



Rygaards Fritids Forening

**AUTUMN
SEMESTER
2025**



online Sign up open:

**Saturday 16 August
at 09:00**

Sign up via
www.rygaardsfritid.com



From Monday 1 September classes run for 14 weeks unless advertised otherwise (with break during the week 42 holiday) Spring Semester dates: 1 September to 12 December 2025

Activities start from 1 Sept

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 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

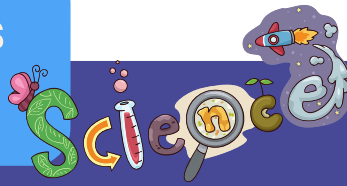
Lessons missed because of the child's absence (due to student illness, travelling, school trips, school performances, sports match etc.) will not be replaced or reimbursed, this includes music classes. In the unusual event of activity cancellation (e.g. teacher sickness) a notice will be sent to parents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



Teacher
Rashmi Jethani

Fun science - based activities
(age 6-10)

1300 kr. (12 weeks starting on
17th september)

Wednesday 15.00 to 15.55

Art Room MEB

Language: English

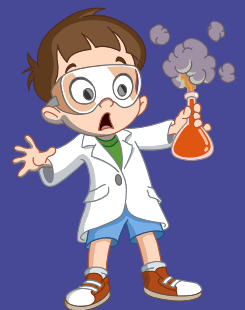
Fun science - based activities
(age 6-10)

1300 kr. (12 weeks starting on
17th september)

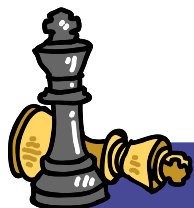
Wednesday 16.00 to 16.55

Art Room MEB

Language: English



CLASSES



CHESS CLUB / SKAK

Skak begyndere/ let øvede (6+år)
1150 kr. (14 uger)

Chess beginner/interim (6+år)
1150 kr. (14 weeks)

Chess advanced (age 6+)
1150 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

Teacher

Massimo Ricci

TUESDAY 15.00 to 16.50

Young Chefs (age 10 - 13)

2300kr. (14 weeks) 1 hour 50 mins per class

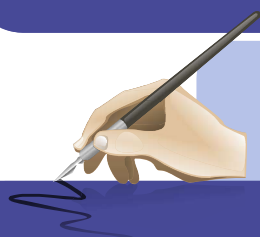
Kitchen Main Building
Language: English

THURSDAY 15:00-16.50

Young Chefs (age 8 - 9)

2300kr. (14 weeks) 1 hour 50 mins per class

Kitchen Main Building
Language: English



CREATIVE CLASSES

Calligraphy & papercraft: **Monday** 15:00-16.55
2 hours (age 8-14) 1970 Kr. (14 weeks)

Calligraphy & papercraft: **Tuesday**
15:00-16.55
2 hours (age 8-14) 1970Kr. (14 weeks)



Teacher

Sushma Maddula

Language: English



The Book Nook



We welcome children to join Anna for cosy storytime and reading sessions (in English) aimed at

Provisional class - information to follow if class goes ahead



CROCHET CLUB

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

1600 Kr (14 weeks) all materials provided

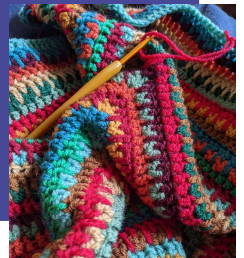
Friday 15.00 - 16.30
Art Room MEB
Language: English

Teacher: Karin Mattioli



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



SPORT

junior cricket (age 6-8)
1300 kr. (14 weeks)

cricket (age 9 -12)
1300 kr. (14 weeks)

Monday 14:55-15:55
New Gym
Language: English

Tuesday 14:55-15:55
New Gym
Language: English



activity leader:

Zeb Pirzada,
certified cricket coach



RUNNING CLUB

Running club is aimed at 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 may end late October due to weather/darkness - pupils participate at parents own risk



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)
1200 kr. (14 weeks)

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

Contemporary Dance class (age 10+)
1200 kr. (14 weeks)

Wednesday 16.00 -17.00
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
3150 kr. (14 weeks)

See available slots at sign up
online

Language: English /
Dansk (Agneta)

Teachers

Franciska Laursen
Agneta Mei Hytten
Ronan Perrett
Karin Mattioli



Classical Spanish Guitar
Ukulele
3150 kr. (14 weeks)

See available slots at sign up
online

Language: English / Dansk

Teacher

Trung Hoa Tran



Electric Guitar/drums/
keyboard/Music composition/
Bands
3350 kr. (14 weeks)

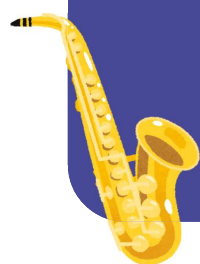
See available slots at sign up
online

Language: English / Dansk

Teacher

Angel D'Angelov

For band playing/music
groups
please contact the
Fritids office



Flute /Saxophone/clarinet
(woodwind)
3150 kr. (14 weeks)



See available slots at sign up
online

Language: English

Teacher

Ronan Perrett



group singing lessons/choir
1250 kr. (14 weeks)

Friday 15:00–16:00

large Music Room
Music Building

Language: English/Dansk

Teacher

Agneta Mai Hytten