



Kids and Adult Programs

Fall 2016 - Winter/Spring 2017

- Fitness
- Yoga and Hot Yoga
- Gymnastics & Tumbling
- Youth Swimming
- Adult Swimming
- GLA Swim Team
- Martial Arts
- Junior Tennis
- Adult Tennis
- Holiday Camp
- Birthday Parties
- Events & Parties

There's no place like it!



thesportsclubs.com

American Freestyle

Belt Program-Adults & Children-Ages 5 & Up

(White-Black Belt, One Hour Class)

This program is designed to promote excellence in the learning, practice and teaching of the martial arts. Every student will be expected to improve all aspects of daily life as they train in Martial Arts. AIKIA guidelines and standards will guide all of our challenging classes. Instruction in Taekwondo forms, advanced stretching and warm-up exercises, sparring and board breaking will be included as students progress. Specialty classes in sparring and weapons grappling will also be offered. Self-discipline, respect, honesty and perseverance are very much part of every class.

This program is for the dedicated student and enables participants to learn skills from a variety of martial arts including kickboxing, submission wrestling, and weapons, as well as progress to expert level in Martial Arts. As you progress in the program, you will have the opportunity on a regular basis to participate in formal testing. Successful testing will result in the awarding of belts that represent your level of progress in the program. There are ten belt levels.



TRY Our Belt Program

4 weeks of unlimited classes. **\$69**
 First-time students only.
 Refer to White Belt class times.

Head Instructor

Mr. Kevin Todoroff (5th-Degree Black Belt)

Mr. Kevin Todoroff is a 5th degree Black belt and is a certified instructor in the AIKIA. He is also a 1st degree Black belt in the Joe Lewis Fighting System. He has 28 years of experience in the art and science of Martial Arts. His studies include knife and stick training, ground fighting, pressure points, kickboxing and women's self defense. Kevin has been teaching Martial Arts at The Sports Club since 1995.

Sessions:

Fall (14 weeks) Aug 29-Dec 4
 (omit Sept 3-5, Nov 24)

Winter (14 weeks) Dec 5-Mar 12, 2017
 (omit Dec 24, 25, 31, Jan 1, 2017)

Spring (14 weeks) Mar 13-June 18, 2017
 (omit Apr 16, May 27-29)

White-Orange-Yellow (one hour class)

Mon 4:30 pm

Wed 5:30 pm

Thurs 4:30 pm

Fri 4:30 pm

Sat 11:00 am

Camo-Brown (one hour class)

Mon 5:30 pm

Sat 12:00 pm

Camo-Black (one hour class)

Tues 4:30 pm

Thurs 6:30 pm

Red-Black (one hour class)

Mon 6:30 pm

Sat 1:00 pm

Adult-Teen (one hour class)

Mon 7:30 pm

Tues 6:30 pm

Wed 7:30 pm

Thurs 7:30 pm

Sat 10:00 am

Family

Wed 6:30 pm

Fri 6:30 pm

Camo-Black Sparring (All ranks, one hour class)

Fri 5:30 pm

Grappling (All ranks, one hour class)

Wed 4:30 pm

(Recommended for testing progression)

Cost: (14 weeks):	1 Day	2nd Day Add	Unlimited Add
Fitness Member	\$245	\$143	\$95
Tennis & Program Member	\$270	\$157	\$105

Private Instruction	1/2 hour	1 hour
Kevin Todoroff	\$35	\$60

Private Clinics with Kevin Todoroff (1 hour)					
Number Of Students	2	3	4	5	6
Fees Per Student	\$33	\$24	\$20	\$17	\$15



yle Martial Arts

Little Ninjas Martial Arts Belt Program

Our introduction to Martial Arts Program is available to 3, 4 and 5 yr old children. The program will concentrate on developing self-discipline, self-esteem, gross motor skills and increased attention span. Activities are designed to increase muscle tone, flexibility and agility while creating a fun and encouraging environment.

Specifically, we will focus on 8 areas that will help your child as they grow and develop into elementary school children and beyond. The eight areas are:

- Focus
- Control
- Memory
- Discipline
- Teamwork
- Coordination
- Balance
- Fitness

A structured daily program will introduce your child to the skills of Martial Arts. Students will earn an Orange Belt in a three stage program. A formal testing will take place at the end of the third stage.



FREE
Uniform With
First Registration
10% OFF the
Second Day



Little Ninjas - Age 3-5

Tues	5:30-6:15 pm
Thurs	5:30-6:15 pm
Sat	9:15-10:00 am

Cost: (one 45 minute class per week):

	14 Weeks
Fitness Member	\$196
Tennis & Program Member	\$217

Family Martial Arts



Calling all Moms, Dads, Brothers and Sisters!

Come train together in a family friendly environment learning skill sets from Self-Defense, Kickboxing, and Taekwondo. Have fun learning together as a family and progress at your own individual pace.

Check it out with our BELT TRIAL PROGRAM. \$69 for 4 weeks of unlimited classes.

Come as many times as you like at the following times for a one hour class:

Wed	6:30 pm
Fri	6:30 pm

Private instruction is also available from our Martial Arts Director: Mr. Kevin Todoroff 5th Degree Black Belt. Contact him at 248-626-9880, ext. 128.

