

2018 Kids & Adult Fall Programs

- Martial Arts
- Junior Tennis
- Adult Tennis & Leagues
- Gymnastics & Tumble
- The Metropolitan DanCentre
- NEW Pom Team!
- Youth Swim
- Rock Steady Boxing
- Nutrition Coaching
- Personal Training
- Holiday & Mini-Stars Camps

**Enroll
Today!**



Check out **GROUP TRAINING 100** at tscnovi.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.

Our club simply keeps a family ACTIVE!

Programming Membership gives access to:

- 12 Tennis Courts*
- USTA Official Kids Short Court*
- Pickle Ball Court*
- Golf and Sports Simulator*
- Lap Swimming year round* (scheduled times)
- Programs in Swimming, Tennis, Dance, Taekwondo, Gymnastics & Camps*
- Teams in Pom, Swimming & Martial Arts*
- 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.



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

100 Weekly Group Training Classes
Download the New Sports Club of Novi app!



10 Classes \$99 • 20 Classes \$179

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 & Sports Simulator specials
- Discounts on Tennis and Pickle Ball court time

Check us out at tscnovi.com



Martial Arts

for Children, Teens, and Adults

Taekwon-do Kwonbop Combat Institute

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.



- 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
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Black Belt

Tues/Thurs	8:00 pm
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NEW RATES EFFECTIVE SEPTEMBER 1, 2018

Cost (per month):	1/2 Hour 1 Class Per Week	1 Hour 2 Classes Per Week	1 Hour 3 Classes Per Week
Fitness Member	\$34	\$92	\$102
Program Member	\$38	\$112	\$122

The Sports Club of Novi's Junior Tennis Program is designed to teach the fundamentals of tennis in a positive environment.

Junior

Junior Tennis Sessions:

Fall 1 (8 weeks) Sept 4-Oct 29

Fall 2 (8 weeks) Oct 30-Dec 21 (Omit Oct 31, Nov 22-25).

Dates pro-rated and shortened due to holidays)



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
Sun	1:30-2:30 pm	4:00-5:00 pm

Cost 1 hour for 8 weeks:

Fitness Member	\$135
Program Member	\$147

U6 Tennis Daytime Classes – Ages 4-6

Thurs	12:15-1:15 pm
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Cost 1 hour for 8 weeks:

Fitness Member	\$126
Program Member	\$138

U8 Tennis on Courts – Ages 7-8

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

Cost 1½ hours for 8 weeks:

Fitness Member	\$199
Program Member	\$210

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

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

Cost 2 hours for 8 weeks:

Fitness Member	\$329
Program Member	\$360

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/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 8 weeks:

Fitness Member	\$329
Program Member	\$360

Tennis



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/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 8 weeks:

Fitness Member \$329

Program Member \$360

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/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 8 weeks:

Fitness Member \$329

Program Member \$360

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 8 weeks:

Fitness Member \$329

Program Member \$360

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

Cost 4 hours for 8 weeks:

Fitness Member 2 Days \$570

Program Member \$615

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 8 weeks:

Fitness Member 2 Days \$570

Program Member \$615

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

Sat 3:00-5:00 pm

Sun 2:30-4:30 pm

Cost 4 hours for 8 weeks:

Fitness Member 2 Days \$570

Program Member \$615

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



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

Adult In-House Tennis Leagues

Men and Women: Looking to put all that tennis practice into play? Our fall In-House Tennis Leagues are just the thing for you! Enjoy 14 or 15 exciting weeks of play. From instructional to play leagues, levels 2.5 through 4.5, singles and doubles, we've got it all! Meet new people and enjoy fun, competitive play. See below for schedule or contact our Programs office for details.

