

Award Winning Sports and Fitness Programs for Kids and Adults ■ Winter/Spring 2017



- Adult & Junior Tennis
- Youth Swim
- Swim Team
- The Metropolitan Dancentre
- Gymnastics, Cheer & Tumble
- Adult & Youth Martial Arts
- Adult & Youth Fitness
- Yoga & YogaKidz
- Nutrition Coaching
- Rock Steady Boxing for Parkinson's

Join The Club.

The BEST value in Metro Detroit!

The Sports Club of Novi Family Programming Membership. ONLY \$89 per year for the entire family. Our club simply keeps a family ACTIVE!

Programming Membership gives access to:

- 12 Tennis Courts*
- Two USTA Official Kids Short Courts*
- Two Pickle Ball Courts*
- Golf Simulator*
- Lap Swimming year round* (scheduled times)
- Programs in Swimming, Tennis, Dance, Taekwondo, Gymnastics & Camps*
- Teams in Cheer, Swimming & Martial Arts*
- Boot Camps*
- Wall Yoga*
- Pilates Equipment Training*
- Babysitting service with Kids Theater*
- Free Sports Stretching & Warm-up Area
- Free Open Swim in Indoor Pool (Fall, Winter, Spring - Sat/Sun 1:00-5:00 pm)
- Free High Speed WiFi

*Fees apply.



Join The Club. Call 248-735-8850, ext.112 today.

Holiday Cheer Camps

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

Holiday Cheer Camp Days

Mon-January 2

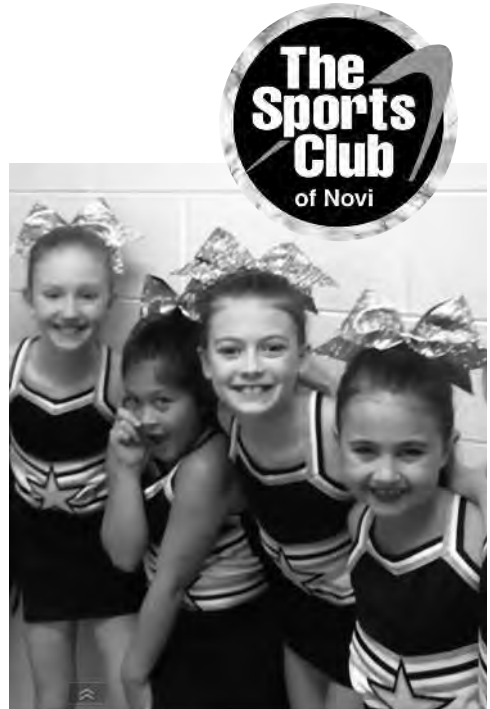
Tues-January 3

Wed-January 4

Holiday Cheer Camp Times

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

Cost: Per 3 Days	2 Hours
Fitness Member	\$60
Program Member	\$66
Daily Rate	\$26



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

Holiday Sports & Mini-Stars Camps

The Holiday Sports Camp and Mini Stars program is a unique and exciting blend of skill development and fun competition. Variety is the spice of our program and the young sports enthusiast will revel in this camp's nonstop athletic activity. Each camper will participate in daily activities such as tennis, swimming, gymnastics, dance, martial arts, and team sports. Sports Camp is designed for ages 6-12 years old. Mini Stars is for ages 3½-6 years old, and potty trained. Directed by Brenda Lionas, ext. 216.

Camp Info

Drop-off/Pick-up

Morning check-in will be from 8:45-9:00 am every day. Parents should escort their child to the designated check-in table. Pick-up will be from 3:00-3:10 pm. If parents have not arrived by 3:10 pm the child will be escorted to Post-care and signed in. There will be a charge for any child taken to Post-care. Pre-care camp and Post-care camp available before and after camp.

Fee for Pre-care is \$4.00 and \$9.00 for Post-care.

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

Lunch

Full day campers have the option of purchasing or bringing lunch. If you are bringing your lunch, please put names on all lunch boxes or bags. For campers purchasing lunch, money and orders will be taken during the morning

check-in each day. The price for lunch is \$4.00. We will serve a choice of two slices of cheese or pepperoni pizza, or hotdog, fruit, chips and a soft drink.

What to Wear/Bring

Campers should dress in exercise appropriate clothing and **must wear tennis shoes** (no black soles please). Remember to bring sport bags, swimsuits, and water bottles. Please mark all items with your camper's name.

