of putting, chipping and full swings as well as golfer safety and etiquette.

Tue 4/14 - 5/5 3:45 - 4:45 p.m.

Emmons Lake Elementary Gym

Thu 4/16 - 5/7 3:45 - 4:45

Kettle Lake Elementary Gym

\$99 Early Bird Fee / \$109 Regular Fee

## Spring Flag Football: 7 on 7

Flag football program where teams will practice for the first two weeks learning the fundamentals of football and flag football. The next three weeks they will then practice for 45 minutes then play a 45 minute game. Teams will be grouped as current K & 1st, 2nd & 3rd, 4th & 5th, 6th & 7th. This program will be overseen by the varsity football program. The goal of this is to give students a brief introduction to the sport while increasing their knowledge of 7 -7 camps and leagues and allowing them to have fun in a safe environment.

Sun 4/19 - 5/17 \$59 Early Bird Fee / \$69 Regular Fee

K -3rd 2 - 4 p.m.

4th - 7th 4 - 6 p.m.

**Avoid cancellations! Register early at:**  
[www.inspiremenow.org](http://www.inspiremenow.org)

# Youth Enrichment

## Family Fun Night Featuring Generation POUND.

Generation POUND® was created not just as a workout geared towards kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! How? By introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!., The whole family will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness. Recommended for Rockstars in training ages 6 and up.

Fri 3/27 6:30 - 7:30 \$5/person  
CHS South Black Box Theatre

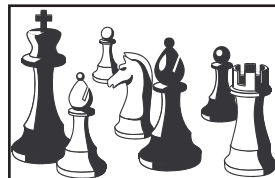


## Chess for Kids

Learn to play chess! Our instructor will teach you how to play and enjoy this awesome game. We will explore the strategies and tactics of the game together. Learn the the rules, how the pieces move, basic checkmates, and how to keep score so that you may replay the game anytime. After a brief period of instruction, students will play chess against each other and the instructor. Grades 3rd - 5th.

Thu 4/16 - 5/28 3:45 - 4:45  
\$39 Early Bird Fee \$49 Regular Fee  
Kettle Lake Elementary

*Instructor: Henry Rankin, certified tournament director Us Chess Federation, chess writer "West Michigan Chess", vice president and director of education Spencer Street Chess Club, 40 + years experience as tournament player and chess lecturer.*



## Spring Break Art Class - Printmaking

Staying home this spring break? Looking for a fun activity for your student? Let your child show their artistic talent with Gretka at her home studio. In this three day workshop, you will learn the art of lino-cut printmaking. Students will design, cut and print their own cards or collage. Ages 7 to 15.



Tue - Thu 4/7 - 4/9 12 - 2 p.m.  
\$125 Early Bird \$135 Regular Fee  
10% discount for siblings.  
Classes are held at Gretka's Coldwater Studio  
9508 Bergy Ave., Alto



## BattleGR Tactical Games Laser Tag

This program brings the fun of strategy to a long time favorite game of laser tag. With multiple strategic games to play your child will be begging you to sign them up again. Much like the video games that kids play today, we will be focusing on the importance of working together as a team to achieve an objective. Wear athletic type clothes as this is an active game and bring a water bottle. Grades 1st - 5th

Wed 4/15 - 5/20  
3:45 - 5 p.m.  
\$115 Early Bird Fee / \$125 Regular Fee  
Caledonia Elem.

Register online at:  
[www.inspiremenow.org](http://www.inspiremenow.org)



# Youth Enrichment

## American Safety & Health Institute Babysitter's Training

You can become a certified baby-sitter! In this class you will learn the responsibilities of babysitting including diapering and feeding, safety hazards, preventing injuries, and communicating effectively with parents. We will also touch base on CPR, first aid and AED training. Participants must be at least 11 years old to register. Students may bring a snack and a drink to class.



Mon & Tue 5/4 & 5/5  
5:30 - 8 p.m. \$89 Early Bird Fee / \$99 Regular Fee  
(book included) DLMS TBD

*Our instructors, Patti & Steve Ross, are certified instructors for The American Safety and Health Institute with over 10 years of teaching experience.*

## Introduction to Horses

Come join us in learning all about horses! Students will meet over 20 well-trained horses of all sizes at Legacy Stables where they will learn safety on and off the horse, how horses think, how to groom, various ways to ride horses, how to care for horses, and more! Experience the joy and FUN found in a human-horse connection. Ages 6 and up.



Tue 4/21- 5/26 6:30 - 7:30 p.m.  
\$125 Early Bird Fee / \$135 Regular Fee  
Legacy Stables 8001 Patterson

## Discover Magic

Empowering kids by teaching them the art of magic! Michigan Magic Academy uses the licensed Discover Magic curriculum, a program specifically tailored for 8 to 12 year-old students.



This curriculum is unlike any other. It is a life skills course disguised as a magic course! Students learn invaluable life skills that will be with them for a lifetime while learning some excellent magic tricks using props and materials customized for the curriculum with kids in mind!

This course emphasizes the 8 traits of a true magician: respect, preparation, enthusiasm, confidence, humility, creativity, authenticity, and generosity.

Our first class will be orientation and our final class will be a graduation ceremony/show with family and friends invited to attend

Each student will receive the following:

- Live, performance driven and interactive instruction
- 8 secret file folders, summarizing and supplementing the class content.
- 8 custom props with full-color instructions.
- 8 in-class videos, one for each of the traits of a true magician.
- Bonus magic tricks that can be unlocked from a secret on-line video vault.
- A special Discover Magic graduation certificate and custom-made magic wand.
- And MUCH MORE!

Green Wand Course

Tue & Thu 4/16 - 5/19 6 - 7:30 p.m.  
\$195 Early Bird Fee / \$205 Regular Fee.  
Includes all materials.  
Location: DLMS TBD

## Registering is easy!

online: [www.inspiremenow.org](http://www.inspiremenow.org)  
call : 616-891-8117

# CHS & CMS Enrichment

## WWI: The Full Story

This four part lecture series, geared toward college bound high school students, will start at the build-up to the First World War and go into details about its major themes as well as its complexities. We will go through the various battles, governmental problems and struggles and the morale of each nation. We will also learn how certain revolutions or uprisings happened, how nationalism played a part in the downfall of old empires, and how the war directly affected the geopolitical climate going into the prelude of the Second World War.

Tue 3/10 - 3/31 3:30 - 4:30 p.m.  
\$25 Early Bird Fee / \$35 Regular Fee  
CHS Room #TBD

*Instructor Josh Bauer is currently working towards his undergraduate degree in history. He has a passion for the forgotten details that make history interesting.*

## Acting for the High School Stage

Come work to improve your acting skills. In this three-class course, we will focus on basic acting techniques, making yourself understood from the stage, how to use the face and body to communicate, and other acting skills. Students will need to memorize a 30-second monologue for this class. Grades 9th - 12th

Session I Mon 3/16 - 3/30 3:30 - 5 p.m.  
Session II Mon 4/27 - 5/11 3:30 - 5 p.m.  
\$39 Early Bird Fee \$49 Regular Fee  
CHS South Black Box Theatre

## Musical Theatre Dance

Emphasis will be on learning choreography and different dance styles from shows such as *Greatest Showman*, *Grease*, and *Beauty and the Beast*.



Thu 3/12 - 4/23 (omit 4/9)  
Grades 6th - 8th 6 - 7 p.m.  
Grades 9th - 12th 7:15 - 8:30 p.m.  
\$39 Early Bird Fee / \$49 Regular Fee  
CHS Black Box Theatre  
Instructor: Hannah Hullinger

## Doorway to College SAT Test Prep

What will the Doorway to College test-prep seminar deliver to your students? In the five-hour Doorway seminar, students will---

- Learn strategies for using partial knowledge to eliminate wrong choices.
- Gain tips for improving in all sub-tests.
- Understand the most strategic ways to use limited testing time.
- Take shortened practice tests that mirror the actual testing experience.
- Reduce test anxiety and gain confidence.
- Get suggestions for individualized study in the days leading up to the test.

Wed & Thu 3/18 & 3/19 3 - 5:30 p.m.  
\$99 Early Bird Fee / \$109 Regular Fee  
CHS Lower Forum Rm

## Chess for Beginners to Intermediate

Do you want to sharpen your critical thinking skills? Increase your mental concentration and lengthen your attention span? Learn to play Chess!

If you have never played or you want to improve this class is for you. You will learn the moves and rules, how to record games and progress through the basic checkmate patterns, tactics, basic endgames and beginning open theory. Each class will include time to practice with your fellow class mates. Ages 9 & up.