DAY	TIME	LEVEL	PRICE	WEEKS
WOMEN'S LEAGUES				
Mon	10:00 am-12:00 pm	2.5-2.75 Instructional (new league)	\$489	15
	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$368	15
Tues	9:00-11:00 am	3.25 Singles/Doubles	\$413	15
	9:00-11:00 am	3.0 Instructional	\$489	15
	11:00 am-1:00 pm	2.5-2.75 Instructional	\$489	15
	8:00-9:30 pm	3.75 Doubles	\$278	15
Wed	9:00-11:00 am	2.75-3.0 Instructional	\$489	15
	8:00-9:30 pm	3.25 Doubles	\$278	15
Thurs	9:00-11:00 am	3.0 Doubles	\$259	14
	9:00-11:00 am	3.5 Instructional	\$457	14
	9:30-11:30 am	3.5 Doubles "A"	\$259	14
	9:30-11:30 am	3.5 Doubles "B"	\$259	14
	11:00 am-1:00 pm	3.5 Doubles	\$259	14
	11:30 am-1:30 pm	3.0 Instructional (new league)	\$457	14
MEN'S LEAGUES				
Mon	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$368	15
	8:30-10:00 pm	3.5 Singles	\$499	15
Tues	7:00-9:00 pm	4.0 Singles/Doubles	\$499	15
Wed	8:30-10:00 pm	3.75 Singles	\$499	15
Thurs	8:00-10:00 pm	3.5 Doubles	\$342	14
Sun	9:00-10:30 am	3.5 Singles*	\$403	14
	8:30-10:00 pm	4.0-4.5 Singles**	\$372	14

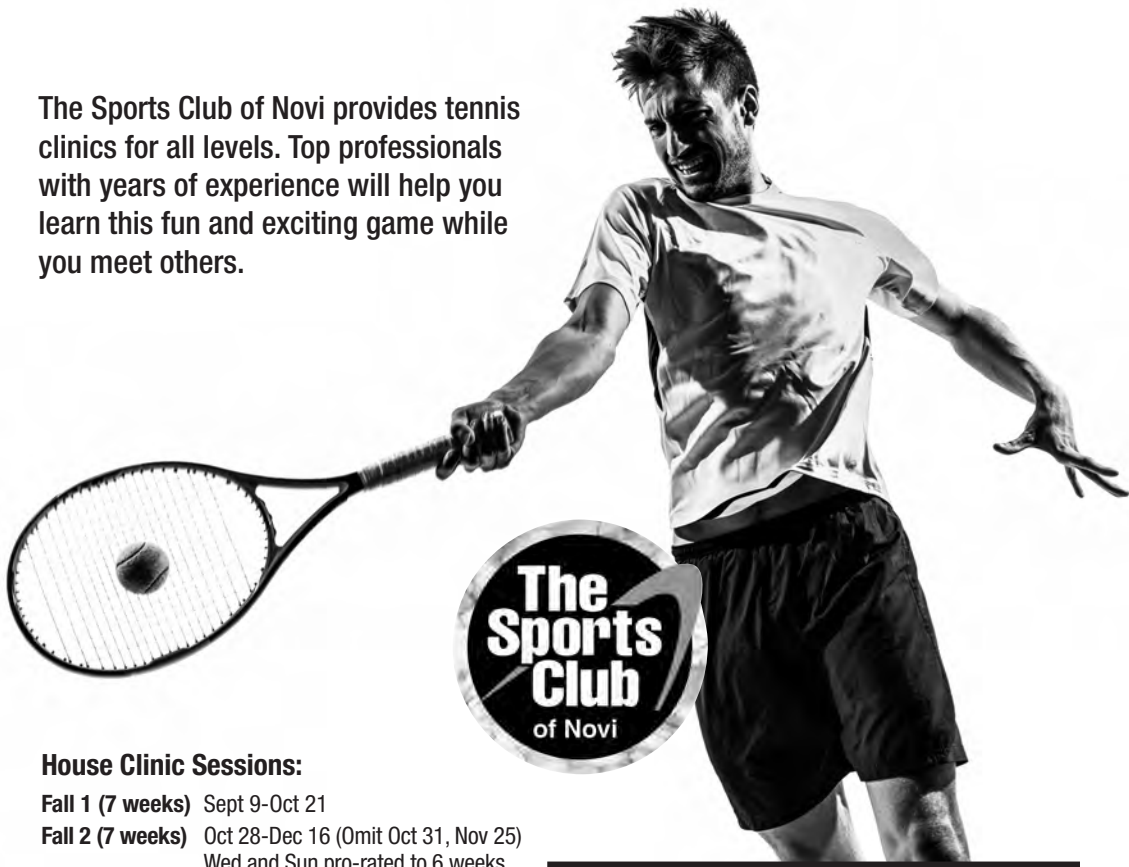


League play is September 4-December 17 (Exclude November 22-25)