Days and Times

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

Mon-Fri 12:15-3:00 pm (½ Day) - Mini-Stars only

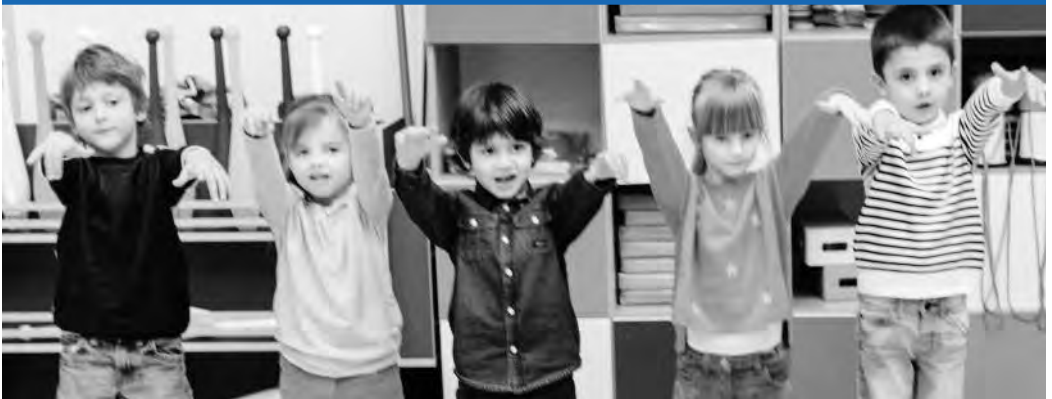
Mon-Fri 9:00 am-3:00 pm (Full Day)

Holiday Sports & Mini Stars Camp Dates

Mon	Dec 26	Jan 2	Apr 3
Tues	Dec 27	Jan 3	Apr 4
Wed	Dec 28	Jan 4	Apr 5
Thurs	Dec 29	Jan 5	Apr 6
Fri	Dec 30	Jan 6	Apr 7

Cost	Weekly	Full Day	½ Day*
Fitness Member	\$255	\$55	\$29
Program Member	\$265	\$59	\$31

(*Mini-Stars Camp only)



Mini-Stars Preschool Day Camp

Fun With Education and Sports for 3-6 Year Olds

Children learn best in a fun, active, hands-on environment. The Preschool Day Camp is an excellent alternative to preschool that includes sports and fitness classes. The program is designed to prepare your preschooler for kindergarten by learning at an age appropriate level in the following areas: language and literacy, social studies, social development, mathematics, science, and creative development. They will also be introduced and instructed in the fundamentals of tennis, gymnastics, swimming, martial arts, basketball, scooter carts and more! Emphasis will be placed on fine and gross motor skills. The program is designed for children 3-6 years of age (all children must be potty trained). Directed and supervised by Brenda Lionas, ext. 216.

Sessions

Winter 1 (6 weeks) Jan 9-Feb 16

Winter 2 (6 weeks) Feb 20-Mar 30

Spring (6 weeks) Apr 10-May 18

Days & Times:

Mornings Mon/Tues/Wed/Thurs 9:15 am-12:00 pm

Afternoons Mon/Tues/Wed/Thurs 12:15-3:00 pm

Cost ½ Day	6 Weeks
Fitness Members	\$156
Program Members	\$168



Junior



Junior Tennis Sessions:

- Winter 1 (9 weeks)** Jan 6-Mar 9
- Winter 2 (9 weeks)** Mar 10-May 18 (Omit Apr 3-6, Apr 14-16)
- Spring (4 weeks)** May 19-Jun 18 (Omit May 27-29, Mon prorated to 3 weeks, Fri prorated to 5 weeks.)

Ages 10 and Under Courts!

Introduce your child to this lifetime sport in the most fun-filled, kid-friendly environment. Your child will be taught all the entry level skills required to play tennis. Classes will take place on our specially designed 36' x 18' courts. Soft tennis balls will be used by our team of professionals.

