

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).

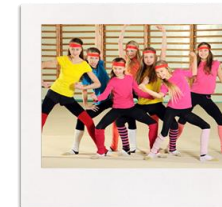
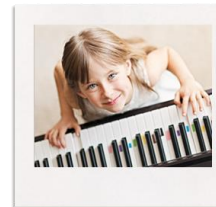
For the Fritid office contact:

[fritids@rygaards.com](mailto:fritids@rygaards.com)

- **Registration is binding and non-refundable.** Go to [www.rygaardsfritid.com](http://www.rygaardsfritid.com) to register and enrol.
- 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.
- If your child attends SFO it is your/their responsibility to get to their activity from SFO. Fritids Coordinator is responsible for organising the schedule of activities, not for ensuring children get to class. **We do not have resources to accompany children to and from SFO.**
- In the unusual event of activity cancellation (e.g. teacher sickness) a notice will be sent to parents via email or SMS. **It is parents' responsibility to keep the contact details up to date.**
- Lessons missed because of the child's absence (due to illness, travelling etc.) will not be replaced or reimbursed.
- Rygaards Fritids reserves the right to dismiss children who repeatedly disrupt the classes, without reimbursing the fee.
- Teachers are contracted to Fritids each semester.
- **REMEMBER INSURANCE:** The child's participation in the activities is at the parent's own risk.



## Extra Curricular Activities January-May 2022



**Registration opens online at 10am Saturday, 8<sup>th</sup> January**  
at [www.rygaardsfritid.com](http://www.rygaardsfritid.com)  
Activities will start in week 5 (January 31<sup>st</sup>)

**\*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](http://www.rygaardsfritid.com)

Bernstorffsvej 54 · 2900 Hellerup · email: [fritids@rygaards.com](mailto:fritids@rygaards.com)  
Go to website for more information

## Chess Skak

Skak begyndere/ let øvede  
(6+år)

900 kr. (14 uger)

Onsdag 13:50-14:50  
Lærer: Vicente Christensen  
Sprog DK

Chess begin/interm. (age 6+)

900 Kr per 14 weeks

Wed 14:50-15:50  
Teacher: Vicente Christensen  
Instruction UK

Chess advanced (age 6+)

900 Kr per 14 weeks

Mon 14:50-15:50  
Teacher: Vicente Christensen  
Instruction UK/DK



## Choir/Kor

Børnekor & Solfege

Fredag (5-14 år)

900 kr -14 uger

Fredag 14:00-15:00  
Teacher: Agneta Mei Hytten  
Instruction DK

Children's Choir & Solfege

(age 5-14)

900 Kr per 14 weeks

Fri 15:00-16:00  
Teacher: Agneta Mei Hytten  
Instruction UK/DK



## Sport



Yoga (age 7-10)

900 Kr per 14 weeks

Fri 15:00-16:00  
Teacher: Preeti Singh  
Instruction UK

Football (age 6-7)

900 Kr per 14 weeks

Mon 14:50-15:50  
Teacher: Per Jacobsen  
Instruction UK/DK

Badminton (age 7-11)

900 Kr per 14 weeks

Tue 14:50-15:50  
Teacher: Per Jacobsen  
Instruction UK

Badminton (7-11 år)

900 Kr per 14 weeks

Onsdag 14:50-15:50  
Underviser: Per  
Jacobsen  
Sprog: DK



## Cooking class Madlavning

Young Chefs (age 8 to 9)

1700 Kr per 14 weeks

Tue 15:00-17:00  
Teacher: Massimo Ricci  
Instruction UK

Young Chefs (age 10+)

1700 Kr per 14 weeks

Thu 15:00-17:00  
Teacher: Massimo Ricci  
Instruction UK

## Dance & Movement Dans & Bevægelse

Creative Movement (age 4-5)

900 Kr per 12 weeks

Tue 14:50-15:50  
Teacher: Emma Davies-Andersen  
Instruction UK

Contemporary Dance class

(age 6-9)

700 Kr per 10 weeks

Wed 14:50-15:50  
Teacher Alice Presencer  
Instruction UK/DK

Contemporary Dance class

(age 10+)

700 Kr per 10 weeks

Wed 16:00-17:00  
Teacher Alice Presence  
Instruction UK/DK



## ONLINE

Music lessons

Musikundervisningonline

Individual music lessons (30  
min). 2500 Kr per 14 weeks  
Day/timeslot selected at  
registration.

Piano online - any level

Teachers: Olga Nikulina,  
Agneta Mei Hytten  
Instruction UK/DK

Violin online- intermediate,  
advanced

Teacher: Olga Nikulina  
Instruction UK/DK

## Music Musik

Individual music  
lessons (30 min) on  
campus. 2900 Kr  
per 14 weeks

Day/timeslot selected at  
registration.



Piano

Teachers: Olga Nikulina,  
Franciska Laursen  
Agneta Mei Hytten  
Instruction UK/DK

Classical Spanish  
guitar/Ukulele

Teacher: Trung Hoa Tran  
Instruction UK/DK

Violin

Teacher: Olga Nikulina  
Instruction UK/DK

Electric guitar/drums/  
keyboard

Music composition/Bands

Teacher: Angel D'Angelov  
Instruction UK/DK For  
band playing/music groups  
please contact the office



Electric guitar/drums

Teacher: Kristian Hoffmann  
Instruction UK/DK

Classical Singing (age 8+)

Teacher: Olga Nikulina  
Instruction UK/DK

## Art & Crafts Kreative fag

Keramik (6+år)

900 Kr (14 uger)

Fredag 13:50-14:50  
Lærer: Vicente Christensen  
Sprog:DK

Pottery (age 6+)

900 Kr per 14 weeks

Fri 14:50-15:50  
Teacher: Vicente  
Christensen  
Instruction UK

Pottery (age 6+)

900 Kr per 14 weeks

Fri 15:50-16:50  
Teacher: Vicente  
Christensen  
Instruction UK/DK

**DRAWING CLASSES:**

Tegn og Mal (8-14 år)

1300 Kr (14 uger)

Tirsdag 16:20-17:50 (1½  
time)  
Lærer Christine Lohmann  
Sprog: DK

Drawing & painting (age 8-  
14)

1300 Kr per 14 weeks

Tue 14:50-16:20 (1½  
hour)  
Teacher: Christine Lohmann  
Instruction UK



## Other activities

Harry Potter inspired Magic (age:  
6-11)

1000 Kr per 14 weeks

Wed 15:00-16:00  
Teacher: Rashmi Jethani  
Instruction UK



Little reporters (age: 7-11)

1000 Kr per 14 weeks

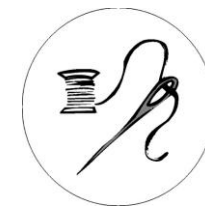
Fri 15:40-16:40  
Teacher: Rashmi Jethani  
Instruction UK



Crafts: Needle & Threadwork  
(age: 6-10)

1000 Kr per 14 weeks

Wed 16:00-17:00  
Teacher: Rashmi Jethani  
Instruction UK



This program may be  
subject to change.

Check  
[www.rygaardsfritids.com](http://www.rygaardsfritids.com)  
for detailed info