

COMMUNITY CONNECTIONS

Be Inspired!

**Spring/Summer
2019**

Volume 3 Issue 2

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Book Of Mormon Tickets PG 33**



Caledonia Resource Center
Adult & Youth Enrichment - Theatre - 55 & Better- A.W.O.L
inspiremenow.org

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www.inspiremenow.org

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Early Bird Discounts!

Sign up for your favorite class or activities 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. This offer applies to any class or activity with a listed early Bird price.

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 or debit card. If you wish to pay by check, please mail in your registration.



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.

www.inspiremenow.org

Youth Sports

Young Squires Fencing ages 5 - 7

These classes are designed for individuals with little or no fencing experience. Come and learn this exciting Olympic sport taught by head coach, Mike Nemecek. All equipment is provided. Plastic weapons will be used in this class. Class size will be limited.

Session I Wed 3/6 - 4/17 (omit 4/3)

Session II Wed 4/24 - 5/29

4:30 - 5:15 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave.
SW, Grand Rapids



Beginning Fencing Youth ages 7 - 13

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. All equipment is provided. 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. Come learn this exciting Olympic sport!

Session I Mon 3/4 - 4/15 (omit 4/1)

Session II Thu 4/25 - 5/30

5:30 - 6:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave.
SW, Grand Rapids

Continuing Fencing Youth ages 7 - 13

This class is for students who have already completed at least one 6 week class or camp. All equipment is provided. 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.

Session I Thu 3/7 - 4/18 (omit 4/4)

Session II Mon 4/22 - 6/3 (omit 5/27)

5:30 - 6:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave.
SW, Grand Rapids



Peaceful Dragons Self Defense & Safety Awareness

This fun course is designed for self defense purposes, emphasizing child safety and awareness. Your child is taught skills which enable him/her to survive in this world. **Self discipline rather than aggressiveness is promoted.** We teach the children how to avoid dangerous situations. We show them how to walk away from a fight and, when necessary, defend themselves. This program was designed specifically for children ages 5 - 15 and is taught by a black belt who has extensive training in dealing with children. Students are placed into classes according to age and ability. The students have the opportunity to do light contact sparring. New students progress to yellow belts and returning students earn higher belts. **Additional fees apply.** The students also earn certificates and medals.

All equipment for class use is provided.

Mon 4/8 - 5/20

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

Class size limited. Please pre-register.

Class I 6:00 - 7:00 p.m. All Beginning Students

Class II 7:00 - 8:00 p.m. Returning Students Ages 5 - 8

Class III 8:00 - 9:00 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.

Register online at:
www.inspiremenow.org

Youth Sports & Enrichment

Karate

Would you like to learn the art of karate? Would you like to be able to defend yourself? Then join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, will be able to teach you wherever you currently are with karate instruction, from beginner to advanced. Steve holds a 5th degree black belt in Okinawan Shorin Ryu Karate.



Ages 13 & under 6 - 7 p.m.
Session I M & W 3/11 - 4/24 (omit 4/1 & 4/3)
Session II M & W 4/29 - 6/10 (omit 5/27)
\$79 Early Bird Fee / \$89 Regular Fee
KMMS Gymnasium

Gretka's Coldwater Studio Spring Break Art Class

Staying home this spring break? Looking for a fun activity for your student? Let your child show their artist talent with Gretka at her home studio.

We will use ideas from Wayne Thiebaud and apply them to interpretations of real photos of Michigan farmlands. You will learn color mixing, brush and palette knife technique, color harmonies, underpainting, repetition of pattern, value contrast, and composition using acrylic paint. All materials are provided. You may bring your own brushes if you wish.



Tue - Thu 4/2 - 4/4 12 - 2 p.m.
\$109 Early Bird Fee / \$119 Regular Fee
Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

Architecture - Summer Class

Iranian architect Zaha Hadid designed the Art Museum at MSU. Her other projects are equally astonishing. This class will explore her ideas and students will create a design in acrylic paint.

Tues - Thu 6/25 - 6/27 11 a.m. - 2 p.m.
\$180 per student \$160 for siblings Ages 8 to 16.
Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

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 5 and up.



Tue 4/16 - 5/21 6:30 - 7:30 p.m. Early Bird Fee \$79
Regular Fee \$89 Legacy Stables 8001 Patterson

American Safety & Health Institute Babysitter's Training

You can become a certified baby-sitter! In this class you will learn:

- How to choose age-appropriate games and toys
- Perform child-care skills such as diapering and feeding
- Handle bedtime issues
- Identify safety hazards
- Care for common injuries
- Communicate effectively with parents
- How to interview and find jobs
- How to prevent choking, and what to do in case of a choking incident.
- Learn CPR and how to use an AED



Our instructors, Patti & Steve Ross, are a certified instructors for The American Safety and Health Institute. Participants must be at least 11 years old to register. Students may bring a snack and a drink to class.

Session I Mon & Tue 4/8 & 4/9
Session II Mon & Tue 5/6 & 5/7
5:30 - 8:00 p.m.
\$79 Early Bird Fee / \$89 Regular Fee (book included)
DLMS Rm #522

Register online at:
www.inspiremenow.org

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.



Mon - Thu 6/17 - 6/20 1:30 - 2:30 p.m.
\$49 Early Bird Fee / \$59 Regular Fee
Addtl Siblings \$39 Early Bird Fee / \$49 Regular Fee
Location: The Yoga Zen 9379 Cherry Valley

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 6/18 - 6/20 10 - 11:30 a.m. \$79
Location: DLMS Gym
OR 3:30 - 5 p.m. \$79
Location: West Michigan Fencing Academy

Tue - Thu 8/13 - 8/15 1 - 2:30 p.m.
\$79
Location: West Michigan Fencing Academy
OR 6:00 - 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



Dog Care Mini-Camp

Would you like to have a well-trained dog? This mini camp for children may be just the thing to get them started training and caring for your household companion. Taught by Jan McLean, three 1.5 hour classes will be presented teaching children, ages 10-16 how to train, groom, clean up after and feed their dogs.

Tuesday: Basic training will be reviewed, including sit, down, stay, walking on a loose leash, sitting nicely for petting and not jumping up.

Wednesday: Basic grooming will be covered including: brushing, trimming feet, brushing teeth and cutting nails. Feeding routines and yard clean up will also be covered.

Thursday: Tricks training and a nice walk outside (weather permitting).

Tue, Wed, Thu 6/25 - 6/27 10 - 11:30 a.m.
\$39 Early Bird Fee / \$49 Regular Fee
Resource Center Rm #302

Jan McLean has been training her own dogs for competitive obedience, agility, rally and musical freestyle for over 35 years. She has been a 4-H leader and trains her dogs in pet-assisted therapy. She also has been teaching dog obedience classes in Caledonia since 1995.