Thu 4/16 - 5/21 7 - 8:30 p.m.  
\$49 Early Bird Fee / \$59 Regular Fee  
CHS Room #TBD

*Instructor Henry Rankin, certified tournament director Us Chess Federation, chess writer "West Michigan Chess", vice president and director of education Spencer Street Chess Club, 40 + years experience as tournament player and chess lecturer.*

## Registering is quick!

online: [www.inspiremenow.org](http://www.inspiremenow.org)  
call : 616-891-8117



# Youth Summer Camps

## Kids Yoga Camp

Join us for some fun movement and mindfulness! Kids ages 7 - 11 will get the chance to move, learn yoga poses, and practice mindfulness in this fun, low-key environment.

During yoga camp, we'll play yoga games, practice partner poses, do a craft, and do intentional breathing exercises.

The benefits of yoga for kids includes better concentration, more confidence, and reductions in stress or anxiety. Bring a mat if you have one (mats available to use) and a water bottle.

Tue - Fri 6/16 - 6/19 1:30 - 3:00 p.m.  
\$55 Early Bird Fee / \$65 Regular Fee  
Add'l Siblings \$45 Early Bird Fee / \$55 Regular Fee  
Location: The Yoga Zen 9379 Cherry Valley



## Knights of the Chess Table!!

Come and learn to play the Royal Game! You will:

- Learn it - rules, concepts, strategy, and concepts of the game will be taught. Learning how to record your game will also be taught.
  - Practice it - Practice positions set by the coach to learn the concepts.
  - Play it - Each class will end with 20 - 30 minutes of games among the students of their chess experience level as determined by the coach. Everyone will get a Certificate of Achievement at the end of the camp. While players are encouraged to bring their own sets, some will be provided and available.
- Grades 3rd - 8th



Mon - Thu 6/15 - 6/18 9 - 11:30 a.m.  
Mon - Thu 8/3 - 8/6 9 - 11:30 a.m.  
\$55 Early Bird Fee / \$65 Regular Fee  
DLMS Room 302

*The coach, (Henry Rankin) is a US Certified Tournament Director, writer, lecturer, and active USCF tournament player.*

## BattleGR Tactical Games Laser Tag

This program brings the fun of strategy to a long time favorite game of laser tag. With multiple strategic games to play your child will never be bored. Much like the video games that kids play today, we will be focusing on the importance of working as a team to achieve an objective and learn what good communication looks like. Wear athletic type clothes as this is an active game and bring a water bottle. Grades 1st - 5th.

Mon - Thu 6/15 - 6/18 10 - 11:30 a.m.  
\$99 Early Bird Fee / \$109 Regular Fee  
DLMS Practice Soccer Field

## BattleGR Tactical Games Archery Tag

A program where archery meets dodge-ball. Archery Tag® uses safe foam tipped arrows like Nerf and a recurve bow. You will learn the fundamentals of how to shoot and aim using a bow. You do not have to know how to shoot a bow to enroll, we will teach you. We will play several different games that will focus on working as a team and learning the fundamentals of the game. Wear athletic type clothes and bring a water bottle. Grades 3rd - 8th

Mon - Thu 6/15 - 6/18 12 - 1:30 p.m.  
\$99 Early Bird Fee / \$109 Regular Fee  
DLMS Practice Soccer Field

## Baby-sitter Training Camp

You can become a certified baby-sitter in this one day class. Students will learn:

- CPR, First Aid, AED, and choking interventions.
- How to choose age appropriate games and toys.
- Practice diapering and feeding with life like baby mannequins.
- How to communicate effectively with parents.
- Handling bedtime issues.
- Identify safety Hazards with interactive activities.



Mon 6/15 9 a.m. - 3 p.m. Please bring a lunch.  
\$79 Early Bird Fee / \$89 Regular Fee (book included)  
DLMS Rm #522

# Youth Summer Camps

## Discover Magic

Discover Magic is a one of a kind program, internationally recognized, and created by some of the top magicians of our time. In this summer day camp, kids are given an introduction to some of the closely guarded secrets of magic and given unique opportunities to boost self confidence, build communication skills, and make new friends. Magic lessons for children unlike anything ever offered before. Ages 8 - 12



Mon - Thur 6/8 - 6/11 10 a.m. - 12 p.m.  
Mon - Thur 8/10 - 8/13 10 a.m. - 12 p.m.  
\$55 Early Bird Fee / \$65 Regular Fee  
DLMS Room 302

## Music Camp

Learn the basic musical skills to start playing and reading music. This is a group lesson.

### Piano

Mon 6/8, 6/15, 6/22  
Ages 8 - 12 10-11:30 a.m.  
Ages 13 - 17 1-3 p.m.

### Guitar

Tue 6/9, 6/16, 6/23  
Ages 8 - 12 10-11:30 a.m.  
Ages 13 - 17 1 - 3 p.m.



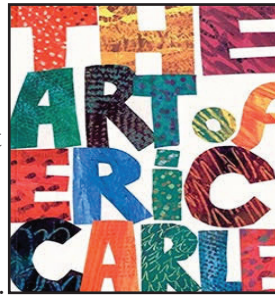
\$49 Early Bird Fee / \$59 Regular Fee  
DLMS Room 301

## Summer Art Camps

All camps are held at Gretka's Coldwater Studio  
9508 Bergy Ave., Alto. Cost of materials is included.

## Colorful Collage Creatures

In every early childhood classroom you will see at least eight Eric Carle books, the best known is, The Very Hungry Caterpillar. He uses collage, cutouts and a simple story line. Learn to use this simple but effective art form. Ages 7 - 15.



Tue - Thur 6/16 - 6/18 12 - 2 p.m.  
\$125 Early Bird \$135 Regular Fee  
10% discount for siblings.

## Self Portraits

Make a painting of your own face with acrylic on canvas. The instructor will take a photo of you and teach you how to mix colors, how to expertly use your brush, how to see light and shadow, and how to make your background. Ages 7 to 17



Tue - Thu 7/7 - 7/9 12 - 2 p.m. Ages 7 to 17  
\$125 Early Bird \$135 Regular Fee  
10% discount for siblings.

## Printmaking

In this three day workshop, you will learn the art of lino-cut printmaking. Students will design, cut and print their own cards or collage. Ages 7 to 15.



Tue - Thu 6/24 - 6/26 12 - 2 p.m.  
\$125 Early Bird \$135 Regular Fee  
10% discount for siblings.

## Mark-Making Matters

Students will have an opportunity to make modern art. This project is influenced by artist Paul Klee and appropriate for this age group. Ages 5 to 12.



Tue - Thu 7/21 - 7/23 12 - 2 p.m.  
\$85 Early Bird \$95 Regular Fee  
10% discount for siblings.



# Sports Camps

Welcome to the Caledonia Fighting Scot Summer Sports Camp program. These camps have been designed by our Varsity coaching staff and are dedicated to teaching the spirit of competition and the fundamental skills of each sport. The proceeds from these camps will be used to pay camp staff and to benefit the High School teams and coaching staff through clinics, training, coach and team apparel.



## Tennis

Your son/daughter will receive instructions regarding fundamentals. Your player is welcome to attend every session or whenever they are available. Coaches will be HS coaches, MS coaches and volunteers. MS & HS players will also have the opportunity to participate in the Rec League on Friday.



Tues, Wed, Thurs 6/9 - 7/30. 7 Weeks  
(omit the week of June 29-July 3)

Incoming grades 3rd - 5th: 9 - 10 a.m.  
Incoming grades 6th - 8th: 10:10 - 11:10 a.m.  
Incoming grades 9th - 12th: 11:15 - 12:15 a.m.  
\$99 Location: CHS Tennis Courts  
Coach: Bont

## 7th/8th Grade Football Camp

Tue - Thu 7/28 - 7/30 6 - 8 p.m. \$50  
No equipment needed other than football cleats.  
Location: CHS practice field  
Coach: Burd

## Fighting Scots 8th Grade Fall Football

Sign up now for the Fall season of 8th grade Football.  
Mon - Fri 8/10 - 10/31 6 - 8 p.m. \$125  
Location: CHS Practice Field  
Parent meeting 8/10  
Games will be on Weds beginning 9/9

## Youth Football

This football camp will focus on the fundamentals of our offense and the techniques and skills of our defense. This camp will also help players with footwork, agility and strength. This is a non-contact camp. Campers will need shorts, shirt, and football or tennis shoes.

Mon - Wed 7/13 - 7/15 6 - 8 p.m. \$60  
Incoming grades: 2nd - 6th  
Location: CHS Practice Field  
Coach: Tom Burrill

## QB and Receiver Camp

Mon - Thu 6/1 - 6/4 9 - 11 a.m.  
Incoming grades: 3rd - 12th \$80  
Location: CHS Practice Field  
Coach: Uriel Tyler



## High School Football Mini-Camp

This mini camp is for all High School football players. We will be focusing on the implementation of our offense and defense for the coming season. We will work on skill development and our team concepts. This camp is vital to the success of our season.

