

# Fall Programs

## for Kids & Adults

- Junior Tennis
- Youth Swim
- Martial Arts
- Adult Tennis & Leagues
- Gymnastics & Tumbling & Cheer
- The Metropolitan DanCentre
- Mini-Stars Holiday Sports & Preschool Day Camps
- Personal Training
- Rock Steady Boxing
- Nutrition Coaching

Enroll  
Today!

Every Format Under One Roof!



[tscnovi.com](http://tscnovi.com)

# The BEST Value in Metro Detroit!



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, Cheer, Tae Kwon Do, Gymnastics & Camps\*
- Teams in Cheer, Pom & Swimming\*
- 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.



The Sports Club of Novi Family Programming Membership. **ONLY \$99 per year for the entire family.** Our club simply keeps a family ACTIVE!

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

Download The Sports Club of Novi app!



Check out the daily rates at [tscnovi.com](http://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

42500 Nick Lidstrom Drive, Novi, MI 48375 (just south of 10 Mile Rd.) • 248.735.8850 • [tscnovi.com](http://tscnovi.com)

# Martial Arts

for Children, Teens, and Adults

Tae Kwon Do Kwon Bop Combat Institute



## 1/2 Hour One Class Per Week

### Ages 4 and 5

Mon	5:30 pm
Sat	9:30 am

## 1 Hour Two Days Required

### 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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Cost (per month):	1/2 Hour Per Week	2 Hours Per Week	3 Hours Per Week
<b>Fitness Member</b>	\$36	\$94	\$109
<b>Program Member</b>	\$40	\$114	\$129



- Tae Kwon Do Kwon Bop Combat Training
- Shihan Torella has more than 37 years of Martial Arts experience, has competed world wide, and has been inducted into more than a dozen international Hall of Fames in the Martial Arts community
- Currently president of the United States Italian Martial Arts Alliance (USIMAA), and General Director to the United States of America of WASCA International
- 7th Degree Black Belt

Master Shihan Alfredo Torella,  
Director of Martial Arts

**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.**

## Junior Tennis Sessions:

### Fall 1 (8 weeks)

Sept 3-Oct 28

### Fall 2 (8 weeks)

Oct 29-Dec 22 (Omit Oct 31, Nov 28-Dec 1  
Thurs-Sun pro-rated)

## 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	4:00-5:00 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:

<b>Fitness Member</b>	<b>\$138</b>
<b>Program Member</b>	<b>\$150</b>

## U6 Tennis Daytime Classes – Ages 4-6

Thurs	10:00-11:00 am
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### Cost 1 hour for 8 weeks:

<b>Fitness Member</b>	<b>\$128</b>
<b>Program Member</b>	<b>\$141</b>

## U8 Tennis on Courts – Ages 7-8

Mon/Wed/Fri	5:30-7:00 pm	
Thurs	5:00-6:30 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:

<b>Fitness Member</b>	<b>\$204</b>
<b>Program Member</b>	<b>\$215</b>

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

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

### Cost 2 hours for 8 weeks:

<b>Fitness Member</b>	<b>\$337</b>
<b>Program Member</b>	<b>\$369</b>

## 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:

<b>Fitness Member</b>	<b>\$337</b>
<b>Program Member</b>	<b>\$369</b>

# Junio

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

## 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:

<b>Fitness Member</b>	<b>\$337</b>
<b>Program Member</b>	<b>\$369</b>

## 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:

<b>Fitness Member</b>	<b>\$337</b>
<b>Program Member</b>	<b>\$369</b>

## 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:

<b>Fitness Member</b>	<b>\$337</b>
<b>Program Member</b>	<b>\$369</b>

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

# r Tennis



## District Training

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

### District #1

Mon/Wed/Fri 4:30-6:30 pm

Tues/Thurs 4:00-6:00 pm

### District #2

Mon/Wed/Fri 4:30-6:30 pm

Tues/Thurs 4:00-6:00 pm

<b>Cost 4 hours for 8 weeks:</b>	<b>2 Days</b>
<b>Fitness Member</b>	<b>\$580</b>
<b>Program Member</b>	<b>\$630</b>