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 6/24 9 a.m. - 3 p.m. Please bring a lunch.
\$79 Early Bird Fee / \$89 Regular Fee (book included)
DLMS Rm #522



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, opportunities to practice, and review of information throughout the summer. 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



Tue, Wed, Thu 6/10 - 7/31 (omit 7/1 - 7/5)

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

*If school days are extended camp will begin 6/18 for \$89



Girls Volleyball

Mon - Thu 6/24 - 6/27

Incoming grades: 4th - 7th 4:00 - 5:30 p.m.

Incoming grades: 8th - 9th 5:45 - 7:45 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

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



Mon - Wed 6/24 - 6/26 6 - 8 p.m. \$60

Incoming grades: 2nd - 6th

Location: TBD

Coach: Ben Howell

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. The camp will be coached by the Caledonia Football Staff and current Caledonia Varsity Football Players. We are looking forward to having you participate!

This is a non-contact camp. Campers will need shorts, shirt, and football or tennis shoes.

Mon - Wed 7/15 - 7/17 9 - 11 a.m. \$50

Incoming grades: 2nd - 6th

Location: CHS Practice Field

Coach: Tom Burrill



8th Grade Football

Incoming grade: 8th

Mon - Wed 7/29 - 7/31 6 - 9 p.m.

\$50 - camp shirt will be provided.

No equipment needed other than football cleats.

Location: CHS practice field

Coach: Burd

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 - Tue - Thu 6/10, 6/11 & 6/13 9 a.m. - 1 p.m.

Incoming grades: 9th - 12th \$50

Location: CHS Practice Field

Coach: Tom Burrill

*Dates may change if school days are extended.

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! Our first day will be Purple and Gold Day! Please have each athlete wear their favorite Scot apparel t-shirts, headbands, hats, socks, etc.



Tue - Thu 7/30 - 8/1 4 - 6 p.m. \$70 (\$60 if registered by 6/30) - includes a t-shirt.

Incoming grades: 4th - 6th

Location: CHS Mat Room

Coach: Smith

Sports Camps

Boys High School Basketball

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

6/17 - 6/20 Mon - Thu 9 - 11:30 a.m. \$65

Incoming grades: 9th - 12th

Location: CHS Gym

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.

6/24 - 6/27 Mon - Thu 9:30 - 10:45 a.m. \$45

Incoming grades: 9th - 12th

Location: CHS Gym

Coach: Phil Visser

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

Register online at:
www.inspiremenow.org



Boys Middle School Basketball

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

6/17 - 6/20 Mon - Thu 12:30 - 2:30 p.m. \$55

Incoming grades: 6th - 8th

Location: CHS Gym - North

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.

6/24 - 6/27 Mon - Thu 8:00 - 9:15 a.m. \$45

Incoming grades: 6th - 8th

Location: CHS Gym

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.

6/17 - 6/20 Mon - Thu 3 - 4:30 p.m. \$45

Incoming grades: 2nd - 5th

Location: Caledonia High School Gym - South

Coach: Phil Visser

Girls Freshman Basketball

Improve your skills and help promote teamwork in this four day camp.

6/18 - 6/21 Mon - Thu 3 - 5 p.m. \$55

Incoming grade: 9th

Location: CHS Gym - North

Coach: Mike Glass

Girls High School Basketball

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

6/10 - 6/13 Mon - Thu 1 - 3 p.m. \$55

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.

6/10 - 6/13 Mon - Thu 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.

6/10 - 6/13 Mon - Thu 4:30 - 6 p.m. \$55

Incoming grades: 3rd - 5th

Location: CHS South Gym

Coach: Mike Glass



**If school days are extended dates times and locations of girls basketball camps may change.*

CHS & CMS Enrichment

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 3/20 & 3/21 3 - 5:30 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
CHS Lower Forum Rm



Intro to Musical Theatre & Audition Technique

Within the course of this class, participants will practice jazz based dance techniques, acting elements for the stage such as projection, concentration, and improvisation, as well as vocal and diction skill exercises. Participants will also work on classical and modern speeches as well as set texts, learning vocal techniques and physical exercises to support their preparation for auditions. At the end of the course a mock audition will be held to a panel of community members to cast a small musical segment that will be performed at the end of the course. Get an insider's look at expectations for the upcoming show "Beauty & The Beast". Ages: 14 & up.



Tue & Thu 3/12 - 4/25 (omit 4/2 & 4/4) 3:30 - 5 p.m.
\$79 Early Bird Fee / \$89 Regular Fee
DLMS TBA



Ultimate Frisbee

Ultimate Frisbee is an exciting, non-contact team sport played with a disc. It is the total "team" sport because as soon as you catch the disc you have to throw. Everyone is a quarterback! This sport is the first co-ed self-refereed sport to be officially recognized by the Olympic committee. There are no refs so players hold themselves accountable through the "spirit of the game", a rule and a mind-set that pushes players to play their best, but never at the expense of disrespecting others.

Coaches will teach the fundamentals of ultimate frisbee including throwing and catching, offense and defense, and having fun while playing with good sportsmanship. Each player will receive a t-shirt and a disc.

Entering grades 4th - 8th Wed & Fri 4/10 - 5/24
Entering grades 9th - 12th Mon & Wed 4/8 - 4/22
5 - 7 p.m. \$59 Early Bird Fee / \$69 Regular Fee
Location TBA



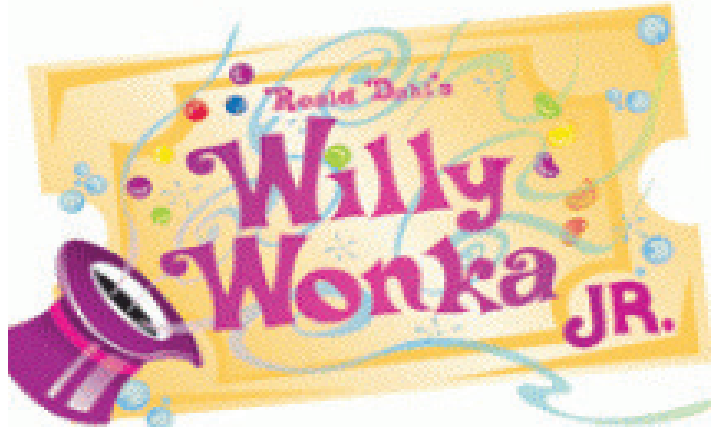
Architecture

Iranian architect Zaha Hadid designed the Art Museum at MSU. Her other projects are equally astonishing. This class will explore her ideas and students will create a design in acrylic paint.

Tues - Thu 6/25 - 6/27 11 a.m. - 2 p.m.
\$180 per student \$160 for siblings Ages 8 to 16.
Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

Register online at:
www.inspiremenow.org

CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS



APRIL 26 7 P.M. & APRIL 27 3 P.M. & 7 P.M.

DLMS Performing Arts Center

Tickets online at: caledoniayouththeatre.org

Caledonia Community Players Presents

Magical Princess Tea

Princesses Provided By



COME DRESSED AS YOUR FAVORITE PRINCESS!!

Saturday, May 11th

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

Duncan Lake Middle School

Tickets:

\$15.00 per person

*children must be accompanied by an adult.

Paid reservations required.

Seating is limited!

