



2018 Kids and Adult Summer Programs

- Mini-Stars & Sports Camps
- Junior Tennis Camps
- Cheer Camps
- Youth Swim
- Martial Arts
- The Metropolitan DanCentre
- Gymnastics, Tumble & Cheer
- Adult & Junior Tennis
- Youth and Adult Fitness
- Group Training 100
- Personal Training
- Rock Steady Boxing
- Nutrition Coaching



Check out Group Training 100 at tsnovi.com.
Every Format Under One Roof!

The BEST value in Metro Detroit!

The Sports Club of Novi Family Programming Membership. ONLY \$99 per year for the entire family.

We keep your family active and engaged!

Programming Membership gives access to:

- 12 Tennis Courts*
 - USTA Official Kids Short Court*
 - Pickle Ball Court*
 - **New! Sports Simulator***
 - Lap Swimming year round* (scheduled times)
 - Programs in Swimming, Tennis, Dance, Taekwondo, Gymnastics & Camps*
 - Teams in Cheer, Swimming & Martial Arts*
 - Boot Camps*
 - Wall Yoga*
 - Babysitting service with Kids Theater*
 - Free Sports Stretching & Warm-up Area
 - Free Open Swim in Indoor Pool (Fall, Winter, Spring - Sat/Sun 1:00-4:00 pm)
 - Free High Speed WiFi
- *Fees apply.

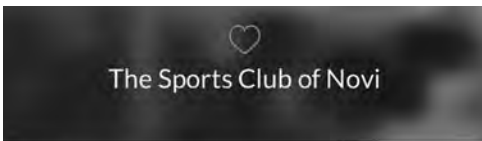


NEW! Sports Simulator



Enroll Today! Call 248-735-8850, ext.112.

Download the MINDBODY phone app and make The Sports Club of Novi your favorite!



The Sports Club of Novi is a 130,000 square foot luxury sports and fitness facility. We provide members... MORE



42500 Nick Lidstrom Drive
Novi, MI 48375

Phone
(248) 735-8850



Services on Mobile App Now Available!

Receive access to purchase:

- Group Training Class packages:
 - Meta-Cardio with Heart Zone Training from Polar
 - Cycling with Heart Zone Training from Polar
 - InfraRED Yoga
 - Boxing classes
 - New Queenax Boot Camps
- Golf Simulator specials
- Discounts on Tennis and Pickle Ball court time

Junior Tennis Summer Camps



Weekly camp session dates:

Jun 18	Jul 2*	Jul 23	Aug 13
Jun 25	Jul 9	Jul 30	Aug 20
	Jul 16	Aug 6	Aug 27

*July 4th prorated.

Player Excellence Tennis Camp (High School and District Training)

- 3:00-6:00 pm, Monday-Thursday.
- This camp will simply motivate tennis players to make the improvements necessary to win more matches at the Varsity and SEMTA Tournament levels.
- Designed for High School and District Training players from the 2017-2018 winter season.
- 12 hours of hard work, conditioning and strategy, focusing on competition skills for both singles and doubles.

Competition Tennis Camp

- 12:00-3:00 pm, Monday-Thursday.
- This camp will transition a love for the sport of tennis to a goal-oriented approach to improvement.
- Designed for Full Court, Advanced Teen Tennis and Pre-Tourney Development from the 2017-2018 winter season.
- 12 hours of hard work and continued skill development each week.

Player Development Tennis Camp

- 9:00 am-12:00 pm, Monday-Thursday.
- This camp will develop a love for tennis in your child with camp awards weekly.
- Designed for U8, Advanced U8, U10, and Beginner Teen Tennis from the 2017-2018 winter season.
- 12 hours of skill training and fun games designed to get players to start to enjoy competing.
- 60-ft. court and full court competitions.

Cost (per 1-week for Player Excellence, Competition and Player Development Camps):

Fitness Member	\$152
Program Member	\$162

Summer Saturday Camps

9 weeks Jun 12-Aug 18 - Saturday Only
(Can prorate up to 1 week.)

U 6 Classes Ages 4-6 Years (1hour)

Sat 9:30-10:30 am 1:30-2:30 pm

U 8 Classes Ages 6-8 Years (1 1/2 hours)

Sat 10:30 am-12:00 pm 12:00-1:30 pm

Tennis Developmental Camp Ages 8-12 (2 hours)

Sat 10:00 am-12:00 pm

Tennis Competition Camp Ages 10-16 (2 hours)

Sat 10:00 am-12:00 pm

Cost:

(9 week session)	1 Hour	1 1/2 Hours	2 Hours
Fitness Member	\$145	\$210	\$235
Program Member	\$155	\$225	\$250

No Makeups for Summer Saturday Camp classes.

