

2020 FALL 1 PROGRAMS

All in a Safe Environment



**Keep Your Kids Active
& Safe at The Sports
Club of Novi**

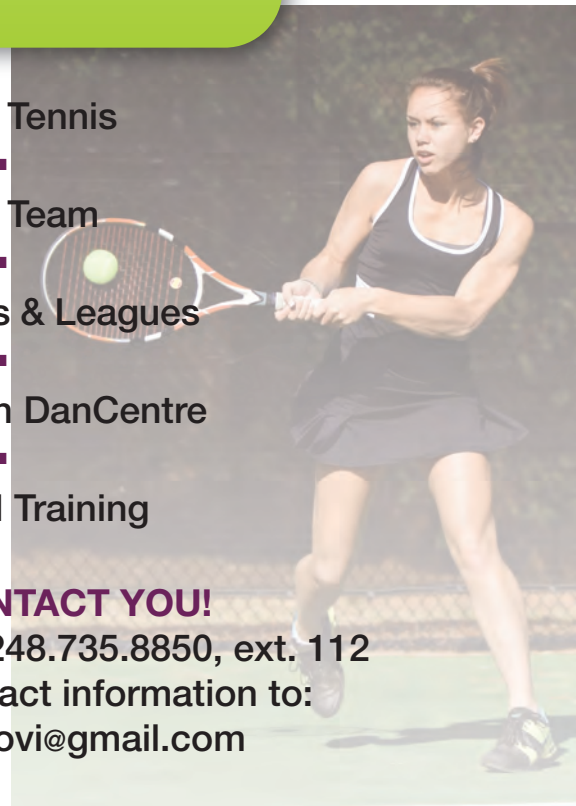
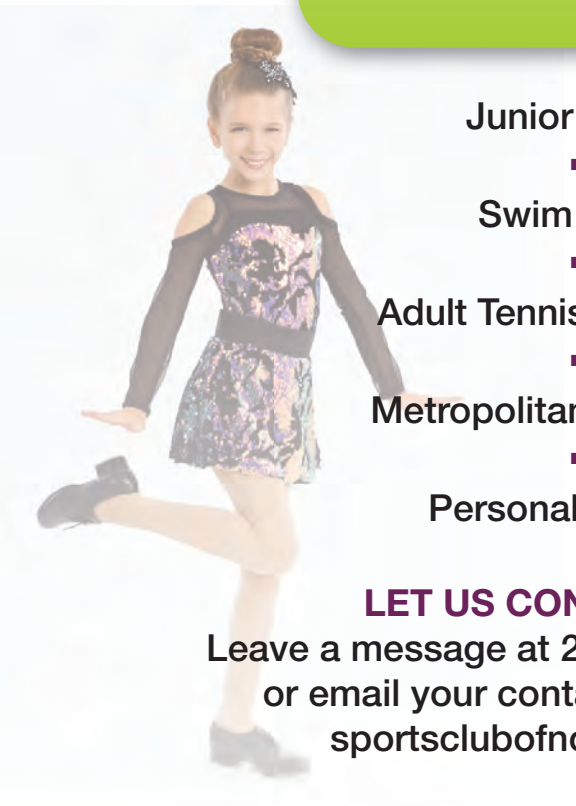
Only services that allow Social
Distancing will be offered



Masks required for EVERYONE
while traveling through the facility



Outdoor options are available
for every service in our Fall 1
(September & October) session



Junior Tennis



Swim Team



Adult Tennis & Leagues



Metropolitan DanCentre



Personal Training

LET US CONTACT YOU!

Leave a message at 248.735.8850, ext. 112

or email your contact information to:

sportsclubofnovi@gmail.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 and SAFE!

Programming Membership gives access to:



- 12 Tennis Courts*
- 2 USTA Official Kids Short Courts*
- Pickle Ball Court*
- Golf and Sports Simulator*
- Lap Swimming year round* (scheduled times)
- Programs in Swim, Tennis, Dance, & Camps*
- Swim Teams*
- Free High Speed WiFi

*Fees apply.

Get Active Today! Call 248-735-8850, ext.112.

Download The Sports Club of Novi app!