Gymnastics



Sessions:

- Fall (14 weeks)** Aug 29-Dec 4
(omit Sept 3-5, Nov 24)
- Winter (14 weeks)** Dec 5-Mar 12, 2017
(omit Dec 24, 25, 31, Jan 1, 2017)
- Spring (14 weeks)** Mar 13-June 18, 2017
(omit Apr 16, May 27-29)



Gymnastics

Gymnastics is one of the most important comprehensive "lifestyle exercise programs" available to children. Incorporating strength, flexibility, speed, balance, coordination, power and discipline, gymnastic teams additionally provide children with opportunities to travel, meet with friends, make new friends and have fun! We offer competitive USAG 7-10 level Girls and 4-10 level Boys, and an exploding Xcel program. Contact the Gymnastics Department for more details at 248-626-9880 ext. 263.

Staff

Dean Smarjesse, Gymnastics Director, ext. 263
 Jeunae Norwood, Girls Team Director, ext. 264
 Autumn Hart, Pre-Team Director, ext. 246
 Adriana Baylerian, Pre-School Director, ext. 250
 Slava Levit, Boys Head Coach

Parent/Child Classes - Ages 2-3

Parent/child classes are 45 minutes. Only parent and participating child allowed in gym; other siblings not allowed. Active parental participation is required.

Roly Polies - Ages 2-3 - Boys and Girls

Mon	9:30 am	6:00 pm
Wed	9:30 am	6:00 pm
Fri	10:15 am	
Sat	9:30 am	11:45 am

Cost: (Parent/Child classes are 45 minutes)

14 Weeks

Fitness Members \$196

Tennis & Program Members \$217

Please remember that each child must be accompanied by an adult. Siblings not enrolled are not allowed on the gym floor. Please plan accordingly.

Preschool

Caterpillars - Ages 3-5 - Boys and Girls

Mon	10:15 am	4:30 pm	5:15 pm	6:00 pm
Tues	4:30 pm	5:15 pm		
Wed	10:15 am	4:30 pm	5:15 pm	
Thurs	4:30 pm	5:15 pm	6:00 pm	
Fri	9:30 am	11:00 am		
Sat	9:30 am	10:15 am	11:45 am	

Starflies - Ages 4 1/2-6 - Boys and Girls

Mon	5:15 pm	6:00 pm	
Tues	4:30 pm	6:00 pm	
Wed	4:30 pm	5:15 pm	
Thurs	4:30 pm	5:15 pm	6:00 pm
Sat	10:15 am	11:00 am	

Fireflies - Ages 4 1/2-6 - Boys Only

Mon	4:30 pm		
Tues	4:30 pm		
Wed	11:00 am	4:30 pm	6:00 pm
Thurs	5:15 pm		
Sat	9:30 am	11:00 am	

Cost (Preschool Classes are 45 minutes):

14 Weeks

Fitness Members \$196

Tennis & Program Members \$217

Advanced Preschool Classes

Advanced Starflies - Ages 4 1/2-6 - Girls Only

Instructor approval is required to be in this class.

Mon	6:00-7:15 pm
Wed	5:30-6:45 pm
Thurs	4:30-5:45 pm
Sat	11:00 am-12:15 pm

Cost (Advanced Preschool Classes are 1 1/4 hours):

14 Weeks

Fitness Members \$266

Tennis & Program Members \$300



Recreational Gymnastics

Girls - Recommended Ages 6-12

Mon	4:30-6:00 pm	6:00-7:30 pm
Tues	4:30-6:00 pm	6:00-7:30 pm
Wed	4:30-6:00 pm	6:00-7:30 pm
Thurs	4:30-6:00 pm	6:00-7:30 pm
Sat	9:30-11:00 am	11:00 am-12:30 pm

Boys - Ages 6 & Up

Tues	4:30-6:00 pm
Wed	4:30-6:00 pm
Thurs	6:00-7:30 pm
Sat	11:00 am-12:30 pm

Cost (Recreational Gymnastics classes are 1½ hours):

Fitness Members	14 weeks
Tennis & Program Members	\$327
	\$364

Tumbling

Learn the basic skills of tumbling for gymnastics or cheerleading.

Sat	11:00 am-12:00 pm
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Cost (Tumbling classes are 1 hour):

Fitness Members	14 Weeks
Tennis & Program Members	\$231
	\$259

Sports Club Kips (2-6 hrs per week)

A fun team atmosphere designed for Level 3-8 gymnasts. Must have coaches' evaluation to join.

Tues 6:30-8:30 pm	Thurs 6:30-8:30 pm	Sat 10:00 am-12:00 pm
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Kips 14-Week Session	1st Day	2nd Day add	3rd Day add
Fitness Members	\$397	\$259	\$167
Tennis & Program Members	\$444	\$288	\$187

Girls Gymnastics Team

Xcel Silver - Diamond is our base for the girls competitive team. As the skill level increases the gymnast eventually progress to the J.O. levels 7-10

Our accomplishments include:

