

2018 Kids & Adult Winter Programs



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



GROUP
TRAINING **100**
Every Format Under One Roof

Check it out at tscnovi.com.

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!

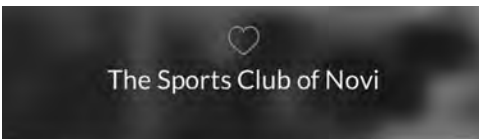
Programming Membership gives access to:

- 12 Tennis Courts*
 - USTA Official Kids Short Court*
 - Pickle Ball Court*
 - Golf 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.



Start 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

MINDBODY

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

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

Winter 1 (9 weeks) Jan 8-Mar 8

Winter 2 (9 weeks) Mar 12-May 17 (omit Apr 2-5)

Spring (3 weeks) May 21-Jun 11 (omit May 28)

Days & Times:

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

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

Cost 1/2 Day **9 Weeks**

Fitness Members **\$228**

Program Members **\$238**

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 \$4.00 and \$9.00 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

Mon-Fri 9:00-11:45 am (1/2 Day) - Mini-Stars only*

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

Holiday Sports & Mini Stars Camp Dates

Mon	Apr 2		
Tues	Dec 26	Jan 2	Apr 3
Wed	Dec 27	Jan 3	Apr 4
Thurs	Dec 28	Jan 4	Apr 5
Fri	Dec 29	Jan 5	Apr 6

Cost **Weekly** **Full Day** **1/2 Day***

Fitness Member **\$259** **\$56** **\$30**

Program Member **\$269** **\$60** **\$32**

(*Mini-Stars Camp morning only)





Junior

Junior Tennis Sessions:

- Winter 1 (9 weeks)** Jan 5-Mar 8
- Winter 2 (9 weeks)** Mar 9-May 17 (omit Mar 30-Apr 5)
- Spring (4 weeks)** May 18-Jun 14 (omit May 25-28)

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.



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 9 weeks:

Fitness Member	\$149
Program Member	\$162

U6 Tennis Daytime Classes – Ages 4-6

Thurs	12:15-1:15 pm
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Cost 1 hour for 9 weeks:

Fitness Member	\$123
Program Member	\$152

U8 Tennis on Courts – Ages 7-8

Mon/Wed/Fri	5:30-7:00 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 1 1/2 hours for 9 weeks:

Fitness Member	\$219
Program Member	\$232

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

Tues/Thurs	4:30-6:30 pm
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Cost 2 hours for 9 weeks:

Fitness Member	\$363
Program Member	\$398

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	4:30-6:30 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 9 weeks:

Fitness Member	\$363
Program Member	\$398



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 9 weeks:

Fitness Member	\$363
Program Member	\$398

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/Wed/Fri	4:30-6:30 pm	
Tues/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 9 weeks:

Fitness Member	\$363
Program Member	\$398

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	
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 9 weeks:

Fitness Member	\$363
Program Member	\$398

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.

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 9 weeks:

Fitness Member	\$630
Program Member	\$680

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 9 weeks:

Fitness Member	\$630
Program Member	\$680

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 9 weeks:

Fitness Member	\$630
Program Member	\$680

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 winter In-House Tennis Leagues are just the thing for you! Enjoy 18 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	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$442	18
Tues	9:00-11:00 am	3.25 Singles/Doubles	\$486	18
	9:00-11:00 am	3.0 Instructional	\$587	18
	11:00 am-1:00 pm	2.5-2.75 Instructional	\$587	18
	8:00-9:30 pm	3.75 Doubles	\$327	18
Wed	9:00-11:00 am	3.0 Instructional	\$587	18
	8:00-9:30 pm	3.25 Doubles	\$327	18
Thurs	9:00-11:00 am	3.0 Doubles	\$327	18
	9:30-11:30 am	3.5 Doubles	\$327	18
	9:30-11:30 am	3.5 Instructional	\$587	18
	11:00 am-1:00 pm	3.5 Doubles	\$327	18
	11:30 am-1:30 pm	2.75-3.0 Instructional	\$587	18
MEN'S LEAGUES				
Mon	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$442	18
	8:30-10:00 pm	3.5 Singles	\$587	18
Tues	7:00-9:00 pm	4.0 Singles/Doubles	\$587	18
Wed	8:30-10:00 pm	3.75 Singles	\$587	18
Thurs	8:00-10:00 pm	3.5 Doubles	\$431	18
Sun	9:00-10:30 am	3.5 Singles*	\$508	18
	8:30-10:00 pm	4.0-4.5 Singles**	\$469	18

Men's Leagues - *Excludes April 1 (Easter) **League ends on May 20 and excludes February 4 (Super Bowl Sunday) and April 1 (Easter)

League play begins Sunday January 7, 2018.

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. Players' placement based on availability and current USTA rating and/or evaluation.

Contact Programs for registration and information at 248-735-8850, ext.112. League email is tscnovitennis@gmail.com

House Clinic Sessions:

Winter 1 (6 weeks) Jan 7-Feb 15

Winter 2 (6 weeks) Feb 17-Mar 29

Spring (6 weeks) Apr 8-May 17

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 six weeks and meet for one hour each week. Classes begin January 7. Call the Programming Department to register at 248-735-8850, ext. 112.