No refunds after child's first class has been completed.

New! U6 Tennis Camps

Weeks of: June 18 and 25 • July 9, 16 and 23

Ages 5-7 Years (Two days per week required)

Mon/Wed 12:00-1:00 pm

Tues/Thurs 12:00-1:00 pm

Cost:

Fitness Member	\$32
Program Member	\$36

***No Makeups**

Junior Matchplay

Directed by David Kamisar, ext. 218. Begins Jun 23rd.

Sat 1:00-4:00 pm

Sun 1:00-4:00 pm



Spring Junior

Junior Tennis Spring Session:

Spring (4 weeks) May 18-Jun 17 (omit May 25-28)

U6 Tennis on Courts – Ages 4-6

Mon/Wed/Fri	4:30-5:30 pm	
Tues	4:30-5:30 pm	5:30-6:30 pm
Thurs	4:30-5:30 pm	
Sat	9:30-10:30 am	12:00-1:00 pm
	2:30-3:30 pm	
Sun	1:30-2:30 pm	4:00-5:00 pm

Cost 1 hour for 4 weeks:

Fitness Member	\$66
Program Member	\$72

U6 Tennis Daytime Classes – Ages 4-6

Thurs	12:15-1:15 pm
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Cost 1 hour for 4 weeks:

Fitness Member	\$55
Program Member	\$68

U8 Tennis on Courts – Ages 7-8

Mon/Wed/Fri	5:30-7:00 pm	
Thurs	4:30-6:00 pm	
Sat	10:30 am-12:00 pm	1:00-2:30 pm
	3:30-5:00 pm	
Sun	2:30-4:00 pm	5:00-6:30 pm

Cost 1½ hours for 4 weeks:

Fitness Member	\$97
Program Member	\$103

*Advanced U8 Tennis on Courts – Ages 7-8 (Director approval required)

Tues/Thurs	4:30-6:30 pm	
Sat	11:00 am-1:00 pm	1:00-3:00 pm

Cost 2 hours for 4 weeks:

Fitness Member	\$161
Program Member	\$177

U10 Tennis – Ages 8-11

This student is ready for a combination of 60' court play and full court play. This class will focus on stroke production and teach the fundamentals of movement on a tennis court. This program will cover serving, score-keeping and developing all the tools necessary to begin competing with other children.

Mon/Tues/Wed/Fri	4:30-6:30 pm	
Sat	11:00 am-1:00 pm	1:00-3:00 pm
	3:00-5:00 pm	
Sun	2:30-4:30 pm	4:30-6:30 pm

Cost 2 hours for 4 weeks:

Fitness Member	\$161
Program Member	\$177

Ages 10 and Under Courts!

Introduce your child to this lifetime sport in the most fun-filled, kid-friendly environment. Your child will be taught all the entry level skills required to play tennis. Classes will take place on our specially designed 36' x 18' court. All classes will use appropriate lower compression balls specific to age group and level. *Advanced U8 classes taught on the U10 court.

Teen Tennis – Ages 11-17

This program is designed for tennis players at beginner through advanced beginner levels. Our staff will teach all fundamentals at a speed a teenager can handle.

Mon/Tues/Wed/Fri	4:00-6:00 pm	
Sat	1:00-3:00 pm	3:00-5:00 pm
Sun	2:30-4:30 pm	4:30-6:30 pm

Cost 2 hours for 4 weeks:

Fitness Member	\$161
Program Member	\$177

Full Court Training - Ages 9-12

This student has learned basic tennis skills and is ready to start extensive full court tennis training. All aspects of the game will be taught including ground strokes, volleys, overheads, serving and receiving. Professionals will also introduce early strategy development during competitive games. Players will be encouraged to participate in other tennis playing events.

Mon/Tues/Wed/Fri/Thurs	4:30-6:30 pm	
Sat	1:00-3:00 pm	3:00-5:00 pm
Sun	2:30-4:30 pm	4:30-6:30 pm

Cost 2 hours for 4 weeks:

Fitness Member	\$161
Program Member	\$177

Pre-Tourney Development - Ages 12-17

This program is designed for a player that has been playing for several years and that is working towards participating in a competitive setting or sanction tournament play. It will focus on repetition, intermediate stroke production and strategic point play.

