

2017 Kids and Adult Summer Programs

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



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 \$89 per year for the entire family. Our club simply keeps a family ACTIVE!

Programming Membership gives access to:

- 12 Tennis Courts*
- USTA Official Kids Short Court*
- Pickle Ball Court*
- Golf 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 1:00-5:00 pm)
- Free High Speed WiFi

*Fees apply.



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

Take advantage of five new formats with 100 fitness classes a week.

GROUP TRAINING 100

Every Format Under One Roof

- Meta-Cardio with Heart Zone Training from Polar
- Cycling with Heart Zone Training from Polar
- InfraRED Yoga
- Boxing Classes
- New Queenax Boot Camps



Classes FREE for Fitness and Premier Members

\$13 for Program Members

\$15 for Guests

Walk-Ins Welcome!



Program Members and Nonmembers Download MINDBODY and get the first class for ONLY \$5.

Junior Tennis Summer Camps



Weekly camp session dates:

Jun 19	Jul 3	Jul 24	Aug 14
Jun 26	Jul 10	Jul 31	Aug 21
	Jul 17	Aug 7	Aug 28

Player Excellence Tennis Camp (Junior Varsity, Varsity 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 Junior Varsity, Varsity and District Training players from the 2016-2017 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, Teen Tennis and Pre-Tourney Development from the 2016-2017 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 and U10 players from the 2016-2017 season.
- 12 hours of skill training and fun games designed to get U10 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	\$150
Program Member	\$160

Summer Saturday Camps

10 weeks Jun 24-Aug 26 - Saturday Only
(Can prorate up to 2 weeks.)

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:

(10 week session)	1 Hour	1 1/2 Hours	2 Hours
Fitness Member	\$150	\$225	\$255
Program Member	\$160	\$240	\$275

*No Makeups for Summer Saturday Camp classes



New! U6 Tennis Camps

Weeks of: June 19 and 26 • July 10 and 17

Ages 4-6 Years (Two days per week required)

Mon/Wed 12:00-1:00 pm
Tues/Thurs 12:00-1:00 pm

Cost:

Fitness Member	\$30
Program Member	\$34

Junior Matchplay

Directed by David Kamisar, ext. 218. Begins Jun 24th.

Sat 1:00-4:00 pm
Sun 1:00-4:00 pm



Spring Junior Tennis



Junior Tennis Sessions:

Spring (4 weeks) May 19-Jun 18 (Omit May 27-29,
Mon prorated to 3 weeks.
Fri prorated to 5 weeks.)

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' courts. Soft tennis balls will be used by our team of professionals.

U6 Tennis on Courts – Ages 4-6

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

Cost 1 hour for 4 weeks:

Fitness Member	\$64
Program Member	\$71

U6 Tennis Daytime Classes – Ages 4-6

Tues	12:30-1:30 pm
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Cost 1 hour for 4 weeks:

Fitness Member	\$53
Program Member	\$65

U8 Tennis on Courts – Ages 7-8

Mon/Wed/Fri	5:30-7:00 pm	
Tues/Thurs	5:00-6:30 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 1 1/2 hours for 4 weeks:

Fitness Member	\$96
Program Member	\$101

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/Wed/Fri	4:30-6:30 pm	
Tues	4:00-6:00 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	\$159
Program Member	\$173

Teen Tennis – Ages 11-17

This student wants to learn the sport of tennis. Join up with kids your own age with the same goals. The class will cover all the skills necessary to begin to play. Our professionals will be going through all the fundamentals at a speed that a teenager can handle.

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 2 hours for 4 weeks:

Fitness Member	\$159
Program Member	\$173

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, overhands, 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/Wed/Fri	4:30-6:30 pm	
Tues	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	\$159
Program Member	\$173



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. No make-ups for U6 and U8 for missed classes.



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/Wed/Fri	4:30-6:30 pm	
Tues	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	\$159
Program Member	\$173

District Competitors - Ages 10-15

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.