Check out the daily rates at tscnovi.com

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
 - KickBoxing and Cardio Boxing
 - Boot Camps featuring Queenax
- Golf & Sports Simulator specials



Special rates for multiple classes! 10 Classes \$99 • 20 Classes \$179



Sports Club Parents,

Our community experienced a significant shock in March. Covid-19 has affected every aspect of life and now enters into all our decisions going forward. As we approach fall, The Sports Club of Novi continues to feel a tremendous obligation on two fronts: require all customers to wear masks when travelling around our facility, AND to provide only services that enable social distancing. This is the best way that our small business and family of members can contribute to minimizing the spread of Covid-19. We need to help anyone who wishes to remain active, feel SAFE in the process.

This program schedule for fall of 2020 reflects the standards described above. The decision to eliminate services such as Martial Arts, Gymnastics and Youth Swim group lessons was extremely difficult. They will return as soon as we can add close contact back into life at The Sports Club of Novi.

In addition, we will be implementing many procedures designed to minimize club traffic. Program registration will be conducted primarily over the phone and through emails, unless special appointments are required. The club will also create additional drop off and pick up areas to allow social distancing.

Thank you in advance for your understanding and I sure hope we see you very soon.

Sincerely,

Mark Pinchoff
Owner



At the time of this printing, our Governor's executive orders allow us only to provide outdoor experiences at The Sports Club of Novi. Hopefully we will be providing both indoor and outdoor services during the months of September and October. Please identify your preference when you contact us about scheduling.



Fall Tennis at The Sports Club of Novi

Only 5 kids on a court

Kids will practice social distancing protocols

Tennis balls cleaned

Masks worn to/from court and while traveling throughout the club

Junior Tennis

Blended Line Tennis – Ages 7-11

This group will take place on our 60' blue lines on courts 5, 6, 9 or 10. Students will be introduced to all of the strokes of tennis and taught scorekeeping. The class will use orange balls! This class will include a skills test during the session.

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

Cost 2 hours for 8 weeks:

Fitness Member	\$354
Program Member	\$388

Full Court Progression – Ages 8-12

This group will use the full court lines and green balls. Students will continue working the fundamentals of all the strokes with an emphasis on the movement necessary to cover a larger area. All aspects of the game will be introduced, preparing your child for competition. This class will include a skills test during the session.

Mon, Wed or Fri	4:30-6:30 pm	
Sat	1:00-3:00 pm	
Sun	4:30-6:30 pm	

Cost 2 hours for 8 weeks:

Fitness Member	\$354
Program Member	\$388

Full Court – Ages 9-12

This group will use the full court lines and yellow balls. This group is a continuation of Full Court Progression for students who are ready to take on the full court with the hard yellow balls. The class will begin to spend time on point development and strategy discussions.

Mon, Tues, Wed, Thurs or Fri	4:30-6:30 pm	
Sat	11:00am-1:00 pm	1:00-3:00 pm
	and 3:00-5:00 pm	
Sun	2:30-4:30 pm	and 4:30-6:30 pm

Cost 2 hours for 8 weeks:

Fitness Member	\$354
Program Member	\$388

Teen Tennis – Ages 12-17

This group is for teenagers who are getting a bit of a late start to the game of tennis. Instructors will take the time necessary to work on the technical aspects of the all strokes.

Mon, Wed, or Fri	4:00-6:00 pm	
Sat	3:00-5:00 pm	
Sun	2:30-4:30 pm	and 4:30-6:30 pm

Cost 2 hours for 8 weeks:

Fitness Member	\$354
Program Member	\$388

We are keeping our air structure down until November 1st, which allows us to have a third of our junior program groups outside. When you contact programming to register, **PLEASE** let us know if you are looking for an outdoor experience.



High School Prep – Ages 12-17

This group is for any player aspiring to participate in high school tennis in the next few years. The class will introduce conditioning and the skills specifically needed for singles or doubles play.

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

Cost 2 hours for 8 weeks:

Fitness Member	\$354
Program Member	\$388

High School Training – Ages 12-17

This group is for any player playing High School tennis. This group will be designed around getting a complete workout on all strokes at every meeting. In addition, students will have an opportunity to play out points with a wide range of players of differing styles. Two days required. Placement approval required.

