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# Rygaards Fritids Forening

SPRING  
SEMESTER  
2026



online Sign up open:

Saturday 10 January 2026 at  
at 09:00

Sign up via  
[www.rygaardsfritid.com](http://www.rygaardsfritid.com)



From Monday 26 January classes run for 15 sessions unless  
advertised otherwise (with break during week 7 & Easter  
holiday) Spring Semester dates: 26 January to 22 May 2026

Activities start from 26  
January

### Description

The Fritids after school activities association "not for profit", run by a board of parent volunteers.

Sign up for classes takes place each semester (in August and in January).

Contact: [fritids@rygaards.com](mailto:fritids@rygaards.com) or see website [www.rygaardsfritid.com](http://www.rygaardsfritid.com) for more information.

### Expectations

Fritids is an enrichment programme not a childcare provider. Fritids administer the enrolment to the activities but cannot collect/return children or provide supervision before classes start, this is parents' responsibility. If your child attends Caterpillars or Butterflies aftercare there is no provision to take them to and from our activities - please do not sign up to Fritids unless you are able to do this yourself.

If your child attends the anneks SFO in the main SFO building you MUST indicate this in the box in your profile. You must check your child's profile each semester to update their information as this is not automatically updated in the system (class, age of child, SFO etc). We do not have access to the Rygaards school pupil information so rely on parents inputting correct personal information at Fritids registration.

- *Registration is binding and non-refundable. There are no trial classes.*
- *It is not possible to switch between music teachers once the semester has begun.*
- *We reserve the right to cancel classes or make changes to classes if deemed necessary.*
- *We regret that activities can only run if there is sufficient enrolment for a viable class.*
- *Rygaards Fritids reserves the right to dismiss children who repeatedly disrupt the classes, without reimbursing the fee.*
- *Teachers are contracted to Fritids each semester.*
- *Refunds/replacement classes are not provided if students need to miss class (ie for school trips, sports matches, illness, travel, school events or any other such reason).*
- *on days when school finishes early, generally Fritids will still operate (check if unsure)*

### Required Materials

*All materials are provided unless otherwise stated. For sports /dance children should wear comfortable clothing & footwear appropriate for the activity.*

*For piano, guitar, ukulele, drums we have available to use for woodwind - students require own instruments, we sell a beginner 'toot flute' 280kr, to flute pupils if required*

### Absence

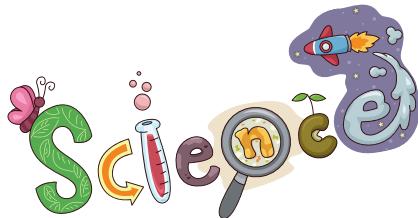
*Lessons missed because of the child's absence (due to student illness, travelling, school trips, school performances, sports match etc.) will not be replaced or reimbursed, this includes music classes. In the unusual event of activity cancellation (e.g. teacher sickness) a notice will be sent to parents via email or SMS. Catch up lesson or reimbursement\* will follow in this case. It is parents' responsibility to keep their contact details up to date. SMS can only be sent to DK phone numbers. \*Refunds are calculated & paid out at the end of each semester.*

### REMEMBER YOUR INSURANCE

The child's participation in the activities is at the parent's own risk

# CLASSES

## SCIENCE AROUND US CLASSES



Fun science - based activities  
(age 6-10)

1500kr. (15 weeks starting on 28  
January )

Tutors Rashmi Jethani / Dwaj  
Jethani

Wednesday 15.00 to 15.55

Art Room MEB

Language: English



Fun science - based activities  
(age 6-10)

1500 kr. (15 weeks starting on  
28 January)

Tutors Rashmi Jethani / Dwaj  
Jethani

Wednesday 16.00 to 16.55

Art Room MEB

Language: English

# CLASSES



## CHESS CLUB /SKAK

Skak begyndere/ let øvede (6+år)  
1275 kr. (15 uger)

Chess beginner/interim (6+år)  
1275 kr. (15 weeks)