Mon/Wed/Fri	4:00-6:00 pm
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Cost 4 hours for 4 weeks: 2 Days

Fitness Member	\$274
Program Member	\$296

JV Training - Ages 13-17

This program is designed for the player that has played many years of tennis and is working towards a position on a High School tennis team. Doubles skills will be a significant focus of the class. All aspects of competitive high school tennis will be covered including strategy and on court conditioning. 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	\$274
Program Member	\$296

Varsity Training

Directed by Jayson Torres. This program is designed for the High School Tennis player who wants to stay sharp and learn new skills. Coaches will expect a hard and sincere work effort. Players must be participating on a qualified high school team. All players will be divided up by level. Players are required to participate in two days per week. Placement approval is required.

Tues/Thurs	4:00-6:00 pm
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Cost 4 hours for 4 weeks: 2 Days

Fitness Member	\$274
Program Member	\$296

Private Lessons

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

Mike Findling, David Kamisar, Marin Kouzmanov, Donavon Mitchell, Jayson Torres

Fitness Members \$100

Program Members \$105

John Hale, Keith Morrison, Robbie Risdon, Andres Torres

Fitness Members \$97

Program Members \$102

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

Fitness Members \$92

Program Members \$97

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

Fitness Members \$87

Program Members \$92



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

Call 248.735.8850, ext. 112 or visit us online at www.tscnovi.com

SUMMER CAM



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 22-Jun 12 (Omit May 29)

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

Cost: 3 weeks

Fitness Members \$78

Program Members \$85



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, ice skating 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 19	Jul 10	Aug 7
Jun 26	Jul 17	Aug 14
Jul 3*	Jul 24	Aug 21
	Jul 31	Aug 28

Cost	Weekly	Full Day	½ Day
Fitness Member	\$259	\$56	\$30
Program Member	\$269	\$60	\$32

CAMPS FOR KIDS!

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 19	Jul 10	Aug 7
Jun 26	Jul 17	Aug 14
Jul 3*	Jul 24	Aug 21
	Jul 31	Aug 28

Cost:	Weekly	Full Day
Fitness Member	\$259	\$56
Program Member	\$269	\$60



Camp Information

Drop-off/Pick-up

Morning check-in will be from 8:45-9:00 am every day. Parents should 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. Pre-care camp and Post-care camp available before and after camp. **Fee for Pre-care (7:30-9:00 am) is \$4.00 and \$9.00 for Post-care (3:00-6:00 pm).**

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 21, 2017. (Makeups are not guaranteed.)**

Youth

10 weeks offered:

Jun 19-22	July 24-27
Jun 26-29	July 31-Aug 3
Jul 3-6*	Aug 7-10
Jul 10-13	Aug 14-17
Jul 17-20	Aug 21-24

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	11:30 am
Guppy	11:30 am
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
Technique (45 minutes)	9:00 am
Mastery 1 & 2 (60 minutes)	
Mon/Wed/Thurs	11:00 am

Cost: (per 1-week session, 4 day per week)

Swim Club & Premier Members	\$45
Fitness Member	\$54
Program Member	\$58

Cost: Mastery 1 & 2 (1 hour, 3 days per week)

Swim Club & Premier Members	\$34
Fitness Member	\$48
Program Member	\$51

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.



Summer Swim Club Camps

Swimmer/Technique (45 minutes)

Mon-Thurs 12:00 pm

Novice/Learner (45 minutes)

Mon-Thurs 12:45 pm

Cost:

Swim Club & Premier Members	\$45
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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 independently, swim to side with face in water. Focus on rotary breathing, backstroke and deep water exposure.

Swimmer: Jumps in deep. Can swim front crawl with rotary breathing. Focus on building endurance in the front crawl, backstroke and diving.

Technique: Swims front crawl and backstroke 25 meters. 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 19-Jul 23

Session 2 Jul 24-Aug 27

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 11:00 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)

Sat 11:15 am

Cost: (1 day per week for 5 weeks)

30/45 minutes 1 hour

Swim Club &

Premier Members \$56 \$72

Fitness Member \$66 \$82

Program Member \$70 \$87

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.