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

Cost 4 hours for 8 weeks:

Fitness Member	\$620
Program Member	\$672

Elite – Ages 12-17

This group is for the top 10-12 players registered for our program each session. Most participants will be singles players or at the very top of the doubles line-up for one of the area's top high school programs. The group will be challenged to work at a high intensity. Two days required. Approval required by Tennis Directors.

Tues	4:00-6:00 pm
Thurs	4:00-6:00 pm

Cost 4 hours for 8 weeks:

Fitness Member	\$620
Program Member	\$672

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 makeups for missed classes.



ALL 24 HOUR or LESS TENNIS COURT RESERVATIONS are \$28/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 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	\$495	15
	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$375	15
Tues	9:00-11:00 am	3.25 Singles/Doubles	\$420	15
	9:30-11:30 am	2.5 Instructional	\$495	15
	8:00-9:30 pm	3.5-4.0 Doubles	\$285	15
Wed	9:30-11:30 am	2.5-2.75 Instructional	\$495	15
	9:30-11:30 am	3.0 Instructional	\$495	15
	12:30-2:00 pm	2.75-3.0 Singles	\$270	15
	8:00-9:30 pm	3.0 Doubles	\$285	15
Thurs	9:00-11:00 am	3.0 Doubles	\$266	14
	9:00-11:00 am	3.5 Instructional	\$462	14
	9:30-11:30 am	3.5 Doubles "A"	\$266	14
	9:30-11:30 am	3.5 Doubles "B"	\$266	14
	11:30 am-1:30 pm	2.5-2.75 Instructional	\$462	14
MEN'S LEAGUES				
Mon	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$375	15
	8:30-10:00 pm	3.5 Singles	\$510	15
Tues	7:00-9:00 pm	4.0 Singles/Doubles	\$510	15
Wed	8:30-10:00 pm	3.75 Singles	\$510	15
Thurs	8:00-10:00 pm	3.5 Doubles	\$510	15
Sun	8:30-10:00 am	3.5 Singles	\$406	14
	10:00-11:30 am	3.0 Doubles	\$260	14
	8:30-10:00 pm	4.0-4.5 Singles	\$378	14

League play is Sept 8-December 21 (excludes November 26-29)

Play Leagues: Commitment is for the fall and winter season or until a replacement is found.

Instructional Leagues: Work on all aspects of game with tennis professional. Commitment is for the entire fall season.

NOTES: All players, including subs 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 8-Oct 25

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. 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 11:30 am-12:30 pm

Sun 6:30-7:30 pm

Advanced Beginner

Mon 9:00-10:00 am

Tues 11:00 am-12:00 pm

Wed 10:00-11:00 am

Sun 6:30-7:30 pm

Intermediate

Mon 9:00 am-10:00 am

Tues 11:00 am-12:00 pm

Wed 12:00-1:00 pm

Sun 7:30-8:30 pm

Cost (per 7 weeks)

Fitness Member \$139

Program Member \$149

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 \$13.50

Program Member \$15.50



ALL 24 HOUR or LESS TENNIS COURT RESERVATIONS are \$28/hour



Adult Organized Practices

Come join us for a weekly practice session of drills and point play directed by our Tennis Professionals. The practices are for both Men and Women. To register contact a Tennis Pro according to your USTA level. Not rated call the programs office at 248-735-8850, ext. 112.

2.5-3.0 Practices

Contacts: Lisa Crawford 734-560-1557

Mikee Knoll 248-982-4665

3.0-3.5 Practices

Contacts: Tracy Bardallis 248-225-6932

Lisa Crawford 734-560-1557

3.5-4.0 Practices

Contact: Tracy Bardallis 248-225-6932

Lisa Crawford 734-560-1557

4.5 Practices

Contact: Tracy Bardallis 248-225-6932

Lisa Crawford 734-560-1557

Rates: 1 hour 1.5 hours 2 hours

Fitness Member \$24 \$36 \$44

Program Member \$26 \$38 \$46

Private Lessons

If you want to work on your game, try private and semi-private instruction from the best tennis staff in Michigan. **Semi-private instruction add \$5.00 per hour.**