U6 Tennis on Courts – Ages 4-6

Mon/Wed/Fri	4:30-5:30 pm	
Tues/Thurs	4:00-5:00 pm	
Sat	9:30-10:30 am	12:00-1:00 pm
	2:30-3:30 pm	
Sun	12:30-1:30 pm	1:30-2:30 pm
	4:00-5:00 pm	

Cost 1 hour for 9 weeks:	
Fitness Member	\$145
Program Member	\$159

U6 Tennis Daytime Classes – Ages 4-6

Tues	12:30-1:30 pm	
Thurs	11:30 am-12:30 pm	

Cost 1 hour for 9 weeks:	
Fitness Member	\$120
Program Member	\$146

U8 Tennis on Courts – Ages 7-8

Mon/Wed/Fri	5:30-7:00 pm	
Tues/Thurs	5:00-6:30 pm	
Sat	10:30 am-12:00 pm	1:00-2:30 pm
	3:30-5:00 pm	
Sun	2:30-4:00 pm	5:00-6:30 pm

Cost 1½ hours for 9 weeks:	
Fitness Member	\$215
Program Member	\$227

U10 Tennis – Ages 8-11

This student is ready for a combination of 60' court play and full court play. This class will focus on stroke production and teach the fundamentals of movement on a tennis court. This program will cover serving, score-keeping and developing all the tools necessary to begin competing with other children.

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

Cost 2 hours for 9 weeks:	
Fitness Member	\$357
Program Member	\$390

Teen Tennis – Ages 11-17

This student wants to learn the sport of tennis. Join up with kids your own age with the same goals. The class will cover all the skills necessary to begin to play. Our professionals will be going through all the fundamentals at a speed that a teenager can handle.

Mon/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 2 hours for 9 weeks:	
Fitness Member	\$357
Program Member	\$390

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, overhands, serving and receiving. Professionals will also introduce early strategy development during competitive games. Players will be encouraged to participate in other tennis playing events.

Mon/Wed/Fri	4:30-6:30 pm	
Tues	4:00-6:00 pm	
Sat	1:00-3:00 pm	3:00-5:00 pm
Sun	2:30-4:30 pm	4:30-6:30 pm

Cost 2 hours for 9 weeks:	
Fitness Member	\$357
Program Member	\$390

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. No make-ups for U6 and U8 for missed classes.

Tennis

Pre-Tourney Development - Ages 12-17

This program is designed for a player that has been playing for several years and that is working towards participating in a competitive setting or sanction tournament play. It will focus on repetition, intermediate stroke production and strategic point play.

Mon/Wed/Fri	4:30-6:30 pm	
Tues	4:00-6:00 pm	
Sat	1:00-3:00 pm	3:00-5:00 pm
Sun	2:30-4:30 pm	4:30-6:30 pm

Cost 2 hours for 9 weeks:

Fitness Member	\$357
Program Member	\$390

District Competitors - Ages 10-15

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.

Mon/Wed/Fri	4:00-6:00 pm
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Cost 4 hours for 9 weeks:

Fitness Member	\$618	2 Days
Program Member	\$667	

JV Training - Ages 13-17

This program is designed for the player that has played many years of tennis and is working towards a position on a High School tennis team. Doubles skills will be a significant focus of the class. All aspects of competitive high school tennis will be covered including strategy and on court conditioning. Players are required to sign up for two days per week. Placement approval is required.

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

Cost 4 hours for 9 weeks:

Fitness Member	\$618	2 Days
Program Member	\$667	

Varsity Training

Directed by Jayson Torres. This program is designed for the High School Tennis player who wants to stay sharp and learn new skills. Coaches will expect a hard and sincere work effort. Players must be participating on a qualified high school team. All players will be divided up by level. Players are required to participate in two days per week. Placement approval is required.

Tues/Thurs	4:00-6:00 pm
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Cost 4 hours for 9 weeks:

Fitness Member	\$618	2 Days
Program Member	\$667	



Girl's High School Varsity & JV Training

This special session is designed for High School Varsity and JV players currently participating in the Girl's MHSA High School season.

Winter (9 weeks) Jan 9-Mar 8

Mon/Wed	3:00-4:30 pm
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Cost for 9 weeks 1 Day, 1 1/2 hours:

Fitness Member	\$250
Program Member	\$279

Cost for 9 weeks 2 Days, 3 hours:

Fitness Member	\$430
Program Member	\$478

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

Adult Tennis Leagues

Men and Women...Looking to put all that Tennis practice into play? Our winter in-house Tennis Leagues are just the thing for you! Enjoy 18 exciting weeks of play. From instructional leagues to 4.0 Singles and/or Doubles, we've got it all. Meet new people and enjoy fun, competitive play. See below for schedule or contact our Programs office for details.