Mon/Tues/Wed/Thurs/Fri	4:30-6:30 pm	
Sat	1:00-3:00 pm	3:00-5:00 pm
Sun	2:30-4:30 pm	4:30-6:30 pm

Cost 2 hours for 4 weeks:

Fitness Member	\$161
Program Member	\$177



Tennis

District Training

This program is designed for players that are competing in USTA sanctioned tournaments. Players must have a District or Midwest ranking. Hard work and dedication is a requirement. On court conditioning will be part of the class format. Players are required to sign up for two days per week. Placement approval is required.

Ages 8-12 Mon/Wed/Fri 4:30-6:30 pm

Ages 13-18 Tues/Thurs 4:00-6:00 pm

Cost 4 hours for 4 weeks:	2 Days
Fitness Member	\$280
Program Member	\$302

High School Training 1 - Ages 13-17

This program is for players that are currently on a high school tennis team, or an intermediate player who has been qualified to participate in this training program. All aspects of competitive team tennis will be covered including strategy drills, and on court conditioning. Doubles skills will be a significant focus of this class. Players are required to sign up for two days per week. Placement approval is required.

Mon/Tues/Wed/Thurs/Fri 4:00-6:00 pm

Sat 1:00-3:00 pm 3:00-5:00 pm

Sun 2:30-4:30 pm 4:30-6:30 pm

Cost 4 hours for 4 weeks:	2 Days
Fitness Member	\$280
Program Member	\$302

High School Training 2 - Ages 13-17

This program is designed for strong high school players. All players are required to work hard and demonstrate a sincere work effort. Players are required to participate in two days per week. Placement approval is required.

Tues/Thurs 4:00-6:00 pm

Cost 4 hours for 4 weeks:	2 Days
Fitness Member	\$280
Program Member	\$302

Junior Matchplay

Directed by David Kamisar at ext. 218 or email David at userdavid249@gmail.com.

Sat 5:00-8:00 pm

Sun 11:30 am-2:30 pm

Note: Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. No refunds for missed classes.

**ALL 24 HOUR or LESS TENNIS
COURT RESERVATIONS are \$26/hour**



Private Lessons

If you want to work on your game, try private instruction from the best tennis staff in Michigan.

David Kamisar, Marin Kouzmanov, Donavon Mitchell, Keith Morrison, Jayson Torres

Fitness Members	\$102
Program Members	\$107

John Hale, Robbie Risdon, Andres Torres

Fitness Members	\$99
Program Members	\$104

Hans Akan, Tracy Bardallis, Todd Beyer, Lisa Crawford, Mikee Knoll, Gino McCathney, Lori Potochick

Fitness Members	\$94
Program Members	\$99

Graham Cottam, Mike Detizio, Jake Lachowitz, Brenda Lionas, Nikola Nikolov, Taylor Pinchoff, Anthony Van den Bossche

Fitness Members	\$91
Program Members	\$96

SUMMER CAMPS FOR KIDS!





Spring 2 Mini-Stars Preschool Day Camp Ages 3½-6

Children learn best in a fun, active, hands-on environment. The Preschool Day Camp is an excellent alternative to preschool that includes sports and fitness classes. The program is designed to prepare your preschooler for kindergarten by learning at an age appropriate level in the following areas: language and literacy, social studies, social development, mathematics, science, and creative development. They will also be introduced and instructed in the fundamentals of tennis, gymnastics, swimming, martial arts, basketball, scooter carts and more! Emphasis will be placed on fine and gross motor skills. The program is designed for children 3½-6 years of age (all children must be potty trained). Directed and supervised by Brenda Lionas, ext. 216.

Spring session: May 21-Jun 11

Times: Mon-Thurs 9:15 am-12:00 pm

Cost: 3 weeks	
Fitness Members	\$80
Program Members	\$84

Summer Mini-Stars Camp - Ages 3½-6

The Mini-Stars Camp program is a unique and exciting blend of skill development and fun competition. Variety is the spice of our program and the young sports enthusiast will revel in this camp's nonstop athletic activity. Each camper will participate in daily activities such as tennis, swimming, gymnastics, dance, martial arts and team sports. Mini Stars is for ages 3½-6 years old, and potty trained. Directed by Brenda Lionas, ext. 216.

Mini Stars Days and Times (*Omit Jul 4)

Mon-Fri 9:00-11:45 am (½ Day)

Mon-Fri 9:00 am-3:00 pm (Full Day)

Weeks offered:

Jun 18	Jul 9	Aug 6
Jun 25	Jul 16	Aug 13
Jul 2*	Jul 23	Aug 20
*Prorated	Jul 30	Aug 27

Cost	Weekly	Full Day	½ Day
Fitness Member	\$265	\$58	\$31
Program Member	\$275	\$60	\$32

Summer Sports Camp

Ages 6-14

The Sports Camp is a unique and exciting blend of skill development and fun competition. Variety is the spice of our program and the young sports enthusiast will revel in this camp's nonstop athletic activity. Each camper will participate in daily activities such as tennis, swimming, gymnastics, dance, martial arts, ice skating and team sports. Sports Camp is designed for ages 6-14 years old. Directed by Brenda Lionas, ext. 216.