Your Princess and her special guests are invited to a special celebratory tea! Ticket includes visit, photo opportunities with live princesses from The Princess Party Co, finger foods, beverages, desserts, goodie bag for child and craft.

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

Theatre

25TH

Caledonia Community Players

2018/2019 Spectacular Silver Season



March 16. 2019

June 21, 22,28,29 2019



Disney BEAUTY AND THE BEAST
THE BROADWAY MUSICAL

Music by	Lyrics by	Book by
Ian Menken	Howard Ashman & Tim Rice	Linda Wolverton

Health & Fitness

Beginning Fencing

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. All equipment is provided. Our instructor, 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 four US World Championship teams. Come learn this exciting Olympic sport!



Session I Thu 3/7 - 4/18 (omit 4/4)

Session II Thu 4/25 - 5/30

6:30 - 7:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave
SW, Grand Rapids

Beginning Epee & Sabre

This class is designed for teens and adults who have completed Beginning Foil class. All equipment is provided. Our instructor, 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 four US World Championship teams. Come learn this exciting Olympic sport!

Session I Thu 3/7 - 4/18 (omit 4/4)

Session II Thu 4/25 - 5/30

7:30 - 8:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave
SW, Grand Rapids

Kung Fu for Health

Kung Fu is any activity or ability done competently. This class will consist of exercises and techniques from a variety of martial arts. Aikido, TaiQi, Shaolin Kung Fu as well as stretching and Qigong. Belt ranking in Tai Chum Wu Yi is also possible.

Thu 4/18 - 6/6 7 - 8 p.m.

\$85 Early Bird Fee / \$95 Regular Fee
Caledonia Elem. Library

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.



THIS IS A
BEGINNER LEVEL CLASS-
PERFECT FOR OVER FIFTY OR
DECONDITIONED ADULTS.

Session I Tue 4/23 - 5/28

Session II Thu 4/25 - 5/30

5:45 - 6:45 p.m. \$55 Early Bird Fee / \$65 Regular Fee
DLMS TBA



Tai-Chi - Qigong A Way of Ultimate Energy Collection

Tai-Chi - essentially, moving Qigong - is stress free exercise which alleviates stiff muscles, aching joints, and tight tendons unlike high impact exercise regimes such as running, weight training, or even yoga.

Qigong / Chi Gung is a path which incorporates focusing internal breathing with stationary and moving exercises that energize specific organs. Over a period of time, Qigong will strengthen the immune system, purify the body, facilitate balance, assist your mind to focus more clearly and diminish arthritic pain. This healing art is for anyone of any age.

Thu 4/18 - 6/6

6 - 7 p.m. \$85 Early Bird Fee / \$95 Regular Fee
Caledonia Elem. Cafe

Register online at:
www.inspiremenow.org

Health & Fitness

Hatha Vinyasa Yoga

Has yoga been on your mind? Do you really, really need to wash it all away and drink in a breath of fresh air? We feel the same way and are excited to bring back a down-to-Earth yoga class; where even just breathing deep cleansing breaths is doing the yoga pose "right". Our instructor, Sherry Lynn, has guided over 1,500 hours of yoga. With this experience she brings a passion to help people realize their bodies are designed to heal. She will meet you right where you are to help you create a safe place to start your very first class or to return again to the mat. Also, understanding that often yoga appears complicated and mysterious, she gives many options and the permission to grow at your own pace. Humor, gentleness and laughter are her signature ways to share the knowledge of how the many daily stressors of modern living deeply affect our physical bodies, manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches and acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.



Tue 3/26 - 5/28 (omit 4/2)
4:15 - 5:15 p.m.
\$125 Early Bird Fee / \$135 Regular Fee
Resource Center Rm #302

Zumba

Zumba Fitness is a Latin based fitness dance class guaranteed to make you sweat! We will cover a lot of different dance styles like salsa, merengue, cumbia, reggaeton, belly dance and Bollywood. Your instructor Jami DeHaan has been doing Zumba for 8 years and teaching for 7. You will have a great time while dancing to Latin and Pop music! Come on out and shrink everything but your smile! Please bring a water bottle and wear a comfortable fitness shoe to class.



Instructor Jami DeHaan

Wed 3/20 - 6/5 (omit 4/3 & 5/29) 6:30 - 7:30 p.m.
\$95 Early Bird Fee / \$105 Regular Fee
Caledonia Elem. Cafe.

Karate

Would you like to learn the art of karate? Would you like to be able to defend yourself? Then join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, is a 5th degree black belt. He will be able to teach you wherever you currently are with karate instruction, from beginner to advanced.



Ages 14 - Adult 7 - 8 p.m.
Session I M & W 3/11 - 4/24 (omit 4/1 & 4/3)
Session II M & W 4/29 - 6/10 (omit 5/27)
\$79 Early Bird Fee / \$89 Regular Fee
KMMS Gymnatorium

POUND® ROCKOUT. WORKOUT.

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!

Mon 4/22 - 6/10 7 - 7:45 p.m. (omit 5/20 & 5/27)
Wed 4/24 - 6/5 7 - 7:45 p.m. (omit 5/22)
One class per week: \$49 Early Bird Fee / \$59 Regular Fee.
Two classes per week: \$85 Early Bird Fee / \$95 Regular Fee.
Drop-in Fee \$10 Resource Center Rm #302



Health & Fitness

Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxillary gym on Tuesday through 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.



Intermediate Players (3.0 or higher)

Tue 4/9 - 5/28

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

DLMS Aux Gym

All Players

Thu 4/11 - 5/30

6:30 - 8:30 p.m. \$5 per night DLMS Aux Gym

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 (similar to a whiffle ball) and wood or composite paddles. Our 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.

Session I Wed 4/10 - 5/1

Session II Wed 5/8 - 5/29

5:30 - 7 p.m. \$39 Early Bird Fee / \$49 Regular Fee

DLMS Aux. Gym

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



Thu 4/11 - 5/30 7 - 7:50 p.m. \$39 Early Bird Fee / \$49 Regular Fee Caledonia Elem.Cafe.



Wedding Line Dancing

Are you looking forward to the wedding season? Don't be a wallflower! Get out on the dance floor! Come dance with us and learn some of the most popular line dances done at weddings! We will learn the moves to The Wobble, Electric Slide, Cupid Shuffle, Cotton Eyed Joe and maybe 1 or 2 more!! Bring your family and friends and prepare for a rockin' wedding season!

Wed 5/8 & 5/15 6:30 - 8 p.m. \$25 (\$15 early bird)
Caledonia Elem. Gym

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.



Health & Fitness



Viking Combat Level 2 (Axes)

For graduates of Viking Combat or other approved class, this class will cover the use of the various Viking axes used in their raids and wars. Heavy equipment requirements. Please e-mail Jerry at: bergjerrye@gmail.com.

Thu 4/11 - 5/2 7 - 9 p.m.
\$59 Early Bird Fee / \$69 Regular Fee
KMMS Aux. Gym

Medieval Spear Combat

The Medieval spear was much more than a point on the end of a stick! Join this class to learn the historical martial arts in the use of the spear. Students must follow guidelines for acquiring required spear and protective equipment requirements. Please e-mail Jerry at: bergjerrye@gmail.com.