DAY	TIME	LEVEL	PRICE	WEEKS
WOMEN'S LEAGUES				
Mon	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$433	18
Tues	9:00-11:00 am	3.25 Singles/Doubles	\$478	18
	9:00-11:00 am	3.0 Instructional	\$575	18
	11:00 am-1:00 pm	2.5-2.75 Instructional	\$575	18
	8:00-9:30 pm	3.75 Doubles	\$320	18
Wed	9:00-11:00 am	3.0 Instructional	\$575	18
	8:00-9:30 pm	3.25 Doubles	\$320	18
Thurs	9:00-11:00 am	3.0 Doubles	\$321	18
	9:30-11:30 am	3.25 Doubles	\$321	18
	9:30-11:30 am	3.0-3.5 Instructional	\$575	18
	11:00 am-1:00 pm	3.5 Doubles	\$321	18
	11:30 am-1:30 pm	2.75-3.0 Instructional	\$575	18
MEN'S LEAGUES				
Mon	8:30-10:00 pm	3.5 Singles	\$515	18
	8:00-9:30 pm	Mixed 2.5-3.0 Instructional	\$433	18
Tues	7:00-9:00 pm	4.0 Singles/Doubles	\$575	18
Wed	8:30-10:00 pm	3.75 Singles	\$515	18
Thurs	8:00-10:00 pm	3.5 Doubles	\$419	18
Sun	9:00-10:30 am	3.5 Singles	\$472	18
	8:30-10:00 pm**	4.0-4.5 Singles	\$458	18

League play begins January 8-May 14, 2017 (Omit Apr 16) ** (Omit Feb-5. Make up date is May-21.)

Instructional League - work on all aspects of game with Tennis professional.

NOTE: A League commitment is for the entire season or until a replacement is found.

All league players must have a Program or Fitness Membership. Players placement is based on current USTA ratings.

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





Adult House Clinics

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

Beginner

Mon 9:30-10:30 am

Wed 1:00-2:00 pm

Sun 7:30-8:30 pm

Advanced Beginner

Mon 9:00-10:00 am

Tues 1:00-2:00 pm

Wed 12:00-1:00 pm

Sun 6:30-7:30 pm

Intermediate

Mon 1:30-2:30 pm

Wed 11:00 am-12:00 pm 1:00-2:00 pm

Thurs 1:30-2:30 pm

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

Cost (per 6 weeks)

Fitness Member \$110

Program Member \$115

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

Drop in for a morning of Tennis! 7:00-9:00 am

Tue (3.0-3.5) Wed (3.5-4.0) Thurs (3.0-4.0)

Cost

Fitness Member \$12

Program Member \$13

Adult Matchplay

Men and Women come join us for singles and doubles matchplay. Each week matches are organized by tennis professional Marin Kouzmanov. Times and days vary according to court availability. Contact Marin at ext. 239 for details.

Junior Matchplay

Come join southeastern Michigan's matchplay. For more information or to register contact David at 248-735-8850, ext. 218 or userdavid249@gmail.com.

Sat 5:00-8:00 pm

Sun 11:30 am-2:30 pm



Private Lessons

If you want to work on your game, try private instruction from the best tennis staff in Michigan.

Mike Findling, David Kamisar, Marin Kouzmanov, Donavon Mitchell, Jayson Torres

Fitness Members \$100

Program Members \$105

John Hale, Keith Morrison, Robbie Risdon, Andres Torres

Fitness Members \$97

Program Members \$102

Hans Akan, Tracy Bardallis, Todd Beyer, Lisa Crawford, Mikee Knoll, Lori Potochick

Fitness Members \$92

Program Members \$97

Carol Childs, Graham Cottam, Mike Detizio, Jake Lachowitz, Brenda Lionas, Gino Mc Cathney, Nikola Nikolov, Preslee Nolte, Taylor Pinchoff, Anthony Van den Bossche

Fitness Members \$87

Program Members \$92

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

Youth Swimming

Sessions

Winter 1 (6 weeks) Jan 7-Feb 17

Winter 2 (6 weeks) Feb 18-Mar 31

Spring (6 weeks) Apr 8-May 19 (Omit Apr 14-16, Fri-Sun prorated to 5 weeks)

Preschool Classes Ages 3-5

Starfish (30 minutes)

Tues 10:00-10:30 am

Thurs 11:00-11:30 am

Sat 12:00-12:30 pm

Guppy (30 minutes)

