

Summer Programs 2017

Look Inside for Early Registration Discounts on Kids Summer Camps!

Along with top-notch programs like
Junior Tennis & Camps, Adult Tennis,
Martial Arts, Gymnastics, Cheer & Tumbling,
Swim Team and Youth Swimming



There's no place like it! • thesportsclubs.com

Call by May 15, 2017 and receive

\$100 Off for 2 Weeks • **\$200 Off**

Hurry, camps fill up fast. Call 248.626.98

SUPER STARS CAMP Ages 3-5

Preschool Sports and Activity Day Camp
Weekly camps beginning June 5

Director: Dee Geelhood.

Campers will be introduced to and learn the fundamentals of Gymnastics, Tennis, Martial Arts, Swimming and Team Sports: Basketball, Floor Hockey, Soccer, Volleyball, Obstacle Courses and other activities. **All children must be potty trained.**

SUMMER SCHEDULE

Mornings	Mon - Fri	9:00 am-12:30 pm*
Full Day	Mon - Fri	9:00 am-4:00 pm

*Post-Camp care for morning session is available from 12:30-1:30 pm.

Cost 1/2 Days:	Weekly	Daily
Fitness Member	\$150	\$35
Tennis & Program Member	\$163	\$38

Cost Full Day:	Weekly	Daily
Fitness Member	\$300	\$70
Tennis & Program Member	\$325	\$75

DANCE & TUMBLE CAMP Ages 4-12

Weekly camps beginning June 19
Mon-Fri 9:00 am-4:00 pm

The Dance & Tumble Camp is designed for girls ages 4-12. The campers will learn basic tumbling skills, work on dance and cheer routines, and also spend some fun time in the pool. Participation will enhance flexibility, strength and coordination.

Minimum of five students for Dance & Tumble Camp to run.

Walk-In Rate

Fitness Member \$85
Tennis & Program Member \$90



ALL-SPORTS CAMP Ages 5-14

Weekly camps beginning June 12
Mon-Fri 9:00 am-4:00 pm

Director: Dee Geelhood, Sports Club Tennis Professional

The Sports Club's Summer All-Sports Camp 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 non-stop athletic activity. Camp will include six daily sessions from among the following: Tennis, Basketball, Swimming, Ga Ga Ball, Martial Arts, Team Sports, Gymnastics, Fun & Fitness and Dodgeball.

Sportsmanship and team building skills will be emphasized through a variety of team sports including soccer, dodgeball, volleyball and hockey. Within our well-rounded program, our staff will help campers improve their overall coordination and competitive spirit while developing skills unique to each sport.

AFTERNOON MARTIAL ARTS CAMP Ages 6-14

Weeks offered: Jun 26-30, Jul 17-21, Aug 14-18
12:30-4:00 pm

Camp Director: Master Kevin Todoroff

Mr. Kevin Todoroff (5th Degree Black Belt) has 28 Years of experience in the art and science of Martial Arts. Kevin has been the director of the Sports Club Martial Arts Program since 1995.

This camp is designed for students ages 6-14, with varying levels of ability.

Camp activities include:

Kicking Drills, Heavy Bag, Pads & Bar Kicks, Self-Defense, Stretching and Conditioning, Basic Submission Wrestling, Kick Boxing Drills, Wallball and Dodgeball.

Cost 1/2 Day:	Weekly
Fitness Member	\$150
Tennis & Program Member	\$163

Sports Camp is available with Afternoon Martial Arts Camp from 9:00 am-12:30 pm for those campers wanting a full day of activities.

Cost 1/2 Day Sports Camp:	Weekly
Fitness Member	\$150
Tennis & Program Member	\$163

(Only available when attending Afternoon Martial Arts Camp)

CAMP SAVINGS

Receive an **Early Registration Discount***
for 4 Weeks • **\$300 Off** for 6 Weeks
80, ext. 3 by the May 15, 2017 deadline.

GYMNASTICS CAMP Ages 6-14

Weeks offered: Jun 26-30, Jul 17-21, Aug 7-11
9:00 am-4:00 pm.

Camp Director: Dean Smarjesse – Gymnastics Director
The Sports Club Gymnastics Camp is designed for all levels of gymnasts. Anyone looking to improve their gymnastics skills, whether it be a gymnast or a cheerleader, will be working on all events: Vault, Bars, Beam, Floor and Trampoline.