2016 Michigan Excel State Championships

2nd Place Silver Team

- 2 Vault, Beam & Floor Champions
- 3 Bar Champions
- 4 All Around Champions

5th Place Gold Team

- 1 Floor & All Around Champions
- 2 Bar Champions
- 3 Beam Champions

2nd Place Platinum Team

- 1 Bar Champion
- 2 Beam & Floor Champions
- 1 All Around Champion

Diamond Placements

- 1 Bar, Beam and All Around Champion

Level 8 Placements

- Vault & Floor Champion

2016 Xcel Regional Meet

- 1 Floor Champion
- 1st in Silver, Gold, Platinum State Team Divisions

Gymnastics Payment, Pro-Ration, Make-up and Program Policies

- **Two make-ups allowed, per session**
- Full payment is due with registration
- The Sports Club of West Bloomfield does not pro-rate programs unless a student is signing up for a program after the start date
- Make-up classes are not guaranteed
- **Make-ups cannot carry over to the next session**
- No refunds
- Minimum of three students to run a class
- Only Parent-child parents allowed on the floor
- Children should wear shorts or pants with a t-shirt or sweatshirt. (No loose fitting clothes) A leotard is not required
- No jewelry - rings, necklaces, bracelets, watches, hoop or hanging earrings
- Bare feet are preferable to socks. If tights are worn, they must be footless
- Please adhere to the appropriate age guidelines

“ Our Junior Tennis program is one of the biggest in the state. Instructed by top tennis pros who care about the game. Maybe it’s time you started getting more tennis for your money. Call Anita Odish, Junior Tennis Coordinator at 248.626.9880, ext. 3103 to start on the **Pathway to Junior Tennis Excellence.**”

Sessions:

- Fall (14 weeks)** Aug 29-Dec 4
(omit Sept 3-5, Nov 24)
- Winter (14 weeks)** Dec 5-Mar 12, 2017
(omit Dec 24, 25, 31, Jan 1, 2017)
- Spring (14 weeks)** Mar 13-June 18, 2017
(omit Apr 16, May 27-29)

The Pathway To Junior Tennis Excellence!

Our Junior Tennis program is taught by highly qualified tennis professionals with many years of experience. Ricky Brown, Director of Tennis, will oversee this program.

Our 7-step systematic and progressive program is structured upon sound growth and development principles. Players move at their own pace based on ability, improvement and commitment. What makes the program so effective is matching each child with the right sized court, racquet, ball and level of skills for their age and development.

Junior Tennis Payment Program Policies:

- Full payment due with registration
- The Sports Club of West Bloomfield does not pro-rate programs unless a student is signing up for a program after the start date
- Make-up classes are **not guaranteed**
- Make-ups are available the third week of the session and cannot carry over to the next session
- **Maximum of 2 make-ups per session**
- Minimum of three to run a class

Once You Are Registered:

NO REFUNDS or UNENROLLMENT

Due to the regulations of our insurance company - NO parents or siblings allowed on the court during instruction.

Junior

Tots and Junior Stars

Level 7, Tiny Tots - Ages 3-5

- 36' court, 2.9' nets, 19-21" racquet
- Foam balls
- Introduction to Tennis
- Throwing, bouncing and catching
- Drop and hits
- Eye hand coordination drills
- Fun, Fun and more Fun!

Mon	4:30-5:00 pm	5:00-5:30 pm
Tues	5:30-6:00 pm	6:00-6:30 pm
Wed	4:30-5:00 pm	5:00-5:30 pm
Thurs	5:30-6:00 pm	6:00-6:30 pm

Cost (for Level 7, Tiny Tots):
Fitness Members
Tennis & Program Members

14 weeks
\$192
\$226

Level 6, Junior Stars - Ages 5-7

- 36' court, 2.9' nets, 19-23" racquet
- Red balls
- Simple swings and grips
- Very basic strokes taught
- Understands in and out
- Eye hand coordination drills
- Starts to rally very close with Pro

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

Cost (for Level 6, Junior Stars):
Fitness Members
Tennis & Program Members

14 weeks
\$350
\$399



Tennis



Junior Elite through High School

Level 5, Junior Elite - Ages 6-8

- 60' court, 21"-25" Racquet
- Orange balls
- Lots of movement in different directions
- Forehand Grip Semi-Western
- Introduce Spin
- Learn to keep score and basic rules of the game
- Abbreviated serve motion

Tues/Wed/Thurs 4:30-6:30 pm

Level 4, Challengers - Ages 7-10

Beginner Level

- 60' court, 23"-25" Racquet
- Orange balls
- Starting to move well with balance
- Start to rally from 60' baseline
- Serves with balance and makes higher contact point
- Developing effective swing motions
- Starts to play out points

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

Sat 2:00-4:00 pm

Sun 1:00-3:00 pm 3:00-5:00 pm

Level 3, Future Stars - Ages 7-10

Intermediate Level

- 78' court, 23"-26" Racquet
- Green dot balls
- Continental grip introduced
- Starts to use effective swing motions with topspin
- Full motion on serve and correct grip
- Moves well changing directions
- Feels confident competing on a 60' court
- Starts compete in team competitions

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

Sat 2:00-4:00 pm

Sun 1:00-3:00 pm 3:00-5:00 pm

Teen Stars - Ages 11-18

Beginning Teens

- 78' court, 27" Racquet
- Green dot and Yellow Balls
- Scoring and rules of the game will be taught
- Exposed to all strokes: Forehands, backhands, volleys, overheads and serves
- Learn to rally and play the game
- Lots of fun!