Mon 6:15-6:45 pm

Tues 10:00-10:30 am

Thurs 11:00-11:30 am

Sat 12:00-12:30 pm 12:30-1:00 pm

Sun 11:45 am-12:15 pm

Penguin (30 minutes)

Tues 10:30-11:00 am

Thurs 10:30-11:00 am

Sat 12:30-1:00 pm

Youth Swim Classes Kindergarten and Up

Novice (30 minutes)

Mon 6:45-7:15 pm

Tues 5:45-6:15 pm

Wed 5:45-6:15 pm

Thurs 5:30-6:00 pm

Sat 11:15-11:45 am 12:45-1:15 pm

Sun 11:45 am-12:15 pm

Learner (45 minutes)

Tues 5:30-6:15 pm

Wed 6:15-7:00 pm

Thurs 6:15-7:00 pm

Sat 10:30-11:15 am 12:00-12:45 pm

Sun 12:30-1:15 pm

Swimmer (45 minutes)

Mon 6:15-7:00 pm

Tues 6:15-7:00 pm

Wed 6:15-7:00 pm

Thurs 6:00-6:45 pm

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

Sun 12:30-1:15 pm

Technique (45 minutes)

Mon 7:00-7:45 pm

Tues 6:15-7:00 pm

Wed 5:30-6:15 pm

Thurs 5:30-6:15 pm 7:00-7:45 pm

Sat 11:15 am-12:00 pm

Sun 10:15-11:00 am 11:00-11:45 am

Mastery (45 minutes)

Mon 5:30-6:15 pm

Tues 7:00-7:45 pm

Sat 10:30-11:15 am

Sun 11:00-11:45 am

Mastery 2 & Middle/High School (60 minutes)

Wed 7:00-8:00 pm

Sat 12:15-1:15 pm

Middle/High School Beginner (45 minutes)

Sat 12:00-12:45 pm

Cost: Youth Swim 6 weeks	30/45 min.	60 min.
Fitness Members	\$78	\$96
Program Members	\$83	\$102

Youth Swim Private Swim Lessons

For additional information, call programs at 248-735-8850, ext. 112.

Private 30 minute lessons – Fee per swimmer

***Semi-Private 30 minute lessons –**

Add \$6.00 per ½ hour

Instructors Private

Austin Hayek, Jonathon Lee,
Kelsey Macaddino, Mallory Martock,
Julia Scavnicky, Max Williams

Fitness Members	\$24
Swim Club & Program Members	\$26

Emie Noble, Scott Winslow

Fitness Members	\$32
Swim Club & Program Members	\$34

Corrie Belle, Thomas Naughton

Fitness Members	\$35
Swim Club & Program Members	\$37

Kelly Adams, Kim Kerwin

Fitness Members	\$37
Swim Club & Program Members	\$39

Cammy Jenrow, Bob Jenrow, Mark Winter

Fitness Members	\$40
Swim Club & Program Members	\$42



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



Novi Sturgeons Swim Team



The Teams

Pre Team* (two days per week)

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

Developmental* (two days per week)

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

Junior Team* (3 days per week)

Novice competitive swimmers who want to improve their skills and training abilities in preparation for advancement to the state team. Junior Team is designed for swimmers who are committed to intensive training three days per week to work towards moving into the state team program.

Mon/Wed	5:30-7:00 pm
Tues/Thurs	5:30-7:00 pm
Sat	10:30 am-12:00 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 four days per week. Tryouts required for new swimmers.

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. Tryouts required for new swimmers.

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: No make-ups for missed classes, only for pool cancellations. In case of inclement weather call the Hotlines at 248-735-8850. Youth Swim ext. 237, or the Swim Team at ext. 236.

CLASS DESCRIPTIONS

Pre-School Kindergarten Classes:

To gain comfort and confidence in the water. Learn basic swim skills.

Starfish: No swim experience. May be hesitant or fearful in the water.

Guppy: Not afraid of water, and comfortable in water.

Penguin: Can submerge and float independently, very comfortable in water.

School Age Classes:

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

Novice: Introductory to The Sports Club of Novi swimming for ages 10 and under. Students will learn and develop basic swimming techniques used throughout our level program.

Learner: Jumps in shallow independently, swim to side with face in water. Focus on rotary breathing, backstroke and deep water exposure.