Mon - Thu 6/8 - 6/11 9 - 11:30 a.m.  
Incoming grades: 9th - 12th \$60  
Location: CHS Practice Field  
Coach: HS Coaching Staff

## High School Football Team Camp

Mon - Tue 7/20, 7/21, 7/27, 7/28 5 - 8:30 p.m.  
Incoming grades: 9th - 12th \$60  
Location: CHS Practice Field  
Coach: HS Coaching Staff

Registering is easy!

online: [www.inspiremenow.org](http://www.inspiremenow.org)  
call : 616-891-8117

# Sports Camps

## Boys High School Basketball

This camp is designed to improve individual skills and promote teamwork.

Mon - Thu 6/1 - 6/4 9 - 11:30 a.m. \$70  
Incoming grades: 9th - 12th  
Location: CHS Gyms  
Coach: Phil Visser

## Boys High School Basketball Shooting Camp

This four-day session is designed to focus specifically on improving shooting skills and ball-handling.

Mon - Thu 6/15 - 6/18 9:30 - 10:45 a.m. \$50  
Incoming grades: 9th - 12th  
Location: CHS Gyms  
Coach: Phil Visser

Students who register for both camps at the same time will receive a \$10 discount.

Register online at:  
[www.inspiremenow.org](http://www.inspiremenow.org)

## Boys Middle School Basketball

This camp is designed to improve individual skills and promote teamwork.

Mon - Thu 6/1 - 6/4 12:30 - 2:30 p.m. \$60  
Incoming grades: 6th - 8th  
Location: CHS Gyms  
Coach: Phil Visser



## Boys Middle School Basketball Shooting Camp

This four-day session is designed to focus specifically on improving shooting skills and ball-handling.

Mon - Thu 6/15 - 6/18 8:00 - 9:15 a.m. \$50  
Incoming grades: 6th - 8th  
Location: CHS Gyms  
Coach: Phil Visser

Students who register for both camps at the same time will receive a \$10 discount.

## Boys Elementary Basketball

This four-day session is designed to focus specifically on improving individual skills and promoting teamwork.

Mon - Thu 6/15 - 6/18 11:30 - 1p.m. \$55  
Incoming grades: 2nd - 5th  
Location: Caledonia High School Gym - South  
Coach: Phil Visser

## Girls High School Basketball

Athletes will continue to work on their basketball skills while learning to work as a team.

Mon - Thu 6/8 - 6/11 1 - 3 p.m. \$60  
Incoming grades: 9th - 12th  
Location: CHS Main Gym  
Coach: Mike Glass



## Girls Middle School Basketball

This four day camp is designed to improve your athlete's skills and focus on teamwork.

Mon - Thu 6/8 - 6/11 9 - 11 a.m. \$60  
Incoming grades: 6th - 8th  
Location: CHS Main Gym  
Coach: Mike Glass

## Girls Elementary School Basketball

In this camp your daughter will improve her basketball skills and learn the value of teamwork.

Mon - Thu 6/8 - 6/11 4:30 - 6 p.m. \$55  
Incoming grades: 3rd - 5th  
Location: CHS South Gym  
Coach: Mike Glass

Registering is quick!  
online: [www.inspiremenow.org](http://www.inspiremenow.org)  
call : 616-891-8117



# Sports Camps

## Girls Volleyball

Mon - Thu 6/22 - 6/25

Incoming grades: 4th - 7th 4:30 - 6 p.m.

Incoming grades: 8th - 9th 6:15 - 8:15 p.m.

\$60 Early Bird Fee / \$70 Regular Fee

Late registrations will not be guaranteed a camp T-shirt.

Location: CHS Gym

Coach: Missy Ritz



## Youth Track and Field

This camp will focus on the basics of warming up/cooling down, hurdles, high jump, long jump, shot put, discus, sprinting events, pole vaulting and distance events. Participants will receive a t-shirt.



Tue - Thu 6/2 - 6/4 6 - 8 p.m. \$60

Incoming grades: 2nd - 7th

Location: CHS Track

Coach: Ben Howell - howellb@calschools.org

## Girls LaCrosse Camp

Please join Head Coach, Bob Lyle, and many of his players for a fun three days of skills and drills. Please bring your equipment and drinks, to stay hydrated. ages 7-14

Mon - Wed 8/10 - 8/12 9 a.m. - 11 a.m.

\$50 Early Bird Fee / \$60 Regular Fee

Late registrations will not be guaranteed a camp T-shirt

Location: Scotland Yard, located at Duncan Lake MS

Coach: Bob Lyle

## Boys LaCrosse Camp

This will be a joint player and goalie camp. Players will learn the fundamentals and build their lacrosse IQ through skills training. Goalies will have the benefit of live shooting from their peers at the end of each practice. This will be an added benefit for our shooters as they will get the challenge of having to shoot on a real goalie. We are looking for players of all skill levels who are eager to learn and enhance their lacrosse skills. T-shirt will be included!

Mon - Wed 7/27 - 7/29 \$65

Incoming 3rd-5th grade: 6 - 7:30 p.m.

Incoming 6th-8th grade: 7:30 - 9 p.m.

Location: Scotland Yard, located at Duncan Lake MS

Players Coach-Rich Hogle

Goalie Coach-Adam Holka

## Soccer Camp

Mon - Thu 6/22 - 6/25

Incoming grades: 6th - 8th 8 - 9:30 a.m.

Incoming grades: 9th - 12th 9:30 - 11 a.m.

Incoming grades: K - 5th 6:30 - 8p.m.

\$50 Early Bird Fee / \$60 Regular Fee



Late registrations will not be guaranteed a camp T-shirt

Location: Scotland Yard, located at Duncan Lake MS

## West Michigan Fencing Academy

### Beginning Olympic Fencing Camps

Take your first step to becoming an Olympian! These camps are for individuals with little or no fencing experience. By participating in various games, campers will not only have fun but will become acquainted with fencing stance, movement, strategies and rules. This could be your first step to becoming an Olympic fencer! Ages 7-17



Tue - Thu 6/23 - 6/25 10 - 11:30 a.m. \$79

Location: DLMS Gym

OR 3:30 - 5 p.m. \$79

Location: West Michigan Fencing Academy

Tue - Thu 8/11 - 8/13 1 - 2:30 p.m. \$79

Location: DLMS Gym

OR 6 - 7:30 p.m. \$79

Location: West Michigan Fencing Academy

Coach: Mike Nemecek, Head coach of the West Michigan Fencing Academy.

Directions can be found online at [www.wmfa.org](http://www.wmfa.org)

## Youth Cheer

Your student will learn jumps, tumbling, chants, dance and stunts in this three day camp. The instructors will be your very own Caledonia Varsity Cheer Team!

Students will showcase what they have learned Fri at 7 p.m. Includes a t-shirt. Incoming grades: K - 8th.



Wed - Fri 6/24 - 6/26 5:30 - 7:30 p.m. \$65

Location: CHS Mat Room

# Caledonia Middle School Players



April 24th & 25th, 2020

DLMS Performing Arts Center

Tickets available online.

Visit our website at [caledoniayouththeatre.org](http://caledoniayouththeatre.org)

# Caledonia Community Players

## Auditions

March 27 6 - 7p.m.

March 28th 10 a.m. - 2 p.m.

Please sign up at

<https://www.signupgenius.com/a.go/5080b4aaeaa2faaf58-agentlemans>



June 19th ,20th , 26th & 27th, 2020  
DLMS Performing Arts Center

Tickets available online.

Visit our website at [caledoniacommunityplayers.org](http://caledoniacommunityplayers.org)

# Health & Fitness



## The Sport of Kings and Queens

If learning to fence is on your bucket list, come on in and try it. Beginning teen and adult classes - no prior experience required. No additional equipment required.

Thu 4/23 - 5/28 6:30 - 7:30 p.m.  
\$85 Early Bird Fee / \$95 Regular Fee  
Classes are held at the West Michigan Fencing Academy. A map is available at [www.wmfa.org](http://www.wmfa.org)

## Pickleball - Lessons

Love to play racquet sports? Pickleball is the newest and fastest growing sport in the U.S. It is a great fast-paced, competitive game that is very easy for beginners to learn! Pickleball is played with a perforated plastic baseball and wood or composite paddles.

Session I Wed 4/15 - 5/6  
Session II Wed 5/13 - 6/3  
5:30 - 7 p.m. \$39 Early Bird Fee / \$49 Regular Fee  
DLMS Aux. Gym

*Instructor: Linda Jirous, is a teacher and an avid pickleball player. She is passionate about teaching you this new sport. All equipment will be provided or you may purchase new equipment from the instructor.*

## Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxiliary gym on Tuesday & Thursday nights for anyone that would like to play. Pay as you go at a drop-in rate of just \$5. You must have your own equipment and be willing to help put up and take down nets.