Tues/Thurs/Fri 4:30-6:30 pm

Sat 4:00-6:00 pm

Sun 3:00-5:00 pm



Junior Tennis Benefits

Current Junior Tennis participants will receive the following benefits of club membership:

- Member rates for private Tennis lessons
- Ability to reserve Tennis courts
- FREE walk-on court time

Middle School - Ages 11-13

Intermediate to advanced players

- Working toward making school team
- Exposed to all strokes: ground strokes, approach shots, volleys, overheads and serves
- Working on continental grip for volleys, overheads and serves
- Understands how to direct ball
- Gain experience competing in U.S.T.A. team competitions

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

Sat 4:00-6:00 pm

Sun 1:00-3:00 pm 3:00-5:00 pm

High School - Ages 14-18

Intermediate to advanced players

- Working toward making his or her high school team
- Special attention to singles and doubles strategy
- Exposed to all Strokes with correct grips
- Proper court positioning will be taught
- Team play is emphasized
- All players are encouraged to play U.S.T.A. team competitions

Tues/Thurs/Fri 4:30-6:30 pm

Sat 4:00-6:00 pm

Sun 3:00-5:00 pm

Cost - Discounts for multiple days. (Level 5 Junior Elite, Level 4 Challengers, Level 3 Future Stars, Teen Stars, Middle School and High School)

14 Weeks	1st Day	2nd Day	3rd Day
Fitness Members	\$630	\$485	\$267
Tennis & Program Members	\$692	\$553	\$299

\$50 annual Family Program Membership fee required.

Call 248.626.9880 - Ext. 3103 or visit us online at www.thesportsclubs.com

Tournament Training



Sessions:

- Fall (14 weeks)** Aug 29-Dec 4
(omit Sept 3-5, Nov 24)
- Winter (14 weeks)** Dec 5-Mar 12, 2017
(omit Dec 24, 25, 31, Jan 1, 2017)
- Spring (14 weeks)** Mar 13-June 18, 2017
(omit Apr 16, May 27-29)

Tournament Training Program

The Tournament Training Program is designed for Young Players and High level tournament players who compete in Local, Regional, and National tournaments.

Our Tournament Training Program is taught by the area's top professionals:

- Brady Crosby, Director of Tournament Training
- Ricky Brown, Director of Tennis
- Joe Brennan, Assistant Director of Tennis
- Marimar Alonso, USTA Team Tennis Coordinator
- Ed Nagel
- Adam Williams

All levels of this program will consist of two hours of intense training including high level drills, match play, point play, footwork, and fitness.

The Fitness segment of the program will be directed by top certified sports trainers specializing in sport specific training.

The goal of the Tournament Training Program is to progress players from District, to Midwest, to National level tournaments. Participation in tournaments is a requirement of the program to ensure that our players are getting the proper experience to improve the level of their game.

A minimum of two days a week is required for our Tournament Training Level 1 to ensure proper development of our players.



NEW!

Players registered for Level 1 Tournament Training have privileges in the weight and cardio area of the club. A \$200 value per session. Appropriate age restrictions apply.

Young Players 1 (10 & under green dot ball)

This class is for players who have progressed to the green dot ball through the "USTA Youth Progression System." Students should be able to rally 3-5 balls in a row consistently and are able to get the serve in consistently.

Players must be ready to participate in "USTA Youth Progression tournaments and/or USTA team tennis."

Young Players 2 (11 & under transitioning to yellow ball)

Players from Young Players 1 who are transitioning to the yellow ball due to their age or because they have advanced to the yellow ball in the "USTA Youth Progression System."

Young Players 2 kids will advance to the Tournament Training group if they are ready and want a competitive path. If they are not ready they will advance to middle school if choosing a recreational path.

Level 1, Tournament Training Program

Mon/Tue/Wed/Thur 4:30-6:30 pm

Level 1, Joe Brennan's Tournament Group

Sun 11:00 am-1:00 pm

Level 2, Young Players 1 & 2

Mon/Tues/Wed/Thurs 4:30-6:30 pm

Cost:

Discounts for multiple days. (Level 1 – Tournament Training Program* and Joe Brennan's Tournament Group*, Level 2 Young Players 1 & 2):

14 Weeks	1st Day	2nd Day	3rd Day	4th Day
Fitness Members	\$732	\$533	\$267	\$267
Tennis & Program Members	\$816	\$633	\$299	\$299

*Minimum of two days a week required for Tournament Training Level 1

A Well Deserved Offer for a Top 30 Ranking*



The Sports Club
of West Bloomfield

The Sports Club of West Bloomfield understands the dedication, hard work and expense it takes to achieve a SEMTA Top 30 ranking. We would like to encourage your commitment to tennis with a well deserved **FREE day of training**.

The Sports Club of West Bloomfield features one of the premier Tournament Training Programs in the Midwest. The two-hour sessions consist of intensive training that combines high-level drills, match play, point play, footwork and fitness training.

Simply register in The Sports Club of West Bloomfield's Tournament Training program and **receive a third day absolutely FREE**. It's our way of saying, "You deserve it."

Call Member Services today at 248-626-9880, ext. 3103, to register for your **Free third day of training**. Hurry limited openings available.

*Offer for SEMTA Top 30 ranked players only. Must register for two days of Tournament Training to qualify.

USTA Team Tennis

Here's a chance for your child to get involved in one of the fastest growing programs in the country!