Swimmer: Jumps in deep. Can swim front crawl with rotary breathing. Focus on building endurance in the front crawl, backstroke and diving.

Technique: Swims front crawl and backstroke 25 meters. Focus on bi-lateral breathing front crawl, breaststroke and butterfly.

Mastery: Swims the four competitive strokes with correct technique. End Goal: 100 meters front crawl with flip turns. Swim 50 meters all other strokes.

Mastery 2 & Middle/High School: Swim one hour. Increase endurance, improve technique. Prepare for swim team and school activities. Must have basic skills in all four strokes.



Novi's "Hidden Gem"

Sessions

Winter 1 (6 weeks) Jan 7-Feb 17

Winter 2 (6 weeks) Feb 18-Mar 31

Spring (6 weeks) Apr 8-May 19 (Omit Apr 14-16, Fri-Sun prorated to 5 weeks)

Wee Dancer Ages 2 & 3 (30 minutes)

Tues 9:30-10:00 am

Fri 9:30-10:00 am

Sat 9:15-9:45 am

Pre-Combo Ages 3-5 (60 minutes)

Sat 12:30-1:30 pm

Pre-Ballet Ages 3-5 (45 minutes)

Tues 10:00-10:45 am

K-1st Grade

Jazz (45 minutes)

Thurs 4:30-5:15 pm

Ballet/Tap Combo (75 minutes)

Tues 5:00-6:15 pm

1st - 5th Grades (45 minutes)

Boys Hip Hop

Mon 7:45-8:30 pm

2nd - 4th Grades (45 minutes)

Jazz

Tues 6:15-7:00 pm

Cost: (6 Week Session)

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

Martial Arts

for Children Teens and Adults Taekwon-do Kwonbop Combat Institute

1/2 Hour Class

Ages 4 and 5

Wed	4:30 pm
Sat	9:30 am

1 Hour Classes

Beginner and Trial Classes - Ages 6 and Up

Mon/Tues/Wed/Thurs	5:00 pm
Sat	10:00 am

Martial Arts 1 - Ages 6 and Up

Mon/Tues/Wed/Thurs	6:00 pm
Sat	11:00 am

Martial Arts 2 - Ages 12-16

Mon/Tues/Wed/Thurs	7:00 pm
Sat	12:00 pm

Adult - Ages 16 and Up

Tues/Thurs	8:00 pm
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Black Belt

Tues/Thurs	8:00 pm (Specialty rate)
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NEW! Demo Team (Director approval)

Wed	8:00 pm (Specialty rate)
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Cost (per month):

	1 Class Per Week 1/2 Hour	2 Classes Per Week 1 Hour	3 Classes Per Week 1 Hour
Fitness Member	\$28	\$90	\$100
Program Member	\$32	\$110	\$120

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.



Master Alfredo Torella, Director of Martial Arts

- 6th Dan Founder of Taekwon-do Kwonbop Combat Institute
- 5th Degree Black Belt in Bushido Kempo/Kwonbop Combat
- 4th Degree Black Belt in Taekwondo Kwon Bop Do
- 2015 Hall of Fame Legendary Master
- 2015 Distinguished Master of the World Head of Family Sokeship Council
- 2013 Master Instructor of the Year Hall of Fame WHFSC
- Founder, President and Director of the USIMAA

FREE one week trial
FREE uniform with
one month registration

Call 248-735-8850, ext. 112.

Gymnasti



Gymnastics, Cheer Technique & Tumble Sessions:

- Winter 1 (9 weeks)** Jan 6-Mar 9
- Winter 2 (9 weeks)** Mar 10-May 18 (Omit Apr 3-6, Apr 14-16)
- Spring (4 weeks)** May 19-Jun 18 (Omit May 27-29, Mon prorated to 3 weeks, Fri prorated to 5 weeks.)

Preschool Program Ages 2-6 years

Our preschool program is designed to introduce fun gymnastics as your child builds strength, flexibility and confidence. Often events are taught using circuits that keep your child focused, moving and learning in a gymnastics classroom setting. Each child will do all of the events: floor, bars, beam and vault. Our equipment is appropriately sized for safety and to enhance your gymnast's learning experience. Preschool/Recreation and Tumbling Director, Brenda Lionas, ext. 216.