Sports Camp Days and Times (*Omit Jul 4)

Mon-Fri 9:00 am-3:00 pm (Full Day)

Weeks offered:

Jun 18	Jul 9	Aug 6
Jun 25	Jul 16	Aug 13
Jul 2*	Jul 23	Aug 20
*Prorated	Jul 30	Aug 27

Cost:	Weekly	Full Day
Fitness Member	\$265	\$58
Program Member	\$275	\$60

Camp Information

Drop-off/Pick-up

Morning check-in will be from 8:45-9:00 am every day. Parents must escort their child to the designated check-in table. Pick-up will be from 3:00-3:10. If parents have not arrived by 3:10 pm the child will be escorted to Post-care and signed in. There will be a charge for any child taken to Post-care.

Times and Fees:

Pre-care (7:30-9:00 am) - \$5.00

Post-care (3:00-6:00 pm) - \$10.00

Lunch

Camper's have the option of purchasing or bringing lunch. If you are bringing your lunch, please put names on all lunch boxes or bags. For campers purchasing lunch, money and orders will be taken during the morning check-in each day. The price for lunch is \$5.00. We will serve a choice of two slices of cheese or pepperoni pizza, or hotdog, turkey lunch pack and juice, fruit and chips. **No peanut products.**

What to Wear/Bring

Camper's should dress in exercise appropriate clothing and wear tennis shoes (no black soles please). Remember to bring sport bags, swimsuits, sunscreen, and water bottles. Please mark all items with your camper's name.

Payment Policy

Full payment is due with application. **NO CASH REFUNDS.** We offer make-ups for days missed based on availability. All make-ups must be completed before August 20, 2018. (Makeups are not guaranteed.)



Youth

10 weeks offered:

Jun 18-21	July 23-26
Jun 25-28	July 30-Aug 2
Jul 2-5*	Aug 6-9
Jul 9-12	Aug 13-16
Jul 16-19	Aug 20-23

1 Week Session (4 classes) (*Omit Jul 4)

Classes meet Mon through Thurs for one week. Friday make-ups for inclement weather only.

Preschool Classes - Ages 3-5 (30 minutes)

Starfish/Guppy	11:30 am
Guppy/Penguin	11:00 am

Youth Swim Classes - Kindergarten and Up

Novice (30 minutes)	10:30 am
Learner (45 minutes)	10:30 am
Swimmer (45 minutes)	9:45 am

Cost: (4 days per week)

Swim Club & Premier Members	\$46
Fitness Member	\$55
Program Member	\$59

Technique (60 minutes)

Mon/Wed/Thurs	11:15 am
Mastery 1 & 2 (60 minutes)	
Mon/Wed/Thurs	11:15 am

Cost: (1 hour, 3 days per week)

Swim Club & Premier Members	\$35
Fitness Member	\$49
Program Member	\$52

Weekly sign-ups must be registered by Sat 12:00 pm, prior to new session starting. This is to make sure your desired class time is available.

No refunds after child's first class has been completed.

Goggles required for all students.



Swim Club Lessons

Learner (45 minutes)

Mon-Thurs 12:00-12:45 pm

Swimmer/Technique (45 minutes)

Mon-Thurs 12:00-12:45 pm

Cost:

Swim Club & Premier Members \$46

CLASS DESCRIPTIONS

Pre-School Kindergarten Classes:

To gain comfort and confidence in the water. Learn basic swim skills.

Starfish: No swim experience. May be hesitant or fearful in the water. All new 3 year old swimmers.

Guppy: Not afraid of water, and comfortable in water. Can blow bubbles and submerge face.

Penguin: Can submerge and float independently, very comfortable in water. Can paddle unassisted.

School Age Classes:

Each class builds on essential skills mastered in the previous level.

Novice: Introductory to The Sports Club of Novi swimming for ages 10 and under. Students will learn and develop basic swimming techniques used throughout our level program.

Learner: Jumps in shallow water. Able to swim 10' with face in water. Focus on rotary breathing, backstroke and deep water exposure.

Swimmer: Jumps in deep water. Able to swim front crawl with rotary breathing and backstroke 20'. Focus on building endurance in the front crawl, backstroke and diving.