### All Players

Tue & Thu 6:30 - 8:30 p.m. \$5 per night

### Intermediate Players (3.0 or higher)

Wed thru 4/16 - 8 p.m. \$5 per night

DLMS Aux Gym

## Yoga Fusion: Yoga Plus Core Work

Bring an amazing sense of awareness to your body; learn how to breathe properly, sculpt your muscles, and boost your flexibility - all in one hour! Yoga postures fused with core moves will help you relax, reduce stress, improve your posture and strengthen your core. Create a HEALTHY, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor.



Tue 4/21 - 5/26 5:45 - 6:45 p.m.  
\$55 Early Bird Fee / \$65 Regular Fee  
DLMS TBD

## WERQ

Who says working out can't be fun? WERQ is the fiercely fun dance fitness class based on top charting pop and hip hop music taught by our Certified Fitness Professional, Becca Workman! For everybody and every body! No previous dance experience needed. Join us and have fun getting fit!



Session I Thu 3/5- 4/2 (omit 3/19)  
\$39 Early Bird Fee / \$49 Regular Fee  
Session II Thu 4/16 - 5/7  
\$29 Early Bird Fee / \$39 Regular Fee  
Caledonia Elem. Cafe.

*Instructor: Becca, is an energetic fitness instructor with a lifelong passion for inspiring motivation in others to achieve their goals.*

## Karate

Burn fat, build muscle & release stress! Join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages.  
Ages 14 to Adult

Mon & Wed 4/13 - 5/20 7 - 8 p.m.  
\$79 Early Bird Fee / \$89 Regular Fee  
KMMS Gymnasium



# Health & Fitness

## Zumba

Zumba is an exercise fitness program, combining dance and aerobic movements performed to energizing music. The choreography incorporates multiple styles including hip-hop, soca, samba, merengue, mambo, cumbia, reggaeton, and belly dance, along with squats and lunges. Zumba is an amazing workout! Dance to great music with great people and burn a ton of calories without realizing it. Please wear comfortable workout clothing and gym shoes, and bring a water bottle to class.



Wed 4/15 - 5/27 6:30 - 7:30 p.m.  
\$59 Early Bird Fee / \$69 Regular Fee  
Caledonia Elem. Cafe.

*Instructor: Jami DeHaan has been a certified Zumba instructor for 8 years. She loves teaching and meeting new people.*

## Weight Training for Women

Have you ever wanted to train with weights but were not sure how? Whether you are a beginner or simply want to learn more, this class is right for you. Learn proper technique and form. Improve your strength, stability and balance. Increase muscle tone while losing body fat. Burn calories more efficiently and increase bone density. This class will focus on full body workouts. We will instruct you on exercise selection for each body part, including arms, legs, chest, shoulders, back and core. Each workout will consist of a warmup, workout and cool down. Come ready to learn, sweat and realize the benefits of training with weights. - Ages 18 and up

Thu 3/19 - 5/18 (omit 4/9) 7 - 8 p.m.  
\$89 Early Bird Fee / \$99 Regular Fee  
Duncan Lake Middle School Weight Room  
Drop in to a class for \$15 (If class size permits)  
Class is limited to 10  
*Instructor: GYMGUYZ, Certified Fitness Trainers*

**Registering is easy!**

online: [www.inspiremenow.org](http://www.inspiremenow.org)

Call: 616- 891-8117

## POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripped fun of playing the drums.

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! Please bring a yoga mat to class.



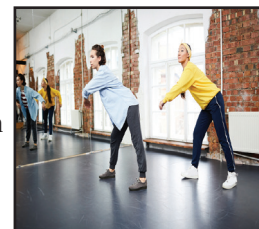
Mon 4/13 - 5/18 7 - 7:45 p.m.  
\$39 Early Bird Fee / \$49 Regular Fee  
CHS Black Box Theatre

*Kelly Shepherd is an ACE Certified Group Fitness Instructor who specializes in POUND®. She enjoys helping people of all shapes, sizes, ages, and abilities to become stronger and healthier versions of themselves.*

**Check out  
Family Fun Night Featuring  
Generation POUND®  
on page 5.**

## Ladies Hip Hop

Looking for something different to do to get moving this winter? Ladies, come join us for some hip hop. Learn something new, have fun, and get some exercise during the colds months. Please wear athletic clothing such as yoga pants or leggings with a tank or t-shirt. Clean indoor sneakers of jazz shoes recommended.



Mon 3/9 - 4/20 (omit 4/6) 8 - 8:30 p.m.  
\$79 Early Bird Fee / \$89 Regular Fee  
Caledonia Dance & Music Center

# Health & Fitness

## Sword & Buckler Combat Level 1

An introduction to the early Medieval sword and buckler combat system.

Mon 4/13 - 5/4 7 - 9 p.m.  
KMMS room over media center



## Medieval Longsword Level 4

The final level of Medieval German Longsword Combat.

Thu 4/16 - 5/7 7 - 9 p.m.  
Instructor: Jerry Berg  
KMMS Aux Gym

## Sword & Buckler Combat Level 2

Mon 5/11, 5/18, 5/25, 6/4\* 7 - 9 p.m.

Instructor: Dan Dionne  
KMMS room over media center

## Introduction to Kali/Filipino Martial Arts

An introduction to Kali/Filipino martial Arts

Tue 4/14 - 5/5 7 - 9 p.m.  
Instructor: Drew Barnes  
KMMS Aux Gym

## Introduction to Lightsaber Combat

An elegant weapon for a more civilized age! Learn the combat techniques of light sabers used in the wars of the stars!

Wed 4/15, 4/22, 4/29, Friday 5/1 7 - 9 p.m. (Class on 5/6 will be rescheduled to 5/1)  
Instructor: Jerry Berg  
KMMS Cafeteria

## Medieval Longsword Combat Level 1

An introduction to Medieval German Longsword Combat.

Wed 4/15, 4/22, 4/29, Friday 5/1 7 - 9 p.m. (Class on 5/6 will be rescheduled to 5/1)  
Instructor: Natalie Budnick  
KMMS room over media center

## Medieval Longsword Combat Level 2

Wed 5/13, 5/20, 5/27, 6/4\* 7 - 9 p.m.

Instructor: Natalie Budnick  
KMMS room over media center

## Introduction to Polish Sabre Combat

Learn the ways of the Polish Hussar with sabre combat interpretation.

Tue 5/12, 5/19, 5/26, 6/4\* 7 - 9 p.m.  
Instructor: Raymond Koren  
KMMS Aux Gym

## Saber Combat of the American Civil War

An introduction to swordsmanship of the War between the North and the South!

Wed 5/13, 5/20, 5/27, 6/4\* 7 - 9 p.m.  
Instructor: Jerry Berg  
KMMS Cafeteria

## Pirate and Naval Swordsmanship

Pirate Combat of the Golden Age of Piracy. Cutlass, Naval Pike, and Boarding Axe!

Thu 5/14, 5/21, 5/28, 6/4\* 7 - 9 p.m.  
Instructor: Jerry Berg  
KMMS Aux Gym

\*The last session of all classes in the first week of June will take place at DLMS Aux gym on Jun 4 7-9 p.m.

E-mail [jberg@swordsmanshipacademy.org](mailto:jberg@swordsmanshipacademy.org) for gear and equipment requirements  
\$79 Early Bird Fee/\$89 Regular Fee

Registering is easy!

online: [www.inspiremenow.org](http://www.inspiremenow.org)

Call: 616- 891-8117



# Health & Fitness

## Green Cleaning Make & Take

Let's ditch the chemicals and start cleaning our home with natural solutions. We will be making the following green cleaning products during our class for you to take home and use.

1. Multi-purpose Cleaning Spray
2. Natural Stainless Steel Polish
3. Soft Scrub Alternative

Wed 3/25 7 - 8:15 p.m.

\$19 Early Bird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

*Instructor: Kate Klamer is a hospital nurse and mother of 5. She went from being completely skeptical of anything outside of modern medicine to confidently using essential oils as her family's primary form of health care.*

## Cooking with Essential Oils Make & Take

Interested in enhancing the flavor of your favorite foods and receiving great health benefits along the way? Let's explore the different ways to use essential oils in our everyday cooking. Join me in making the following recipes to sample during class.

1. Italian Oregano Bread Dip
2. Wild Energy Bites
3. Immune Boosting Apple Slices



Thu 3/19 7 - 8:30 p.m.

\$19 Early Bird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Caledonia Community Players  
& Golden Rule Events  
present



*Your Princess and her special guests  
are invited to a  
Mother's Day celebratory tea!*

Tickets includes visit & photo opportunities with live princesses from Golden Rule Events, finger foods, beverages, desserts, goodie bag for each child and craft. Come dressed as your favorite Princess

**Saturday, May 9th**

10:30 - 12:00 or 1:00 - 2:30

Duncan Lake Middle  
School

**Tickets: \$17 per person**

\*children must be accompanied by  
registered adult.