Thu 5/9 - 5/30 7 - 9 p.m.
\$59 Early Bird Fee / \$69 Regular Fee
KMMS Aux. Gym

Contact the instructor, Jerry at: bergjerrye@gmail.com for gear information and value. Students should wear athletic clothing. Ages 16 and up (Students under 18 need adult permission).

Historical Combat Improvement

A one-day session for improving combat skills and sharing ideas. For graduates of any previous classes only. Any approved styles are welcome. Please e-mail Jerry at: bergjerrye@gmail.com for approval information.

Wed 6/5 7 - 9 p.m.
\$15 Early Bird Fee / \$25 Regular Fee
DLMS Aux. Gym



Calling all Ladies for Jazz / Funk!

Looking for something different to do to get moving this winter? Ladies, join us for jazz/funk! Learn something new, have fun, and get some exercise during the cold winter months. Please wear athletic clothing such as yoga pants or leggings with a tank or t-shirt. Clean indoor sneakers or jazz shoes recommended. No showcase.

Mon 3/4 - 4/15 (omit 4/1) 7:30 - 8 p.m.
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

Register online at:
www.inspiremenow.org

Health & Fitness



Essential Oils 101

This is a basic introductory class for those curious about or just beginning to use essential oils. Come learn why you want essential oils at the forefront of your medicine cabinet! We will be making these products for you to take home:

1. Tummy Tamer Roll On
2. Liquid Calm Roll On
3. Immune Booster Roll On

Thu 3/21 7 - 8:15 p.m.

\$19 Earlybird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Wellness Workshop

Feeling like your immune system could use a boost this spring? Find out how essential oils can help! You will leave this class with practical ways to improve your overall wellness and make the following products to take home and use.

1. Immune System Booster Roll On
2. Sweet Dreams Mist
3. Hand Sanitizer

Thu 4/18 7 - 8:15 p.m.

\$19 Earlybird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Mommy/Daddy and Me Make & Take

Let's have some fun with the kids and make some chemical free crafts with essential oils for the kids to play with. We will be making the following products during this class:

1. Aromatherapy Play Dough
2. Polka Dot Slime
3. Kids' Clothespin Car "Diffusers"

Wed 4/24 6:30 - 7:30 p.m.

\$19 Earlybird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Essential Oils for Pregnancy, Birth, and Beyond

Many medications are off limits during pregnancy, but essential oils open up a whole new world of RELIEF to pregnant mamas. They can also open up a world of relief for your new little one. Come learn which essential oils are helpful for pregnancy, birth, and babies. This class is open to anyone who would like to learn more about this topic. We will also make a few products for you to take home:

1. Tiny Tummy Roll On (for baby) or Calm Mama Roll On (your choice)
2. Happy Mama Roll On
3. Tushy Spray for baby (optional)

Wed 4/10 6:30 - 8 p.m.

\$19 Earlybird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

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 different ways to use essential oils in our everyday cooking. Join me in making the following recipes to sample during this class.

1. Italian Oregano Bread Dip
2. Wild Orange Energy Bites
3. OnGuard Apple slices

Wed 5/1 7 - 8:15 p.m.

\$19 Earlybird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Our 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. She loves to tell about the experience that changed her mind. She is also passionate about the science behind essential oils. Feel free to bring your skepticism and your questions

Register online at:
www.inspiremenow.org

Music

Private Guitar Lessons

Would you like to play guitar? Have you begun playing but need further instruction? Our instructor will help you with your physical capabilities, music theory, and emphasize on the mental aspect of playing music. Half-hour private lessons will be available for adults and students.



Private Piano Lessons

Learning to play the piano is the best foundation for all musical instruments. Our instructor will not only teach you to play, but he will also teach you the music theory to help you understand what you're playing.



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. He was inducted into the Michigan Rock & Roll Legends Hall of Fame in 2009.

Love To Sing

If you love to sing, let our instructor help you reach your potential. Whether you sing in a choir, karaoke, or just want to have fun with singing - if you can carry a tune, he can teach you to sing!



Ukulele For Beginners

Learn the origin of the ukulele, 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.



Session I Tue 3/5 - 3/26

Session II 4/16 - 5/7

Session III 5/14 - 6/4

Guitar / Piano / Ukulele

\$85 Early Bird Fee / \$95 Regular Fee

Voice

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

2:30 - 8 p.m. (scheduled in 1/2 hour private lessons)

Resource Center Rm #301

WE'RE ON THE LOOKOUT

FOR NEW INSTRUCTORS



JOIN US

TUESDAY, APRIL 16TH 6PM

**COMMUNITY ENRICHMENT
INSTRUCTOR NIGHT**

Caledonia Resource Center

Located inside Duncan Lake Middle School Room 301

Come learn more about this opportunity and
meet some of our current instructors.

While many of our instructors are professionals, we actively search for people who have hobbies or a passion for something which can be developed as a class. We maintain a solid set of traditionally successful classes while continually researching and developing new offerings. We are always searching for new instructors who will share their talents with our community - a job skill, a craft, a foreign language, a performing art, a physical activity, or a home improvement technique. Diversity is the key to meeting the community's needs, so we are always open to fresh ideas for classes

Beginning Crochet

Learn how to crochet in this five week class. You will be able to make various stitches and follow basic patterns. Prior to class, stop by Henny's Yarn Shop to choose from several projects you will be able to complete. All ages welcome!



Session I Tue 3/19 - 4/16 (omit 4/2)
Session II Tue 4/23 - 5/21
\$49 Early Bird Fee / \$59 Regular Fee 3:30 - 5 p.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Beginning Knitting

In this beginning knitting class, you will learn about yarn and gauge. You'll learn to knit, purl, cast on and bind off, and even complete a project. Prior to class, stop by Henny's Yarn Shop to choose from several projects you will be able to complete. All ages are welcome!

Session I Thu 3/21 - 4/18 (omit 4/4)
Session II Thu 4/25 - 5/23
\$49 Early Bird Fee / \$59 Regular Fee 3:30 - 5 p.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Intermediate Crochet

This class is designed for those who know how to crochet. You will learn how to design your own shawl/wrap using various patterns and/or crochet a tunic top. Stop by Henny's Yarn Shop to check out the designs.

Session I Tue 3/19 - 4/16 (omit 4/2)
Session II Tue 4/23 - 5/21
\$49 Early Bird Fee / \$59 Regular Fee 10 - 11:30 a.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Intermediate Knitting

This class is designed for those who already know how to knit. We will be teaching magic loop (knitting socks), continental knitting, lace knitting, and how to work with gauge. Prior to the class, stop by Henny's Yarn Shop to choose your yarn and patterns for this class.