Technique: Swims front crawl and backstroke 25 meters. Knows breaststroke kick. Focus on bi-lateral breathing front crawl, breaststroke and butterfly.

Mastery 1: Swims the four competitive strokes with correct technique. End Goal: 100 meters front crawl with flip turns. Swim 50 meters all other strokes.

Mastery 2: Swim one hour. Increase endurance, improve technique. Prepare for swim team and school activities. Must have basic skills in all four strokes.



Swimming

5 Week Session

Classes meet once a week for 5 weeks.
(Omit Jul 4. Prorated to 4 weeks.)

Session 1 Jun 18-Jul 22

Session 2 Jul 23-Aug 26

Preschool Classes - Ages 3-5 (30 minutes)

Starfish - no swim experience

Sat 11:00 am

Sun 11:00 am

Guppy - not afraid of the water

Sat 11:00 am

Sun 11:00 am

Penguin - must be able to submerge completely

Sat 10:30 am

Sun 10:30 am

Youth Swim Classes - Kindergarten and Up

Novice (30 minutes)

Sat 10:00 am

Sun 10:00 am

Learner (45 minutes)

Mon 5:30 pm

Sat 10:30 am

Sun 10:30 am

Swimmer (45 minutes)

Tues 5:30 pm

Sat 9:45 am

Sun 9:45 am

Technique (45 minutes)

Wed 5:30 pm

Sat 9:00 am

Sun 11:15 am

Mastery 1 (45 minutes)

Thurs 5:30 pm

Sat 9:00 am

Sun 9:00 am

Mastery 2 (1 hour)

Sun 9:00 am

Middle School/High School Beginner (45 minutes)

Call for details

Cost: (1 day per week for 5 weeks)

	30/45 minutes	1 hour
Swim Club &		
Premier Members	\$58	\$74
Fitness Member	\$68	\$84
Program Member	\$72	\$89

PLEASE NOTE: No credits for inclement weather conditions or pool cancellations. All classes are taught during rain but not thunder or lightning. In case of inclement weather, please call the club hotline at 248-735-8850, ext. 237.

No refunds after child's first class has been completed.

No makeups for absences.



Youth Swim Private Swim Lessons

For additional information, call programs at 248-735-8850, ext. 112.

Private 30 minute lessons – Fee per swimmer

Semi-Private 30 minute lessons –

Add \$6.00 per ½ hour

Instructors 1/2 hour

Haley Doss, Isha Ganguli, Andrew Gourou
Jonathon Lee, Sofia Mansour, Anna Smith
Max Williams

Fitness Members \$28

Swim Club & Program Members \$30

Corrie Belle, Thomas Naughton

Fitness Members \$36

Swim Club & Program Members \$38

Cammy Jenrow, Bob Jenrow, Mark Winter

Fitness Members \$40

Swim Club & Program Members \$42

*Rates effective June 1, 2018.

Gymnastics Tum

Gymnastics & Tumble Sessions:

Summer (9 weeks) Jun 18-Aug 18 (Omit Jul 4)
(can pro-rate one week)

Preschool Program Ages 2-6 years

Our preschool program is designed to introduce fun gymnastics as your child builds strength, flexibility and confidence. Often events are taught using circuits that keep your child focused, moving and learning in a gymnastics classroom setting. Each child will do all of the events: floor, bars, beam and vault. Our equipment is appropriately sized for safety and to enhance your gymnast's learning experience. Preschool/Recreation and Tumbling Director, Brenda Lionas, ext.216.

Tumble Stars –Parent/Child class for 2-3 years (50 minutes)

Parent and child get to share the excitement of gymnastics and learning as you rotate through gymnastics events together. Parents learn to help their child by spotting and get to share in their milestones as the coach supervises and spots the more challenging stations. The skills are designed to build gross motor control, develop coordination and physical awareness.

Mon 12:00 pm
Sat 9:00 am

Future Stars-for ages 3 1/2-4 years (55 minutes)

Basic gymnastics skills are introduced and developed through drills, stations and spotting appropriate to your gymnast's level. Mini-cartwheels, forward rolls, backward rolls, supported pullovers on bars and beam skills are covered in this class.

Mon 1:00 pm 4:30 pm
Tues 5:00 pm
Wed 12:00 pm
Thurs 1:00 pm 6:00 pm
Sat 10:00 am 11:00 am

Superstars for ages 5-6 years (55 minutes)

Gymnastics skills are expanded as your gymnast progress through age appropriate drills, stations, and spotting techniques. Skills that your gymnast will develop include cartwheels, handstands, bridges, pullovers and rolls on the balance beam.