Teams form in September Practice offered Fridays 6:30-8:30 pm

USTA Team Tennis provides the opportunity for players ages 6-18, of all skill levels, to participate in a competitive team environment.

USTA Team Tennis is divided up into two seasons, Fall and Winter, with the Fall season beginning in mid-October and the Winter session being completed in early March. The seasons are designed to compliment the high school and middle school playing seasons. Match fees include pizza and pop for every player.

Co-ed teams are comprised of a minimum of six players of similar age and skill, and they compete against other teams from the same geographic region in one of four league divisions: 10, 12, 14 and 18 and under, with both Intermediate and Advanced Levels. Teams have the opportunity to advance to Regional, Sectional and National championships.

Contact our USTA team coordinator, Marimar Alonso, for more information at 586-871-4846 or marimar.alonso@att.net.

Want to work on your game? Book a private lesson from the best Tennis staff in Michigan!

Call Ricky Brown at 248.626.9880, ext. 119 to pick your pro. Here they are:

- Jennie Cross, Sports Director
- Ricky Brown, PTR, Director of Tennis
- Joe Brennan, Assistant Director of Tennis
- Brady Crosby, Director of Tournament Training
- Marimar Alonso
- Micheal Boren
- Doug Button
- Robert Chonoles
- Josh Efras
- Dee Geelhood
- Adrian Goddard
- Paul Marcum
- Ed Nagel
- Ronnie Parker
- Paul Thieme
- Adam Williams
- Chris Willingham
- Greg Winchester

Adult Tennis Leagues

Fall Aug 29 - Dec 15

DAY	TIME	LEVEL	FALL	WEEKS	PLAYERS
WOMEN'S LEAGUES					
Mon	9:30-11:00 am	2.5-3.0 Doubles Intro***	\$445	15	12
Tues	9:00-11:00 am	4.0 Singles/Doubles NEW	\$430	16	8
Wed	9:00-11:00 am	3.5 Doubles	\$288	16	12
	9:30-10:30 am	3.0 Singles Lesson League* NEW (USTA Rating) Starts Sept 7	\$439	15	5
	11:00 am-12:00 pm	3.5 Singles Lesson League* (USTA Rating) Starts Sept 7	\$439	15	5
	7:30-9:30 pm	Mixed Doubles Strategy & Play 3.25-3.5**	\$471	16	16
Thurs	11:00 am-1:00 pm	3.5 Doubles Strategy & Play**	\$425	15	8
	6:30-8:30 pm	2.5 Singles/Doubles NEW	\$467	15	8
	7:30-9:0 pm	3.5-4.0 Singles	\$463	15	10
MEN'S LEAGUES					
Mon	7:30-9:30 pm	3.5 Singles/Doubles	\$467	15	12
Tues	8:30-10:30 pm	3.0 Singles/Doubles	\$477	16	20
Wed	7:30-9:30 pm	Mixed Doubles Strategy & Play 3.25-3.5**	\$471	16	16
	8:30-9:30 pm	3.5 Singles Lesson League* (USTA Rating) NEW	\$439	15	5
Thurs	8:30-10:00 pm	4.0 Singles	\$442	15	12

Pick a Strategy program that fits your needs and level.

***Singles Lesson League:** Each player will have 12 matches and three private lessons. (no scoring kept, minimum and maximum of five players)

****Doubles Strategy & Play:** Players will warm up through a series of drills then focus on specific areas of Doubles movement and strategy. Professional instruction for one hour rotational Doubles Play second hour. (no scoring kept)

*****Doubles Introduction** After a short warm up, players will go through a series of double drills, formations and strategies. Professional instruction for 1.5 hours including doubles play. (no scoring kept, minimum four players)

Secure your spot in the league by August 19th and receive 5 hours of free court time.

In order to have an end of the season winning prize each league must have eight **FULL** spot participants. **No refunds.** You can omit Rosh Hashanah (Oct 3-4) and/or Yom Kippur (Oct 11-12) or schedule a make-up.

Winter Dates: Jan 2- May 4, 2017

For more information contact Anita Odish, League Coordinator, ext. 216.

SPECIAL!

TWO FOR ONE

Tennis Membership for New League Participants

An existing member can bring in someone new or
TWO new people may join for the price of ONE!

Offer good through August 19, 2016.

The Sports Club
of West Bloomfield



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 five weeks and meet for one hour each week. **Minimum of three to run.**

Beginner, 2.0-2.5

This clinic will emphasize fundamentals of all strokes. For the beginner player with little or no playing experience.

Mon	9:30-10:30 am	6:30-7:30 pm
Tues	10:30-11:30 am	
Thurs	9:30-10:30 am	
Sat	9:00-10:00 am	
Sun	1:00-2:00 pm	

Advanced Beginner, 2.5-3.0

Starting to be comfortable rallying. Working on full service motion. Beginning point play.

Tues	9:30-10:30 am	
Wed	10:30-11:30 am	6:30-7:30 pm
Thurs	10:30-11:30 am	7:30-8:30 pm

Intermediate, 3.0+

Comfortable with strokes, point play and movement on the court.

