



# GYMNASTICS

**Our mission** and goal at The Sports Club of Novi is to provide a safe, fun, and challenging program for gymnasts, cheerleaders, dancers, and athletes of all ages. We strive to help raise the level of fitness and self-esteem of our athletes by creating a place for everyone in our program. The Sports Club of Novi professionals are well trained in gymnastics and movement education that will assist in the development of strength, coordination, and flexibility which is the fundamentals of all sports. Directed by Jami Kenyon.

## Sessions

**Fall 1 (8 weeks)** Sept 7-Oct 31 (Mon prorated to 7 weeks)

**Fall 2 (7 weeks)** Nov 1-Dec 19 (omit Nov 25-28)

(Thurs to Sun prorated to 6 weeks)

## Preschool Ladder - All classes are 55 minutes\*

### Baby And Me - Walking to 2 1/2 years

\*Only 45 minutes

Tues 9:30 am

Wed 10:30 am

Sat 9:30 am

### Parent And Child - Ages 2 1/2 to 3 1/2

Tues 10:30 am

Wed 9:30 am

Sat 10:30 am

### Boys (only) Preschool - Ages 3 and 4

Mon 10:30 am

Tues 1:00 pm

Wed 6:00 pm

Fri 11:00 am

Sat 10:00 am

### Boys (only) Preschool - Ages 5 to 6

Mon 9:30 am

Tues 2:00 pm

Thurs 4:30 pm

Fri 9:00 am

Sat 9:30 am

### Preschool - Ages 3 and 4

Mon 9:30 am 10:30 am 1:00 pm 5:00 pm

Tues 10:30 am 5:30 pm 6:30 pm

Wed 9:30 am 1:00 pm 4:30 pm 6:00 pm

Thurs 9:30 am 10:30 am 1:00 pm 6:00 pm

Fri 10:00 am 10:30 am 4:30 pm

Sat 9:00 am 9:30 am 11:00 am

Sun 12:30 pm

### Preschool - Ages 5 and 6

Mon 9:30 am 2:00 pm 6:00 pm

Tues 9:30 am 1:00 pm 2:00 pm 5:30 pm

Wed 10:30 am 5:30 pm 6:30 pm

Thurs 10:30 am 4:30 pm 6:00 pm

Fri 9:00 am 5:30 pm

Sat 10:00 am 11:00 am

Sun 12:30 pm

## Advanced Preschool Ladder (coaches approval)

### Advanced Preschool - Ages 3 and 4

Mon 10:30 am 2:00 pm 6:00 pm

Tues 10:30 am 5:30 pm

Wed 9:30 am 2:00 pm 5:30 pm

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

Fri 11:00 am 6:00 pm

Sat 10:00 am 10:30 am

### Advanced Preschool - Ages 5 and 6

Mon 10:30 am 5:00 pm

Tues 9:30 am 1:00 pm 4:30 pm

Wed 9:30 am 6:30 pm

Thurs 10:30 am 2:00 pm 6:00 pm

Fri 10:00 am 6:30 pm

Sat 9:30 am 11:00 am

## Recreational Ladder - Classes are 1 1/2 hours

### Boys (only) - Ages 6 and Up

Mon 4:30 pm

Sat 12:30 pm

### Beginner - Ages 6-8

Mon 4:30 pm 6:30 pm

Tues 5:00 pm

Wed 6:00 pm

Thurs 5:00 pm 6:30 pm

Fri 5:30 pm

Sat 9:30 am

Sun 11:00 am

### Advanced Beginner - Ages 6-8

Mon 4:30 pm 6:30 pm

Tues 4:30 pm 6:00 pm

Wed 6:30 pm

Thurs 5:30 pm 7:00 pm

Fri 4:30 pm 7:00 pm

Sat 9:00 am

Sun 11:00 am

### Intermediate - Ages 6-8

Mon 6:00 pm

Tues 5:30 pm 6:30 pm

Wed 5:00 pm 6:30 pm

Thurs 5:30 pm

Fri 6:30 pm

Sat 10:30 am

Sun 11:00 am

### Beginner - Ages 9 and Up

Mon 6:00 pm

Tues 6:00 pm

Wed 4:30 pm

Thurs 7:00 pm

Fri 5:00 pm

Sat 9:30 am 12:00 pm

Sun 12:30 pm



**Advanced Beginner - Ages 9 and Up**

Mon	6:00 pm
Tues	6:00 pm
Wed	4:30 pm