Paid reservations required.  
Seating is limited.

  
**Golden Rule  
Events**

616-965-1954

[Goldenruleeventsgr@gmail.com](mailto:Goldenruleeventsgr@gmail.com)

Fundraiser to benefit Caledonia Community Players.  
Tickets available at Caledonia Resource Center.  
[www.inspiremenow.org](http://www.inspiremenow.org) (select register now then youth enrichment)



# Music & Art

## Don't Stop The Music

According to Parent Magazine, learning to play a musical instrument improves academic skills, develops physical skills, cultivates social skills, develops discipline, patience and boosts self-esteem.



## Piano

Piano is the best foundation for all musical instruments and having good technique will not only produce good songs, but also maintain endurance and good body posture. Learn how to read music and understand theory to help you play your best.

## Guitar

Hand position, sleeves, string plucking, rhythm and others in guitar learning are much more subtle than is believed, and these bad habits are most often what prevents you from developing your full potential as a guitarist. Frank will help you with your physical capabilities while teaching you theory and how to read music to become the best guitarist you can be.

## Ukulele

Learn origins, basic tuning, chords and strumming techniques. Instruction includes traditional island songs and other types of music. Grab your uke and take up this enjoyable, relaxing and highly addictive instrument! Please bring your own ukulele.

## Voice

Learn to sing to your potential. Whether you sing in a choir, karaoke, or just want to have fun with singing, if you can carry a tune, you can learn to sing!

30 minute, private lessons, for ages 8 and over. Beginning, intermediate and advanced levels welcome.

Session I Tue 3/3 - 3/24

Session II Tue 4/14 - 5/5

Session III Tue 5/12 - 6/2

Guitar/Piano/Ukulele - \$85 Early Bird Fee / \$95 Regular Fee

Voice - \$99 Early Bird Fee / \$109 Regular Fee

Resource Center Rm #301

*Instructor: Frank Eimer has been a professional musician for over 56 years. He has taught voice, guitar, bass and piano to over 1,000 students, many of whom are now professional musicians and singers.*

## Circular Hot Pad

Learn how to make a circular hot pad. You will need to bring a sewing machine that you already know how to operate. A supply list will be provided upon registration.



Thu 4/16 & 4/23 5:00 - 8 p.m.

\$9 Early Bird Fee / \$19 Regular Fee

Resource Center Rm #301

## Piece Quilting Projects

Come learn a new quilting technique called paper piecing. In this class you will use this new technique to make a hot pad, table runner, pillows or a wall hanging. Choose your project and learn this amazing technique! You will need to bring a sewing machine that you already know how to operate. A supply list will be provided upon registration.

Mon 4/20 & 4/27 5:00 - 8 p.m.

\$9 Early Bird Fee / \$19 Regular Fee

Resource Center Rm #301

## Quilting UFO!

You are 90% complete with your last project and lost your will to finish it. Join our Unfinished Objects class! Our instructor will be on hand to inspire you to complete your unfinished treasures. Bring your sewing machine and supplies. Ages 14 & over.

Mon & Thu 5/4, 5/7, 5/11 5:00 - 8 p.m.

\$9 Early Bird Fee / \$19 Regular Fee

Resource Center Rm #301

## Inspire Us Now!

Do you have a hobby or skill you are passionate about? Become an enrichment instructor and share your knowledge with others!

We are always looking for new class ideas and instructors. If you would like to find out more about how to teach a class with us, please call 891-8117.



# Art

## Knitting

### Beginning

Session I Thu 3/26 - 4/23 (omit 4/9)

Session II Thu 4/30 - 5/21

3:30 - 5 p.m.

### Intermediate

Session I Thu 3/26 - 4/23 (omit 4/9)

Session II Thu 4/30 - 5/21

10 - 11:30 a.m.

## Crochet

### Beginning

Session I Tue 3/24 - 4/21 (omit 4/7)

Session II Tue 4/28 - 5/19

3:30 - 5 p.m.

### Intermediate

Session I Tue 3/24 - 4/21 (omit 4/7)

Session II Tue 4/28 - 5/19

10 - 11:30 a.m.

\$49 Early Bird Fee / \$59 Regular Fee

Henny's Yarn Shop

Prior to class, stop by Henny's Yarn Shop, 133 E. Main in Caledonia, to choose from several projects you will be able to complete. All ages welcome!

## Paint Break

Release your inner artist! Paint a 16 x 20 canvas in 2 hours to take home or give as a gift. A fun way to relax, meet new friends and be creative. There will be something different to paint each week or you can finish up a past project.

Wed Mar 4 - Summer Blooms

Wed Mar 11 - The Last Snowman of March

Wed Mar 18 - Rabbit Hiding in Flowers

Wed Mar 25 - New Beginnings

6:30 - 8:30 p.m.

\$29 per night for new project / \$39 Regular Fee

\$10 per night to finish a past project

Canvas and paints supplied

Resource Room #302

## Glass Fusing

Learn the basics of glass fusing. Assemble glass elements to create your own unique piece. Due to the length of time to fuse the glass in the kiln, projects will need to be picked up the following week, unless other arrangements are made. Supply cost for each project is \$15 payable to the instructor on the night of class.



Mon 3/2 6:30 - 9 p.m. Garden Stake

Wed 5/13 6:30 - 9 p.m. Silly Animals

\$19 Early Bird Fee / \$29 Regular Fee

## Glass Mosaics

Nip and break glass to create your own one of a kind piece of art. A large variety of glass and baubles will be available for you to use.



## Stepping Stone

Sat 4/18 or 5/2 9 a.m. - 1 p.m.

\$20 supply cost is payable to instructor the night of class.

## Solar light

Thu 4/23 6:30 - 9 p.m.

\$10 supply cost is payable to instructor on the night of class.

\$19 Early Bird Fee / \$29 Regular Fee

**All classes are held at Jane's home studio in Caledonia. Address will be given upon registration. Closed toe shoes are required.**

*Instructor: Jane McGookey has over 12 years experience with glass art. She has taught workshops for the past 5 years. Workshops have included jewelry, ornaments, panels, and windows.*

## Registering is easy!

online: [www.inspiremenow.org](http://www.inspiremenow.org)

call : 616-891-8117

# Misc. Classes

## Learn the Second Most Spoken Language in the World! Spanish!

Spanish is the 2nd most spoken language in the world today. And here is another fun fact, by 2050, the US will become the largest Spanish speaking country and don't forget, it is considered the most romantic language on earth, according to spanishlandschool.com. So what are you waiting for? Sign up today!



Wed 3/4 - 4/15 (omit 4/8) 7-9 p.m.  
Wed 4/22 - 5/27 7-9 p.m.  
\$99 Early Bird Fee / \$109 Regular Fee  
DLMS Rm # TBD

*Instructor: Auri Cooper is a native Spanish speaker from Puerto Rico. She is a retired teacher who taught high school Spanish in Michigan and Virginia.*



## Amateur Radio Today

Have you ever thought about Amateur Radio (also known as Ham Radio)? This exciting introductory class will explore several aspects of Ham Radio; such as how to get licensed, local and world-wide communications methods, radio clubs, contesting, awards, community service, morse code and more. Attendees will have a chance to listen to and participate in radio contact and try morse code. This class is informative, a lot of fun and a great first step for anyone interested in Amateur radio whether you are 10 years old or 100!

Tues 5/5 6:15 - 8:30 p.m.  
\$9 Early Bird Fee / \$19 Regular Fee  
DLMS Rm 301

Register online at:

[www.inspiremenow.org](http://www.inspiremenow.org)

## RC Flying Club

Do you enjoy flying RC planes or helicopters but don't have a place to fly during the long winter? Join us in the Duncan Lake Auxiliary Gym on Sundays for an afternoon of flying. This program is for adults. Children 12 and over may attend but must be accompanied by an adult. **YOU MUST PRE-REGISTER.**



Sun 3/15 & 4/19 1 - 4 p.m.  
\$9 Early Bird Fee / \$19 Regular Fee  
DLMS Aux. Gym

## Public Speaking for the Workplace

Public speaking is one of the most common fears in America. But once you master it, the art of speech can open countless doors. In this 3-part class, we will learn how to write a speech for a workplace setting and how best to deliver it from laying out notes to getting over stage fright and the best resting posture. Students will also write a short speech proposing a new idea to "co-workers" and deliver it to the class.

Session I Mon 3/16 - 3/30 5:30 - 7 p.m.  
Session II Mon 4/27 - 5/11 5:30 - 7 p.m.  
\$29 Early Bird Fee / \$39 Regular Fee  
CHS Black Box Theatre

*Instructor: Kate Lane holds a bachelor's degree in Theatre and Communications with an emphasis in Public Relations. She teaches both theatre and speech.*

## French

Bonjour! Parlez-vous francais? Or would you like to learn?! We will learn some of the most useful French phrases for travel and conversation, as well as basic grammar, verbs, and vocabulary. Join us while we taste delicious French food and share our French experiences!