Instructional League: Work on all aspects of game with tennis professional.

NOTES: League commitment is for the entire fall and winter seasons or until a replacement is found. All players must have a Program or Fitness Membership. Placement based on availability and players' current USTA rating and/or evaluation. Contact Programs for registration and information at 248-735-8850, ext. 112. League email is tscnovitennis@gmail.com

The Sports Club of Novi provides tennis clinics for all levels. Top professionals with years of experience will help you learn this fun and exciting game while you meet others.



House Clinic Sessions:

- Fall 1 (7 weeks) Sept 9-Oct 21
Fall 2 (7 weeks) Oct 28-Dec 16 (Omit Oct 31, Nov 25)
Wed and Sun pro-rated to 6 weeks.

Adult House Clinics

Learn to play and enjoy the sport of a lifetime. If you are already a player, continue to improve your game by taking a Tennis Clinic. Sessions last seven weeks and meet for one hour each week. Classes begin September 9. Call the Programming Department to register at 248-735-8850, ext. 112.

Beginner

Mon	9:00-10:00 am
Tues	11:00 am-12:00 pm
Wed	2:00-3:00 pm
Sun	6:30-7:30 pm

Advanced Beginner

Mon	10:00-11:00 am
Tues	11:00 am-12:00 pm
Wed	12:00-1:00 pm
Sun	6:30-7:30 pm

Intermediate

Mon	11:00 am-12:00 pm
Tues	11:00 am-12:00 pm
Wed	1:00-2:00 pm
Thurs	1:30-2:30 pm
Sun	7:30-8:30 pm

Cost (per 7 weeks)	
Fitness Member	\$132
Program Member	\$138

Early-Riser Play (sign-up at Service Center)

Drop in for a morning of Tennis! 7:00-9:00 am
Tue (3.0-3.5) Wed (3.5-4.0) Thurs (3.5-4.0)

Cost	
Fitness Member	\$12
Program Member	\$14

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	\$103
Program Members	\$108

John Hale, Robbie Risdon, Andres Torres

Fitness Members	\$100
Program Members	\$105

Hans Akan, Tracy Bardallis, Todd Beyer, Lisa Crawford, Trey Keating, Mikee Knoll, Gino McCathey, Lori Potochick

Fitness Members	\$95
Program Members	\$100

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

Fitness Members	\$92
Program Members	\$97



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

Gymnastics &

Gymnastics, & Tumble Sessions:

Fall 1 (8 weeks) Sept 4-Oct 29

Fall 2 (8 weeks) Oct 30-Dec 21 (Omit Oct 31, Nov 22-25)
Dates pro-rated and shortened due to holidays.

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 11:00 am

Wed 10:00 am

Future Stars—for ages 3½-4 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 10:00 am 4:30 pm

Tues 10:00 am

Wed 11:00 am 4:30 pm

Thurs 10:00 am 6:00 pm

Sat 10:00 am 1:00 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. **All Future Stars weekday times before 3:00 pm are available for Superstars.**

Tues 6:00 pm

Wed 5:30 pm

Thurs 5:00 pm

Sat 11:00 am 12:00 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 5:30 pm

Tues 7:00 pm

Thurs 7:00 pm

Sat 9:30 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 7:00 pm

Wed 5:00 pm

Thurs 5:30 pm

Sat 11:00 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, back walkover and back handsprings are some of the main skills developed at this level.

Wed 6:30 pm

Sat 12:30 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.