Session I Thu 3/21 - 4/18 (omit 4/4)
Session II Thu 4/25 - 5/23
\$49 Early Bird Fee / \$59 Regular Fee 10 - 11:30 a.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Henny Stauffer is a retired teacher from Caledonia Schools. She has been enjoying knitting and crocheting her entire life. She began knitting at age three in the Netherlands. For the past several years she has been teaching knitting and crocheting in Kenya, Africa.

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.



Tues 4/23 - 5/7 5:30 - 8 p.m. \$19
Resource Center Rm #301

Cause a Scene! - Improv Games

A taste of improv where we play improv games! This meetup is for beginners and improvisers of all skill levels and age. Improvisation skills help to increase confidence, improve public speaking, enhance acting skills, refine brainstorming and decision-making abilities and gain comfort in social settings. Every meet up is different and we have no idea what we'll do next! Presented by Caledonia Community Players' Kelsey McKay and Walter Hast. Walk-ins are welcome! Send any questions / RSVP to Caledoniasgt@gmail.com

Fri 3/29, 4/26, 5/31
6:30 - 8:30 p.m. Free
DLMS Resource Rm #302

Register online at:
www.inspiremenow.org

Misc. Classes

Spanish

It's never too late to learn a foreign language! It can be both easy and fun and it will definitely enrich your life. Whether it be planning your next vacation, business, or simply reading a Spanish menu, beginning Spanish will introduce you to simple expressions and vocabulary as well as the Spanish culture.

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



Session I Tue 3/5 - 4/16 (omit 4/2)

Session II Tue 4/23 - 5/28

\$89 Early Bird Fee / \$99 Regular Fee 7 - 9 p.m.
DLMS Rm # TBD

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/gppt

Tue 5/15 6:30 - 9 p.m.

\$25 Early Bird Fee / \$35 Regular Fee
DLMS Rm #TBA

Register online at:
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 Auxillary 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 3/17 & 4/14 1 - 4 p.m.

\$9 Early Bird Fee / \$19 Regular Fee
DLMS Aux. Gym

Kiwanis Club of Caledonia

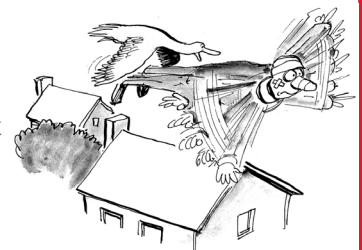
Kiwanis is a global organization of volunteers, dedicated to changing the world one child and one community at a time. We meet every Thursday for lunch at noon at the Nighthawk Food & Spirits, 6950 Whitneyville Rd. For more information please contact Jane Heiss at 616-891-7651.

Caledonia Women's Club

GFWC Caledonia Women's Club will meet at the Caledonia Resource Center in room #301. New members are welcome to join this non-profit volunteer organization at any time. For more information, please contact Jane Heiss at 891-7651 for dates and times.

Share Your Passion!

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.



"Tomorrow I'll teach you how to land."

Misc. Classes

Can Lady Bird Deeds And Joint Ownership of Assets Avoid Probate?

Assets (Personal and Real Property) owned in joint tenancy automatically passes, without probate, to the surviving owner when one owner dies. Learn how a Lady Bird Deed can help you avoid probate so the real property you own will go directly to whomever you desire – without getting the Probate Court system involved. Our instructor, Dennis Cooper, is a retired Federal attorney and military veteran and is currently a sole practitioner.

Session I Wed 3/13 & 3/20

Session II Wed 4/17 & 4/24

Session III Wed 5/15 & 5/22

7 - 9 p.m. \$25 Early Bird Fee / \$35 Regular Fee
(spouse free) DLMS Rm #TBA



Wills and Trusts For The Family

Have you been putting off writing your will? 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. Dennis is a retired Federal attorney and military veteran and is currently a sole practitioner.

Session I Thu 3/7- 3/28

Session II Thu 4/11 - 5/2

Session III Thu 5/9 - 5/30

7 - 9 p.m. \$45 Early Bird Fee / \$55 Regular Fee
(spouse free) DLMS Rm #TBA

Register online at:
www.inspiremenow.org



Dog Training

Beginning Dog Obedience - Beginning obedience for all dogs 6 months and older. (No healthy dog is ever too old!)

Teach your dog to heel, sit, lie down, AND STAY, and most importantly, to come when called. Learn how to control unwanted jumping up, digging, barking, and more. Class size is limited.

Tue 4/16 - 5/21 7 - 8 p.m.

\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302

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

Why wait until your adorable little puppy becomes a teenaged terror? Not only will your puppy learn to respond to basic commands, you can learn how to prevent problem behavior before it develops and correctly socialize your puppy while it is still young. Class size limited.

Tue 4/16 - 5/21 6 - 7 p.m.

\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302

Instructor: Jan McLean is an experienced handler/trainer. She has owned and trained her own dogs for 30 years and has been teaching dog obedience classes for over 20 years. She is also involved in competitive obedience, dog assisted therapy, and as a 4-H leader.

Aquatics

We have partnered with Kentwood Aquatics Center to offer our community aquatic fitness and Learn to Swim classes. You will find information for these classes listed on pages 23 - 25 of this catalog. Please register for these class at least 10 days prior to the start of class on our website at 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.

Aquatic Fitness Classes

All classes run for the month beginning at the first available day within the month and always ending on the last available day of that month. Monthly class fees:

1 class per week \$19

2 classes per week \$38

Please note: All students must pre-register. Deadline to register is ten days before the start of class. Class availability cannot be guaranteed unless student is pre-registered. Payment is due at time of registration.

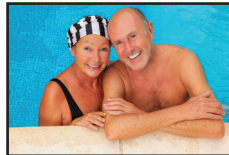
Low Impact Water Exercise

This is an exercise class that implements the five components of physical fitness: aerobic fitness, muscle strength, muscle endurance, flexibility, and body composition. This class is taught at a lower impacting level keeping in mind of the different joints and muscles that we are working on.

Mon, Wed, Fri 7:30 - 8:20 a.m.

Arthritis

Certified and highly recommended by the Arthritis Foundation, the Arthritis Class includes exercises to improve overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.



Mon, Wed, Fri 8:30 - 9:20 a.m.

Water Aerobics

This class will get your body moving and your pulse going! Water Aerobic workouts involve a variety of rhythmic body movements and dance steps performed in the water. This class will help to improve your cardiovascular conditioning, balance, strength and flexibility leading to a better muscular tone. This class is taught at a lower impacting level than the medium impact water aerobics class as we strengthen and improve our balance and range of motion with our own body.

Tue & Thu 8:30 - 9:20 a.m.

Mon, Wed, Fri 9:30 - 10:20 a.m.



Parent & Child Aquatics (ages 6 months to about 3 years)

American Red Cross Parent and Child Aquatics class helps infants and young children to become comfortable in the water so that they are willing and ready to learn to swim. Children will learn basic skills including adjusting to the water environment, maintaining a front or back position in the water comfortably, and demonstrating controlled breathing.