David Kamisar, Donavon Mitchell, Keith Morrison, Jayson Torres

Fitness Members \$107

Program Members \$112

John Hale, Robbie Risdon

Fitness Members \$104

Program Members \$109

Hans Akan, Tracy Bardallis, Todd Beyer, Lisa Crawford, Trey Keating, Mikee Knoll, Gino McMathney, Taylor Pinchoff, Lori Potochick, Anthony Van den Bossche

Fitness Members \$99

Program Members \$104

Graham Cottam, Mike Detizio, Jake Lachowitz, Brenda Lionas, Nikola Nikolov

Fitness Members \$96

Program Members \$101



Metropolitan DANCE CENTRE

Director: Rena Hertrich • Monthly classes begin Sept. 8 • Recital May 21 & 22, 2021

Ages 2 & 3

Tues	9:30-9:55 am	Wee Dancer*
Thurs	5:00-5:25 pm	Wee Dancer*
Fri	9:30-9:55 am	Wee Dancer*
Sat	9:15-9:40 am	Wee Dancer*

Ages 3-5

Mon	5:00-5:55 pm	Pre Ballet/Tap
Tues	10:00-10:55 am	Pre Ballet/Tap
Tues	11:00-11:40 am	Pre Ballet
Tues	4:45-5:25 pm	Pre Ballet
Wed	5:00-5:55 pm	Pre Ballet/Tap
Wed	6:15-6:55 pm	Pre Ballet
Thurs	5:00-5:55 pm	Pre Ballet/Tap
Fri	10:00-10:55 am	Pre Ballet/Tap
Fri	11:00-11:40 am	Pre Ballet
Sat	9:00-9:40 am	Pre Ballet
Sat	9:45-10:40 am	Pre Ballet/Tap
Sat	12:45-1:25 pm	Pre Ballet

K - 1st Grade

Mon	5:45-6:25 pm	Jazz/Hip Hop
Mon	6:30-7:10 pm	Ballet
Tues	5:00-6:10 pm	Ballet & Tap
Wed	5:00-6:10 pm	Ballet & Jazz/Hip Hop
Wed	6:00-7:10 pm	Ballet & Tap
Thurs	6:00-6:40 pm	Tap
Thurs	6:45-7:25 pm	Jazz/Hip Hop
Sat	9:45-10:55 am	Ballet & Jazz/Hip Hop

2nd - 4th Grade

Mon	7:15-7:55 pm	Jazz/Hip Hop
Tues	6:15-6:55 pm	Jazz/Hip Hop
Tues	7:00-7:40 pm	Contemporary/Lyrical
Tues	7:15-7:55 pm	Tap
Wed	6:30-7:10 pm	Contemporary/Lyrical
Wed	7:15-7:55 pm	Ballet
Wed	7:15-7:55 pm	Jazz/Hip Hop
Thurs	6:45-7:25 pm	Ballet
Thurs	7:30-8:10 pm	Jazz/Hip Hop
Sat	10:00-10:40 am	Ballet

*Non-recital class

5th - 8th Grade

Mon	5:00-5:55 pm	Beg/Int Ballet
Tues	8:00-8:40 pm	Tap
Wed	5:00-6:25 pm	Cecchetti Grade II*
Wed	8:00-8:55 pm	Cecchetti Grade I*
Thurs	7:30-8:25 pm	Jazz/Hip Hop

High School

Mon	5:00-5:55 pm	Beg/Int Ballet
Mon	8:00-8:55 pm	Hip Hop
Tues	8:00-8:40 pm	Tap
Wed	5:00-6:25 pm	Cecchetti Grade II*
Wed	8:00-8:55 pm	Cecchetti Grade I*
Thurs	8:15-9:10 pm	Jazz

Adult

Tues	7:45-8:40 pm	Hip Hop*
Wed	8:00-8:55 pm	Adult Ballet*
Sat	9:00-9:55 am	Adult Ballet*
Sat	12:15-1:10 pm	Adult Ballet*

We are preparing for an outdoor experience in dance if necessary!