A Bientot! (See you soon!)

Mon 3/9 - 4/20 (omit 4/6) 5:30 - 7 p.m.  
\$75 Early Bird Fee / \$85 Regular Fee  
Resource Center Rm # TBD



# Misc. Classes

## Dog Training Kindergarten

*Training for your 2 - 5 month old puppy.*

Do you want a well trained puppy who is happy and can go places with you? If so, bring your puppy to this 8 week class to learn basic commands and good manners including, sit, down, stay, come and walking nicely on a leash. Bring treats to the class to help motivate your puppy to learn.

Tue 3/24 - 5/19 6 - 6:45 p.m.  
\$85 Early Bird Fee / \$95 Regular Fee  
Resource Center Rm #302



## Beginning Dog Obedience

Would you like to be proud of your dog when you take him/her out in public? This class will help your dog learn the basic commands including sit, down, stay, come, walking on a loose leash, etc. Bring treats to the class to help motivate your dog to follow your commands.

Tue 3/24 - 5/5 7 - 8 p.m.  
\$85 Early Bird Fee / \$95 Regular Fee  
Resource Center Rm #302

*Instructor: Jan McLean has been teaching dog obedience classes for 25 years. She also trains her own dogs in competitive obedience, rally, agility and musical freestyle. She is very active in animal associated therapy.*

Register online at:  
[www.inspiremenow.org](http://www.inspiremenow.org)



## Stop Putting it Off!

Get your Will or Trust finished in no time! Our instructor, Dennis Cooper, will provide a simple explanation of a "last will and testament" and help you prepare a will. You will also be given an explanation of simple revocable trusts, Medical Powers of Attorney and other legal documents.

Session I Thu 4/16 - 5/7 7- 9 p.m.  
Session II Thu 5/14 - 6/4 7- 9 p.m.  
\$45 Early Bird Fee / \$55 Regular Fee (spouse free)  
DLMS Rm #TBD

*Instructor: Dennis is a retired Federal attorney and military veteran and is currently a sole practitioner.*

## Getting Paid to Talk

*An Introduction to Professional Voice-Overs*

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful, and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited and registration closes one week prior to class, so register early. To find out more information on this course visit [www.voicecoaches.com/gptt](http://www.voicecoaches.com/gptt)

Mon 5/4 6:30 - 9 p.m.  
\$25 Early Bird Fee / \$35 Regular Fee  
Resource Center Rm #TBD



# Aquatics

We have partnered with Kentwood Aquatics Center to offer our community aquatic fitness and Learn to Swim classes. Please register for these class at least 10 days prior to the start of class on our website at [www.inspiremenow.org](http://www.inspiremenow.org). All classes are held at the Kentwood Aquatic Center, on the East Kentwood High School Campus off Kalamazoo Ave., south of 60th and north of M-6.

## ARC Swim Lessons



Register at [www.inspiremenow.org](http://www.inspiremenow.org) Swim Lessons \$85 per class. Class availability cannot be guaranteed unless the student is pre-registered. Payment is due at the time of registration.

**Tuesday & Thursday**  
Twice a week, 4 weeks

### Preschool & Learn-to-Swim

5:00 - 5:45 p.m.  
6:00 - 6:45 p.m.  
7:00 - 7:45 p.m.

### Parent & Child

6:00 - 6:30 p.m.

#### Sessions

April 14 - May 7  
May 12 - June 4  
July 28 - Aug 20

**Friday**  
Once a week, 8 weeks

### Preschool & Learn-to-Swim

5:00 - 5:45 p.m.

### Adult Swim

6:00 - 6:45 p.m.

#### Sessions

April 17 - June 5  
August 28 - October 16

**Saturday**  
Once a week, 8 weeks

### Adult Swim

8:30 - 9:15 a.m.

### Parent & Child

9:30 - 10:00 a.m.

### Preschool & Learn-to-Swim

10:00 - 10:45 a.m.  
11:00 - 11:45 a.m.

#### Sessions

April 18 - June 6  
August 29 - October 17

## Aquatic Fitness Classes

### Water Aerobics

Mon, Weds, Fri 7:30 a.m.  
Tue, Thu 8:30 a.m.  
Mon, Tue, Wed, Thu, Fri 9:30 a.m.  
Mon, Wed 4:50 p.m.

### Arthritis

Mon, Wed, Fri 8:30 a.m.

### Deep Water

Mon, Tue, Wed, Thu, Fri 10:30 a.m.

### High Intensity

Tue, Thu 7:50 p.m.



Pay for the month:

You are not committed to any single class and may mix-and-match provided you only attend the same number of classes per week as you have paid. Classes are subject to being canceled due to bad weather or facility closure. Canceled classes may be made up by taking another class on a different day and time, but the Aquatics Center will not issue refunds or credits.

## Registering is easy!

online: [www.inspiremenow.org](http://www.inspiremenow.org)

call : 616-891-8117

# AWOL Adventures

## Grand Bridges

The city of Grand Rapids was born alongside a one mile stretch of spectacular rapids on our Grand River, the Owashtanong. The pure, rushing waterway was absolutely integral to GR's explosive growth in the 19th century. Today, eight bridges, not counting highway bridges, carry vehicle traffic between the Wealthy Street Bridge and the North Park Bridge. Enjoy criss-crossing some of these historic spans as we weave our way from south to north and back again on a section of the longest river in the state of Michigan. Breathtaking for its beauty and exercise, this route is a must-experience for urban bridge and river aficionados. Along the way, catch nostalgic glimpses of times gone by - the river of history - and appreciate its irrepressible flow into the future.



Wed 3/18 10 a.m. Meet in the lobby of the JW Marriott.  
\$15 Early Bird Fee / \$25 Regular Fee

## Growing Grand Rapids

We invent cities. We create streets and we construct buildings. Whether the structures are historic, brand new, a combination of both, or a glimpse into our future, they provide a creative portrayal of our collective story of our "place", our built environment. No one architectural style is more important than another...they are all invaluable pages in our city's scrapbook. Each building tells a story as we physically move through time. Part One includes buildings prior to Urban Renewal, and Part Two is the 1960's forward and into our architectural future. There are other architectural jewels somewhere in between super old and "not yet". Part Three and Four are an attempt to fill in the cracks... to connect the dots in our mind's streetscape.

4/8 Architecture Part 1

4/22 Architecture Part 2

5/6 Architecture Part 3

5/20 Architecture Part 4

Wed 12 - 1:30 p.m. Meet in the lobby of the JW Marriott.  
\$15 Early Bird Fee / \$25 Regular Fee

## Pickleball

Come join us for an afternoon of Pickleball. Bring your own racquet and pickleballs.

Fri 3/6 12:30 - 2:30 p.m.  
\$5 DLMS Aux. Gym

## Biking

Join us for a rail trail ride! We will ride a few of our local favorites for about an hour starting at 10 a.m. It's a great way to make new friends and rediscover the fun of bike riding. We are only riding on rail trails, so traffic is not a problem!



Tue 5/5 (weather permitting) We will meet at the trail head on Main Street in Caledonia

Tue 6/2 - Middleville, Paul Henry Trail (meet at the trail head at East Main & Stagecoach park, downtown Middleville)

Tue 8/11 - Byron Center, Kent Trail  
(meet at the trail head off of 84th street, west of Byron Center Ave.)

Email your name, phone number and trail choices, to [nemecekb@calschools.org](mailto:nemecekb@calschools.org)

## Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room each day Monday through Friday. There will be a staff member in attendance during this time, however, use of the weight room is at your own risk. A completed emergency/health form will be required of all participants. Pre-registration is not required.

Mon - Fri (omit 4/3 - 4/10) 10:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 DLMS Weight Rm

## Fit for Life

Join us twice a week for an hour of fun and fitness. This class is geared for all fitness levels and involves walking, line dancing and stretching. Each participant will be able to exercise according to his or her own ability. Be prepared to feel better as you become stronger and physically fit. A completed emergency/health form will be required of all participants. Pre-registration is not required.

Mon & Thu (omit 4/6 & 4/8)  
9:30 - 10:30 a.m.  
Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym



# 55 & Better

It's Your Time

## Caledonia Senior Center



### Hand & Foot

If you haven't had the opportunity to learn this popular card game, now is your chance. We would be very happy to show you how to play! It's easy and fun! Bring a friend! Everyone is welcome!



Wed 12:30 - 3 p.m. FREE  
(omit 4/6 - 4/9)  
Resource Center Rm #301

### Euchre

We would love to have you join us each Friday for our weekly Euchre game. No pre-registration is necessary to join. Everyone is welcome!