Wed 6:30 pm

Cost: 8 week session Gymnastics

	50/55 minutes	1 hour	1½ hours
Fitness Member	\$124	\$130	\$158
Program Member	\$128	\$134	\$162



Tumble



Gymnastics Open House
Wednesday, August 22
5:00-7:00 pm

Call Programs at
248.735.8850, ext 112
to register for your
FREE CLASS today!



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
Sat 9:00 am

Intermediate-back walkovers through back handsprings
Mon 7:30 pm
Thurs 7:00 pm

Advanced-connection tumbling, backhand springs and flips
Wed 8:00 pm

Tumbling for Dancers

Call for details.

Cost: 8 week session Tumble

1 hour

Fitness Member \$130

Program Member \$134

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.**



Holiday Cheer Camp

Students learn cheerleading techniques in a fun and positive camp atmosphere. Cheerleaders will stunt, jump, tumble, and dance. Coaches will instruct the campers in our fully equipped cheer, gym and dance rooms.

Holiday Cheer Camp Days

Wed-January 2, 2019

Thurs-January 3, 2019

Fri-January 4, 2019

Holiday Cheer Camp Times

Ages 4-14 12:00-2:00 pm

Cost:	2 Hours(3 days)	Daily
Fitness Member	\$60	\$26
Program Member	\$66	\$28



For registration information contact the Programs office at 248-735-8850, ext. 112



Metropolitan Dancentre Open House

Wednesday, August 22nd
5:00-7:00 pm

Free Trial Classes

Company Dance Placements

Metropolitan Dancentre at The Sport Club of Novi Recital Program

Holiday Showcase Date:
December 9th 2018
at the Novi High School

Recital Date: May 18th 2019
at the Novi High School

- **NEW** Dance Teachers and Choreography
- Positive Training Environment
- Promotes Confidence and Performance Skills
- **NEW** Dance classes for Boys, Girls, Teens, and Adults
- Ballet, Tap, Jazz, Lyrical, Hip Hop, Modern, Musical Theatre, Character, and Tumbling for Dancers
- Company Program, Ballet Intensive Training and Holiday Performance
- **NEW** Pom Team Program
- May Recital

Contact Programming at
248-735-8850, ext 112 to register
for Free Open House Classes and
Recital Program.

Classes Begin Tuesday, September 4th.

Wee Dancer Ages 2 and 3 (non-recital, 30 minutes)

Tues	9:30-10:00 am
Fri	9:30-10:00 am
Sat	9:00-9:30 am

Pre-Ballet Ages 3-5 (45 minutes)

Mon	4:30-5:15 pm
Tues	11:00-11:45 am
Wed	4:30-5:15 pm
Fri	10:00-10:45 am 5:00-5:45 pm
Sat	9:00-9:45 am 11:45 am-12:30 pm

Pre-Ballet/Pre-Tap Combo Ages 4-5 (1 hour)

Tues	10:00-11:00 am
Wed	6:15-7:15 pm
Thurs	4:45-5:45 pm
Fri	10:45-11:45 am
Sat	9:45-10:45 am

K-1st Grade

Ballet - Level 1 (45 min)

Tues	4:45-5:30 pm
Thurs	5:45-6:30 pm

Ballet/Tap Combo (1¼ hours)

Wed	5:00-6:15 pm
Sat	9:30-10:45 am

Jazz/Hip Hop (45 minutes)

Tues	5:30-6:15 pm
Wed	6:15-7:00 pm
Sat	12:30-1:15 pm

Tap (45 minutes)

Fri	5:45-6:30 pm
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2nd - 4th Grades

Ballet - Level 2 (1 hour)

Tues	5:15-6:15 pm
Wed	5:15-6:15 pm

Ballet/Jazz Combo (1½ hours)

Thurs	5:45-7:15 pm
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Jazz/Hip Hop Combo (45 minutes)

Wed	7:15-8:00 pm
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Jazz (45 minutes)

Tues	6:15-7:00 pm
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Contemporary/Lyrical* (45 minutes)