Beginner

Mon 9:00-10:00 am

Wed 11:00 am-2:00 pm

Sun 7:30-8:30 pm

Advanced Beginner

Mon 9:00-10:00 am

Tues 1:00-2:00 pm

Wed 12:00-1:00 pm

Sun 6:30-7:30 pm

Intermediate

Wed 1:00-2:00 pm

Thurs 1:30-2:30 pm

Sun 6:30-7:30 pm 7:30-8:30 pm

Cost (per 6 weeks)

Fitness Member \$113

Program Member \$118

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 (3.0-4.0)

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 \$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 McCathey, 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



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

Youth Swimming

Youth Swim Sessions:

Winter 1 (6 weeks) Jan 6-Feb 15
Winter 2 (6 weeks) Feb 17-Mar 29
Spring (6 weeks) Apr 7-May 17

Preschool Classes Ages 3-5

Starfish (30 minutes)

Mon 10:00-10:30 am

Guppy (30 minutes)

Mon 10:00-10:30 am

Sat 12:00-12:30 pm

Sun 11:45 am-12:15 pm

Penguin (30 minutes)

Mon 10:30-11:00 am

Youth Swim Classes Kindergarten and Up

Novice (30 minutes)

Mon 6:15-6:45 pm

Wed 6:15-6:45 pm

Thurs 6:15-6:45 pm

Sat 10:30-11:00 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 12:30-1:15 pm

Swimmer (45 minutes)

Mon 6:15-7:00 pm

Tues 6:15-7:00 pm

Wed 5:30-6:15 pm

Thurs 6:30-7:15 pm

Sat 11:15 am-12:00 pm

Sun 12:30-1:15 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 11:15 am-12:00 pm

Sun 11:00-11:45 am

Mastery (45 minutes)

Mon 5:30-6:15 pm

Tues 7:00-7:45 pm

Wed 7:00-7:45 pm

Sat 10:30-11:15 am

Sun 11:00-11:45 am

Mastery 2 & Middle/High School (60 minutes)

Mon 7:00-8:00 pm

Sat 12:15-1:15 pm

Middle/High School Beginner (45 minutes)

Call for details.

Adult Beginner (45 minutes)

Call for details.

Cost: Youth Swim 6 weeks	30/45 min.	60 min.
Fitness Members	\$80	\$98
Program Members	\$85	\$104



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

Vanessa Fillmore, Andrew Gourov
 Jonathon Lee, Anna Smith, Max Williams

Fitness Members \$24

Swim Club & Program Members \$26

Stella Bublitz, Emie Noble, Scott Winslow
 Jen Zibbell

Fitness Members \$32

Swim Club & Program Members \$34

Corrie Belle, Thomas Naughton

Fitness Members \$35

Swim Club & Program Members \$37

Kelly Adams

Fitness Members \$37

Swim Club & Program Members \$39

Cammy Jenrow, Bob Jenrow, Mark Winter

Fitness Members \$40

Swim Club & Program Members \$42



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.

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 end, able to put face in water, and swims 15 feet independently. Focus on rotary breathing, backstroke and deep water exploration.

Swimmer: Jumps in deep and swims front crawl with rotary breathing 10 meters. Focus on building endurance in the front crawl and backstroke. Introduction to 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 & Middle/High School: Swim one hour. Increase endurance, improve technique. Prepare for swim team and school activities. Must have basic skills in all four strokes.



Novi Sturgeons Swim Team

The Teams

Pre Team* (two days per week)

Mon/Thurs	5:15-6:00 pm
Tues/Fri	5:15-6:00 pm
Wed/Sat	W-5:15-6:00 pm S-10:30-11:15 am

Developmental* (two days per week)

Mon/Thurs	6:00-7:00 pm
Tues/Fri	6:00-7:00 pm
Wed/Sat	W-6:00-7:00 pm S-11:15 am-12:15 pm

Junior Team* (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
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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.



Novi's "Hidden Gem"

Dance Sessions:

Winter 1 (6 weeks) Jan 6-Feb 15

Winter 2 (6 weeks) Feb 17-Mar 29

Spring (6 weeks) Apr 7-May 17

Wee Dancer Ages 2 & 3 (30 minutes)

Tues 9:30-10:00 am

Fri 9:30-10:00 am

Sat 9:00-9:30 am

Pre-Combo Ages 3-5 (60 minutes)

Mon 5:00-6:00 pm

Pre-Ballet Ages 3-5 (45 minutes)

Tues 10:00-10:45 am

Sat 12:45-1:30 pm

K-1st Grade

Jazz (45 minutes)

Mon 7:00-7:45 pm

Ballet/Tap Combo (75 minutes)

Mon 4:45-6:00 pm

2nd - 4th Grades (45 minutes)

Jazz

Mon 7:00-7:45 pm

5th - 8th Grades (60 minutes)

Jazz

Fri 6:45-7:45 pm

Cost: (6 Week Session)

Hours	1/2	3/4	1	1 1/4
Fitness Members	\$60	\$66	\$72	\$78
Program Members	\$64	\$70	\$76	\$82





Martial Arts

for Children, Teens, and Adults

Taekwon-do Kwonbop Combat Institute

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 (Specialty rate)
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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
- 2013 Master Instructor of the Year Hall of Fame WHFSC
- Founder, President and Director of the USIMAA

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.