Fridays 1 - 3 p.m. FREE  
(omit 4/6 - 4/9)  
Resource Center Rm #301

### Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room each day Monday through Friday. There will be a staff member in attendance during this time, however, use of the weight room is at your own risk. A completed emergency/health form will be required of all participants. Pre-registration is not required.

Mon - Fri thru 5/29 (omit 4/6 & 4/8)  
10:30 - 11:30 a.m.  
Free (donations accepted) for 55 and over - \$2 per visit under 55  
DLMS  
Weight  
Rm



### Lunch Bunch

Bring your friends and join us for lunch! We will meet once a month at an area restaurant. If you wish to carpool, you may meet at the Resource Center at 11:00 a.m., or you can meet us at the restaurant at 11:30 a.m. Please call us at 891-8117 to make reservations (so we can let the restaurant know how many are coming).

Date: Thursday, March 26  
Place: The Real Arriero - Caledonia

Date: Thursday, April 23  
Place: The Cheesecake Factory - Woodland Mall

Date: Thursday, May 28  
Place: Pizza Ranch - 28th St.

Date: Thursday, June 25  
Place: First Wok - 44th St.

### BINGO!

Join us on the fourth Thursday of each month for BIRTHDAY BINGO! If your birthday falls in that month, you will receive one free card. We will all share a birthday cake in honor of the birthday guests. Bring your friends! Prizes will be awarded to the winners.

Thu 3/26, 4/23 & 5/28  
1 - 3 p.m. 25¢ per card donation  
Resource Center Rm #301  
Don't forget to join us for Lunch Bunch before Bingo!

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Moving Angels is a full service moving company specializing in senior moves.

Sort-Downsize-Organize      Pack-Move-Unpack  
Floor planning      Donate-Discard-Clean-out

How we can help YOU today!

Phone: 616-512-6149      [www.mymovingangel.com](http://www.mymovingangel.com)

\*\*\*Mention this ad and receive 10% off select services\*\*\*

# 55 & Better

## Lunch & Learn

### 2020 Senior Survival Tips

In this presentation, attorney Bill Westerbeke, the host of Youtube channel "ElderTipZone," will discuss tips and provide demonstrations for seniors as they face "life" challenges associated with aging. He will start with the latest technology tips including apps, tech and gadgets. He will then move to lifestyle tips covering healthcare, medical devices, organization, safety, and fitness. Bill then finishes up with tax and financial, estate planning, and elder law tips.

Thu 3/19 11 a.m. Includes Lunch FREE

### Making Alzheimer's Disease a "Memory"

Learn what Alzheimer's disease is and how it affects the brain, the difference between Alzheimer's and dementia, and the statistics of the disease and why it is such a concern. We will also share with you the signs and symptoms to watch out for, and ways to keep your brain as healthy as possible for as long as possible through diet, exercise, cognitive training, and sleep. Learn about other causes for memory impairment that may be reversible and how the diagnosis is made. And finally hear what MSU is doing to try to prevent, treat or ultimately cure the disease. Presented by MSU Alzheimer's Alliance.

Thu 5/21 11 a.m. No Lunch Served FREE

### Better Balance and Stability

The CDC reports that one out of four people fall every year, and 1/5 falls cause serious injury. Difficulty with walking and balance are a primary cause of falls. People who have difficulty with balance have a harder time getting around and often limit their activities due to this. That is no fun! Balance is something that can be improved! Learn how. Sally Talbot, a physical therapist from Health Motion Physical Therapy, will be coming to speak about balance. She will cover some of the primary causes of balance issues, how to assess your own balance, and what you can do to improve your balance and agility to improve your function and significantly minimize your risk of falls. This is guaranteed to be a fun and interactive presentation that will benefit everyone from tight rope walkers to people who use walkers.

Thu 4/30 11 a.m. Includes Lunch FREE

### Elder Law Primer

What if you or a loved one suddenly needs to be cared for in a nursing home? Can you pay for nursing home expenses which can approach \$9,000 per month? Why couldn't you just give everything to the kids? Would you be prepared to deal with physical and/or mental challenges associated with aging? Attend this presentation to learn more about Elder Law and how it impacts aging seniors.

Thu 4/16 11 a.m. Includes Lunch FREE

### Prime Timers need YOU!

We meet on Fridays from 9 a.m. - 12 p.m. at the Senior Activity Center. Drop-ins welcome!! You don't have to commit to specific days. Come whenever you are able. We make:

- Quilts for Veterans
- Pillows for the hospitals
- Blankets for shelters
- Blankets for families of disasters

You do NOT need to be able to sew to help. Chances are you know someone that one of our blankets have comforted.

NEEDED: Donations of NEW unused cotton fabric, white or light colored sewing or surger thread, and quilt batting. Cash donations also appreciated.



## Travel With Us!! Caledonia "GlobeTrotters"



Everyone is welcome on any of our trips! You do not need to be a Caledonia resident to join us! Call to register for your favorite trip today at 891-8117. These trips are open to all adults. There are no age restrictions. The commission earned on these trips helps support our senior center. Don't see the vacation of your dreams? We can help! Call us today! Take a vacation with us and help support our program!

### Let's Go Up North!

Ride the Kewadin bus with us! We will stop at 3 casinos; twice at Odawa in Petosky, twice at Kewadin in St. Ignace, and overnight at Kewadin in Sault Ste. Marie. Your trip includes overnight hotel accommodations at the Kewadin Casino Hotel, \$15 food voucher for dinner at Sault Ste. Marie, breakfast buffet, and \$60 back in free play (subject to change). This trip will fill up fast!



Call us at 891-8117 to make a reservation.

October 3 & 4 2020 \$185 per person dbl.

**SIGN UP BY JUNE 1, 2020 AND PAY ONLY**

**\$175.** \$75 deposit to hold your space. Final payment is due 45 days prior to the departure date.

No refunds after final payment date.

Departs at 7:00 a.m. and returns the following day at approximately 9:00 p.m.

Includes: Motorcoach transportation, hotel accommodations, \$15 dinner voucher, breakfast, refreshments on the bus, \$60 in free play, and luggage service.

We will need the following information when you register:

- Roommate's name
- Birthdate
- Address and phone number
- Northern Rewards and Odawa Club card numbers if you have them
- Smoking or Non-smoking preference (requested but not guaranteed)
- Handicap or special needs

### Bus Departure Location

The bus will depart for all of our trips from the football field parking lot at the corner of Johnson and School St., and at the end of Main St.

### Mackinac Island Lilac Festival

**June 6 - 8, 2020**

Enjoy three days and two nights on this enchanting island. Wake to a beautiful morning with the sound of horses hooves clip clopping on the pavement. Enjoy the beautiful sights and smells of the lilacs scattered across the island and all the festivities celebrating this beautiful flower. Take a leisurely stroll through main street and smell the freshly made famous Mackinac Island fudge. Don't forget to stop in and pick up some of this tasty treat to take home to your family!



The fun continues as we depart Mackinac Island and head to Petoskey where you will enjoy lunch at the Petoskey Brewing Company (on your own), take a chocolate tour at Kilwin's, and visit Petoskey Farms Vineyards for some wine tasting. Get away from it all on this amazing weekend escape!

Your trip includes:

- Two nights accommodations at the Lake View Hotel on Mackinac Island
- Deluxe motor coach transportation plus driver's gratuity.
- Round trip ferry transportation
- Luggage service to and from the dock.
- Carriage tour of the island
- Continental breakfast each morning
- 1 dinner on the island
- Visit to Petoskey Farms Vineyard with tasting included
- Visit to Kilwin's in Petoskey

Departs 8 a.m. June 6 - Returns 6 p.m. June 8

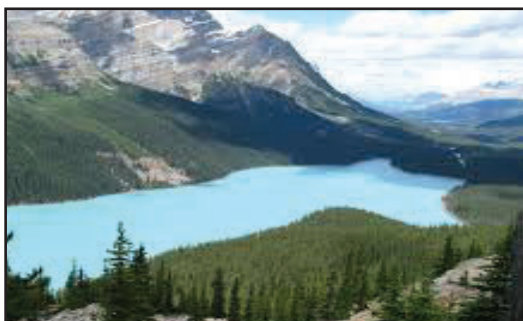
\$489 per person double occupancy

To reserve your space please call us at 891-8117, email Sherry at [stehouwers@calschools.org](mailto:stehouwers@calschools.org) or register online.

[www.inspiremenow.org](http://www.inspiremenow.org)



# Travel



## Canadian Rockies: Banff, Kelowna & Vancouver

Sep 19-27, 2020

Journey from majestic mountains to charming cities. Pristine national parks and glittering turquoise lakes often come to mind when you think of the idyllic provinces of Alberta and British Columbia. Travel throughout the region to find that classic scenery in places like Lake Louise while also uncovering some of the area's unexpected treasures, including the world-renowned Okanagan Valley wine region. From rugged Banff National Park to coastal Vancouver, discover the diversity of western Canada.