## 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

<b>Cost 4 hours for 8 weeks:</b>	<b>2 Days</b>
<b>Fitness Member</b>	<b>\$580</b>
<b>Program Member</b>	<b>\$630</b>

## 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

<b>Cost 4 hours for 8 weeks:</b>	<b>2 Days</b>
<b>Fitness Member</b>	<b>\$580</b>
<b>Program Member</b>	<b>\$630</b>

## Junior Matchplay - Starts September 7th

Directed by David Kamisar at ext. 218 or email David at [userdavid249@gmail.com](mailto: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 \$27/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
<b>WOMEN'S LEAGUES</b>				
<b>Mon</b>	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
<b>Tues</b>	9:00-11:00 am	3.25 Singles/Doubles	\$420	15
	9:30-11:30 am	2.5 Instructional	\$495	15
	11:30 am-1:00 pm	3.5 Singles <b>NEW LEAGUE!</b>	\$270	15
	8:00-9:30 pm	3.5-4.0 Doubles	\$285	15
<b>Wed</b>	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 <b>NEW LEAGUE!</b>	\$270	15
	8:00-9:30 pm	3.0 Doubles	\$285	15
<b>Thurs</b>	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
	11:00 am-1:00 pm	3.5 Doubles	\$266	14
	11:30 am-1:30 pm	2.5-2.75 Instructional	\$462	14
<b>MEN'S LEAGUES</b>				
<b>Mon</b>	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$375	15
	8:30-10:00 pm	3.5 Singles	\$510	15
<b>Tues</b>	7:00-9:00 pm	4.0 Singles/Doubles	\$510	15
<b>Wed</b>	8:30-10:00 pm	3.75 Singles	\$510	15
<b>Thurs</b>	8:00-10:00 pm	3.5 Doubles	\$350	14
<b>Sun</b>	8:30-10:00 am	3.5 Singles	\$406	14
	10:00-11:30 am	3.0 Doubles <b>NEW LEAGUE!</b>	\$260	14
	8:30-10:00 pm	4.0-4.5 Singles	\$378	14

**League play is Sept 3-December 16** (excludes November 28 and December 1)

**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](mailto: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 24

**Fall 2 (7 weeks)** Oct 27-Dec 15 (Omit Dec 1)

**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. 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	10:00-11:00 am	11:00 am-12:00 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	12:00-1:00 pm
Sun	6:30-7:30 pm	

**Intermediate**

Mon	9:00-10:00 am	
Tues	11:00 am-12:00 pm	
Wed	10:00-11:00 am	1:00-2:00 pm
Sun	7:30-8:30 pm	

**Cost (per 7 weeks)**

<b>Fitness Member</b>	<b>\$136</b>
<b>Program Member</b>	<b>\$144</b>

**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**

<b>Fitness Member</b>	<b>\$13</b>
<b>Program Member</b>	<b>\$15</b>

**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 by 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
<b>Fitness Member</b>	<b>\$23</b>	<b>\$35</b>	<b>\$42</b>
<b>Program Member</b>	<b>\$25</b>	<b>\$37</b>	<b>\$44</b>

**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, Marin Kouzmanov, Donavon Mitchell, Keith Morrison, Jayson Torres

<b>Fitness Members</b>	<b>\$105</b>
<b>Program Members</b>	<b>\$110</b>

John Hale, Robbie Risdon, Mariano Yeh

<b>Fitness Members</b>	<b>\$102</b>
<b>Program Members</b>	<b>\$107</b>

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

<b>Fitness Members</b>	<b>\$97</b>
<b>Program Members</b>	<b>\$102</b>

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

<b>Fitness Members</b>	<b>\$94</b>
<b>Program Members</b>	<b>\$99</b>



**ALL 24 HOUR or LESS TENNIS COURT RESERVATIONS are \$27/hour**

Call 248.735.8850 - Ext. 112 or visit us online at [www.tscnovi.com](http://www.tscnovi.com)

# Metropolitan



## Metropolitan Dancentre Open House

Wednesday, August 21  
Free Trial Classes  
5:00-7:00 pm

Company Dance Placements

Call 248.735.8850,  
ext. 112 for details.

