

Fitness Center

Allen Park Parks & Recreation

Recreator News

FALL 2011



ALLEN PARK COMMUNITY CENTER

15800 White Avenue
Allen Park, MI 48101

Senior Programs: 313-928-0770
Recreation Programs: 313-928-0771
Room Rental Information: 313-928-0771
Wayne County Nutrition: 313-928-1775
Fax: 313-928-0501
Website: www.cityoffallenpark.org

A great community to live, work and play.

General Information:

- Located on the 2nd level of the Community Center. Both stair and elevator access are available.
- Contains Weight/Fitness Area and Walking Track
- For Allen Park Residents Only (Must prove residency)
- Participants must be 14 years and older
- Membership/Daily Pass is required for access
- Membership card/Pass MUST be presented to enter
- Changing areas are available in bathrooms located on main floor near gymnasium
- Each restroom upstairs contains a shower

Facility Hours:

Monday-Friday 6:00 a.m. – 9:00 p.m.
Saturday 8:00 a.m. – 9:00 p.m.
Sunday 8:00 a.m. – 6:00 p.m. (10/1-4/30)
 12:00 p.m. - 6:00 p.m. (5/1-9/30)

Weight/Fitness Area:

- 19 cardiovascular machines including elliptical trainers, cross trainers, treadmills, recumbent bikes and stair climbers
- 7 individual weight training machines
- Olympic tower weight training system
- Free Weights
- E-Z curl bars

Walking Track (Running/Jogging NOT permitted):

- Three Lanes
- Special cushioned surface
- 13 laps per mile

Fee Schedule (No Refunds):

- Resident Family 2 to 4 members \$180/year
(Immediate Family living in same household)
- Additional family member (5th member+) \$25/year
- Single Resident \$100/year
- Senior Citizen (62 Years+) \$50/year
- Senior Couple \$80/year
- Daily Pass (AP Residents Only) \$4/day
- Guest Pass (Accompanied by AP Resident) \$5/day
- Membership Card Replacement Fee \$5

Senior Programs 50+

Oil Painting - Mondays, Sept. 26th to Oct. 31st, 12:00-2 p.m. (**OPI**) & Mondays, Nov. 7th-Dec. 12th (**OP2**) \$30 per session

Exercise—every Monday, Wednesday and Friday starting Sept. 12th., 9:00-10:00 a.m., \$3 per visit

Tai Chi Ch'uan —every Monday & Friday, 10:00-11:00 a.m., \$3 per visit

Bingo-every Tuesday, 12:30-2:30 p.m., 25cents per card

Quilting-every Wednesday, 10:00-2:00 p.m., \$3 per visit

Pinochle— every Thursday, 12:15-2:30 p.m., \$1.50

Blood Pressure Testing-the first Tuesday of every month 10:00-11:30 a.m., FREE

Lunch by Wayne County-Monday through Friday, 11:30 a.m. \$2.25 donation call 928-1775 for details. Homebound Meals on Wheels also available.



Dr. Redmond Foot Care—Thursday, September 22nd, call 928-0770 to make appointment.

FREE Women & Heart Health Seminar— September 27th at 10:30 a.m.

AARP 55 Alive Driving Refresher Course— Monday, Oct. 10th & Tuesday, Oct. 11th, 9:30-1:30 p.m. AARP member \$12, non-member \$14. Call 928-0770 to register.

Flu Shots— Tuesday, October 11th 9:00-12:00 p.m. Call 928-0770 to make appointment

Miscellaneous

Non-Resident Fee— Participants not living in Allen park are considered non-residents and class fees are increased by \$5.

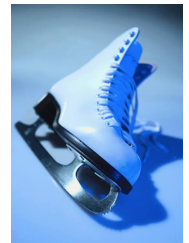
Refund Policy— Full refunds will be given if a program is cancelled. No refunds will given after the second meeting of the class. A \$3 administrative fee will be held if participant cancels class.

Community Center Room Rentals-The Community Center offers 6 multi-purpose rooms and a gymnasium to rent. The location is perfect for your next birthday party, graduation party, bridal or baby shower, as well as, your next business meeting. For information, call (313) 928-0771.

WI-FI: The Community Center is now WI-FI in the lobby and multi-purpose rooms to better serve you!

Civic Arena

Recreation Skating Lessons— Registration will be held in the lobby of the Community Center on Friday, October 7th, 5:00-7:00 p.m. Classes will be held on Fridays and will begin October 21st.



Open Skating & Open Stick Handling— Hours will be available in October. Call (313) 928-0771 in mid September for details.

Allen Park Hockey Association (APHA)- For information or to contact them go to: www.allenparkhockey.com

To register or for more info. Call (313) 928-0771

Open Basketball Schedule:

- 3rd to 8th grades -Mondays, 4:00-6:00 p.m.
- 9th-12th grades-Wednesdays, 4:00-6:00 p.m.
- 30 yrs. old & up-Wed., 6:00-8:00 p.m.
- 18-30 yrs.-Wed., 8:00-10:00 p.m.

Fee: \$3 or \$1 for senior member (some restrictions apply) **Call for start date in mid September.**



Golf Practice—Mondays through Fridays, 9:00-3:00 p.m. the golf net located at the back of the gym is reserved for Allen Park Senior Program Members. The golf net is also available to residents Wednesdays & Fridays, 5:00-8:00 p.m. (An adult must accompany youths under 18 years old).

Youth Acting/School House Rock-The Creative Characters (ages 5-17 yrs old) will be performing *School House Rock* October 14th & 15th at the Municipal Auditorium. Check out www.creativecharacters.org or call (313) 595-5972.

Blood Drive at Community Center-Friday, October 28th, 1:00-7:00 p.m. You could help save several lives! Call 928-0771 to make an appointment.