Chess advanced (age 6+)  
1275 kr. (15 weeks)

Onsdag: 13:50-14:50

Chess Room O27

Sprog: Dansk

Leader

Vicente Christensen

Wednesday: 14:50 -15:50

Chess Room O27

Language: English

Monday: 14:50-15:50

Chess Room O27

Language: English/Dansk



## COOKING CLASS MADLAVNING



TUESDAY 15.00 to 16.50

Young Chefs (age 10 - 13)

2465kr. (15 weeks) 1 hour 50 mins per class

Kitchen Main Building

Language: English

Teacher

Massimo Ricci

THURSDAY 15:00-16.50

Young Chefs (age 8 - 9)

2465kr. (15 weeks) 1 hour 50 mins per class

Kitchen Main Building

Language: English



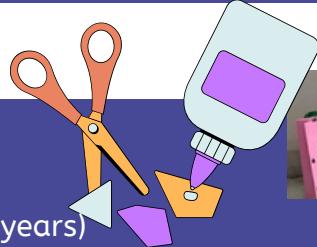
## CREATIVE & MINDFUL CLASSES

arts & crafts club with Anna: **Monday**

15:00-16.30

1.5 hours (from age 6 - must be in YEAR 2, to age 12 years)

1800Kr. (15 weeks) materials provided



Language: English  
Art room upstairs, MEB

Come join us at the Craft Corner where we will create art projects out of recyclable materials! These projects will be inspired by various themes such as winter, Valentine's Day, Fastelavn, St. Patrick's Day, Spring, Easter, Mother's Day, and more. In a bustling world, the craft corner will allow students to be together and be mindful as they create their own works of art.

Teacher  
Anna Mannerling



## CROCHET CLUB



Crochet and Knitting class  
1.5 hours, 15.00 - 16.30  
ages 9 to 13

1710 Kr (15 weeks) all materials provided

Teacher: Karin Mattioli

Friday 15.00 - 16.30

Art Room MEB

Language: English

*We welcome beginners & continuing crocheters...*

*This term we will learn about Granny squares, a technique where a square piece of fabric is created working in rounds. They can be joined together to create larger items ie, blankets, clothing or zipped bag*



## EMBROIDERY CLUB

EMBROIDERY: **Tuesday** 15:00-16.30

Teacher

Language:

Anna Kostaki

English

Art room upstairs, MEB



In this class, children will discover the joy of embroidery as a way to express themselves, relax, and connect with their creativity. Using simple stitches, bright colours, and playful patterns, they will learn to create and personalise their own textile pieces in a calm and supportive environment. All materials provided

## FOOTBALL /SOCCER

Monday 15.00 -16.00

New Gym, (age 6-8) 1500 kr (15 weeks)

session will include 15 min 'warm up time' & approx 40 min football time - Language: English



Football coach :

Tiki Eben-Cole,

PE Coordinator  
(Rygaards)



Join our football activity, where students can develop their passing, shooting, dribbling, and communication skills in a structured and supportive environment. Through guided drills and team-focused exercises, participants will strengthen their coordination, confidence, and sense of teamwork. This activity offers a constructive way to build both individual technique and collective play.

## RUNNING CLUB

Running club is strictly for children from 11 years upwards, meets twice weekly Wed & Fri afternoons, meeting outside, running off-site at times. The club is run by volunteer coaches and the low admin fee reflects this. Sign up fee of 200kr applies for joining either one or both sessions.

*running club starts mid February (Date tbc) due to weather/darkness - pupils participate at parents own risk*



## The Book Nook & The Book Club: 2 groups for different ages



### Group 1 - Book Nook

We welcome children to join for cosy storytime & reading sessions (in English) aimed at 6 year olds (year 2) and 7 year olds in a small group setting, with experienced early years teacher, Anna



### Group 2 - Book Club

#### Join Our Book Club! 📚🌟

Do you love stories, pictures, and being creative?

Our Book Club is a fun and cosy place for children aged 8-11 who enjoy reading and discovering new books together.