Holiday Showcase December 15  
Recital May 15 & 16, 2020



For information: **Contact Programs**  
at 248.735.8850 , ext. 112.

### Classes Begin Tuesday, September 3.

#### Ages 2 & 3

Tues	9:30-10:0 am	Wee Dancer
Fri	9:30-10:00 am	Wee Dancer
Sat	9:00-9:30 am	Wee Dancer

#### Ages 3-5

Mon	4:30-5:15 pm	Pre-Ballet
Tues	10:00-10:45 am	Pre-Ballet
Tues	10:45-11:45 am	Pre-Ballet/Tap
Tues	4:45-5:30 pm	Pre-Pom
Tues	6:15-7:00 pm	Pre-Ballet
Wed	4:30-5:15 pm	Pre-Ballet
Wed	6:15-7:15 pm	Pre-Ballet/Tap
Thurs	5:00-5:45 pm	Pre-Ballet
Thurs	5:30-6:30 pm	Pre-Ballet/Tap
Fri	10:00-10:45 am	Pre-Ballet
Fri	10:45-11:45 am	Pre-Ballet/Tap
Sat	9:00-9:45 am	Pre-Ballet
Sat	9:45-10:45 am	Pre-Ballet/Tap

#### K - 1st Grade

Mon	7:15-8:00 pm	Boys Hip Hop
Tues	4:45-5:30 am	Jazz/Hip Hop
Tues	5:30-6:15 pm	Ballet
Wed	5:00-6:15 pm	Ballet/Tap
Wed	6:15-7:00 pm	Jazz/Hip Hop
Thurs	6:30-7:45 pm	Ballet/Tap
Sat	9:30-10:45 am	Ballet/Tap
Sat	11:45 am-12:30 pm	Jazz/Hip Hop
Sat	12:30-1:15 pm	Tap

#### 2nd - 4th Grades

Mon	7:15-8:00 pm	Boys Hip Hop
Mon	7:15-8:00 pm	Beginner Contemporary Lyrical
Tues	5:30-6:15 pm	Pom
Tues	6:15-7:00 pm	Contemporary/ Lyrical
Tues	7:00-7:45 pm	Jazz
Tues	7:45-8:30 pm	Tap
Wed	5:15-6:15 pm	Ballet
Wed	7:15-8:00 pm	Jazz/ Hip Hop
Thurs	4:45-5:30 pm	Beginner Leaps and turns
Thurs	5:45-7:15 pm	Ballet/Jazz
Thurs	7:45-8:45 pm	Cecchetti Grade I (ages 9+, levels 4 & 5)
Fri	5:15-6:00 pm	Intermediate/Advanced Contemporary Modern (ages 9+, 3+ years of dance experience)

**Tumbling classes for all age groups see  
Gymnastics page nine.**



# Dancentre



## 5th - 8th Grades

Mon	7:15-8:00 pm	Beginner Contemporary Lyrical
Tues	6:15-7:00 pm	Intermediate/Advanced Leaps and Turns (3+ years of dance or one-year competition experience)
Tues	7:00-7:45 pm	Pom
Tues	7:00-8:00 pm	Ballet
Tues	8:00-9:00 pm	Contemporary/ Lyrical
Tues	8:00-9:00 pm	Cecchetti Grade II (ages 12+, level 6, 7, & 8)
Wed	7:00-8:00 pm	Tap
Wed	8:00-9:00 pm	Intermediate/Advanced Musical Theatre (3+ years of dance or one-year competition experience)
Thurs	4:45-5:30 pm	Beginner Leaps and Turns
Thurs	5:30-6:30 pm	Advanced Contemporary Modern (ages 12+, 5+ years of dance experience)
Thurs	7:15-8:15 pm	Jazz/Hip Hop
Thurs	7:45-8:45 pm	Cecchetti Grade I (ages 9+, levels 4 & 5)
Fri	4:30-5:15 pm	Intermediate/Advanced Hip Hop (dancers with 3+ years of dance experience)
Fri	5:15-6:00 pm	Intermediate/Advanced Contemporary Modern (ages 9+, 3+ years of dance experience)
Fri	6:45-7:45 pm	Hip Hop