Thurs	4:30 pm 7:00 pm
Fri	5:00 pm
Sat	9:30 am 12:00 pm
Sun	12:30 pm

**Intermediate - Ages 9 and Up**

Mon	6:00 pm
Tues	6:30 pm
Wed	6:30 pm
Thurs	7:00 pm
Fri	7:00 pm
Sat	10:30 am 1:30 pm
Sun	11:00 am

**Advanced Girls Recreational (2 hours)**

(coach approval, two days recommended)

Mon	7:00-9:00 pm
Tues	6:30-8:30 pm
Thurs	7:00-9:00 pm
Fri	6:30-8:30 pm
Sat	12:30-2:30 pm

**Recreational Teams**

**Stars Team (1½ hours, 2 days per week)**

A fun program designed for girls who want to be part of a gymnastics team without travel or time commitments. Girls recreational team members prepare for recreational competition with experienced and supportive teachers. Team members enjoy the many social benefits of team participation while challenging themselves to learn and grow.

Tues/Fri	6:30-8:00 pm
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**Hot Shots Team (1½ hours, 2 days per week)**

(Coaches approval required, mandatory twice a week)

Tues/Thurs	6:00-7:30 pm
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**Cost (All Gymnastics, Tumbling and Cheer classes):**

8 Weeks	45/55 minutes	1 hour	1½ hours	2 hours	3 hours
Fitness Member	\$118	\$120	\$152	\$182	\$250
Program & Tennis Member	\$124	\$126	\$158	\$195	\$258

**Cost (All Gymnastics, Tumbling and Cheer classes):**

7 Weeks	45/55 minutes	1 hour	1½ hours	2 hours	3 hours
Fitness Member	\$104	\$106	\$134	\$160	\$219
Program & Tennis Member	\$108	\$110	\$139	\$171	\$225

**Tumbling & Cheer**

**Tumbling - 1 hour – Ages 10-18**

**Beginner**

Wed	6:00 pm
Fri	6:00 pm
Sat	9:30 am

**Intermediate**

Wed	7:00 pm
Fri	7:00 pm
Sat	10:30 am

**Advanced**

Wed	8:00 pm
Fri	8:00 pm
Sat	11:30 am

**NEW! Back Walkovers**

Mon	5:30 pm
Sun	11:00 am

**Back Handsprings Only**

Mon	6:30 pm
Sun	12:00 pm

**Back Tuck Only (Prerequisites-Back Handspring)**

Mon	7:30 pm
Sun	1:00 pm

**Cheer, Tumble and Stunting - 1 hour  
Preschool Cheer - Ages 3-5 (only 55 minutes)**

Wed	4:30 pm
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**Beginning - Ages 6 and Up**

Wed	5:30 pm
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**Intermediate**

Wed	6:30 pm
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**Cheer Team - Pre-Team Classes - 1½ hours**

**Mini-Pre-Team - Ages 5-8**

Mon	5:00-6:30 pm
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**Junior Pre-Team - Ages 9 and up**

Mon	6:30-8:00 pm
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**Home School Gymnastics**

This program is designed for students to participate in a group setting on a weekly or bi-weekly basis. Join our group or bring your own. Days and times may be requested. Contact programs at 248-735-8850, ext.3112.

**School Field Trips** Preschools • Elementary Classrooms • Private Groups

Thy 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 programs at 248-735-8850, ext.3112.