Days: Tuesdays & Thursdays

Session Dates: 3/5 - 3/28, 4/9 - 5/2, 5/7 - 5/30, 8/27 - 9/19, 9/24 - 10/17, 10/22 - 11/14, 11/19 - 12/19
6 - 6:30 p.m. \$85 (8 classes)

Days: Saturdays

Session Dates: 4/13 - 6/1, 8/31 - 10/19, 10/26 - 12/21
9:30 - 10 a.m. \$85 (8 classes)

*Additional fitness classes can be found online.

Aquatics

Please note: All students must pre-register. Deadline to register is ten days before the start of class. Class availability cannot be guaranteed unless student is pre-registered. Payment is due at time of registration.

Preschool Aquatics (about 4 & 5 years old)

Students will become oriented to the aquatic environment and gain basic aquatic skills at a beginner level. Beginner skills include water entry and exit, propulsive movements on both front and back, buoyancy, breath control, submerging and personal safety.

Learn-to-Swim Level 1: Introduction to Water Skills (about 6 years and up)

Students will learn elementary aquatic skills, personal water safety information and skills. Aquatic skills will include breath control, submerging, buoyancy on front and back, swim on front and back, changing directions and personal water safety.

Learn-to-Swim Level 2: Fundamental Aquatic Skills

Students will learn fundamental aquatic skills including floating without support, simultaneous and alternating leg and arm actions, breath control, submerging, and additional personal water safety skills.

Learn-to-Swim Level 3: Stroke Development

Students will build on previously learned skills. Skills taught include survival float, Front Crawl, Elementary Backstroke, Scissor and Dolphin Kicks, treading water, head first entries in deep water, and additional personal water safety skills.

Learn-to-Swim - Adult & Teen

Students will learn the same skills taught at the youth levels 1 - 6. Please see descriptions on the following page for the level that meets your needs.

Days: Friday

Session Dates: 4/12 - 5/31, 8/30 - 10/18, 10/25 - 12/20
6 - 6:45 p.m. \$85 (8 classes)

Days: Saturdays

Session Dates: 4/13 - 6/1, 8/31 - 10/19, 10/26 - 12/21
8:30 - 9:15 a.m. \$85 (8 classes)



Learn to Swim Sessions - Youth

Any of the Learn to Swim classes can be taken at any of the times and dates listed (with the exception of the Adult only and Parent/Child only classes.)

Class Fee: \$85 - 8 sessions

Days: Tuesdays & Thursdays

Session Dates: 3/5 - 3/28, 4/9 - 5/2, 5/7 - 5/30, 8/27 - 9/19, 9/24 - 10/17, 10/22 - 11/14, 11/19 - 12/19
5 - 5:45 p.m., 6 - 6:45 p.m., or 7 - 7:45 p.m.
\$85 (8 classes)

Days: Friday

Session Dates: 4/12 - 5/31, 4/12 - 3/31, 8/30 - 10/18, 10/25 - 12/20 5 - 5:45 p.m. \$85 (8 classes)

Days: Saturdays

Session Dates: 4/13 - 6/1, 8/31 - 10/19, 10/26 - 12/21
10 - 10:45 a.m. or 11 - 11:45 a.m.
\$85 (8 classes)



Swim lessons may be canceled due to emergency situations. There is no refund for emergency cancellation; however, a make-up lesson will be scheduled for the lost day. No make-ups will be available for absences. Parents will be asked to watch lessons from the bench area unless they are part of the Parent & Child class. Swimmers are encouraged to wear goggles during lessons. Each session is eight classes long. Classes are 45 minutes (30 minutes for Parent and Child). All classes are taught by certified American Red Cross Water Safety Instructors. Private Lessons are also available from any of our certified swim instructors. Inquire for prices and scheduling information. All levels open to youth through adult swimmers.

Register online at:
www.inspiremenow.org

Community Info



KDL

Kent District Library

For All Ages www.kdl.org

Tap Your Toes with The Porters

Come swing and dance to the toe-tappin' sounds of The Porters! They will captivate and entertain even the youngest audience.

Thu 6/13 2 - 3 p.m.

Summer Fun Kick Off Carnival

Launch your best summer yet with an outdoor carnival! Start the summer reading program, play games for prizes and enjoy lots more carnival-style fun.

Fri 6/14 10 a.m. - 12 p.m.

Farm on the Go!

Visit friendly farm animals with the Critter Barn of Zeeland. Enjoy many hands-on experiences including milking a goat!

Wed 6/19 10 a.m. - 1 p.m.

Tom Plunkard's Amazing Adventures

Family friendly hilarious magic show filled with live animals, audience participation and amazing magic!

Thu 6/27 2 - 3 p.m.

A Universe Of Stories & Music

The Storytellers will share interactive stories, beautiful music, full audience participation and hands-on fun with musical instruments from many parts of the world.

Thu 7/18 2 - 3 p.m.

Touch a Truck

A close up look at big trucks! There will be an assortment of awesome vehicles on hand to explore, plus the pros who operate them. Decorate your own hard hat.

Wed 7/24 10 a.m. - 12 p.m.

For Teens

Happy Henna

Pre-registration required. Professional henna artists from Happy Henna will bring homemade, organic, lavender infused henna paste that is safe for the skin for you to experience the intricate art of henna tattooing.

Wed 6/26 2 - 3 p.m.

Paint a Mug

Pre-registration required. It's simple to create your own unique mug with Sharpie oil markers! Take home and bake instructions will be included.

Wed 7/17 2 - 3 p.m.



**Premium Orchestra
Level Seating!**

The Book of Mormon is a nine-time Tony Award winning musical comedy. First staged in 2011, the play makes light of various Mormon beliefs and practices, but ultimately endorses the positive power of love and service.

Don't miss this amazing performance! Join us on Thursday, March 21 for a 7:30 p.m. performance of The Book of Mormon, at DeVos Performance Hall. We have a limited number of premium orchestra level seating reserved for our group. We will meet at DeVos Hall. Transportation is on your own \$125 per ticket. Call 891-8117 to reserve your seat. We will contact you when your tickets are available to be picked up at the Resource Center.

Don't delay!!! These seats will sell out fast!!

AWOL Adventures

A.W.O.L. ADULTS WITHOUT LIMITS

Walking Tours

Architecture of Downtown Grand Rapids...Parts One, Two and Three

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 is an attempt to fill in the cracks...to connect the dots in our mind's streetscape.



Fri 4/26 10 a.m. - Part One
Fri 5/24 10 a.m. - Part Two
Fri 6/21 10 a.m. - Part Three

Please allow 90 minutes for walks. \$15 per participant

All tours meet in the front lobby of the JW Marriott. Reasonable parking is available at the cities Louis Campau lot, right around the corner from the JW Marriott.

Trail Blazers

Join us for a beautiful hike through the many trails of West Michigan. Each month we will hike a different trail. Following our hike we will enjoy lunch at a restaurant near the trail.

Fri 5/31 - 10 a.m. Paul Henry Trail - Middleville

We will meet at the stagecoach off of Main Street. Lunch on your own at Champs.



