



# REGISTRATION INFORMATION

Enrichment Department  
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## MIDDLE SCHOOL INTRAMURALS

Dear Parents and Students,

Welcome to the winter 2019 Intramural Season! The Enrichment Department handles the registration for intramurals. Please call or go online to register – **Do not turn in registrations to the Main Office.** Registration is first come-first served, so promptness is important. Most intramurals will run once a week from 2:30 – 3:30 for 5-10 sessions, however, the dates and times for each intramural are included on the reverse side of this flyer.

### REGARDING INAPPROPRIATE BEHAVIOR

School rules apply for all intramural classes. If a student's behavior is inappropriate, he/she may be asked to report to the office and call home to be picked up early. If a second occurrence of inappropriate behavior occurs, a student may be removed for the duration of the sessions. A refund will not be issued.

### NUT FREE POLICY

The Enrichment Department has a peanut/nut free policy for all of our programs. Please do not bring any food items that contain nuts of any kind into our after-school activities, but we cannot guarantee that every activity or location will be nut free.

### SCHOLARSHIPS & OTHER INFORMATION

Scholarships to help cover the cost of Intramurals may be available; contact the Enrichment Office immediately for details, as the process takes time. If you have any questions about the intramural programs at your school, if you would like to suggest an Intramural, or would like to get involved, please feel free to contact the Enrichment Office at 248-726-3165 or email [enrichment@rochester.k12.mi.us](mailto:enrichment@rochester.k12.mi.us).

Your registration online or through the Enrichment Office is confirmation that you have read and agree to all the information and policies on this page; that you will provide transportation home immediately following the session(s) and that you understand it is your child's responsibility to listen to any announcements that may indicate a change in day or time for these activities. (Classes may be unexpectedly cancelled the day they are scheduled for. Be sure you have a plan for your student should this occur.)

### REGISTRATION INFORMATION – Register Early to Avoid Cancelled Classes!

Payment must be made at time of registration; registration may now be paid online by setting up a household profile by following the information below. Classes are funded by your fees; classes that do not meet minimums will be cancelled. Full refunds will be given if a class is cancelled by the Enrichment Department. TEAMS Program: Notify TEAMS supervisor of your Intramural classes for a credit.

### HOW TO REGISTER ONLINE

1. Go to [www.rochester.k12.mi.us](http://www.rochester.k12.mi.us)
2. Click the "Department" tab in the grey navigation bar
3. Click "Enrichment" tab under the Departments drop-down
4. Click the "Register Now" link at the top/middle of the page
5. Login using your account information, or create a new account and household

If you have any trouble with registration, or if you do not have access to a computer, you may contact the Enrichment Department to register over the phone at 248-726-3165.

### CANCELLATION & REFUND POLICY

- Cancellations made by the Enrichment Department due to low enrollment will result in a full refund.
- Cancellations made more than 7 days prior to the start of class will receive a full refund, minus a \$10 processing fee.
- Cancellations made less than 7 days prior to the start of class will receive a full refund, minus a \$25 processing fee
- Any cancellations made after the start of the second class will not receive a refund.
- Cancellations due to an emergency will receive a pro-rated refund for the number of classes attended, minus a \$10 processing fee if approved by the Enrichment Department.
- Classes cancelled due to weather or teacher absence will try to be made up. If a make up is not possible, no refunds will be given.

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## WINTER 2019

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### MONDAY

**Course: 4410-01W19 INTRODUCTION TO BOYS LACROSSE**

**Fee: \$45/5 sessions**

with Jeff Sacdalan in the AUX Gym

**Meets:** Mondays Feb. 4, 11, 25, March 4 & 11 (No Class Feb. 18)

**Time:** 2:30-3:30pm

Learn the fundamentals to the fastest growing sport on two feet. Each player will learn step by step how to improve their basic lacrosse skills. Each day is divided into two segments: Skill building and Skill application.

**Please bring your own lacrosse stick to class.**

### TUESDAY

**Course: 4427-01W19 YOGA**

**Fee: \$54/6 sessions**

with Kavitha Kumaran in Room C4

**Meets:** Tuesdays Feb. 5, 12, 19, 26, March 5 & 12

**Time:** 2:30-3:30pm

Yoga is a combination of physical postures (Asanas) to achieve body flexibility, strength, and stability.

Pranayama, the breathing technique used to calm the mind and de-stress. **Please wear comfortable clothes, bring a yoga mat and water bottle.**

### WEDNESDAY

**Course: 4418-01W19 GIRLS LACROSSE**

**Fee: \$45/5 sessions**

with Jeff Sacdalan in the AUX Gym

**Meets:** Wednesdays Feb. 6, 13, 20, 27 & March 6

**Time:** 2:30-3:30pm

Learn the fundamentals to the fastest growing sport on two feet. Each player will learn step by step how to improve their basic lacrosse skills. Each day is divided into two segments: Skill building and skill application.

**Please bring your own lacrosse stick to class.**

### THURSDAY

**Course: 4415-01W19 INTERMEDIATE BOYS LACROSSE**

**Fee: \$36/4 sessions**

with Jeff Sacdalan in the AUX Gym

**Meets:** Thursdays Feb. 7, 14, 21 & 28

**Time:** 2:30-3:30pm

Improve on fundamental skills in game-like scenarios. Each day is divided into three segments: 5/10-minute instruction, 15-minute focus drill, followed by 45-minute Chumash or half-court Lacrosse game. Participants

**MUST** already know how to pass & catch. **Please bring your own lacrosse stick to class.**

**Course: 4426-01W19 MakerSpace**

**Fee: \$63/7 sessions**

with Kristi Trimboli in the Media Center

**Meets:** Thursdays Jan. 31, Feb. 7, 14, 21, 28, March 7 & 14

**Time:** 2:30-3:30pm

A Makerspace encourages students to learn-through-doing focusing on the STEAM (Science, Technology, Engineering, Arts, and Mathematics) initiatives. Making can involve building, tinkering, inventing, programming/coding, and crafting. Some of the activities may include using Makey-Makeys, LittleBits circuits including a new Droid inventor kit, and learning how to code and program using online programs, Sphero robots, and Lego Boost.

## FRIDAY

**Course: 4430-01W19 THE ARTISITS APPRENTICE-ART ATTACK**

**Fee: \$80/5 sessions**

with Pamela Palmer in the Art Room C6

**Meets:** Fridays Feb. 1, 8, 15, March 1 & 15 (No Class Feb. 22 & March 8)

**Time:** 2:30-4:00pm

Kid's will be working on an array of art and learning basic elements that will make their creations POP! We will be working on five projects involving painting, drawing, printmaking, sculpture and Japanese cartooning. Subject matter will include Manga characters, seascapes and head shots, along with aquatic animal as well as experimental elements with recycled materials. Your young artist will learn art history by emulating famous artists, such as FRANK GEHRY with his fish lamps and ROY LICHTENSTEIN with his Pop Art cartoon stills. A Gallery Show will be extended to families following class on the final day of class. **There will be a \$20 (cash) material fee payable to instructor at the 1st class.**

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### ALL REGISTRATION IS MANAGED BY THE ENRICHMENT OFFICE

Register ONLINE at [www.rochester.k12.mi.us](http://www.rochester.k12.mi.us). Click on the Department tab, then select Enrichment. Click on the "Register Now" button at the top of the page, then login to the registration system. You may also register over the phone by calling 248-726-3165.

Please see the registration information on the back of this form.

**DO NOT SEND ANY PAYMENTS TO SCHOOL.**

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