

Allendale Community Education
7161 Pleasant View Ct. (Middle School)
616-892-3458

Youth

Babysitting Clinic – This class will give your youth a clear overview of what he or she needs to know about babysitting techniques. The do's and don'ts, what to do in case of, and other responsibilities that go along with the job. CPR & FA will also be taught in the class. Ages: 11-up. Cost: 42.00. October 16. EV#107. Time: 3:34-5:45.

Karate – Standale Karate will instruct this class after school in the Springview gym. The purpose and main focus is to teach Tae Kwon Do Martial Arts. Self-discipline & self-control will be incorporated into the training. Parents are invited to sit in during class time but this is not required. Ages: DK-5th. Cost: \$60.00. Sept. 25 – Nov. 13. Time: 3:40-4:30

Dance Intermediate – The Intermediate level is designed to build off technical knowledge learned from prior experience & students are asked to have basic understanding of dance technique. The Intermediate session will proceed to build dance vocabulary, musically, flexibility, and of course advancing technical abilities in the ballet lyrical modern & jazz genres. Along with advancing these skills, dancers in this class will be learning a showcase piece to perform at the end of the session on stage, in the Fine Arts Center on November 15 at 6:00 pm. Grades: 1-5th. Cost: \$60.00. Sept 27-Nov. 15. Time: 3:40-4:30. SV gym.

Dance Beginners – The goal of this class will focus on basics and have students develop a sense of appreciation for the dance arts. During the 8-week session students will have the opportunity to learn techniques from the ballet, lyrical, jazz, and modern genres while learning a performance piece for the end of the session showcase. This class will also have an emphasis on both collaboration with fellow students and furthering the students' understanding of how to move to different styles of music. A recital will be held 11/ 15, 6:00 pm at the Fine Arts Center. Grades: 1-5th. Cost: \$60.00. Date: 9/27-11/15. Time: 4:40-5:30. SV gym.

Creative Movement Dance for DK & KDG – This session is geared toward young children who wish to be introduced to the dance arts and or are looking to get active in a fun and fast paced learning environment. During the session, students will learn how to move to different genres of music, basic dance technique, and develop their collaboration skills with others in the class. This class will also be part of the end of session showcase and students will learn a dance for the ending performance. A recital will be held Nov. 15, 6:00 pm in the Fine Arts Center. Grades: DK & KDG, Cost: \$60.00. 9/ 27-11/15. Time: 5:40-6:30 pm. Springview Gym.

Home Alone - More and more young children are required to stay home alone. It is important that every child understands what his or her parent or guardian wants the child to do while home alone. Care must be taken, however, to equip children with the self-care tools needed to deal with situations that might put them in danger. This class will cover such things as answering the door & phone, first aid, fire safety rules, internet safety, gun safety rules, and stranger danger. Grades: 4th-8th. Cost: \$30.00. November 27, 3:45-5:45. EV#107.

Hunters Safety - Hunters education courses teach new hunters responsibility, ethics, firearm safety, wildlife conservation and wildlife identification, game care, survival and first aid. If your son/daughter is 12yrs. and under, please plan to attend class with them. You must attend both classes and test at the end of class to be certified. This class is offered one evening and a full Saturday. Bring a pen & pencil to both classes and a sack lunch on Saturday. You must pre-register ahead. No registration at the door. Class held at Allendale High School. Date: 9/20 & 9/22. Cost: \$10.00. Thursday 5:30-8 & Saturday 8-4:30.

Snowmobile Safety – This course is designed to educate the operator of a snowmobile. The next class will be offered January 26, 2019. There is no set age to take this class. State law is 12 yrs. + to ride trails & cross streets. You will receive your study manual at the time of enrollment. Class is held at Allendale High School. Cost: \$10.00. Time: 9-12:00.

Learn to Skate at Griffs Georgetown Ice Center. The focus & goal are to teach beginner hockey players the fundamentals of skating. Students will be taught how to balance, bend, march forward, stride, how to get back up, agility, glide and more. Students will run through stations on the ice to rotate through instructions. Your child will receive 50 minutes of instruction for 8 weeks. Come 20 min. early to the first class to allow time to fit skates. Saturdays, Sept. 22 – Nov. 10. Time: 9-9:50. \$125.00.

Learn to play Hockey at Griffs Georgetown Ice Center. This class is the second step of youth hockey (the first is Learn to Skate class). Students will enjoy learning and be 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. Saturdays, Sept 22-Nov.10. Time: 10-10:50. \$125.00.

