

**First Aid and CPR/AED Certification**

These classes will cover AED training, CPR and First Aid with a certification that lasts for 2 years.

**Who:** 16+

**When:** November 4 & November 6

**Time**: 6:00pm – 8:30 pm

**Cost:** $65.00

**Where:** Allendale Middle School

Rm: 503

**Learn to Play Hockey**

**5 -9 year olds**

This class is the second step of youth hockey (thru first is learn to skate class). Student will enjoy learning and improving their skating and puck handling skills through challenging drills & on ice games. Participants will be separated by ability in order for each participant to feel comfortable and challenged. Instruction will be high tempo, positive, and suited to the skill level of each player.

Players can rent the equipment that they need. $100 is due at rental and $50.00 refunded within 5 days of complete bag and equipment return. Any missing equipment will be deducted from refund.

The Mesh Bag Program will be a mix of new and used equipment sized for your player. Each Bag Includes:

* Helmet with Cage
* Shoulder Pads
* Elbow Pads
* Pants
* Shin guards
* Hockey Gloves

**Who:** 5 - 9 years old

**When:** Saturdays November 23 –Jan 11

**Time:** 10:00am – 10:50 am

**Cost:** $125.00 – Skate Rental Included

**Where:**  Grand Valley Stars

8500 48th Ave, Hudsonville, MI 49426

**Learn to Ice skate**

**4 years old and up**

Students will be taught how to balance, bend, march forward, stride, how to get back up, agility, glide and more. Student will run through stations on the ice to rotate through instructions.

All skaters MUST wear a helmet **(bring along a bike or hockey helmet.)** Dress warm & wear gloves. Wear only on pair of thin socks so the skates fit.

**Who:** 4 and up

**When:** Saturdays

November 23 – January 11

**Time:** 9:00am – 9:50am

**Cost:** $125.00 – Skate Rental Included

**Where:** Grand Valley Stars

8500 48th Ave, Hudsonville, MI 49426

**Learn to Skate /Rollerblade**

This class will teach balance, starting/stopping, forward movement and skating games. One parent may skate for child for free.

**Who:** 4 years old and up

**When:** Saturdays 10 am – 10:45 am

October 26 – November 16

**Cost:** $35.00 –Skate rental included

**Where:** Tarry Hall Rink,

3330 Fairlanes AVE, Grandville MI

**Zumba**

This class will incorporate upbeat dance using Latin rhythms and easy to follow moves to create a dynamic fitness program.  It's a full body aerobic workout, divided into different tracks that provide peaks and troughs of intensity.

**Who:**  18+

**When:** Tuesdays Oct 1—Dec 3 6pm—7pm

(NO class Oct 15 or 22)

**Cost:**  **$9.00 Walk Ins welcome**

**Where:**  Evergreen Elementary/GYM

**Step Aerobics**

Join us on Monday from 6:15-7:00 for 30 minutes of cardio and 15 minutes of core strength training! Modifications are demonstrated so people at all fitness levels can benefit from this fun step class!!

**Who:** 18+

**When:** Mondays

November 11 – December 16

**Time:** 6:15pm – 7:00pm

**Cost:** $56.00

**Where:** Evergreen /SV gym

# Allendale Community Education Classes

**Registration forms:** [**https://www.allendale.k12.mi.us/district/communityeducation/registration/**](https://www.allendale.k12.mi.us/district/communityeducation/registration/)

**Phone: 616-892-3458 Fax: 616-895-9191 Email:** [**Blanksmabri@apsfalcons.net**](mailto:Blanksmabri@apsfalcons.net)