Tumble Stars –Parent/Child class for 2-3 years (50 minutes)

Parent and child get to share the excitement of gymnastics and learning as you rotate through gymnastics events together. Parents learn to help their child by spotting and get to share in their milestones as the coach supervises and spots the more challenging stations. The skills are designed to build gross motor control, develop coordination and physical awareness.

Mon	10:30 am
Wed	10:30 am
Sat	9:00 am

Future Stars-for ages 3 1/2-4 years (55 minutes)

Basic gymnastics skills are introduced and developed through drills, stations and spotting appropriate to your gymnast's level. Mini-cartwheels, forward rolls, backward rolls, supported pullovers on bars and beam skills are covered in this class.

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

Superstars for ages 5-6 years (55 minutes)

Gymnastics skills are expanded as your gymnast progress through age appropriate drills, stations, and spotting techniques. Skills that your gymnast will develop include cartwheels, handstands, bridges, pullovers and rolls on the balance beam. **All Future Stars weekday times before 3:00 pm are available for Superstars.**

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

Recreational Program Ages 7 & up

Your gymnast will work on Olympic events in a fun and safe environment. Each class builds on the knowledge and skills mastered in the previous class. The Sports Club of Novi professionals are well trained in gymnastics and movement education. Each class will assist in the development of strength, coordination, and flexibility which are the fundamentals of all sports.

Red Stars (90 minutes)

Each class will focus on strength and flexibility drills that are the building blocks for high level skills. Gymnasts will have progressions that will place emphasis on vault, beam, bars, and floor. Gymnasts will learn pullovers, cartwheels, rolls, handstands, and bridge kickovers.

Mon	6:30 pm
Tues	6:30 pm
Thurs	7:00 pm
Fri	6:30 pm
Sat	12:00 pm 1:30 pm

White Stars (90 minutes)

Gymnasts are required to have mastered the skills covered in Red Stars to be successful at this level. Skills learned at this level include back hip circles, round-off, backbend kickovers.

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

Blue Stars (90 minutes)

Gymnasts are required to have mastered the skills covered in White Stars. Strength, flexibility and conditioning drills are continued. Flat back on vault, stride circle on bars, back walkover and back handsprings are some of the main skills developed at this level.

Mon	6:30 pm
Wed	6:30 pm
Sat	12:30 pm

Gold Stars (90 minutes)

Gymnasts are required to master skills covered in Blue Stars. Strength, flexibility, and conditioning drills are continued. Skills trained at this level include handsprings vaults, kips on bars, and connection tumbling on floor.

Thurs	6:30 pm
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cs, Cheer & Tumble

Recreational Gymnastics Team

(placement and approval required)

Directed by Megan Whitaker. USAG Levels (1-4) – Must register for 2-Days (1 day team and 1 day recreational)

Team Class (90 minutes)

Mon	Team A	7:30-9:00 pm
Mon	Team B	6:00-7:30 pm
Mon	Pre-Team	5:00-6:00 pm (By invitation only. Additional Superstars class recommended)



Tumbling Programs

Tumbling for Gymnasts, Cheerleaders, Dancers and Skaters to develop their tumbling skills. Coaches will instruct the tumbler with safe spotting and progressions using the trampoline and spring floor.

Tumbling for ages 6 & up (1 hour)

Beginner-basic tumbling progressions up to back walkover

Mon	4:30 pm
Thurs	6:00 pm
Sat	9:00 am

Intermediate-back walkovers through back handsprings

Tues	7:00 pm
Thurs	7:00 pm
Sat	9:00 am

Advanced-connection tumbling, backhand springs and flips

Mon	8:00 pm
Tues	8:00 pm

Tumbling for Dancers

Thurs	8:00 pm
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Cheer Programs

Emily Bock, Cheer Director
ebock89@gmail.com

Cheer Technique

Students learn cheerleading techniques in a fun and positive atmosphere without performances or competitions. They are introduced to the basics of cheerleading including jumps, cheer dance, tumbling, and stunting. There are no prerequisites required.