## High School

Mon	8:00-9:00 pm	Hip Hop
Tues	6:15-7:00 pm	Intermediate/Advanced Leaps and Turns (3+ years of dance or one-year competition experience)
Tues	8:00-9:00 pm	Cecchetti Grade II (ages 12+, level 6, 7, & 8)
Wed	8:15-9:15 pm	Ballet
Thurs	4:45-5:30 pm	Beginner Leaps and Turns
Thurs	5:30-6:30 pm	Advanced Contemporary Modern (ages 12+, 5+ years of dance experience)
Fri	4:30-5:15 pm	Intermediate/Advanced Hip Hop (dancers with 3+ years of dance experience)
Fri	5:15-6:00 pm	Intermediate/Advanced Contemporary Modern (ages 9+, 3+ years of dance experience)

## Adult

Mon	8:00-9:00 pm	Hip Hop
Wed	8:15-9:15 pm	Ballet

## Ballet Level 3-8

### Level 3

Mon	6:15-7:15 pm
Sat	11:45 am-12:45 pm

### Level 4

Mon	6:15-7:15 pm
Sat	9:30-10:45 am

### Level 5

Tues	4:45-6:15 pm
Thurs	4:30-5:30 pm

### Level 6

Mon	5:00-6:15 pm
Wed	4:30-6:15 pm

### Level 7/8

Mon	7:15-9:15 pm
Wed	6:15-7:45 pm

### Level 8 Only

Wed	7:45-8:15 pm
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### Ballet Academy (on pointe)

Sat	10:45 am-12:45 pm
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Call 248.735.8850, ext. 112 for Ballet or Company details and pricing.

# 2019-2020 SPECIAL!

All dancers receive:

- \$20 costume credit
- Two FREE recital tickets for each dancer
- One session of a FREE gymnastics or tumbling class



### Cost: (per month, per class):

	1/2 hour	3/4 hour	1 hour	1 1/4 hours	1 1/2 hours
<b>Fitness Members</b>	\$42	\$47	\$52	\$57	\$62
<b>Program Members</b>	\$44	\$49	\$54	\$59	\$64

# Gymnastics Tumbling & Cheer

**OPEN HOUSE  
FREE CLASSES!**

August 21 • 5-7 pm

Call for details

248.735.8850, ext. 112.

## Gymnastics, Tumbling & Cheer Sessions:

**Fall 1 (8 weeks)** Sept 3-Oct 28

**Fall 2 (8 weeks)** Oct 29-Dec 22  
(Omit Oct 31, Nov 28-Dec 1,  
Thurs-Sun pro-rated)

**Director: Melissa Meadows**

### Gymnastics - Ages 2 and Up

#### Tumble Stars Parent/Child - Ages 2 & 3 (50 minutes)

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

#### Future Stars - Ages 3 & 4 (55 minutes)

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

#### Superstars - Ages 5 & 6 (55 minutes)

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

#### Red Stars - Ages 7 & Up (90 minutes)

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

#### White Stars - Ages 7 & Up (90 minutes)

Mon	5:30 pm
Tues	7:00 pm
Wed	5:00 pm 6:30 pm
Thurs	5:00 pm
Sat	10:00 am 11:30 am

#### Blue Stars - Ages 7 & Up (90 minutes)

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

#### Gold Stars - Ages 7 & Up (90 minutes)

Wed	6:30 pm
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#### Tumbling - Ages 6 and Up (1 hour)

##### Beginner

Thurs	6:30 pm
Sat	9:00 am 1:00 pm

##### Intermediate

Tues	7:00 pm
Thurs	7:00 pm

##### Advanced

Tues	7:00 pm
Thurs	7:00 pm

#### Cheerleading - Ages 6-14 (1 hour)

Tues	7:00 pm
Sat	11:00 am

#### Cost:

#### 8 week session Gymnastics, Tumbling & Cheer

	50 minutes	55 minutes	1 hour	1 1/2 hours
<b>Fitness</b>				
<b>Member</b>	\$125	\$136	\$140	\$164
<b>Program</b>				
<b>Member</b>	\$129	\$138	\$142	\$166

No refunds for missed classes. Make ups available, but not guaranteed. Contact Programs office for make ups and registration at 248.735.8850, ext. 112.