Mon 5:30 pm
Tues 1:00 pm
Wed 5:30 pm
Thurs 12:00 pm
Sat 10:00 am 11:00 am

Recreational Program Ages 7 & up

Your gymnast will work on Olympic events in a fun and safe environment. Each class builds on the knowledge and skills mastered in the previous class. The Sports Club of Novi professionals are well trained in gymnastics and movement education. Each class will assist in the development of strength, coordination, and flexibility which are the fundamentals of all sports.

Red Stars (90 minutes)

Each class will focus on strength and flexibility drills that are the building blocks for high level skills. Gymnasts will have progressions that will place emphasis on vault, beam, bars, and floor. Gymnasts will learn pullovers, cartwheels, rolls, handstands, and bridge kickovers.

Mon 5:00 pm
Tues 6:30 pm
Thurs 7:00 pm
Fri 6:30 pm
Sat 10:00 am

White Stars (90 minutes)

Gymnasts are required to have mastered the skills covered in Red Stars to be successful at this level. Skills learned at this level include back hip circles, round-off, backbend kickovers.

Mon 6:30 pm
Wed 6:30 pm
Thurs 6:30 pm
Sat 11:30 am

Blue Stars (90 minutes)

Gymnasts are required to have mastered the skills covered in White Stars. Strength, flexibility and conditioning drills are continued. Flat back on vault, stride circle on bars, and back walkover are some of the main skills developed at this level.

Mon 6:30 pm
Wed 6:30 pm
Sat 1:00 pm

Gold Stars (90 minutes)

Gymnasts are required to master skills covered in Blue Stars. Strength, flexibility, and conditioning drills are continued. Skills trained at this level include handsprings vaults, kips on bars, and connection tumbling on floor.

Thurs 6:30 pm



Note:

Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. No refunds for missed classes. Makeups not guaranteed.

ble & Cheer

Tumbling Programs

Tumbling for Gymnasts, Cheerleaders, Dancers and Skaters to develop their tumbling skills. Coaches will instruct the tumbler with safe spotting and progressions using the trampoline and spring floor.

Tumbling for ages 6 & up (60 minutes)

Beginner-basic tumbling progressions up to back walkover

Thurs	6:00 pm
Sat	9:00 am

Intermediate-back walkovers through back handsprings

Mon	6:30 pm
Tues	7:00 pm
Thurs	8:00 pm
Sat	9:00 am

Advanced-connection tumbling, backhand springs and flips

Wed	8:00 pm
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Tumbling for Dancers (TBA)

Cost: (per 9 week session Gymnastics & Tumble)
(Can pro-rate two weeks)

	50/55 minutes	1 hour	1 1/2 hours
Fitness Member	\$134	\$142	\$173
Program Member	\$138	\$146	\$177

Cheer Programs

Cheer Session:

Summer (9 weeks)

Jun 18-Aug 18 (can prorate two weeks)

*Cheer Team pro-ration for Intensives

Cheer Technique

Students learn cheerleading techniques in a fun and positive atmosphere without performances or competitions. They are introduced to the basics of cheerleading including jumps, cheer dance, tumbling, and stunting. There are no prerequisites required.

Preschool (45 minutes)

Tues	5:30-6:15 pm
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Elementary/Middle School (45 minutes)

Tues	6:15-7:00 pm
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Cost: (per 9 week session Cheer Technique)

	45 minutes
Fitness Member	\$128
Program Member	\$132



Summer Cheer Excellence Camp

Ages 4-8 and 8-12

Mon-Thurs 12:00-2:00 pm

Weeks offered: Aug 6-9, Aug 13-16, Aug 20-23

Fitness Member	\$89
Program Member	\$100

Cheer Team Tryouts

Tuesday, August 28th
6:00-7:00 pm

All Ages and Levels Welcome!





Directed by Amy Pacheco.

For Level placements email Miss Amy at amymdcdance@comcast.net or call 248.735.8850, ext. 235.

Summer Session: (8 weeks)

Jun 26-Aug 16 (Omit Jul 4. Can prorate one week.)

