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: 51952436, fritids@rygaards.com

- Registration is binding. 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 (unsalaried) basis and depending on equipment and materials requirements. Membership fee (25 Kr) is collected at first registration in each semester.

Registration opens on August 18th at 10:00 at www.rygaardsfritid.com

Activities will start in week 36 (September 3rd)

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
Chess
Chess beginners/intermediate
700 Kr per 14 weeks
Wed 14:50-15:50
Teacher: Vicente Christensen
Instruction UK/DK
Chess advanced
700 Kr per 14 weeks
Fri 14:50-15:50
Teacher: Vicente Christensen
Instruction UK/DK

Sports
Football (age 7-9)
700 Kr per 14 weeks
Fri 15:00-16:00
Teacher: Per Jacobsen
Instruction UK/DK
Football/futsal (age 10-15)
1050 Kr per 14 weeks
Sat 09:00-10:30
Teacher: Elenora Caponnetto, Instruction UK

Play gym (age 8-9)
700 Kr per 14 weeks
Mon 14:45-16:00
Teacher: Vera Maskova
Instruction UK

Volleyball (age 8-14)
700 Kr per 14 weeks
Sat 10:30-12:00
Teacher: Gentofte Volley
Instruction UK/DK

Karate (age 6-8)
200 Kr per 14 weeks (+300kr exam fee)
Mon 18:00-19:00
Teacher: Joseph Magt
Instruction UK

Karate (age 9+)
200 Kr per 14 weeks (+300kr exam fee)
Mon 19:00-20:30
Teacher: Joseph Magt
Instruction UK

Introduction to fencing
(age 7-11)
1000 Kr per 14 weeks
Mon 15:00-16:00
Teacher: Hellestrup Fencing
Club, Instruction UK

Dance & Movement
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 5-7)
700 Kr per 14 weeks
Tue 16:00-17:00
Teacher: Emma Davies-Andersen
Instruction UK

Fun Style Latin (age 6-7)
700Kr per 14 weeks
Wed 15:00-16:00
Teacher: Ivan Kiselev
Instruction UK/DK

Fun Style Latin (age 8-10)
700 Kr per 14 weeks
Wed 16:00-17:00
Teacher: Ivan Kiselev
Instruction UK/DK

Tennis
Tennis for beginners indoors
(age 5-8)
1250 Kr per 14 weeks
Tue 15.00 - 16.00
Teacher: SuperDuper Tennis
Instruction: UK

Tennis for beginners outdoors (age 5-8)
625Kr per 7 weeks
Tue 16.00 - 17.00
Teacher: SuperDuper Tennis
Instruction: UK

Tennis advanced (age 7-8)
625Kr per 7 weeks
Thu 15.00 - 16.00
Teacher: SuperDuper Tennis
Instruction: UK

Music: Individual music lessons (30 min).
2750 Kr per 14 weeks
Day/timeslot selected at registration.

Piano
Teachers: Olga Nikulina,
Anna Nikolova,
Juliane P Rothmaier
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

Trumpet (modern/baroque)
Teacher: Justine Bland
Instruction UK

Guitar/drum/keyboard
Teacher: Angel D’Angelov,
Kristian Hoffmann
Instruction UK/DK

RCC club
RCars (age 9 to 13)
750 Kr per 14 weeks
Wed 15:00-16:00
Teacher: Luke Wilderspin
Instruction UK

Classical Singing (age 8+)
Teachers: Olga Nikulina,
Juliane P Rothmaier
Instruction UK/DK

Music composition/Bands
Teacher Angel D’Angelov
Instruction UK/DK

For band/playing/music groups
please contact the office

Art & Crafts
Pottery
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: Elenora Caponnetto
Instruction UK

DRAwING CLASSES:
Drawing & painting (age 7-10)
1100 Kr per 14 weeks
Thu 16:30-18:00 (1½ hour)
Teacher: Christine Lohmann
Instruction UK

Fairytale Art Class
6-12)
800 Kr per 14 weeks
Wed 15:00-16:00
Teacher:Henniете Levinsen
Instruction UK/DK

Languages
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 8-12)
950 Kr per 14 weeks
Thu 15:00-16:00
Teacher: Victoria Christensen
Instruction UK/DK

Smart Fun:
Games Development with
Scratch (age 7+)
1500 Kr per 14 weeks
Mon 15:00-16:00
Teacher: SmartFunCo
Instruction UK

Coding Python for beginners
(age: 10+)
1200 Kr per 12 weeks
Mon 16:00-17:00
Teacher: SmartFunCo
Instruction UK

Coding Python level 2
(age: 10+)
1200 Kr per 12 weeks
Tue 16:00-17:00
Teacher: SmartFunCo
Instruction UK

Choir
DoReMi (age 5-8)
700 Kr per 14 weeks
Thu 15:00-16:00
Teacher: Agneta Mei Hytten
Instruction UK

Music ABC/Teory (age 6-14)
700 Kr per 14 weeks
Thu: 16:00-17:00
Teacher: Agneta Mei Hytten
Instruction UK

Cooking class
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

For reception class:
Creative Movement (age 4-5)
700 Kr per 14 weeks

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