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 1/2 hour

Instructors **1/2 hour**

Jonathon Lee, Kelsey Macaddino,

Julia Scavnicky, Anna Smith,

Max Williams

Fitness Members \$24

Swim Club & Program Members \$26

Emie Noble, Scott Winslow

Fitness Members \$32

Swim Club & Program Members \$34

Corrie Belle, Thomas Naughton

Fitness Members \$35

Swim Club & Program Members \$37

Kelly Adams, Kim Kerwin

Fitness Members \$37

Swim Club & Program Members \$39

Cammy Jenrow, Bob Jenrow, Mark Winter

Fitness Members \$40

Swim Club & Program Members \$42

Gymnastics Tu

Gymnastics & Tumble Sessions:

Summer (9 weeks) Jun 19-Aug 19 (Omit Jul 4)
(can prorate up to two weeks)

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.

Tues	12:00 pm
Sat	10:00 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
Tues	12:00 pm 5:30 pm
Wed	10:00 am 4:30 pm
Thurs	1:00 pm 5:30 pm
Sat	9:00 am 12:00 pm

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	12:00 pm 5:30 pm
Tues	1:00 pm 6:30 pm
Wed	9:00 am 5:30 pm
Thurs	12:00 pm 4:30 pm
Sat	10:00 am 11:00 am

Recreational Gymnastics Team

Team Class (2 Hours)

Mon 5:30-7:30 pm

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
Wed	6:30 pm
Thurs	5:00 pm 6:30 pm
Fri	5:00 pm 6:30 pm
Sat	10:30 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	5:00 pm
Tues	6:30 pm
Wed	6:30 pm
Thurs	5:00 pm 6:30 pm
Fri	5:00 pm
Sat	12:00 pm

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	5:00 pm 6:30 pm
Sat	12:00 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.

gymnastics & 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 (1 hour)

Beginner-basic tumbling progressions up to back walkover

Mon	6:30 pm
Tues	5:30 pm
Sat	9:00 am 11:00 am

Intermediate-back walkovers through back handsprings

Mon	6:30 pm
Tues	4:30 pm
Wed	8:00 pm
Thurs	4:30 pm
Sat	9:00 am

Advanced-connection tumbling, backhand springs and flips

Tues	7:30 pm
Sat	12:00 pm

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	2 hours
Fitness Member	\$133	\$138	\$171	\$209
Program Member	\$137	\$144	\$178	\$215

Cheer Programs

Emily Bock, Director
Contact her at ebock89@gmail.com

Cheer Session:

Summer (9 weeks)

Jun 19-Aug 25 (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

Elementary/Middle School (45 minutes)

Tues 6:15-7:00 pm

Cost: (per 9 week session Cheer Technique)

	45 minutes
Fitness Member	\$130
Program Member	\$136



Summer Cheer Excellence Camp

Ages 4-10

Mon-Thurs 10:00 am-12:00 pm

Weeks offered:

Jun 26-29 Jul 24-28 Aug 7-10
Jul 17-20 Jul 31-Aug 3 Aug 21-24

Fitness Member \$89
Program Member \$100

Cheer Team Tryouts

Thursday, August 10

6:30-7:30 pm

All Ages and Levels Welcome!





DANCE CENTRE
At The Sports Club of Novi

Summer Session: (8 weeks)

Jun 27-Aug 17 (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)

Thurs 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

Wed 4:15-5:00 pm

Jazz

Thurs 5:00-5:45 pm

Tap

Thurs 5:45-6:30 pm

Beginner/Intermediate – Ages 10-12

Conditioning & Leaps and Turns

Wed 7:30-8:30 pm

Modern

Wed 8:30-9:30 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

Modern

Wed 8:30-9:30 pm

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	\$99	\$110	\$125	\$175
Program Member	\$105	\$115	\$130	\$180



Dance is better here!