Tue 6/25 10 a.m. Provin Trail - Grand Rapids

Provin Trail is a largely undeveloped park featuring a network of natural surfaced trails just outside the city limits of Grand Rapids. Visitors can explore a mix of dense pine stands and open sand barrens along interconnected trails that wind through scenic hills and valleys. The trail is accessed from a parking lot off 4 Mile Rd. 2900 4 Mile Rd NE Grand Rapids. Lunch on your own at Anna's House.

Tue 8/20 10 a.m. Millennium Park- Grand Rapids

There are approx. 3 miles of natural surface trails located within the park at 1415 Maynard Ave SW, Walker. We will meet at the parking lot off Butterworth Dr., at the Hansen Nature Trail. Ice cream on your own at Dairy Queen at 956 Fulton Street.

If you would like to participate in one of these walks, please email Barb at: nemecekb@calschools.org

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. Its 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 5/7 (weather permitting) We will meet at the trail head on Main Street in Caledonia

Tue 6/4 - Middleville, Paul Henry Trail (meet at the trail head at East Main & Stagecoach park, downtown Middleville)

Tue 8/13 - 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

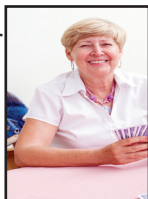


Caledonia Senior Center *It's Your Time*



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!



Wednesdays 12:30 - 3 p.m. FREE
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 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 on Mondays, Wednesdays and Fridays. 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, Wed, & Fri 4/8 - 6/7
Mon 10:30 - 11:30 Wed & Fri 10 - 11 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 car pool, 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 28
Place: Uccello's - Caledonia

Date: Thursday, April 25
Place: Pizza Ranch- Kentwood

Date: Thursday, May 23
Place: FireRock Grille - Caledonia

Fit For Life

Join us twice a week for an hour and a half of fun and fitness. This class is geared for all fitness levels and involves walking, line dancing, stretching, and working out in our weight/cardio facility. 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 4/8 - 6/6 9:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym & Weight Rm

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



St. Patrick's Day Euchre Tournament Food ° Prizes° Fun

When: Friday, March 15
Time: 12:00 p.m.
Cost: \$10, includes pizza lunch and prizes.
RSVP: You must pre-register by March 6 to reserve your space. Call 891-8117.



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.

Snyder Monuments



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PROFESSIONAL,
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Randy and Diana Snyder
(616) 291-2425
www.snydermonuments.com
snydermonuments@gmail.com

"Honor a Loved One that will last a Lifetime"

Lunch & Learn

Estate Planning Basics

What happens to your assets if you become incapacitated or pass away? What is probate? What is a Living Trust and do I need one? Will a young relative, special needs child, or in-law have access to my estate? Attend this presentation to learn about the important components of planning your estate.

Thu 3/14 11:30 a.m. Free Pre-registration required. Lunch provided

Heritage Hill Association 50th Anniversary

In the 1960s, urban renewal efforts in downtown Grand Rapids called for demolishing up to 75% of the Victorian "homes on the hill" or "The Hilltop" neighborhood, the city's oldest residential district. Resident protests and impassioned leadership led to the organization of the Heritage Hill Association in 1968. Court challenges stopped the loss of beautiful and invaluable historic neighborhood properties, thanks to the then-brand-new 1966 National Historic Preservation Act. The Association celebrated its 50th Anniversary in 2018. This presentation was created in honor of this momentous occasion. It visually and verbally traverses the stunning, tree-lined residential streets with bits of history and fascinating stories that introduce you to the special people who built the gracious homes on the hill and the ones who saved them.

Thu 3/28 12 p.m. \$13 Pre-registration required. Lunch provided

Say "NO" To Fraud

Join Rebecca Lectka, from United Bank, for this informative seminar to learn about common scams, how to spot them and how to stop them.

Thu 4/11 11:30 a.m. Free Pre-registration required. Lunch provided

eBooks and Digital Downloads

Join Shelby and Elizabeth from the KDL Caledonia branch, to learn about downloadable resources available including eBooks, eAudiobooks, magazines and music. They will show you the download process and give an overview of devices used to access these digital resources. You must be a library cardholder to access these downloads.

Tue 5/7 11:30 a.m. Free Pre-registration required. Lunch provided

Travel

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 St. 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.



September 28 - 29, 2019 \$175 per person dbl. **Final payment is due 45 days prior to the departure 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

Call 891-8117 to make your reservations.

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.



Soaring Eagle Casino

Join us for a day trip to Soaring Eagle Casino. Each participant will receive up to \$20 in free slot play plus a \$10 Bingo Buck voucher and a \$5 food coupon. In addition once you have earned 600 points on slot machines, you will receive another \$10 Premium Play bonus. This trip will fill up fast! Call us at 891-8117 to make a reservation.

Thursday, May 16, 2019

Departs: 8:30 a.m. Returns: 5 p.m.

Cost: \$35 per person

Includes: Motorcoach transportation and driver gratuity.



The Book of Mormon

Join us on Thursday, March 21 for a 7:30 p.m. performance of The Book of Mormon, at DeVos Performance Hall. We have a limited number of **premium orchestra level seating** reserved for our group. We will meet at DeVos Hall. Transportation is on your own.

Don't delay!!! Only a few seats left!

Thursday, March 21 @ 7:30 p.m. \$125 per ticket. Call 891-8117 to reserve your seat. We will contact you when your tickets are available to be picked up at the Resource Center.

Caledonia GlobeTrotters

Present

Hawaii

8 Days / 7 Nights

On Board the Beautiful
Pride of America



October 26 - November 2, 2019

Includes: Round trip airfare from Grand Rapids, cruise, cruise taxes, port fees. \$250 per person deposit required to hold your space. Final balance is due by June 28, 2019. All prices are subject to change and not guaranteed until full payment has been received.

\$3,512 inside cabin pp/dbl
\$3,862 outside cabin pp/dbl
\$4,162 balcony cabin pp/dbl

For just \$651 add a 2 night pre-stay in Oahu prior to your 7 day cruise . The pre-stay includes a tour of the Polynesian Cultural Center, a fabulous luau and two nights at the Hilton Hawaiian Village Waikiki Beach Resort.

