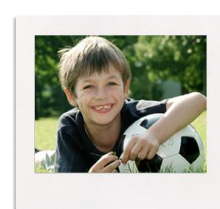
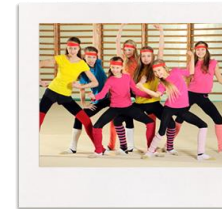
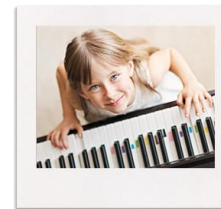


The Fritid after school activities association is "not for profit", run by a board of parent volunteers. Fritids activities are part funded by fees and part funded by the Gentofte Kommune. Sign up for classes takes place each semester (in August and in January). For the Fritid office contact: 51 95 24 67, fritids@rygaards.com

- Registration is binding and nonrefundable. Go to www.rygaardsfritid.com to register and enrol for the different activities.
- We reserve the right to cancel classes or make changes to classes if deemed necessary
- Classes will open for sign up from the announced time
- We regret that activities can only run if there is sufficient enrolment for a viable class.
- In the unusual event of activity cancellation (e.g. teacher sickness) a notice will be sent to parents via email or SMS.
- Lessons missed because of the child's absence (due to illness, travelling etc.) will not be replaced or reimbursed.
- Rygaards Fritid reserves the right to dismiss children who repeatedly disrupt the classes, without reimbursing the fee.
- Teachers are contracted to Fritid each semester.
- **REMEMBER INSURANCE:** The child's participation in the activities is at the parent's own risk.
- Fees cover lessons for the period as stated. Individual music lessons: 25 min. of teaching + 5 min. administration time. Sports activities: 60 min.+ time for clean-up/changing. Other lessons: 50 minutes + 10 minutes for clean-up. Prices may vary where some teachers elect to work on a voluntary (unpaid) basis and depending on equipment and materials requirements. Membership fee (25 Kr) is collected at first registration in each semester



Registration opens on Saturday, January 5th at 10:00
at www.rygaardsfritid.com

Activities will start in week 5 (January 28th)
Classes are held on the campus of Rygaards school (Hellerup)
but you do not have to be a student at school to join.

www.rygaardsfritid.com

Bernstorffsvej 54 · 2900 Hellerup · Tel. 51 95 24 67, call between 14:00-16:00 or send text · email: fritids@rygaards.com Go to website for more information

Chess Skak

Skak begynder/ let øvede

700 kr. (14 uger)

Onsdag 13:50-14:50

Lærer: Vicente Christensen

Sprog DK

Chess beginners/intermediate

700 Kr per 14 weeks

Wed 14:50-15:50

Teacher: Vicente Christensen

Instruction UK

Chess advanced

700 Kr per 14 weeks

Mon 14:50-15:50

Teacher: Vicente Christensen

Instruction UK/DK

Choir Kor

Børnekor og musikteori (7-14 år)

700 kr. (14 uger)

Torsdag 14:00-15:00

Teacher: Agneta Mei Hytten

Sprog: DK

Children's Choir&Solfege

(age 5-8)

700 Kr per 14 weeks

Thu 15:00-16:00

Teacher: Agneta Mei Hytten

Instruction UK/DK

Children's Choir&Music Drama

(age 7-14)

700 Kr per 14 weeks

Thu 16:00-17:00

Teacher: Agneta Mei Hytten

Instruction UK/DK

Cooking class

Madlavning

Young Chefs (age 8 to 10)

1500 Kr per 14 weeks

Wed 15:00-17:00

Teacher: Massimo Ricci

Instruction UK/Italian

Young Chefs (age 10+)

1500 Kr per 14 weeks

Mon 15:00-17:00

Teacher: Massimo Ricci

Instruction UK/Italian

Sport

Football (age 7-9)

700 Kr per 14 weeks

Fri 15:00-16:00

Teacher: Per Jacobsen

Instruction UK/DK

Play gym (age 8-9)

650 Kr per 12 weeks

Mon 14:45-16:00

Teacher: Vera Maskova

Instruction UK

Play gym (age 5-6)

650 Kr per 12 weeks

Wed 14:45-16:00

Teacher: Vera Maskova

Instruction UK

Play gym (age 6-7)

650 Kr per 12 weeks

Tue 14:45-16:00

Teacher: Vera Maskova

Instruction UK

Karate (age 6-8)

200 Kr per 14 weeks +

federation exam fee

(500dkk)

Mon 18:00-19:00

Teacher: Joseph Magt

Instruction UK

Karate (age 9+)

200 Kr per 14 weeks +

federation exam fee

(500dkk)