Mon	10:30-11:30 am	
Tues	6:30-7:30 pm	
Wed	9:30-10:30 am	

Sessions: (5 weeks)

- Fall 1** Sept 6-Oct 9
- Fall 2** Oct 10-Nov 13
- Fall 3** Nov 14-Dec 18 (omit Nov 24)

Cost (per 5-week session):	1 hour
Fitness & Tennis Members	\$130
Program Members	\$145

Note: Full payment is required to enroll in any clinic. A student is allowed one make-up which must be completed within the session.

Pick Your Favorite Pro Private Clinics

Fees are per person for 1 hour:

No. of Players	3	4	5	6
Fitness & Tennis Members	\$35	\$29	\$25	\$23
Program Members	\$38	\$32	\$28	\$26

Fees are per person for 1 1/2 hours:

No. of Players	3	4	5	6
Fitness & Tennis Members	\$49	\$39	\$33	\$30
Program Members	\$52	\$43	\$36	\$33



Organized Practice

Drills, games and challenges await you. Be prepared to hit a lot of tennis balls. Please sign up at the south desk, ext. 103. **Minimum of three to run. Spaces are limited. 24 hour cancellation policy.**

	LEVEL	TIME
Mon	2.5-3.5	9:30-11:00 am
Mon	3.5-4.5	6:30-8:30 pm
Tues	2.5-3.5	7:30-9:30 pm
Wed	3.5-4.0	6:30-8:30 pm
Fri	2.5-3.5	9:30-11:00 am
Sat	3.5-4.5	10:00 am-12:00 pm
Sat	2.5-3.5	12:00-2:00 pm
Sun	3.0-4.0	9:00-11:00 am

Cost: Organized Practice

	1 1/2 hours	2 hours
Fitness & Tennis Members	\$27	\$36
Program Members	\$30	\$39

Adult Tennis Mixers

The third Friday of every month. 7:30-9:30 pm

Register with Dee Geelhood at 248.318.6682

or dgeelhood@yahoo.com

Cost: Adult Tennis Mixers \$25



Fitness or Tennis Membership required for Adult Leagues.

Call 248.626.9880 - Ext. 3103 or visit us online at www.thesportsclubs.com

Youth & Adult Swimming

Sessions:

- Fall (14 weeks)** Aug 29-Dec 4
(omit Sept 3-5, Nov 24)
- Winter (14 weeks)** Dec 5-Mar 12, 2017
(omit Dec 24, 25, 31, Jan 1, 2017)
- Spring (14 weeks)** Mar 13-June 18, 2017
(omit Apr 16, May 27-29)

Youth Swim Lessons

Parent & Child (18 mo-3 years) 1/2 hour class - A fun introduction to the sport of Swimming. Our swim instructors will introduce your child to water safety and swim skills that will encourage comfort and confidence in the water. Swim classes will be taught in our 20' x 40' heated training pool. **Toddlers must wear swim diapers.**

Preschool- (Ages 3-5)

This class is for the young swimmer. Skills include water acclimation, assisted front and back float with and without kicking, assisted rollover, submersion and retrieval, and games that encourage confidence in the water.

Levels 1-Water Acclimation

Child or adult unable to comfortably submerge face in water, have a fear of being in or never been in a pool, need assistance in water. **Skills taught:** Face in the water, bubbles, assisted floats on front and back, assisted front and back kicks, alternating arms (paddling), climbing in and out of the pool safely, rollover with assistance, pool safety.

Level 2- Beginner Swimmer

Child or adult is comfortable in the water with little to no assistance from the instructor. **Skills taught:** Front and back floats without assistance, front and back kicks with kickboard, streamline kick, alternating arms with recovery (Front crawl), back crawl, rollover without assistance, jump into lap pool, dolphin kick, pool safety.

Level 3- Intermediate Swimmer

Child or adult can swim comfortably on their front and back and are fully independent in the water. **Skills taught:** Front crawl with rotary breathing, back crawl with side to side rotation, butterfly, breaststroke, underwater streamline, elementary backstroke, diving, retrieve objects from depth of 3.5 ft., pool safety.

Level 4- Advanced Swimmer

Child or adult can comfortably swim front and crawl nearly half the length of the lap pool. Child or adult understand the basics of butterfly and breaststroke and are comfortable with diving. **Skills taught:** Front and back crawl 82 ft., butterfly and breaststroke 50 ft., underwater streamline kick, underwater swim 15 ft., deep water object retrieval, diving from starting blocks, turns, pool safety.

Children Ages 18 mos-3 years

Parent/Child Ratio 4:1 • 30 minute classes

Mon	6:00-6:30 pm
Tues	11:00-11:30 am
Thurs	6:00-6:30 pm
Sat	10:30-11:00 am
Sun	10:45-11:15 am

Children Ages 3-5

Preschool Ratio 4:1 (30 minutes)

Mon	5:30-6:00 pm	
Tues	10:30-11:00 am	
Thurs	5:30-6:00 pm	6:30-7:00 pm
Sat	10:00-10:30 am	11:00-11:30 am
Sun	10:45-11:15 am	

Children Recommended Ages 5 and Up

Level 1 Ratio 4:1 (45 minutes)

Mon	4:30-5:15 pm	6:00-6:45 pm
Tue	6:00-6:45 pm	
Wed	6:00-6:45 pm	
Thurs	4:30-5:15 pm	6:00-6:45 pm
Sat	10:30-11:15 am	
Sun	11:15 am-12:00 pm	