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.

Gymnastics, Che

Gymnastics, Cheer Technique & Tumble Sessions:

Winter 1 (9 weeks)	Jan 5-Mar 8
Winter 2 (9 weeks)	Mar 9-May 17 (Omit Mar 30-Apr 5)
Spring (4 weeks)	May 18-Jun 14 (Omit May 25-28)

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	10:30 am
Wed	10:30 am
Sat	9:00 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	9:30 am	4:30 pm
Tues	10:00 am	5:00 pm
Wed	9:30 am	4:30 pm
Thurs	11:00 am	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. **All Future Stars weekday times before 3:00 pm are available for Superstars.**

Mon	5:30 pm
Tues	6:00 pm
Wed	5:30 pm
Thurs	5:00 pm
Fri	5:30 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	5:30 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, back walkover and back handsprings 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

Cost: 9 week session Gymnastics

	45/50/55 minutes	1 hour	1½ hours
Fitness Member	\$134	\$141	\$173
Program Member	\$138	\$145	\$178

er & Tumble



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

Thurs 6:00 pm

Sat 9:00 am

Intermediate-back walkovers through back handsprings

Tues 7:00 pm

Thurs 7:00 pm

Sat 9:00 am

Advanced-connection tumbling, backhand springs and flips

Wed 8:00 pm

Tumbling for Dancers

Thurs 8:00 pm

Cheer Programs

Emily Bock, Cheer Director

ebock89@gmail.com

Cheer Team (Coaches approval required)

Tiny Cheer Division (Tiny Stars Cheer Team)

Preschool

Required: Tues 5:00-6:30 pm

Mini Cheer Division (Mini Stars Cheer Team)

Kindergarten-Second Grade

Required: Tues 5:00-6:30 pm

Youth Training Team

Third-Eighth Grade

Required: Tues 6:30-8:00 pm

Cost: 9 week session Cheer, Tumble

	45/50/55 minutes	1 hour	1 1/2 hours
Fitness Member	\$134	\$141	\$173
Program Member	\$138	\$145	\$178

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 Camps



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

Tues-January 2

Wed-January 3

Thurs-January 4

Holiday Cheer Camp Times

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

Cost:	2 Hours(3 days)	Daily
Fitness Member	\$60	\$24
Program Member	\$66	\$26

For registration information contact the Programs office at 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.



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 \$80.

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 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



Dan Strudgeon
NASM Certified
Tier 3

Yoga Wall Training



Belinda Kabodian
Tier 2



Ann Werther
ACE/Queenax
Certified
Tier 2



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

Tri-Athlete Training



Suzanne Schulz
ACE/Queenax
Certified
Tier 1



Mollie MacEachern
ACE/Queenax
Certified
Tier 2

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

Personal Training & Body Building

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.

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

“Saturday Night Camp”

At The Sports Club of Novi

Drop off the kids on **Saturdays from 5:30-10:00 pm** in a safe and secure environment where they will engage in fun-filled activities and exercise.

Small supervised groups ages 4-12* will participate in:

- Gymnastics
- XRKade
- Tennis
- Basketball
- Martial Arts
- Team Sports
- Climbing Wall
- Arts & Crafts
- Creative Movement
- And More!

The kids will relax and unwind at 9:00 pm in our Movie Theatre.

DROP OFF between 5:30-6:00 pm

PICK UP between 8:00-10:00 pm

Please send children in comfortable clothing. Tennis shoes are mandatory. Send along their pillow with pajamas to change into prior to movie time.

24 hour advanced reservation is mandatory.

Call Brenda Lionas at 248-735-8850, ext. 216 for Saturday dates and more information.

	Fitness Member	Program Member
1 Child	\$25	\$30
2 Children	\$45	\$50
3 Children	\$55	\$60

*KIDS CENTER OPEN for siblings of campers only ages 1-3 years old at \$4.00 per hour.

Check our facebook page or www.tscnovi.com for future updates.

Babysitting is better at The Sports Club of Novi.

PRSR STD
U.S. POSTAGE
PAID
ROYAL OAK, MI
PERMIT NO. 159

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



School Field Trips

Preschools, Elementary Classrooms and Private Groups

The Sports Club of Novi offers field trips in age appropriate sports of Gymnastics, Tennis, Dance, Martial Arts and Fitness. We provide quality instruction by certified instructors. Field trips can be sport specific or customized depending on the group. Field trips can be scheduled mornings and afternoons, Monday through Friday. Contact director Brenda Lionas at 248-735-8850, ext. 216.