# Gymnastics Levels and Skills



Level	Vault	Bars	Beam	Floor	Trampoline
<b>Tumble Stars (Parent/Child age 2)</b>	Running, Jumping, Landing	Assisted: Hanging, Swinging, Front Supports, Climbing	Assisted Basic Walks and Balancing	Rolling on inclines, Drills for Handstands and Cartwheels	Basic Bouncing
<b>FutureStars (age 3&amp;4)</b>	Large Motor Skills, Landing	Hanging, Swinging, Front Supports, Climbing, Strengthening	Basic Walks and Balancing	Rolling on inclines, Drills for Handstands and Cartwheels	Basic Jumps: Tuck, Straddle, Half
<b>Super Stars (age 5&amp;6)</b>	Large Motor Skills, Spring Board Drills, Squat Ons	Chin Up Pull over drills, Forward Roll Dismount	Walks and Balancing	Rolling, Handstand Drills, Cartwheels, Bridges, Back Bend Drills, Bridge Kickover Drills	Basic Jumps: Tuck, Straddle, Half, Seat Drop
<b>Red Stars (age 7+)</b>	Squat On, Straddle On, Spring Board Drills, Bounce to Handstand Drills	Pull Over, Front Support, Casting, Forward Roll Dismount, Candle Stick on Rings, Sole Circle Drills	Basic Beam Complex, Basic Jumps, Arabesque and Scale, Lunge Lever Lunge, Releve Holds	Bridge Kick Over Down Incline, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Lunge Lever Lunge	Basic Jumps: Tuck, Straddle, Half, Seat Drop, Pike Jump
<b>White Stars (age 7+)</b>	Spring Board Drills with Arm Circle, Handstand Flatbacks	Back Hip Circle Drills, Forward Cut, Backward Cut, Stride Hold, Sole Circle Dismount	Basic Beam Complex on Releve, Intermediate Jumps, Handstands on Low Beam	Bridge Kick Over, Back Bend, Handstand to Bridge, Bridge Stand Up, Standing Round Off	Basic Jumps, Split Jumps, Back Handspring Drills
<b>Blue Stars (age 7+)</b>	Handstand Flat Back onto stacked mats, Blocking Drills	Stride Circle, Cast to Horizontal, Squat On, Glide, Back Hip Circle, Pike Sole Circle Dismount, Shoot Through	Handstand on High Beam, Cartwheel on Low Beam, Half Turn, Leaps, Side Handstands, Advanced Jumps	Back Walkover, Front Walkover, Back Handspring, Leaps, Jumps, Turns	Back Handsprings
<b>Gold Stars (age 7+)</b>	Front Handsprings	Drop Kip, Glide, Cast Above Horizontal, Squat On, Front Hip, Underswing Dismount,	Cartwheel, Back Walkover, Full Turn, Leap/Jump Combinations	Round Off Back Handspring, Tucks, Connection tumbling, Ariels, Front Handspring	Tucks and Layouts
<b>Tumbling (Beginner)</b>				Bridge Kick Over, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Back Bend	Basic Jumps, Split Jumps, Back Handspring Drills
<b>Tumbling (Intermediate)</b>				Round Off, Front Walkover, Back Walkover, Back Handspring	Back Handsprings
<b>Tumbling (Advanced)</b>				Round Off Back Handspring, Tucks, Connection tumbling, Ariels, Front Handspring	Tucks and Layouts

## Youth Swim Sessions:

**Fall 1 (7 weeks)** Sept 14-Oct 30  
(Thurs pro-rated to 6 weeks)

**Fall 2 (7 weeks)** Nov 2-Dec 22  
(Omit Nov 28-Dec 1. Thurs pro-rated to 6 weeks)

## CLASS DESCRIPTIONS

### Ages 3-6 Classes:

Gain confidence in the water. Learn basic swim skills. No experience necessary.