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 26, Jul 10, Aug 7, Aug 21

Mon-Thurs 10:00 am-12:00 pm

Cost 4 day week:

Fitness Member \$89
Program Member \$100

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 19 and Jul 31, 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 19 and Jul 31, bring lunch

Mon-Thurs 9:30-3:00 pm

Cost:

(4-day session, per week)	1/2 Day	Full Day
Fitness Member	\$120	\$220
Program Member	\$130	\$230

Martial Arts

for Children, Teens, and Adults

Taekwon-do Kwonbop Combat Institute



Master Alfredo Torella, Director of Martial Arts

- 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
- 2015 Distinguished Master of the World Head of Family Sokeship Council
- 2013 Master Instructor of the Year Hall of Fame WHFSC
- Founder, President and Director of the USIMAA



1/2 Hour Class

Ages 4 and 5

Wed	4:30 pm
Sat	9:30 am

1 Hour Classes

Beginner and Trial Classes - Ages 6 and Up

Mon/Tues/Wed/Thurs	5:00 pm
Sat	10:00 am

Martial Arts 1 - Ages 6 and Up

Mon/Tues/Wed/Thurs	6:00 pm
Sat	11:00 am

Martial Arts 2 - Ages 12-16

Mon/Tues/Wed/Thurs	7:00 pm
Sat	12:00 pm

Adult - Ages 16 and Up

Tues/Thurs	8:00 pm
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Black Belt

Tues/Thurs	8:00 pm (Specialty rate)
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NEW! Demo Team (Director approval)

Wed	8:00 pm (Specialty rate)
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Cost (per month):

	1 Class Per Week 1/2 Hour	2 Classes Per Week 1 Hour	3 Classes Per Week 1 Hour
Fitness Member	\$28	\$90	\$100
Program Member	\$32	\$110	\$120

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.



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

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.



Novi Rock Steady Boxing at The Sports Club of Novi will start up in September.

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

Nutrition Coaching

With Integrative Nutrition Health Coach, Lisa Verdejo.

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

No one diet works for everyone

Working together, Lisa and you will discover the food choices that best support you and your body's unique needs. Making gradual, lifelong changes enables you to reach your current and future health goals.

Discover what's right for you

To see if health coaching is 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. This will also give you the opportunity to see what it is like working with her.

- **5-Day 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.

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



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 \$80.

Membership not required for Nutrition Coaching.



Adult Fitness

Small Group Training

Boot Camp

Are your workouts stale? Wandering around the weight room with no enthusiasm? If this describes you, get ready for the challenge of your life! Boot Camps are ANYTHING but boring. Press through limitations, get motivated, and learn new exercises in this challenging 45 minute class. Instructed by Kevin Callender and Sarah Hall.

Check website for schedule and times at www.tscnovi.com.

	Drop-in
Fitness Member	\$13
Program Member	\$15

Yoga Wall

A unique yoga practice where gravity is used as a natural form of resistance. Improves flexibility, strengthens muscles, opens all joints, connective tissue and fascia. Aids in therapeutic benefits and helps heal the spine. Call the front desk for scheduling details.

Cost:			
30 minutes	Private	Semi Private	Triple
Fitness Member	\$41	\$26	\$20
Program Member	\$47	\$31	\$25
55 minutes	Private	Semi Private	Triple
Fitness Member	\$66	\$40	\$33
Program Member	\$72	\$45	\$37



Personal Training

- Individual, personalized training \$36 - \$73
- 2 - 4 in a small group training session \$16 - \$45
- 30, 45, 60 minute workouts
- Maximize your workout time
- Achieve results
- Learn to workout smarter
- Coaching to achieve goals
- Lose body fat

Packages to fit all budgets and time constraints. Program member rates slightly more.

Pilates Personal Training

Pilates private and duet training are available with Lisa Verdejo, who's a certified Stott Pilates instructor. She is passionate about spinal mobility and has overcome a lower back injury. Lisa also focuses on alignment and works with her clients to gain muscle and postural balance. Pilates benefits include relief from back pain, increased joint mobility and long lean muscles. For more information, contact Lisa at 517.334.6077.

Cost:		
55 minutes	Private	Semi Private
Fitness Member	\$71	\$41
Program Member	\$77	\$46
30 minutes	Private	
Fitness Member	\$44	
Program Member	\$48	

Youth Fitness

Athletic Strength and Conditioning

Conditioning for athletes of all levels. Improve core strength, explosive speed, agility, stability, overall power, endurance, faster recovery, increase energy, increase range of motion and injury prevention. Call Kevin at ext. 204 for more information.

- Youth Fitness
- Tennis Conditioning
- Personal Training, Sports Performance, Weight Loss, Self Esteem, Learn to Lift Safely



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.