Adult

Speed Oiling - Join us for a fun, fast paced Speed Oiling class! We will begin with a quick introduction on what essential oils are, then you will travel table to table every 2 minutes to learn about our most popular oils and how they can easily support your family's everyday wellness, from emotions and energy, to seasonal discomfort and immune support. Tuesday, September 25 from 7-8pm or Tuesday, October 23 from 7-8pm. Class cost is \$15.00 per class. Both classes will be held at the HS.

The Effective Parenting Workshop Series - *Leonard Paauwe a retired Human Resources Development Consultant, has over 20 years experience coaching and training adults and is a certified Life and Family Coach. This course offers a way forward for parents to create a joyful, vibrant family life and raise a happy, healthy confident child. A child that is prepared to excel in their world today and in the future. This sequential four session program provides parents with four crucial elements that are necessary for dealing successfully with the challenges of parenting in today's world.*

Worshop 1: How to Listen So Your Child Will Talk - Date: October 9. Do you want to know what is going on in your child's life? Believe it or not they want to tell you. **They just want to feel heard, understood and not judged.** This class will help you learn to do just that and you're going to love the results. Cost: \$35 couple or \$20 single. 6:30-9:00.

Worshop 2: How to Talk So your Child will Listen - October 16, 6:30-9:00 pm. Frustrated with repeating yourself and wonder why they won't listen? This class will give you tools to first get their attention without yelling and then positive messages to get cooperation. Cost: \$35 couple or \$20 single.

Worshop 3: Building Trust with your Child: October 23. Trust within the family is essential to having a joyful and vibrant family life. This class will provide you with the key elements of building trust in the family. Time: 6:30-9:00 pm. Cost: \$35.00 couple or \$20.00 single.

Worshop 4: Problem Solving with Your Child: October 30. "*If they had only come to me.*" For many children when faced with what feels like an overwhelming problem, avoiding by running away with drugs or suicide, is their only solution. This class will help you set the foundation for problem solving within the family. through participating in family problem solving children learn there is a trusted and respectful way for solving the problems they face. Time: 6:30-9:00pm. Cost: \$35.00 couple or \$20.00 per single.

First Aid for Staff - Class held Saturday, October 20 from 8:30-1:30 in the Middle School Media Garage. Please contact Kelly at Community Education to sign up.

CPR for Staff - Class held Saturday, October 20 from 8:30 – 1:30 in the Middle School Media Garage. Please contact Kelly at Community Education to sign up.

Zumba - This class combines high energy and motivating music with unique moves and combinations that allow Zumba participants to dance away their worries. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class! Zumba means to move fast and have fun, so if you are not a dancer, it doesn't matter! Use the front entrance of Springview and follow hallway to the back of the school which will lead you to the Springview gym. Tuesday evenings from 7:00 - 8:00 pm. Class cost for a 8 week session, \$64.00. **October 2 - November 20.**

Allendale Community Education

616-892-3458

Date: _____

Name of Participant(s): _____

_____ DOB: _____ Grade: (if needed) _____

_____ DOB: _____ Grade: _____

_____ DOB: _____ Grade: _____

Parent\Guardian: (if applicable) _____

Address: _____

Daytime phone: _____ Cell: _____

Email: _____

Name of class: _____

Date of class: _____ Time of class: _____

Class Location: _____

Photo release – Do we have permission to use participant's photo in Brochures and School Web: Yes or No

Payment is required at time of enrollment.

Total amount of class: _____

Amount paid: _____

Check# _____ Cash: _____ Debit: if you choose to pay with Debit/Credit, please call us.

Initials _____

Class Cancellations: Community Education reserves the right to cancel any class where there is insufficient enrollment. A full refund will be issued if a class is cancelled by Comm. Ed. Cancellations due to inclement weather will be made up. When Allendale Schools are closed the Comm. Ed. classes are also closed.

To Cancel & Receive a Refund: A refund will be issued (minus \$5 processing fee) if you cancel at least 48 hrs (2 business days) prior to the start of class. If you cancel the day before or on the day of the class, there will be no refund. No refunds after the class start date, regardless of attendance.

Fees: A service charge of \$30 will be assessed for returned/insufficient funds.

If Applicable, Waiver of Liability

I absolve Allendale Public Schools, their officers, employees, and students of liability regarding health, safety, injuries, accidents, and loss or damage of property which may be suffered by participants, guests or members.

Signature of Guardian/Student _____

Allendale Community Education
Phone: 616 892-3458

7161 Pleasant View Ct.
Fax: 616 895-9111
Office Hours are 7 am – 3:15 pm, Monday-Friday

Allendale, MI. 49401
WEB: www.allendale.k12.mi.us

To Enroll: Mail enrollment form with payment, Call us, Stop by or Use our new outside drop box.



or



or



or