**3's & 4's:** A fun introduction to swimming.

**5's & 6's:** Swimmer will learn and develop basic swimming techniques used throughout our program.

### Ages 7 and Up Classes:

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

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

# Youth

**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 without stopping. 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.

**No refunds or makeups for missed classes.**

**Goggles required for all students.**

## Ages 3-6

### 3's & 4's (30 minutes)

Wed 5:00-5:30 pm

Thurs 5:00-5:30 pm

Sat 12:00-12:30 pm

Sun 11:00-11:30 am

### 5's & 6's (30 minutes)

Mon 6:15-6:45 pm

Tues 6:30-7:00 pm

Wed 6:30-7:00 pm

Thurs 5:45-6:15 pm

Sat 11:15-11:45 am

Sun 11:30 am-12:00 pm

## Ages 7 and Up

### Learner (45 minutes)

Tues 5:30-6:15 pm

Wed 6:15-7:00 pm

Thurs 6:15-7:00 pm

Sat 11:15 am-12:00 pm

Sun 11:00-11:45 am

### Swimmer (45 minutes)

Mon 6:15-7:00 pm

Tues 5:45-6:30 pm

Wed 5:45-6:15 pm

Thurs 6:15-7:00 pm

Sat 11:15 am-12:00 pm

Sun 12:00-12:45 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 12:00-12:45 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 12:45-1:30 pm

### Mastery 2 (60 minutes)

Mon 7:00-8:00 pm

Sat 12:30-1:30 pm

### Middle/High School Beginner

Call for 248.735.8850, ext.112 for details.

<b>Cost: Youth Swim 7 weeks</b>	<b>30/45 min.</b>	<b>60 min.</b>
<b>Fitness Members</b>	<b>\$96</b>	<b>\$117</b>
<b>Program Members</b>	<b>\$101</b>	<b>\$122</b>



**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 1/2 hour

<b>Fitness Members</b>	<b>\$28</b>
<b>Program Members</b>	<b>\$30</b>

### Advanced Swim Instructors

<b>Fitness Members</b>	<b>\$36</b>
<b>Program Members</b>	<b>\$38</b>

### Sturgeon Swim Team Coaches

<b>Fitness Members</b>	<b>\$40</b>
<b>Program Members</b>	<b>\$42</b>



## 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
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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.

**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](mailto: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 \$140.**

### Discover what's right for you

Contact Lisa at [lisaverdejo.tsc@gmail.com](mailto: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**  
Injury Rehab,  
ACE/Queenax  
Certified  
Tier 2



**Suzanne Schulz**  
Injury Rehab,  
ACE/Queenax  
Certified  
Tier 1



**Sarah Hake**  
B.S. Biomedical  
Sciences,  
Certified Personal  
Trainer  
Tier 3



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

**Email the trainer of your choice at [tscnovi.com](http://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

## 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**  
Nutrition 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 of the 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 pre-school that includes sports and fitness classes. 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 Taylor Pinchoff, ext. 216.

### Sessions

**Fall 1 (7 weeks)** Sept 10-Oct 24

**Fall 2 (7 weeks)** Oct 29-Dec 12

(Thurs pro-rated to 5 weeks. Omit Oct 31, Nov 28)

### Days & Times:

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

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

**Cost 1/2 Day 7 Weeks**

**Fitness Members \$188**

**Program Members \$196**

PRSR1 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.)  
**248.735.8650**



## 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 Taylor Pinchoff, 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 (1/2 Day) - Mini-Stars only

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

#### Holiday Sports & Mini Stars Camp Dates

Mon	Dec 23	Dec 30
Thurs	Dec 26	Jan 2, 2020
Fri	Dec 27	Jan 3, 2020

(\*Mini-Stars Camp morning only)

<b>Cost</b>	<b>Full Day</b>	<b>1/2 Day*</b>
<b>Fitness Member</b>	<b>\$60</b>	<b>\$32</b>
<b>Program Member</b>	<b>\$62</b>	<b>\$34</b>