Tues	6:15-7:00 pm
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Tap(45 minutes)

Wed	6:30-7:15 pm
Fri	6:30-7:15 pm

5th - 8th Grades (1 hour)

Ballet Level 2/3

Tues	7:00-8:00 pm
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Contemporary/Lyrical*

Tues	8:00-9:00 pm
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Jazz/Hip Hop

Thurs	7:15-8:15 pm
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continued on page 10

*Ballet required



continued from page 9

5th - 8th Grades (1 hour)

Jazz (45 minutes)

Tues 7:15-8:15 pm

Hip Hop (1 hour)

Mon 7:00-8:00 pm

High School/Adult

Hip Hop (1 hour)

Mon 8:00-9:00 pm

Specialty Classes - Ages 11 and Up (45 minutes, need director approval*)

Company Hip Hop*

Fri 4:30-5:15 pm

Petite Modern*

Fri 5:15-6:00 pm

Junior/Senior Modern*

Wed 4:15-5:00 pm

Musical Theater*

Wed 8:00-8:45 pm

Leaps and Turns*

Tues 4:30-5:15 pm

Thurs 4:45-5:30 pm

Tumbling for Dancers (Register in Gymnastics)

Call for details.

Metropolitan Ballet Courses

Level 4-8 require two days attendance
and director approval

Level 4

Mon 6:00-7:00 pm

Sat 9:15-10:30 am

Level 5

Mon 5:00-6:00 pm

Tues 5:30-7:00 pm

Level 6

Tues 4:00-5:30 pm

Thurs 4:00-5:30 pm

Level 7

Mon 7:00-9:00 pm

Thurs 6:30-8:00 pm

Level 8

Tues 7:00-9:30 pm

Thurs 8:00-9:30 pm

Level 6-8 Advanced Ballet Academy (Director approval)

Sat 10:30 am-12:30 pm

Contact Programs for Ballet rates and placement.
Call 248-735-8850, ext.112.

Cost: (per month):

Hours	1/2	3/4	1	1 1/4	1 1/2
Fitness Members	\$42	\$47	\$52	\$57	\$62
Program Members	\$44	\$49	\$54	\$59	\$64

For Dance information contact
Director, Amy Pacheco at ext. 235
or amymdcdance@comcast.net.

Come Join Our NEW Pom Team!



Directed by Kristina Duvall.

Pom Team Placements:

August 14th & 16th

Ages 7-11, 5:00-6:00pm

Ages 12 & Up, 6:00-7:00pm

All levels welcome,
no experience required.

Pom Program

Introduction to Pom Ages 4-6 (45 minutes)

Fri 6:00-6:45 pm

Pom Team Training Schedule

Level 1 Team Practice Ages 7-11

Tues 5:00-6:00 pm

Thurs 5:00-6:15 pm

Level 1 Pom Jazz

Tues 6:15-7:00 pm

Level 2 Team Practice Ages 12 & Up

Tues 6:00-7:00 pm

Thurs 6:15-7:30 pm

Level 2 Pom Jazz

Tues 7:15-8:15 pm

Call Programs for more information at 248.735.8850, ext. 112.

Youth Swim Sessions:

Fall 1 (6 weeks) Sept 15-Oct 25

Fall 2 (7 weeks) Oct 27-Dec 20 (Omit Oct 31, Nov 22-25)
(Mon and Tues have 8 classes)

Youth

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: Comfortable in water and class setting. 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 completed Mastery 1.

Middle School/High School Beginner: Comfortable in the water. Ready to learn correct stroke techniques.