Level 2 Ratio 5:1 (45 minutes)

Mon	5:15-6:00 pm	6:30-7:15 pm
Tue	6:00-6:45 pm	
Wed	6:00-6:45 pm	
Thurs	4:30-5:15 pm	6:00-6:45 pm
Sat	11:15 am-12:00 pm	
Sun	10:00-10:45 am	11:15 am-12:00pm

Level 3 Ratio 5:1 (45 minutes)

Mon	5:15-6:00 pm	6:30-7:15 pm
Tue	5:15-6:00 pm	6:45-7:30 pm
Wed	5:15-6:00 pm	
Thurs	5:15-6:00 pm	
Sat	11:15 am-12:00 pm	
Sun	10:00-10:45 am	

Level 4 Ratio 6:1 (45 minutes)

Mon	4:30-5:15 pm	5:15-6:00 pm
Tue	5:15-6:00 pm	6:45-7:30 pm
Wed	5:15-6:00 pm	
Thurs	4:30-5:15 pm	6:30-7:15 pm
Sat	11:15 am-12:00 pm	
Sun	10:00-10:45 am	11:15 am-12:00 pm

Adults

Mon	7:15-8:00 pm
Thurs	7:15-8:00 pm
Sat	9:00-9:45 am

Cost: Youth & Adult Swim - 1/2 hour or 45 minute Fitness Member \$193
Tennis & Program Member \$213

Swim Programs Director: James Overman

For private lesson information call 248-382-8363 or email, tscwbouthswim@gmail.com.



Swim cap or hair tie recommended for swimmers with long hair. Goggles are recommended for all swimmers. Class Schedules (classes meet once a week) **PLEASE NOTE:** Full payment is due upon registration. Make-up classes are not guaranteed and cannot carry over to the next session. Maximum of two make-ups per person. No refunds.

Great Lakes Aquatics Swim Team



www.Swimgla.com

Great Lakes Aquatics strongly encourages the concept of skills acquisition and athletic success through daily attendance.

Practice groups for swimmers of all skill levels. No cuts – we have a place for everyone. Modern, state-of-the art, 8-lane, 25-meter training pool. Modern, state-of-the-art weight training facility available for all Senior-level athletes.

We invite you to continue your commitment to Swimming in a fun, positive environment. Join us for the 2016-17 season.

John L. McGuire, Head Coach - 248.770.0808

James C. Overman, Assistant Coach - 248.382.8363

email: akitaaquatics@gmail.com

Member Services - 248.626.9880, ext. 3103

Sessions:

Fall (14 weeks) Aug 29-Dec 4
(omit Sept 3-5, Nov 24)

Winter (14 weeks) Dec 5-Mar 12, 2017
(omit Dec 24, 25, 31, Jan 1, 2017)

Spring (14 weeks) Mar 13-June 18, 2017
(omit Apr 16, May 27-29)

Akita Pups and Dogs Swim Team

Recommended Ages 11 and under

The Akita Pups and Dogs provide an introductory learn-to-acquire skills approach to competitive swimming. Focus is on developing the basic skills of water safety, proper stroke technique, and physical fitness habits. Pups and Dogs also prioritize developing strength and coordination for each student's abilities. Akita Pups can sign up for one or two days a week and the Akita Dogs program is for three or more days a week.

Akita Pups Swim Team

Mon thru Fri 5:30-6:30 pm

Cost per session:	<u>1 Day</u>	<u>2 Days</u>
Fitness Member	\$200	\$309
Tennis & Program Member	\$215	\$338

Akita Dogs Swim Team

Mon thru Fri 5:30-6:30 pm

Cost per session:	
Fitness Member	\$367
Tennis & Program Member	\$390

Akita Junior and Senior Teams

Junior Akita Swim Team

Recommended Ages 14 and under

The Akita Junior Team is for students interested in a challenging training environment while advancing stroke technique. Emphasis in this group is on becoming an accomplished swimmer in all four racing strokes, developing training and racing fundamentals as well as increasing strength, coordination, and fitness. Junior Akita members have the option of training up to six days a week. They will also have the opportunity to participate in coach-supervised monthly USA Swimming sponsored competitions to evaluate their progress toward State and Zone level time standards.

Mon thru Thurs	6:00-8:00 pm
Fri	4:30-6:30 pm
Sat	9:00 am-12:00 pm

Cost per session:

Fitness Member	\$427
Tennis & Program Member	\$462

Senior Akita Swim Team

Recommended Ages 10 and up

The Senior Akita experience is for the advanced, skilled, and highly motivated athlete. We will provide the environment for these athletes to excel in the competitive swimming arena at the state, regional, national, and international levels. Swimmers will be provided a very comprehensive daily and season-long training schedule. Senior Akita swimmers will have the opportunity to utilize our world-class weight-training center 365 days a year (under supervision and by invitation only). Athletes will compete in a select number of meets appropriate to their ability.

Mon thru Fri	3:00-6:00 pm
Sat	9:00 am-12:00 pm

Cost per session:

Fitness Member	\$545
Tennis & Program Member	\$590

USA Swim Team and Meet Fees Registration

All Junior and Senior Great Lakes Aquatics Swim Team members are required to:

1. Join United States Swimming at registration.
2. Have a credit card on file at The Sports Club of West Bloomfield for for team group fees.
3. A \$150 team administrative fee due at registration.