Allen Park Elks Pumpkin Patch/ Halloween Night-Monday, October 31st, 5:00-8:00 p.m. on Park Avenue from Southfield Rd. to Regina Ave.

To register or for more info. Call (313) 928-0771

Karate (13+)-Tue. & Thur., 7:00-9:00 p.m., Sept. 20th to Oct. 13th (**KA1**); Oct. 18th to Nov. 10th(**KA2**); Nov. 15th to Dec. 15th (**no class 11/24**) (**KA3**)\$55 per session

Kickboxing - Tuesdays, September 20th to November 8th, 6:30 to 7:30 p.m. (**K1**) and/or Thursdays, September 22nd to November 10th, 6:30 to 7:30 p.m. (**K2**), \$55 – one day a week; \$95 – two days a week (Classes held at 16630 Southfield, entrance #4 .)

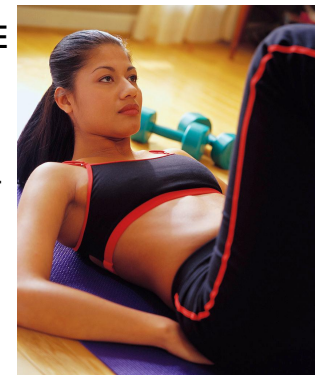
R.I.P.P.E.D. The One Stop Body Shock is a “Plateau Proof Fitness Formula. Try it FREE 9/14 @6pm! - Mondays, 6-6:50 p.m., Sept. 19th-Oct. 24th (**RPI**) and/or Wednesdays, 6-6:50 p.m., Sept. 28th to Nov. 2nd (**RP2**) \$39 one day or \$69 both days per week

Zumba (Z)– Try for FREE 9/13@6pm! -Tue., 6:00-7:00 p.m., Sept. 20th to Oct. 25th and/or **Zumba Toning (ZT)**- Try for FREE 9/15-Thur., Sept. 22nd to Oct. 27th 7:00-8:00 p.m., \$39-one day; \$69 both days

Kettlebells - Try for FREE 9/14@7pm! - Wed., Sept. 28th to Nov. 2nd 7:00-7:50 p.m. (**LMI**) and/or Saturdays, Sept. 24th to Oct. 29th 10:10-11:00 a.m. (**LM2**) , \$39 one day or \$69 both days

Core Strength (CS) - Try it FREE 9/15@6pm! - Thursdays, Sept. 22nd to Oct. 27th, 6-6:50 p.m. \$39

Cardio Sculpt & Stretch (CSS)– Saturdays, Sept. 24th to Oct. 29th, 9:00-10:00 a.m., \$39



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Adult Classes (18+)

Hatha Yoga - Mondays, 6:30-8:00 p.m., Sept. 26th to Nov. 7th, **(HY)** and Nov. 14th to Dec. 19th **(HY2)** \$50 per session (Classes held at 16630 Southfield, entrance #4 .)

Tai Chi Ch'uan –Tuesdays, Sept. 27th to Nov. 15th. \$40/Loop:

- Loop 1: 7:15-8:15 p.m. (TC)
- Loop 2: 8:15-8:45 p.m. (TC2)
- Loop 3: 8:45-9:15 p.m. (TC3)

Ballroom Dance-Wednesdays, Sept. 28th to Nov. 23rd, 8:00-9:20 p.m., \$45

Belly Dance (BYD)– Thursdays, Sept. 29th to Nov. 17th, 8:15-9:15 p.m., \$60

Mosaic Holiday Serving Tray– Tuesdays, Sept. 27th to Nov. 1st, 6:30-8:30 p.m., \$35 (Plus \$25 supply fee to instructor). Sample is in display case at Community Center.

Christmas Card Making w/Rubber Stamps (GC)- Monday, November 28th, 7:00-8:30 p.m., \$15 (all materials included).

NOTE: All classes held at the Allen Park Community Center unless otherwise stated.



Youth Programs

Pizza, Movie & Makeover- For girls 5-14 yrs. Friday, December 2nd, 6:00-9:00 p.m., \$18

Dance Classes (3yr+) - Ballet, Pre-Pointe, Jazz, Tap, Pom Pom, and Hip Hop offered Sept. 26th to May 2012. Call for times or pick up a flyer at Community Center.

Gymnastics (3yr+)- Tuesdays, Sept. 27th to Dec. 6th (no class 11/8) or Thursdays, Sept. 29th to Dec. 8th (no class 11/24). Call for times or pick up a flyer at Community Center.

Parent-Tot Gymnastics (18mo-3yrs)- Mondays, Sept. 26th to Nov. 14th, 5:00-5:30pm **(PTF1)**, 5:30-6:00 pm **(PTF2)**, or 6:00-6:30 pm **(PTF3)**, \$48



Karate-Tue. & Thur.,6:00-7:30 p.m., Sept. 20th to Oct. 13th **(KY1)**; Oct. 18th to Nov. 10th **(KY2)**; Nov. 15th to Dec. 15th (no class 11/24) **(KY3)**, \$45 per session. Ages 8-12 www.koreankarateacademy.com

Co-Ed Youth Basketball Leagues-Divisions are available for 3rd grade through 8th grade. Fee \$45. Registration ends October 14th for 3rd-6th grades and January 13th for 7th & 8th grades.

Tot Spot: A Children's Play Group (Ages newborn to 3 1/2yrs) -10:00-11:30 a.m. Tuesdays, Sept. 27th to Dec. 13th (no class 10/25, 11/8 & 11/22) and/or Thur., Sept. 29th to Dec. 15th (no class 10/27, 11/3 & 11/24); \$30 one day or \$45 both days (plus \$2 drop-in fee per day)