### Your package includes

- 8 nights in handpicked hotels
- 8 breakfasts
- 1 lunch
- 3 dinners with beer or wine
- 1 wine tasting
- Guided sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

### Included highlights

Calgary Tower, Banff National Park, Moraine Lake, Lake Louise Gondola, Glacier National Park of Canada, Okanagan Valley wine tasting, Vancouver's waterfront

### Tour pace

On this guided tour, you'll walk for about 1.5 hours daily across moderately uneven terrain, including paved roads and paths with some steep inclines. During certain seasons, there may be snow or ice on the paths. Some activities will take place at high altitudes.

Per person double occupancy \$3,709  
Includes roundtrip airfare from Grand Rapids.  
Register online at: <https://grouptoursite.com/tours/rockieswithsherry>

## Spotlight on New York City Holiday December 2, 2020 5 Days / 4 Nights

Experience the "the Big Apple" alive with the holiday spirit on this spectacular tour. From Rockefeller Center to Greenwich Village, New York City shines even brighter during the holiday season. Spend four nights in the heart of Midtown close to Central Park's skating rink and Times Square all dressed up for the holidays. Take your seat and watch the curtain rise for an exciting Broadway show. See the Christmas Spectacular at Radio City Music Hall, featuring the world famous Rockettes! Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and Memorial. Enjoy plenty of free time on your own to shop and see the elaborate 5th Avenue holiday window displays and the Christmas tree at Rockefeller Center. Get ready to "start spreading the news!"

Activity Level -This tour includes moderate physical activity.

Price per person \$2,999 per person double occupancy \$3,999 per person single occupancy. Price includes airfare from Grand Rapids.



For reservations or more information contact  
Sherry at 616-891-8117 or  
email: [stehouwers@calschools.org](mailto:stehouwers@calschools.org)

## Greek Isles Onboard Royal Caribbean's Explorer Of The Seas 11 Days / 10 Nights October 6 - 16, 2020



### Ports of call:

Rome (Civitavecchia), Italy ~ Sicily (Messina), Italy  
~ Valletta, Malta ~ Mykonos, Greece ~ Ephesus  
(Kusadasi), Turkey ~ Santorini, Greece ~ Athens  
(Piraeus), Greece ~ Naples, Italy

Inside Cabin  
Category 4V \$3,344

Outside Cabin  
Category 2N \$3,874

Balcony Cabin  
Category 4D \$4,354

Balcony Cabin  
Category 2D \$4,384



Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes, and transfers to/from the ship. ROYAL CARIBBEAN CRUISE LINE HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

Deposit Policy: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservation and assign cabins. Final payment is due by June 8, 2020.

Register online at:  
[www.inspiremenow.org](http://www.inspiremenow.org)



## Real Indiana Housewives Tour of Amish Country

Forget reality TV instead meet the real housewives of Amish Country. Get a first-hand look at a day in the life of a real Amish woman and the cottage industries they've created. Visit with an authentic Amish housewife to learn how household chores are done without electrical appliances. Learn how the families make a living without modern technology ruling everyday life!

Our trip also includes a visit to an Amish school, lunch in an Amish home, visit to an Amish rug weaver, and a visit to Sonshine Baskets where we will watch an Amish mom and children weave high quality baskets.

Cost: \$99

Date: Thursday, June 18

Departs: 8:00 a.m.

Returns: 5:00 p.m.

Includes: Motorcoach transportation and driver gratuity, step on guide gratuity, tours and lunch in an Amish home.

## Firekeepers Casino

Leave the driving to us! We will transport you to Firekeepers so you can test your luck and have some fun. Each participant will receive \$20 in free slot play and \$5 in points for food, drink, merchandise, or more additional free slot play.

Cost: \$35

Date: Tuesday April 21

Departs: 9:00 a.m. Returns: 4:00 p.m.

Includes: Motorcoach transportation, driver gratuity and casino slot play incentive.

# Registration Information

## Registration

All registrations should be received in our office at least one week before class is scheduled to begin. Class fees are listed with each class.

## General Policies

1. First-come, first-served.
2. Payment must accompany registration.
3. Receipts will be e-mailed for online registrations. You will be notified if a class is filled or cancelled.
4. Classes can be paid by cash, check, or credit card.

## Refund Policies

1. If a class is cancelled.
2. If you cancel three business days prior to the first class a refund will be issued.
3. If you are not completely satisfied with your class, after your first two classes, call us for a full refund.

## Class Locations

Each class location is listed with the class description. If you have any questions regarding the location of any of our classes, please call us at 891-8117.

## No News Is Good News

You will be contacted only if a class is cancelled. Plan to attend unless you hear from us.

## Cancellation Notifications

You will be notified by e-mail if your class has been cancelled due to low enrollment. Please check your e-mail within 24 hours of your scheduled class time. If you do not use e-mail please call 891-8117 during our business hours the day before your class begins.

## We Respect Your Privacy!

When you provide us with an e-mail address, be assured that we do not share your information with anyone other than your instructor. We use your e-mail only to contact you about your class. Please check your e-mail often for class cancellation notices or updates.

## Weather Information

Enrichment classes will be cancelled when the regular school day has been cancelled. If students are dismissed early due to inclement weather, Resource Center classes will not be held. Watch for school cancellation information on the local news stations. Cancelled classes will be rescheduled.



## How to Enroll

### Online

Visit our website at: [www.inspiremenow.org](http://www.inspiremenow.org)

At the main page, you can view a copy of our brochure by clicking on the icon, or click the REGISTER NOW button and you will be redirected to our webstore.



### By Mail

Simply complete the registration form and send it with your check/money order made out to Caledonia Resource Center, or your Visa / MasterCard number, expiration date, and signature to:

Caledonia Resource Center  
9749 Duncan Lake Ave.  
Caledonia, MI 49316



### In Person

Come in to the Resource Center office during office hours, Mon - Fri 8 a.m. - 4 p.m. Summer Hours, Mon - Thu 8 a.m. - 4 p.m. Closed in July. We are located at 9749 Duncan Lake Ave.



### We're Going Green!

Please register online and you will automatically receive a receipt via e-mail. Mail in registrations will receive a receipt only if an email is provided. Please record date, time and location of your class for future reference.



### Credit Card Policy

We will gladly accept your credit/debit card payments, however, there will be a 3.99% convenience fee charged to each order when paying by credit card. If you wish to pay by check you may mail in your registration to the above address.



**AVOID  
Cancellations  
Enroll Early**

Decisions to cancel classes due to low enrollment are usually made a week in advance. Don't let your favorite class be put on the chopping block! Enroll Now!



## Caledonia Resource Center Class Registration Form

Participant's Name \_\_\_\_\_ M\_\_\_\_ F\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone #' \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

\*e-mail \_\_\_\_\_ (\*for our records only - will not be shared)

Student Information: Grade \_\_\_\_\_ School \_\_\_\_\_

T-Shirt Size (for Theatre & Sports Camps) CS CM CL AS AM AL AXL AXXL

Class Title	Day/s	Time	Location	Fee

Total Fee

Visa or MC # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

(Convenience fee of 3.99% for credit/debit card will be applied.)



## Caledonia Resource Center Class Registration Form

Participant's Name \_\_\_\_\_ M\_\_\_\_ F\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone #' \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

\*e-mail \_\_\_\_\_ (\*for our records only - will not be shared)

Student Information: Grade \_\_\_\_\_ School \_\_\_\_\_

T-Shirt Size (for Rocket Cheer, Theatre & Sports Camps) CS CM CL AS AM AL AXL AXXL

Class Title	Day/s	Time	Location	Fee

Total Fee

Visa or MC # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

(Convenience fee of 3.99% for credit/debit card will be applied.)

## CALEDONIA RESOURCE CENTER

www.inspiremenow.org  
9749 Duncan Lake Ave.  
Caledonia, MI 49316

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PERMIT #20

Residential Postal Customer



9749 Duncan Lake Ave., Caledonia MI  
(616) 891-8117 [www.inspiremenow.org](http://www.inspiremenow.org)  
Hours: Monday - Friday: 8 a.m. - 4 p.m.  
Saturday: Closed Sunday: Closed

The Caledonia Resource Center is committed to enriching the lives of every member of our community by providing innovative, cost-effective and engaging lifelong educational, social and recreational opportunities.

### Programs Offered

Adult Enrichment  
Adult Health & Fitness  
Aquatics  
Youth Enrichment  
Youth Sports  
8th Grade Football

Summer Camps  
Caledonia Theatre Programs  
55 and better programs  
A.W.O.L. programs  
Caledonia Senior Center  
Caledonia GlobeTrotters

### Connect with us!



@ Caledonia Resource Center



@Cal\_Resource\_Center