

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

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

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

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 |
|------------|---------|

Black Belt

| | |
|------------|---------|
| Tues/Thurs | 8:00 pm |
|------------|---------|



| Cost (per month): | 1/2 Hour Per Week | 2 Hours Per Week | 3 Hours Per Week |
|-----------------------|-------------------|------------------|------------------|
| Fitness Member | \$36 | \$94 | \$109 |
| Program Member | \$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:

| | |
|-----------------------|--------------|
| Fitness Member | \$138 |
| Program Member | \$150 |

U6 Tennis Daytime Classes – Ages 4-6

| | |
|-------|----------------|
| Thurs | 10:00-11:00 am |
|-------|----------------|

Cost 1 hour for 8 weeks:

| | |
|-----------------------|--------------|
| Fitness Member | \$128 |
| Program Member | \$141 |

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:

| | |
|-----------------------|--------------|
| Fitness Member | \$204 |
| Program Member | \$215 |

*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:

| | |
|-----------------------|--------------|
| Fitness Member | \$337 |
| Program Member | \$369 |

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 | \$337 |
| Program Member | \$369 |

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:

| | |
|-----------------------|--------------|
| Fitness Member | \$337 |
| Program Member | \$369 |

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 | \$337 |
| Program Member | \$369 |

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 | \$337 |
| Program Member | \$369 |

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

| | |
|----------------------------------|---------------|
| Cost 4 hours for 8 weeks: | 2 Days |
| Fitness Member | \$580 |
| Program Member | \$630 |

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: | 2 Days |
| Fitness Member | \$580 |
| Program Member | \$630 |

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: | 2 Days |
| Fitness Member | \$580 |
| Program Member | \$630 |

Junior Matchplay - Starts September 7th

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 \$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 |
|------------------------|-------------------|-------------------------------------|-------|-------|
| 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 |
| | 11:30 am-1:00 pm | 3.5 Singles NEW LEAGUE! | \$270 | 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 NEW LEAGUE! | \$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 |
| | 11:00 am-1:00 pm | 3.5 Doubles | \$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 | \$350 | 14 |
| Sun | 8:30-10:00 am | 3.5 Singles | \$406 | 14 |
| | 10:00-11:30 am | 3.0 Doubles NEW LEAGUE! | \$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

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)

| | |
|-----------------------|--------------|
| Fitness Member | \$136 |
| Program Member | \$144 |

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 |
| Program Member | \$15 |

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 |
|-----------------------|-------------|-------------|-------------|
| Fitness Member | \$23 | \$35 | \$42 |
| Program Member | \$25 | \$37 | \$44 |

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

| | |
|------------------------|--------------|
| Fitness Members | \$105 |
| Program Members | \$110 |

John Hale, Robbie Risdon, Mariano Yeh

| | |
|------------------------|--------------|
| Fitness Members | \$102 |
| Program Members | \$107 |

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

| | |
|------------------------|--------------|
| Fitness Members | \$97 |
| Program Members | \$102 |

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

| | |
|------------------------|-------------|
| Fitness Members | \$94 |
| Program Members | \$99 |



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

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 |
|-----|--------------|

Ballet Academy (on pointe)

| | |
|-----|-------------------|
| Sat | 10:45 am-12:45 pm |
|-----|-------------------|

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 |
|------------------------|----------|----------|--------|-------------|-------------|
| Fitness Members | \$42 | \$47 | \$52 | \$57 | \$62 |
| Program Members | \$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 |
|-----|---------|

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 |
|-----------------------|------------|------------|--------|-------------|
| Fitness Member | \$125 | \$136 | \$140 | \$164 |
| Program Member | \$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

Preschool and Recreational Appropriate Equipment Only

| Level | Vault | Bars | Beam | Floor |
|--|--|---|--|--|
| PRESCHOOL Tumble Stars (Parent/Child age 2) | Running, Jumping, Landing) | Assisted: Hanging, Swinging, Front Supports, Climbing | Assisted: Basic Walks and Balancing | Rolling on inclines, Drills for Handstands and Cartwheels |
| PRESCHOOL Future Stars (age 3 & 4) | Large Motor Skills, Landing | Hanging, Swinging, Front Supports, Climbing, Strengthening | Basic Walks and Balancing | Rolling on inclines, Drills for Handstands and Cartwheels |
| PRESCHOOL Super Stars (age 5 & 6) | 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 |
| RECREATIONAL Red Stars (age 7-11) | 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 |
| RECREATIONAL White Stars (age 7-11) | 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 |
| RECREATIONAL Blue Stars (age 7-11) | 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 |
| RECREATIONAL Gold Stars (age 7-11) | 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 |
| Tumbling (Beginner) | | | | Bridge Kick Over, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Back Bend |
| Tumbling (Intermediate) | | | | Round Off, Front Walkover, Back Walkover, Back Handspring |
| Tumbling (Advanced) | | | | Round Off Back Handspring, Tucks, Connection Tumbling, Ariels, Front Handspring |

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.

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



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

| | |
|------------------------|-------------|
| 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 \$140.

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
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 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)

| Cost | Full Day | 1/2 Day* |
|-----------------------|-------------|-------------|
| Fitness Member | \$60 | \$32 |
| Program Member | \$62 | \$34 |