Cost: (per month, per class):

	25 min	40 min	55 min	70 min
Fitness Members	\$45	\$52	\$57	\$62
Program Members	\$49	\$56	\$61	\$66



Ballet Levels 3-8

Level 3

Mon	6:00-7:00 pm	
Mon	7:00-7:25 pm	Conditioning/Variations*
Thurs	6:30-7:25 pm	

Level 4

Mon	6:00-7:00 pm	
Mon	7:00-7:25 pm	Conditioning/Variations*
Tues	6:15-7:10 pm	

Level 5

Mon	7:30-8:45 pm
Tues	5:00-6:10 pm

Level 6

Mon	7:30-8:45 pm
Tues	7:15-8:55 pm

Level 8

Tues	7:15-8:55 pm
Thurs	7:30-8:55 pm

Extra Classes for Levels 5-8

Wed	5:00-6:25 pm	Cecchetti Grade II*
Wed	7:15-7:55 pm	Pointe Preparation*
Wed	8:00-8:55 pm	Cecchetti Grade I*
Sat	10:45-11:30 am	Barre/Stretch*
Sat	11:30 am-12:10 pm	Variations (Barre/Stretch req.)

*Non-recital class

Call 248.735.8850, ext. 112 for Ballet details and pricing.



Keep Your Kids Dancing & Safe at The Sports Club of Novi

Masks are to be worn travelling to/from dance class

Social distance with masks on while waiting for class

Dancers enter and leave class one at a time

Dancers bring their closed water bottles into the classroom

Each dancer will have their own marked 46-70 square feet of personal dance space

We have allotted time between each class for full room sanitation (floors, barres, & any props)

Drop off and pick up locations will be created



Multiple Class Discount for 2nd-4th and select K-1st classes!

Select two 40 minute classes for the same child and receive a \$25 monthly discount.

Novi Sturgeons Swim Team



Directors: Bob Jenrow and Mark Winter

NOVI STURGEONS SWIM TEAM PARENTS:

Summer of 2020 has been running successfully with six swim team groups comprised of varying ages and skill levels from novice swim team members to junior national qualifier members. Each group has been assigned a number of days/hours in the pool that is commensurate with the swimmer's skill level. Swimmers have been spaced out in the pool to ensure social distancing.

For the fall, we will continue with a similar group structure since we will still be social distancing. Dryland training will be offered for some of the groups. If your child has been enrolled in our group swim lesson program in the past, they may be eligible to join our entry level group which is geared to those swimmers that are ready for the swim team experience. All swim team levels require coaches approval prior to registration.

We have created three potential schedules that coincide with the three options for the fall K-12 school plans. We want to maximize the pool time for each level of our swim team while maintaining the safest protocols for social distancing. As soon as school decisions are final, we will send out schedules for each group via email.

Please contact the Programming Office for additional information on the Novi Sturgeons Swim Team.

Call 248-735-8850, ext. 112 and leave a voicemail or send an email to programoffice@novisturgeons.com.

Thank you and be safe.



Swim Team Practice Covid-19 Guidelines

Only swimmers are allowed on the pool deck



4 swimmers to a lane limit using USA Swimming social distancing protocols at all times



Swimmers are required to come dressed with their suits and workout clothes on when they arrive at the club. Bathrooms will be available with masks required



Swimmers are required to bring their own swim equipment, dryland equipment and towels. Please do not leave anything at the Sports Club of Novi



Train Outdoors with a Personal Trainer!

Personal Training



Kevin Callender
ACE/Queenax
Certified
Tier 2



Ann Werther
ACE/Queenax
Certified,
RYT200 Certified
Tier 1



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



Mollie MacEachern
Injury Rehab,
ACE/Queenax
Certified
Tier 2



Suzanne Schulz
Injury Rehab,
ACE/Queenax
Certified
Tier 1



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



Linda Uehlien
ACE Certified
Personal Trainer
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,
Black Belt
Tier 2

Yoga Wall Training



Ann Werther
ACE/Queenax
Certified,
RYT200 Certified
Tier 1

Active Aging Training



Ann Werther
ACE/Queenax
Certified,
RYT200 Certified
Tier 1



Suzanne Schulz
Injury Rehab,
ACE/Queenax
Certified
Tier 1



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 of the line equipment.
- Our professionals will help you safely test your limits in the gym.

RATES

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

Receive a FREE 2021 Family Summer Swim Club Membership*

Hurry, Only 100 Available!

Call 248.735.8850, ext. 102 Today.

*Restrictions apply. First come, first served.



Family Summer Swim Club
and Luxury Fitness All in One!