Mon 19:00-20:30

Teacher: Joseph Magt

Instruction UK

Introduction to fencing

(age 7-11)

1000 Kr per 14 weeks

Tue 15:00-16:00

Teacher: Hellerup Fencing

Club, Instruction UK

Frimærker

Frimærker klub

700 kr. (14 uger)

Tirsdag 13:50-14:50

Lærer: Vicente Christensen

Sprog DK

Dance&Movement Dans&Bevægelse

For Reception Class:

Creative Movement (age 4-5)

700 Kr per 14 weeks

Tue 15:00-16:00

Teacher: Emma Davies-Andersen

Instruction UK

Creative Movement (age 6-7)

700 Kr per 14 weeks

Tue 16:00-17:00

Teacher: Emma Davies-Andersen

Instruction UK

Fun Style Latin (age 6-8)

700Kr per 14 weeks

Wed 15:00-16:00

Teacher: Ivan Kiselev

Instruction UK/DK

Fortnite Dance (age 8-15)

700Kr per 14 weeks

Wed 16:00-17:00

Teacher: Ivan Kiselev

Instruction UK/DK

Tennis

Tennis (age 5-6)

700 Kr per 14 weeks

Sat 09:00- 10.00

Teacher: Mariami Teodosvili

Instruction: UK/DK

Tennis (age 7-8)

700 Kr per 14 weeks

Sat 10.00 - 11.00

Teacher Mariami Teodosvili

Instruction: UK/DK

Tennis (age 9+)

700 Kr per 14weeks

Sat 11.00 - 12.00

Teacher: Mariami Teodosvili

Instruction: U/DK

Music Musik

Individual music lessons

(30 min). 2750 Kr per 14

weeks

Day/timeslot selected at

registration.

Piano

Teachers: Olga Nikulina,

Anna Nikolova,

Franciska Laursen

Agneta Mei Hytten

Instruction UK/DK

Classical Spanish guitar

Teacher: Trung Hoa Tran

Instruction UK/DK

Ukulele

Teacher: Trung Hoa Tran

Instruction UK/DK

Violin

Teacher: Olga Nikulina

Instruction UK/DK/Russian

Guitar/drums/keyboards

Teacher: Angel D'Angelov,

Kristian Hoffmann

Ludvig Pugaard-Muller

Instruction UK/DK

Keyboard/drums

Teacher: Ludvig Puggaard-

Muller

Instruction UK/DK

Classical Singing (age 8+)

Teacher: Olga Nikulina,

Instruction UK/DK

Music composition/Bands

Teacher Angel D'Angelov

Instruction UK/DK

For band playing/music groups

please contact the office

Art&Crafts

Kreative fag

Keramik (6+år)

800 Kr (14 uger)

Fredag 13:50-14:50

Lærer: Vicente Christensen

Sprog:DK

Pottery (age 6+)

800 Kr per 14 weeks

Fri 14:50-15:50

Teacher: Vicente Christensen

Instruction UK

Jewelry making (age 7+)

1200 kr per 14 weeks

Tue 15:00-16:30

Teacher: Eleonora Caponnetto

Instruction UK

DRAWING CLASSES:

Tegn og Mal (7-10 år)

1100 Kr (14 uger)

Torsdag 15:00-16:30 (1½time)

Lærer Christine Lohmann

Sprog: DK

Drawing & painting (age 7-10)

1100 Kr per 14 weeks

Thu 16:30-18:00 (1½ hour)

Teacher: Christine Lohmann

Instruction UK

Art Adventure (5-7)

800 Kr per 14 weeks

Wed 15:00-16:00

Teacher:Debdutta Dasgupta

Instruction UK

Art Adventure (8-14)

800 Kr per 14 weeks

Wed 16:00-17:00

Teacher:Debdutta Dasgupta

Instruction UK

YOGA&MEDITATION

Mindfulness class (age 7-12)

1150 Kr per 14 weeks

Fri 15:00-16:00

Teacher: Deepshikha Daga

Instruction UK

Technology and Innovation classes

More information coming soon!

Languages Sprog

Italian for beginners (age 6-12)

950 Kr per 14 weeks

Thu 14:50-15:50

Teacher: Alba Granizio

Hansen

Instruction UK/DK

Italian for advanced/native speakers (age 6-12)

950 Kr per 14 weeks

Thu 15:50-16:50

Teacher: Alba Granizio

Hansen

Instruction UK/DK

Fun Spanish for beginners (age 9-12)

950 Kr per 14 weeks

Tue 15:00-16:00

Teacher: Victoria

Christensen

Instruction UK/DK

This program may be subject to change. Please visit www.rygaardsfritid.com for detailed information.