We will read a variety of exciting books, including fiction stories and graphic novels. Together, we'll talk about the characters and adventures, share our ideas, and explore the stories in a playful way. Each book also inspires creative activities like arts and crafts, drawing, and making things connected to what we read.

Most of all, the Book Club is about enjoying books, using our imagination, and spending a relaxed, happy time together.

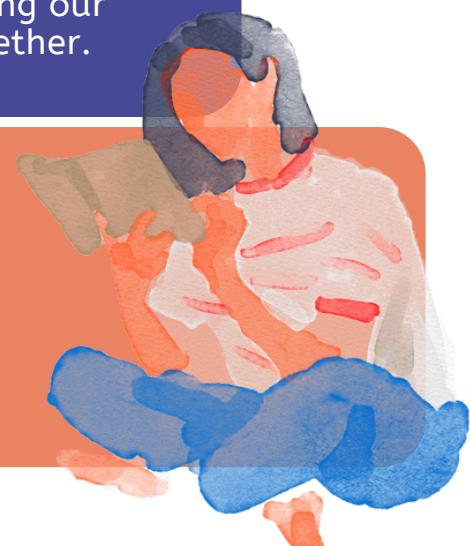
Come read, create, and have fun!

Leaders: Anna Mannerling & Anne Bross

Both groups take place in shared space on Thursdays 15.00 -16.00

1275kr - 15 weeks

Art Room MEB , Language: English - books provided



## GAMES (TECH-FREE!!!)



**BOARD GAME / CARD GAME CLUB**  
with Mr Tiki Eben Cole  
(Rygaards maths teacher)



FRIDAYS: 15.00 -16.00, 1275kr - 15 weeks (7 to 12 years)

LOCATION: 7y classroom, Main building , Language: English - games/materials provided



Join us for an engaging Board & Card Games activity where students build essential social and cognitive skills through play. Games such as Uno, Dobble, Jungle Speed, Connect 4, Go Fish, Old Maid, and more help students develop patience, turn-taking, and good sportsmanship. Through structured gameplay, students practice clear communication, emotional regulation, teamwork, and cooperation. They also strengthen problem-solving, memory, focus, and early academic skills—all while having fun in a supportive, interactive environment.

## MOVING TO LEARN

### Movement with Paula

(students must be invited to join this class by Paula following her assessment)

2300 kr. (14 weeks)

Thursdays 14.50 to 15.50

New Gym

Language: English

Teacher  
Paula Martinez



## DANCE & MOVEMENT DANS & BEVÆGELSE

Contemporary Dance class (age 6-9)  
1500kr. (15 weeks)

Wednesday 15:00-16:00  
Music Building  
Language: English

Teacher  
Alice Presencer

Contemporary Dance class (age 10+)  
1500 kr. (15 weeks)

Wednesday 16.00 -17.00  
Music Building  
Language: English



## MUSIC LESSONS

Timeslots are selected upon registration.

Individual music lesson 30 mins - 15 weeks

**(25 min + 5 min handover time)** in the Music Building on campus.



Piano  
3375 kr. (15 weeks)



See available slots at sign up online

Language: English / Dansk (Agneta)

Teachers

Franciska Laursen  
Agneta Mai Hytten  
Ronan Perrett  
Karin Mattioli

Classical Spanish Guitar  
Ukulele  
3375 kr. (15 weeks)



See available slots at sign up online

Language: English / Dansk

Teacher

Trung Hoa Tran

Electric Guitar/drums/  
keyboard/Music composition/  
Bands  
3375 kr. (15 weeks)



See available slots at sign up online

Language: English / Dansk

Teacher

Angel D'Angelov

Flute /Saxophone/clarinet  
(woodwind) piano  
3375 kr. (15 weeks)



See available slots at sign up online

Language: English

Teacher

Ronan Perrett

group singing lessons/choir  
1500 kr. (15 weeks)



Friday 15:00-16:00

large Music Room  
Music Building

Language: English/Dansk

Teacher

Agneta Mai Hytten