Elementary/Middle School (45 minutes)

Wed	5:30-6:15 pm
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Cheer Team (Coaches approval required)

Tiny Cheer Division (Tiny Stars Cheer Team)

Preschool

Required: Tues	4:30-6:30 pm
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Mini Cheer Division (Mini Stars Cheer Team)

Kindergarten-Second Grade

Required: Tues	4:30-6:30 pm
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Youth Cheer Division (Shining Stars Cheer Team)

Third-Eighth Grade

Required: Wed	6:15-8:15 pm
Required: Fri	4:30-6:30 pm

Cost: 9 week session Gymnastics, Cheer & Tumble

	45/50/55 minutes	1 hour	1 1/2 hours
Fitness Member	\$133	\$138	\$171
Program Member	\$137	\$144	\$178

Note: Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. **No refunds for missed classes.**



Adult Fitness

Small Group Training

Boot Camp

Are your workouts stale? Wandering around the weight room with no enthusiasm? If this describes you, get ready for the challenge of your life! Boot Camps are ANYTHING but boring. Press through limitations, get motivated, and learn new exercises in this challenging 45 minute class. Instructed by Kevin Callender and Sarah Hall.

Check website for schedule and times at www.tscnovi.com.

	Drop-in
Fitness Member	\$13
Program Member	\$15

Yoga Wall

A unique yoga practice where gravity is used as a natural form of resistance. Improves flexibility, strengthens muscles, opens all joints, connective tissue and fascia. Aids in therapeutic benefits and helps heal the spine. Call the front desk for scheduling details.

Cost:

30 minutes	Private	Semi Private	Triple
Fitness Member	\$41	\$26	\$20
Program Member	\$47	\$31	\$25
55 minutes	Private	Semi Private	Triple
Fitness Member	\$66	\$40	\$33
Program Member	\$72	\$45	\$37



Personal Training

- Individual, personalized training \$36 - \$73
- 2 - 4 in a small group training session \$16 - \$45
- 30, 45, 60 minute workouts
- Maximize your workout time
- Achieve results
- Learn to workout smarter
- Coaching to achieve goals
- Lose body fat

Packages to fit all budgets and time constraints. Program member rates slightly more.

Youth Fitness

Athletic Strength and Conditioning

Conditioning for athletes of all levels. Improve core strength, explosive speed, agility, stability, overall power, endurance, faster recovery, increase energy, increase range of motion and injury prevention. Call Kevin at ext. 204 for more information.

- Youth Fitness
- Tennis Conditioning
- Personal Training, Sports Performance, Weight Loss, Self Esteem, Learn to Lift Safely

NEW! YogaKidz With Tameka

One of a kind YogaKidz class Ages 5-15

It's no secret that school is a pressure-cooker in a young person's life. The Washington Post wrote about the anxiety our children are having in school. YogaKidz will teach your child how to manage their stress, cultivate strength and flexibility, setting the stage for success.

The YogaKidz mat is a safe place for one hour and allows the child to use their imagination to grow, reflect and to picture something positive on the horizon.

All your child needs for this class is to dress comfortable and leave the rest to us. We have mats and towels.

Tameka has been teaching Yoga for over 30 years and her specialty is to make each child feel welcome.

Classes begin in January and end in May. Text Tameka at 248.421.0994. She will discuss days and times.

In this corner...HOPE!

ROCK STEADY BOXING at THE SPORTS CLUB OF NOVI



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.



Novi Rock Steady Boxing at The Sports Club of Novi will start up in September.

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. With Integrative Nutrition Health Coach, Lisa Verdejo.

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

No one diet works for everyone

Working together, Lisa and you will discover the food choices that best support you and your body's unique needs. Making gradual, lifelong changes enables you to reach your current and future health goals.

How to get started

It's rare for anyone to get an hour to work on improving their nutritional health with a trained professional. Schedule an initial Health Discovery Consult to discuss your unique situation and determine how Lisa can help you reach your personal goals. Lisa will create a supportive environment while exploring what really works for you.

Welcome to your 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



Your 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

Discover what's right for you

To see if health coaching is right for you, contact Lisa at lisaverdejo.tsc@gmail.com or 571.334.6077 to schedule your Health Discovery Consult. During this time, you will discuss your health and lifestyle to determine how Lisa can best support you in achieving your personal goals. This will also give you the opportunity to see what it is like working with her.

The 50-minute Consult is \$40.

“Saturday Night Camp”

At The Sports Club of Novi

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

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

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

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

DROP OFF between 6:30-7:00 pm

PICK UP between 9:00-11:00 pm

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

24 hour advanced reservation is mandatory.

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

	Fitness Member	Program Member
1 Child	\$25	\$30
2 Children	\$40	\$45
3 Children	\$50	\$55

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

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

Babysitting is better at The Sports Club of Novi.

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

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



School Field Trips

Preschools, Elementary Classrooms and Private Groups

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