Preschool

Wee Dancer – Ages 2-3 (30 minutes)

Tues 5:00-5:30 pm
Wed 5:00-5:30 pm

Pre Ballet – Ages 3-5 (45 minutes)

Wed 4:15-5:00 pm

Ballet/Tap Combo – Ages 3-5 (60 minutes)

Tues 5:30-6:30 pm
Wed 5:30-6:30 pm

Recreational Classes

Beginner/Intermediate – Ages 6-9

Ballet

Thurs 4:15-5:00 pm

Jazz

Thurs 5:00-5:45 pm

Tap

Thurs 5:45-6:30 pm

Intermediate/Advanced – Ages 10 and Up

Conditioning & Leaps and Turns

Wed 7:30-8:30 pm

Hip Hop

Wed 6:30-7:30 pm

Lyrical/Contemporary

Tues 6:30-7:30 pm

Jazz

Tues 8:30-9:30 pm

Tap

Tues 7:30-8:30 pm

Beginner/Intermediate – Ages 13 and Up

Lyrical/Contemporary

Thurs 6:30-7:30 pm

Jazz

Thurs 7:30-8:30 pm

Tap

Thurs 8:30-9:30 pm

Ballet Academy

Ballet Level 2 (For ballet dancers beginner through intermediate - Ages 7-10)

Tues 4:30-5:30 pm

Ballet Level 3/4 (For ballet dancers beginner through intermediate - Ages 11 and Up)

Tues 5:30-6:30 pm

Advanced Classes

Ballet Level 5/6 (Need teacher approval)

Tues 6:30-7:30 pm

Ballet Level 7/8 (Need teacher approval. Includes a half hour of pointe)

Tues 7:30-9:00 pm

Cost: (8 weeks – can prorate up to 1 week. Preschool, Recreational and Advanced)

	1/2 Hour	3/4 Hour	1 Hour	1 1/2 Hours
Fitness Member	\$101	\$111	\$126	\$176
Program Member	\$106	\$116	\$132	\$182

Summer Dance Camps

Dance Combo Camp – Ages 4-10

Dancers are introduced to Ballet, Tap, Jazz and Hip Hop. Dancers will be divided into groups by ages. No shoes required.

Jun 25, Jul 9, Jul 16, Aug 13, Aug 20, Aug 27
Mon-Thurs 10:00 am-12:00 pm

Cost 4 day week:

Fitness Member \$98
Program Member \$108

Preparation for Company Intensives – Ages 6-10

(Director approval needed. For younger dancers 6-10 years new to company/performance group program.)

1/2 Day, Jun 18 and Aug 6, bring snack
Mon-Thurs 9:30 am-12:30 pm

Company Intensives – Ages 10 & Up

(Director approval needed. For dancers that are a part of the company or performing group program)

Full Day, Jun 18 and Aug 6, bring lunch
Mon-Thurs 9:30 am-3:00 pm

Cost:

(4-day session, per week)	1/2 Day	Full Day
Fitness Member	\$125	\$225
Program Member	\$135	\$235





Martial Arts

for Children, Teens, and Adults

Taekwon-do Kwonbop Combat Institute



- 6th Dan Founder of Taekwon-do Kwonbop Combat Institute
- 5th Degree Black Belt in Bushido Kempo/Kwonbop Combat
- 4th Degree Black Belt in Taekwondo Kwon Bop Do
- 2015 Hall of Fame Legendary Master
- 2013 Master Instructor of the Year Hall of Fame WHFSC
- Founder, President and Director of the USIMAA

Master Alfredo Torella, Director of Martial Arts

1/2 Hour Class

Ages 4 and 5

Mon	5:30 pm
Sat	9:30 am

1 Hour Classes

Beginner and Trial Classes - Ages 6 and Up

Mon	6:00 pm
Tues	5:00 pm
Wed	5:30 pm
Thurs	5:00 pm
Sat	10:00 am

Martial Arts 1 - Ages 6 and Up

Mon	7:00 pm
Tues	6:00 pm
Wed	6:30 pm
Thurs	6:00 pm
Sat	11:00 am

Martial Arts 2 - Ages 12-16

Tues	7:00 pm
Wed	7:30 pm
Thurs	7:00 pm
Sat	12:00 pm

Adult - Ages 16 and Up

Tues/Thurs	8:00 pm
Black Belt	
Tues/Thurs	8:00 pm (Specialty rate)

Cost (per month):	1/2 Hour 1 Class Per Week	1 Hour 2 Classes Per Week	1 Hour 3 Classes Per Week
Fitness Member	\$32	\$90	\$100
Program Member	\$36	\$110	\$120

FREE one week trial
FREE uniform with
 one month registration
Call 248-735-8850, ext. 112.



Note:

Program times, days and rates may be subject to change. Contact Programs at 248-735-8850 ext.112 for updated information. No refunds for missed classes.

In this corner...HOPE!



The Sports Club of Novi is proud to announce the addition of the Rock Steady Boxing program for those diagnosed with Parkinson's disease. Rock Steady Boxing (RSB) gives people with Parkinson's disease hope by improving their quality of life through non-contact boxing based fitness curriculum.

