



Rygaards Fritids Forening

PROVISIONAL SCHEDULE

AUTUMN
SEMESTER
2026



online Sign up open:

Saturday 15 August 2026 at
at 09:00

Sign up via
www.rygaardsfritid.com



From Monday 31 August classes run for 14 sessions unless advertised otherwise (with break during October holiday)
Autumn Semester dates: 31 August to 11 December 2026

Activities start from
31 August

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 or see website 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 annex 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).
- class places are not transferable during the set semester dates
- 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

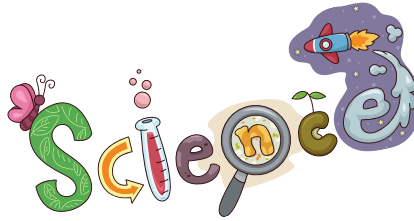
Lessons missed because of the child's absence (due to student illness, travelling, school trips, school performances, sports match etc.) will not be replaced or reimbursed, this includes music classes. In the unusual event of activity cancellation (e.g. teacher sickness) a notice will be sent to parents 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)

1350kr. (12 weeks)

**NB this course runs for 12 weeks
to 25 November**

Tutors Rashmi Jethani / Dwaj
Jethani

Wednesday 15.00 to 15.55

Art Room MEB

Language: English

Fun science - based activities
(age 6-10)

1350 kr. (12 weeks) **NB this
course runs for 12 weeks to 25
November**

Tutors Rashmi Jethani / Dwaj
Jethani

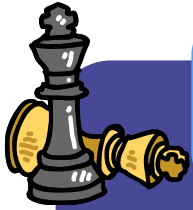
Wednesday 16.00 to 16.55

Art Room MEB

Language: English



CLASSES



CHESS CLUB /SKAK

Skak begyndere/ let øvede (6+år)
1190 kr. (14 uger)

Chess beginner/interim (6+år)
1190kr. (14 weeks)

Chess advanced (age 6+)
1190 kr. (14 weeks)

Onsdag: 13:50-14:50
Chess Room O27
Sprog: Dansk

Wednesday: 14:50 -15:50
Chess Room O27
Language: English

Monday: 14:50-15:50
Chess Room O27
Language: English/Dansk

Leader

Vicente Christensen



COOKING CLASS MADLAVNING



TUESDAY 15.00 to 16.50
Young Chefs (age 10 - 13)

2500kr. (14 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)

2500kr. (14 weeks) 1 hour 50 mins per class

Kitchen Main Building
Language: English



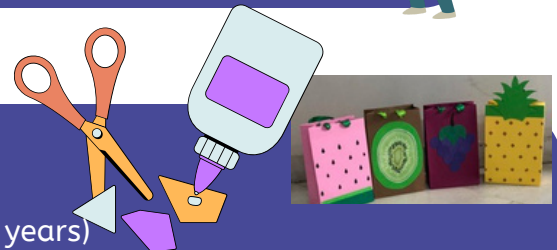
CREATIVE & MINDFUL CLASSES



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)
1600Kkr. (14 weeks) materials provided

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.



Language: English
Art room upstairs, MEB

Teacher
Anna Mannering

CROCHET CLUB



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

Teacher: Karin Mattioli

Friday 15.00 - 16.30

Art Room MEB

Language: English

1865 Kr (14 weeks) all materials provided

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:

1.5 hours (age 8-14) 1865Kr. (14 weeks)

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 time TBC
New Gym, (age 6-8) 1650 kr (14 weeks)



Football coach :

Tiki Eben-Cole,

PE Coordinator
(Rygaards)

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

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, meeting weekly on Friday afternoons at 15.30 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

running club operates until late October (Date tbc) due to weather/darkness - pupils participate at parents own risk

The Book Nook



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

Leader: Anna Mannering

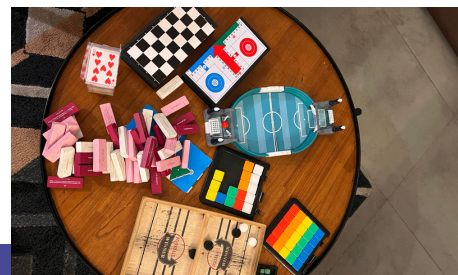
Thursdays 15.00 -16.00

1250kr - 14 weeks

Art Room MEB , Language: English - books provided



GAMES (TECH-FREE!!)

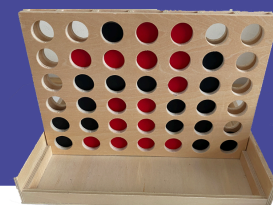


BOARD GAME / CARD GAME CLUB with Mr Tiki Eben Cole (Rygaards maths teacher)

FRIDAYS: 15.00 -16.00, 1100kr - 14 weeks (7 to 13 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)

Thursdays 14.50 to 15.50
New Gym
Language: English

Teacher
Paula Martinez

2600 kr. (14 weeks)



DANCE & MOVEMENT DANS & BEVÆGELSE

Contemporary Dance class (age 6-9) Wednesday 15:00-16:00
1550kr. (14 weeks)

Music Building
Language: English

Contemporary Dance class (age 10+) Wednesday 16.00 -17.00
1550 kr. (14 weeks)

Music Building
Language: English

Teacher
Alice Presencer



MUSIC LESSONS

Timeslots are selected upon registration.

Individual music lesson 30 mins - 14 weeks

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



Piano
3200kr. (14 weeks)

See available slots at sign up
online

Teachers

Language: English /
Dansk (Agneta)

Franciska Laursen
Agneta Mei Hytten
Ronan Perrett
Karin Mattioli



Classical Spanish Guitar
Ukulele
3200 kr. (14 weeks)

See available slots at sign up
online

Teacher

Language: English / Dansk

Trung Hoa Tran



Electric Guitar/drums/
keyboard

See available slots at sign up
online

Teacher

3200 kr. (14 weeks)

Language: English / Dansk

Angel D'Angelov



Flute /Saxophone/clarinet
(woodwind) piano
3200 kr. (14 weeks)

See available slots at sign up
online

Teacher

Language: English

Ronan Perrett



group singing lessons/choir
1600 kr. (14 weeks)

Friday 15:00–16:00

Teacher

large Music Room
Music Building

Agneta Mai Hytten

Language: English/Dansk