**Call Sherry at 891-8117 to reserve your space!!
This trip will sell out! To get best cabin choice and best pricing book early!**

Pick Two Perks!
Prepaid Service Charges
Internet Package
\$50 Per Port Shore Excursion Credit
Speciality Dining Package
20 Photo Package
\$75 Onboard Credit

Caledonia GlobeTrotters

Present

ALASKA CRUISE TOUR

**WITH PRINCESS CRUISES® ON THE
GRAND PRINCESS®**

11 DAYS / 10 NIGHTS MAY 13 - 23, 2020

1. Anchorage
2. Mt. McKinley Princess Wilderness Lodge (Talkeetna) Board a motorcoach for your journey along the dazzling George Parks Highway, an attraction in itself.
3. Denali Princess Wilderness Lodge This morning you depart on another scenic motorcoach ride to the Denali Princess Wilderness Lodge at the doorstep of Denali National Park.
4. Whittier to Anchorage. Enjoy the scenic rail journey through some of the best wilderness in the Great Land on our exclusive Direct-to-the-Wilderness rail service.
5. Hubbard Glacier, Alaska (Scenic Cruising)
6. Glacier Bay National Park, Alaska (Scenic Cruising)
7. Skagway, Alaska
8. Juneau, Alaska
9. Ketchikan, Alaska
10. At Sea
11. Vancouver, British Columbia



Inside Cabin Category ID \$3,584
Inside Cabin Category IC \$3,600
Outside Cabin Category OE \$4,284
Outside Cabin Category OC \$4,314
Balcony Cabin Category BB \$4,604

Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes and transfers to/from ship. PASSPORT REQUIRED

PRINCESS CRUISES 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 \$630 per person double occupancy or \$1,260 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by January 28, 2020. Those who book early get the best prices, the best cabin locations and their preferred dining times. **FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT SHERRY STEHOUWER ~ 616-891-8117 or email: stehouwers@calschools.org**

Imperial Cities with Oberammergau Passion Play Featuring Budapest, Vienna & Prague May 23, - June 2, 2020

Highlights: Budapest, Matthias Church, Fisherman's Bastion, Bratislava, Vienna, Grinzing Evening, Schoenbrunn Palace, Cesky Krumlov, Prague, Hradcany Castle, Oberammergau Passion Play, Munich

Reservations being accepted NOW!
This trip will sell out quickly! Call us at 891-8117 for more information and reservations.

The Tour: Our city tour of Budapest features the Matthias Church, where many kings have had their coronations. Travel back in time with a visit to a 14th-century castle, where knights with colorful costumes and authentic weaponry recreate the days of chivalry. In the grand city of Vienna, the baroque marvels of Schoenbrunn Palace, the summer retreat of the Habsburg dynasty, are revealed. See Prague's Hradcany Castle and its famous Golden Lane.

Call for rates and availability..

About The Play: In 1633, the residents of Oberammergau, Bavaria, Germany, vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every 10 years depicting the life and death of Jesus. The death rate among adults rose from one person per 1,000 per year in October 1632 to twenty in the month of March 1633. The adult death rate slowly subsided to one in the month of July 1633. The villagers believed they had been spared and they kept their part of the vow when the play was first performed in 1634.



British Isles 13 Days / 12 Nights June 30 - July 12, 2019

It's time to cross off another tour from your bucket list. "Someday..." begins on August 5, 2019! Join us on this amazing British Isles cruise onboard the beautiful Crown Princess.



Ports of Call:

- London (Southampton), England
- Guernsey (St. Peter Port)
- Cork, Ireland (Cobh - For Blarney Castle)
- Dublin, Ireland
- Belfast, Northern Ireland
- Glasgow (Greenock), Scotland
- Orkney Islands (Kirkwall), Scotland
- Invergordon, Scotland
- Edinburgh (South Queensferry), Scotland
- Paris/Normandy (Le Havre), France
- London (Southampton), England



Inside Cabin \$3,035
Ocean View Cabin \$3,715
Balcony Cabin \$3,985

Cruise fare, taxes and port charges are included. For rates, with airfare from Grand Rapids, please contact Sherry at stehouwers@calschools.org or call our office at 891-8117.

For more information or reservations call 891-8117



Old Mission Peninsula Wine Tour

Looking for that perfect Mother's Day gift? Treat your amazing mom to a get-away that she will be sure to enjoy!

Our first stop is the Turtle Creek Casino & Hotel where we will check in for the night. Each participant will receive \$15 in slot play so you can try your luck in the casino that evening or you can take a shuttle to the Grand Traverse Resort and enjoy the spa. Dinner is on your own tonight at the casino.



Today we will depart the hotel and travel to Old Mission Peninsula where you will get to tour a winery and taste some of Michigan's finest wines from this region. We will be stopping at a few tasting rooms so you can truly enjoy what each vineyard has to offer. We will make a lunch stop at a local restaurant during our visit as well (on your own).



5/10 - 5/11 Departs at 1:00 p.m. on Friday and will return approximately 8:30 p.m. on Saturday. Cost is \$225 per person and includes motorcoach transportation, driver gratuity, hotel accommodations, \$15 in slot play, and all wine tours and tastings. Reservations must be made and paid in full no later than April 1.



Spend the Day at Grand Haven

Take a stroll along the historic harbor - The boardwalk is a 3 mile round trip and runs along the harbor, which is lined with shops, restaurants, marinas and charter fishing boats. While it's a great place for a brisk walk, there are plenty of grassy knolls and benches for idlers who prefer people and boat watching. The boardwalk continues along the Grand River and travels out to Lake Michigan, where you can walk the pier, and take photos of the lighthouse.

Tour the town on the trolley. The trolley runs from 11 a.m. to 10 p.m. with many pickup locations. Enjoy a historic narrative tour that starts at Chinook Pier, travels the waterfront and downtown areas and provides a unique trip back in time. Fares are between .75 and \$1.50 each.

OR

Explore the Grand Haven area your own way. There is nothing like looking at a map of an unknown place and using it to discover the area all on your own. The Grand Haven area is full of adventures. There is a self-guided tour for everyone whether your interest is history, nature, food or just seeing the destination from a different perspective. Here are a few of examples.

- Historic Riverfront District
- Downtown Grand Haven - Walking Tours
- Ride the Rickshaw
- Tri-Cities Historical Museum

Thu 6/20 The motor coach will leave from the football field parking lot at 9:30 a.m. and we will return at approx. 4 p.m. Cost is \$35

Register online at: www.inspiremenow.org

For more information or reservations call 891-8117

Caledonia Community Schools

Dr. Dedrick MartinSuperintendent
Darrell Kingsbury.....Asst. Superintendent
Caledonia Resource Center
Sherry Stehouwer..... Supervisor
Barb Nemecek.....Secretary
Monique Brennan.....Secretary
Christine Howell.....Evening Receptionist

Caledonia Board of Education

Marcy White.....President
Chris Behm.....Vice President
Tim Morris.....Treasurer
Julie Asper.....Secretary
Bill Donohue.....Trustee
Kyle Clement.Trustee
Jason Saidoo.....Trustee

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. Refunds will be mailed to you as soon as possible.

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.

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

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, Monday - Friday, 8 a.m. - 4 p.m. We are located at 9749 Duncan Lake Ave.



We're Going Green!

We will no longer be mailing confirmations. Please register online and you will automatically receive a receipt via e-mail. Mail in or faxed 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.

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

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Address _____ City _____

Zip Code _____ Phone #' _____

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Student Information: Grade _____ School _____

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

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Total Fee				

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Signature _____

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CALEDONIA RESOURCE CENTER

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

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Disney BEAUTY AND THE BEAST
THE BROADWAY MUSICAL

Music By
Ian Menken

Lyrics By
Howard Ashman & Tim Rice

Music By
Linda Wolverton

June 21, 22, 28, 29 2019 7pm

DLMS Performing Arts Center

Tickets \$12 online \$15 at the door

Ticket information and audition information at www.caledoniacommunityplayers.org

Auditions 3/23 & 3/24