Discovery of a cure may be many years away but in the last several years, there is evidence that progress is made in all stages of the disease by those participating in RSB! Fitness programming and exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and over strength to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.



Please notify Suzanne Schulz at fitnesscoachsuz@gmail.com if you, a loved one or friend need to **FIGHT BACK** against Parkinson's.

Nutrition Coaching

Membership not required for Nutrition Coaching.

Lisa's Food for Fitness will help you:

- make your diet an integral part of your fitness goals
- improve your eating habits
- understand your body better
- make self-care a priority
- feel confident choosing and preparing better food for you and your family

Welcome to your one-on-one program

Your personalized program will radically improve your nutrition and lifestyle. Together you will explore concerns specific to you and your body and discover tools you need for a lifetime of balance.

During the course of the program you will:

- set and accomplish goals
- understand and reduce cravings
- explore new foods
- increase energy
- feel better in your body
- improve confidence



With Functional Nutrition Health Coach Lisa Verdejo.

Your individual program includes

- Two, 50-minute one-on-one sessions per month
- E-mail support between sessions
- Informative handouts and other support materials
- Recipes that are healthy and simple to prepare

The 50-minute Consult is \$120.

Discover what's right for you

Contact Lisa at lisaverdejo.tsc@gmail.com or 571.334.6077 to schedule your Health Discovery Consult. During this time, you will discuss your health and lifestyle to determine how Lisa can best support you in achieving your personal goals.

- **5-Day Group Detox**
- Seasonal group detoxes to upgrade your health. Contact Lisa to join the next one.
- **Lose weight - Feel Great!**
- Group health coaching series to long term better weight. Contact Lisa to join.



Get Stronger, Perform Better with a Personal Trainer!

Personal Training & Queenax Training



Kevin Callender
ACE/Queenax
Certified
Tier 2



Sarah Hall
WITS/Queenax
Certified
Tier 2



Ann Werther
ACE/Queenax
Certified
Tier 2



Mollie MacEachern
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
ACE/Queenax
Certified
Tier 1

Personal Training



Betsy Wasiniak
M.S. Exercise
Physiology
Tier 2



Brian Tass
NASM Certified
Tier 3

Personal Training & Body Building



Dan Strudgeon
NASM Certified
Tier 3

Yoga Wall Training



Belinda Kabodian
Tier 2



Ann Werther
ACE/Queenax
Certified
Tier 2

Pilates Training



Lisa Verdejo
Stott Pilates
Certified
Tier 1

Boxing Training



Bo Wright
Pro Boxing Trainer
Certified
Tier 3



Cat Bloom, ACE/Queenax Certified
1st Degree
Black Belt
Tier 2

Kickboxing Training

Tri-Athlete Training



Suzanne Schulz
ACE/Queenax
Certified
Tier 1



Mollie MacEachern
ACE/Queenax
Certified
Tier 2

Personal Training Benefits at The Sports Club of Novi

- Motivation and commitment is guaranteed
- Reaching your fitness goals will increase significantly when guided by Certified Trainers
- You will never get bored
- You will walk away knowing how to fully utilize the very latest top-line equipment.
- Our professionals will help you safely test your limits in the gym.

Injury Rehab



Mollie MacEachern
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
ACE/Queenax
Certified
Tier 1

Active Aging Training



Suzanne Schulz
Functional Aging
Specialist
Tier 1



Ann Werther
ACE/Queenax
Certified
Tier 2

Email the trainer of your choice at tscnovi.com or call 248.735.8850 ext.105 and speak to Linda DeNeen.

RATES

	TIER 1		TIER 2		TIER 3	
	1/2 hour	1 hour	1/2 hour	1 hour	1/2 hour	1 hour
Fitness Member	\$43	\$72	\$41	\$68	\$40	\$65
Program Member	\$47	\$77	\$45	\$73	\$44	\$70

Reserve Your Summer Swim Club Membership Today!

No bond or initiation fees. Hurry, membership is limited. Call 248-735-8850, ext.102 today.



Summer Swim Club Membership benefits:

- Aqua-fit classes
- Discounts on Swim Lessons
- Experienced instructors certified in CPR, first aid and water safety
- Certified Lifeguard on duty
- Tennis court reservation privileges
- Infant care includes diaper changing
- Kids Center - fully equipped with toys, games, computers and movie theater, all under professional, adult supervision
- Roomy locker rooms continuously serviced
- Towels provided
- Free wireless internet



Novi Sturgeons Swim Team

Contact Programs at
248.735.8850, ext 112
for times and rates.