Preschool Classes Ages 3-5

Starfish (30 minutes)

Wed 10:00-10:30 am

Sat 12:00-12:30 pm

Guppy (30 minutes)

Wed 10:00-10:30 am

Sat 12:00-12:30 pm

Penguin (30 minutes)

Wed 10:30-11:00 am

Sat 12:00-12:30 pm

Sun 11:45 am-12:15 pm

Technique (45 minutes)

Mon 5:30-6:15 pm

Tues 6:15-7:00 pm

Wed 5:30-6:15 pm

Thurs 5:30-6:15 pm

Sat 10:30-11:15 am

Sun 11:00-11:45 am

Mastery (45 minutes)

Mon 5:30-6:15 pm

Tues 7:00-7:45 pm

Wed 6:15-7:00 pm

Sat 10:30-11:15 am

Sun 11:00-11:45 am

Youth Swim Classes Kindergarten and Up

Novice (30 minutes)

Mon 6:15-6:45 pm

Tues 6:15-6:45 pm

Thurs 6:15-6:45 pm

Sat 11:15-11:45 am

Sun 11:45 am-12:15 pm

Learner (45 minutes)

Tues 5:30-6:15 pm

Wed 6:15-7:00 pm

Thurs 5:30-6:15 pm

Sat 11:15 am-12:00 pm

Sun 10:15-11:00 am

Swimmer (45 minutes)

Mon 6:15-7:00 pm

Tues 5:30-6:15 pm

Wed 5:30-6:15 pm

Thurs 6:15-7:00 pm

Sat 11:15 am-12:00 pm

Sun 12:15-1:00 pm

Mastery 2 (60 minutes)

Mon 7:00-8:00 pm

Sat 12:30-1:30 pm

Middle/High School Beginner (45 minutes)

Sat 12:00-12:45 pm

Adult Beginner (45 minutes)

Sun 11:00-11:45 am

Cost: Youth Swim 6 weeks	30/45 min.	60 min.
Fitness Members	\$82	\$101
Program Members	\$86	\$105

Cost: Youth Swim 7 weeks	30/45 min.	60 min.
Fitness Members	\$96	\$117
Program Members	\$100	\$123

PLEASE NOTE: Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. **No refunds or make-ups for missed classes, except for pool cancellations.**

Swimming



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

Youth Swim Instructors ½ hour

Fitness Members \$28

Program Members \$30

Advanced Swim Instructors

Fitness Members \$36

Program Members \$38

Sturgeon Swim Team Coaches

Fitness Members \$40

Program Members \$42



Novi Sturgeons Swim Team

The Teams

Junior #1* (two days per week)

Mon/Thurs 5:15-6:00 pm

Tues/Fri 5:15-6:00 pm

Wed/Sat W-6:15-7:00 pm S-11:30 am-12:15 pm

Junior #2* (two days per week)

Mon/Thurs 6:00-7:00 pm

Tues/Fri 6:00-7:00 pm

Wed/Sat W-5:15-6:15 pm S-10:30-11:30 am

Junior #3* (3 days per week)

Mon/Wed 5:30-7:00 pm

Tues/Thurs 5:30-7:00 pm

Sat 10:30 am-12:00 pm

Junior Intensive Team* (4 days per week)

Swimmer can vary schedule week to week. Swimmer is strongly advised to make the Friday workout with the State Team.

Mon - Fri 5:30-7:00 pm

State Team*

Motivated age group swimmers who want to compete successfully at the state level. Swimmers are required to swim at a minimum of five days per week.

Mon-Thurs 6:45-8:45 pm

Fri 3:30-5:30 pm or 5:30-7:00 pm
(coaches approval)

Sat 8:00-10:30 am

Senior Team*

This program is for a dedicated swimmer who is trying to excel and compete at state, regional and national levels. Must maintain a 90% practice attendance record.

Mon-Fri 3:30-5:30 pm

Sat 8:00-10:30 am

***All levels require coaches approval.**

Contact Programs for swimmers eligibility, tryouts and program rates.

PLEASE NOTE: In case of inclement weather call the Hotlines at 248-735-8850.

Youth Swim ext. 237, or the Swim Team at ext. 236.