Private Instruction

Private lessons are available all year. They are a great way to enhance stroke mechanics as well as start and turn skills.

Attire/Equipment

Swimmers in all programs are expected to wear the following to all practices: Goggles, Swim Cap, one piece swim suit (girls), Speedo or Jammer style swim suit (boys).



\$50 annual Family Program Membership fee required.

Call 248.626.9880 - Ext. 3103 or visit us online at www.thesportsclubs.com

Birthday Parties

Let us create an exciting party for your child's next birthday at The Sports Club of West Bloomfield. Ages 3 and up.

Each 90 minute party begins with a 45 minute activity of your choice and then 45 minutes in the party room for pizza and cake. Included in the cost is pizza, juice boxes, party plates, table cloth and plastic utensils. You bring the birthday cake and party favors and leave the rest to us.

Choose one or more of these fun-filled activities: Tennis, All Sports & Dodgeball, Swimming, Martial Arts, Soccer, Hockey and **(NEW)** Gagaball.

For more information and pricing contact Dee Geelhood at 248.318.6682 or email dgeelhood@yahoo.com.



Make Your Next Event or Party a Memorable One at The Sports Club of West Bloomfield!



We can assist, coordinate, and schedule your next event or party to include a variety of fun-filled, action packed sports activities.

We accommodate:

- Bar Mitzvahs
- Boy and Girl Scout Troops
- Church Groups
- Youth Organizations
- Sports Teams
- Pre-Schools
- Field Trips
- And More

Add some fun to your party or event with:

- Martial Arts
- Gymnastics and Tumbling
- Tennis
- Swimming
- Yoga
- Team Sports
- Gagaball

For more information and pricing contact Dee Geelhood at 248.318.6682 or email dgeelhood@yahoo.com.

Holiday Camps

We will be offering our camp programs on all days multiple schools are off. According to the calendars available as of this printing, the dates are:

Oct	3, 4, 12, 17, 18
Nov	3, 8, 24, 25
Dec	22, 23, 26, 27, 28, 29, 30
Jan	2, 3, 16
Feb	20, 21, 22, 23, 24
Mar	17
Apr	3, 4, 5, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19
May	29, 31
Jun	1

Minimum of six to run Sports Camp. Minimum of four to run Superstars Camp. Please register 48 hours in advance. Camps offered on snow days. Call Member Services for details.

Superstars Sports Camp

Ages 3-5

Times

1/2 Day	9:00-12:30 am
1/2 Day	12:30-4:00 pm
Full Day	9:00 am-4:00 pm

Cost : 1/2 Day	Pre-registered Daily	Drop-in Daily
Fitness Members	\$30	\$38
Tennis & Program Members	\$33	\$40
Cost : Full Day	Pre-registered Daily	Drop-in Daily
Fitness Members	\$60	\$75
Tennis & Program Members	\$65	\$80

Camp Info for Superstars Sports Camp

All kids should wear comfortable sports clothes and tennis shoes (nonmarking soles, please). A swim suit and a snack with a drink should be kept in a sports bag that can be put in the cubbies during the day. Full day campers can bring a lunch or buy lunch for \$5.00. **No peanut products please.** Please label all items. Drop-off and pick-up will take place in Studio F before and after class.

Sports Camp - Ages 5-14

The Sports Club's Holiday Sports Camps 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 camp will include daily sessions from among the following: Tennis, Swimming, Martial Arts, Dance, Basketball, Gymnastics, Team Sports and Gagaball (**NEW**).

Within our well-rounded program, our staff will help campers improve their overall coordination and competitive spirit while developing skills unique to each sport.

Time: 9:00 am-4:00 pm

Cost (per child, per day for Sports Camp):

	Pre-registered	Drop-in
Fitness Members	\$60	\$75
Tennis & Program Members	\$65	\$80

Camp Info for Sports Camp

Children should be dropped off at 9:00 am and picked up at 4:00 pm everyday using the south entrance. Drop-off and pick-up will be in the gymnastics lobby.

Pre- and post-care is available from 8:00-9:00 am and 4:00-5:00 pm for an additional charge. Advance sign-up is required.

Lunch can be purchased each day for \$5.00 or brought by the child. **No peanut products please.**

All kids should wear comfortable sports clothes and tennis shoes (nonmarking soles, please). A water bottle, tennis racquet, swim gear and towel should be kept in a sports bag that can be carried from sport to sport throughout the day. Please label all items.



HOLIDAY CAMP POLICIES

Full payment is due with application. NO REFUNDS.
We offer make-ups for days missed based on availability. All make-ups must be completed before Summer 2017.





**WE HAVE IT
ALL!**

6343 Farmington Rd.
West Bloomfield, MI 48322
(just north of Maple Rd.)
248.626.9880



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and get
3 Days
on us!**

Bring this offer to Member Services and receive a **FREE 3 Day Trial***



*Offer is valid for first-time participants only.

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Housed in a perfectly maintained 160,000 sq. ft. sports and fitness facility by an exceptional staff with certified full-time professionals.

Join us. We've been serving the West Bloomfield community for 25 years. Call 248.626.9880 today.

Hot Yoga, Group Exercise, Spinning, Personal Training, Tennis, Swimming, Sports Programs, Kids Center and so much more!