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



Kevin Callender
ACE/Queenax
Certified
Tier 2



Ann Werther
ACE/Queenax
Certified
RYT200 Certified
Tier 2



Betsy Wasiniak
M.S. Exercise
Physiology
Certified Wellness
Coach **Tier 2**



Mollie MacEachern
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
Injury Rehab
ACE/Queenax
Certified
Tier 1



Dan Strudgeon
NASM Certified
Trainer
Nutrition Specialist
Body Building
Tier 3



Brian Tass
B.S. Kinesiology &
Exercise Science
ASM Certified
Tier 3

**Email the trainer of your choice at tscnovi.com
or call 248.735.8850, ext.126 and speak with
our Fitness Coordinator, Cat Bloom.**

Boxing Training



Bo Wright
Pro Boxing Trainer
Certified
Queenax Certified
Tier 3

Kickboxing Training



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

Martial Arts Training



Alfredo Torella
Director of
USIMAA
Tier 3

Active Aging Training



Suzanne Schulz
Injury Rehab
ACE/Queenax
Certified
Tier 1



Ann Werther
ACE/Queenax
Certified
RYT200 Certified
Tier 2

Pilates Training



Lisa Verdejo
Certified health
Coach
Stott Pilates
Certified **Tier 1**

Yoga Wall Training



Ann Werther
ACE/Queenax
Certified
RYT200 Certified
Tier 2

Personal Training Benefits at The Sports Club of Novi

- Motivation and commitment is guaranteed during these visits to The Sports Club of Novi
- **Reach your fitness goals!** Working with our Certified Trainers will significantly improve your results.
- You will never get bored as the staff offers the widest range of personal training disciplines of any club in the area.
- 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.

RATES

TIER 1	1/2 hour	1 hour
Fitness Member	\$44	\$74
Program Member	\$48	\$79
TIER 2	1/2 hour	1 hour
Fitness Member	\$42	\$70
Program Member	\$46	\$75
TIER 3	1/2 hour	1 hour
Fitness Member	\$41	\$67
Program Member	\$45	\$72

Mini-Stars Preschool Day Camp

Fun With Education and Sports for 3-6 Year Olds

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 3-6 years of age (all children must be potty trained). Directed and supervised by Brenda Lionas, ext. 216.

Sessions

Fall 1 (7 weeks) Sept 10-Oct 25

Fall 2 (7 weeks) Oct 29-Dec 13

Days & Times:

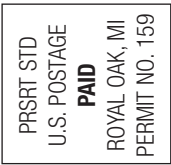
Mornings Mon/Tues/Thurs 9:30 am-12:00 pm

Afternoons Mon/Tues/Wed/Thurs 12:30-3:00 pm

Cost 1/2 Day 7 Weeks

Fitness Members \$186

Program Members \$196



The Sports Club of Novi
42500 Nick Lidstrom Drive
Novi, MI 48375
(just south of 10 Mile Rd.)
248.735.8850



Holiday Sports & Mini-Stars Camps

The Holiday Sports Camp and Mini Stars 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. Sports Camp is designed for ages 6-12 years old. Mini Stars is for ages 3½-6 years old, and potty trained. Directed by Brenda Lionas, ext. 216.

Camp Info

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 pm. 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 and Post-care available before and after camp.

Fee for Pre-care is \$5.00 and \$10.00 for Post-care.

Times: Pre-care, 7:30-9:00 am – Post-care, 3:00-6:00 pm

Lunch

Full day campers 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, hotdog, or turkey lunch pack, fruit, chips and a juice box.

What to Wear/Bring

Campers should dress in exercise appropriate clothing and **must wear tennis shoes (NO Crocs, Keens, or Sandals)**. Remember to bring sport bags, swimsuits, and water bottles. Please mark all items with your camper's name.

Days and Times

9:00-11:45 am (½ Day) - Mini-Stars only

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

Holiday Sports & Mini Stars Camp Dates

Wed	Dec 26	Jan 2, 2019
Thurs	Dec 27	Jan 3, 2019
Fri	Dec 28	Jan 4, 2019

Cost	Weekly	Full Day	1/2 Day*
Fitness Member	\$265	\$58	\$31
Program Member	\$275	\$60	\$33

(*Mini-Stars Camp morning only)