The camp will devote a significant amount of time to tumbling in order to develop the following skills: Round-off, Back Handspring, Front Handspring, Back Tuck and Front Tuck.

We will also take a little time to cool off in the pool, so don't forget your bathing suit.

COMPETITIVE CHEER CAMP Ages 6-14

Weeks offered: Jun 19-23, Jul 10-14, Aug 14-18
9:00 am-4:00 pm.

Learn the basics of cheer with training in stunting, tumbling, dancing, jumping, and flexibility. At the end of the week we will showcase a routine that includes all your child's new skills. All are welcome to attend.

*Must register by May 15, 2017. Offer is per camper. Must be a full day camp. Family Program Membership required.

Cost For All Full Day Camps

	Weekly	Daily
Fitness Member	\$300	\$70
Tennis & Program Member	\$325	\$75

Hurry, the early registration deadline is approaching.

FREE T-shirt for every registered camper!

Register today by calling
248.626.9880, ext. 3 for a summer camp filled with fun.



Summer Camp Information

Super Stars Sports Camp

Lunch can be purchased each day for \$5.00 (at check-in) or brought by the child. **Drop-off and pick-up will take place in Studio F before and after class. Please apply sunscreen prior to dropping your child off to camp. No peanut products. All children must be potty trained.**

What To Bring

All kids should wear comfortable sports clothes and tennis shoes (nonmarking soles, please). A swim suit and asnack with a drink should be kept in a sports bag that can be put in the cubbies during the day. Please label all items.

Pre & Post Care

Pre-Camp care is available at 7:45 am and Post-Camp care until 6:00 pm in our Kids' Center for \$3.50 per hour.

Please note: Post-Camp care for morning session is available from 12:30-1:30 pm.

All Other Camps

Camp check-in is 9:00 am each morning in the Gymnastics Lobby. Pick up is at 4:00 pm everyday in the south parking turn-around where the camp staff and campers will be waiting.

Lunch can be purchased each day for \$5.00 (at check-in) or brought by the child. Purchased lunch includes a.m. and p.m. snack. If bringing lunch, include two snacks. **No peanut products.**

All kids should wear comfortable and lightweight sports clothing and tennis shoes. (Non-marking 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.

Payment Policy

Full payment is due with application. **NO REFUNDS.** We offer make-ups for days missed based on availability.

All make-ups must be completed by September 1, 2017.

Weekly Summer Tennis Camps - Begin June 19, 2017

Minimum of 3 students required to run all classes.

Tournament Players Camp

Designed for serious players who compete in local, regional, or national USTA tournaments, and also those players whose main focus is competing on their school teams. Discipline and hard work are greatly stressed in this program. Players will be directed through 12 hours of drills, matchplay, and a wide variety of point play situations in each weekly camp. This program will deal with on court technique, singles, doubles strategy, footwork and conditioning.

Competitive Players Camp

Geared towards younger competitive players ages 7-10 who have a solid foundation in the basic strokes—forehand, backhand, volleys, serve and return of serve. Players currently registered in the Future Stars and Young Players 1 are perfect for this camp. The players will work on improving their skill set, shot selection and footwork through a combination of drills, point play, fun games and competition. **Green dot balls will be used for these players.**

Camp Directors for Tournament and Competitive Players: Ricky Brown, Joe Brennan

Mon-Thurs 9:00 am-12:00 pm

Weeks: Jun 19-Aug 31 – *Jul 3, 5-7, Wed-Fri

Cost (per 1 week): **Daily** **Weekly**
\$60 \$200

Join our Sports Camp After Tennis

It doesn't have to end at 12:00 pm! Join the camp, have lunch, a fun time in the pool and a sports activity to round out your day.

Mon-Thurs 12:00-4:00 pm

Cost (per 1 week):

Fitness Member \$137
Tennis & Program Member \$148

Our Tennis Professionals are available for private and semi private lessons.

Outdoor private lessons at The Sports Club of West Bloomfield can be arranged at discounted prices.



Make-up policies are specific to each camp. Please contact Member Services for specific camp policies.



TENNIS

*Junior Tennis is better
at The Sports Club
of West Bloomfield!*

Junior Tennis Summer Sessions

**Minimum of 3 students
required to run all classes.**

Sessions:

Summer 1 6 Weeks Jun 19-Jul 27 (Omit Jul 4)

Summer 2 5 Weeks Jul 31-Aug 31

Tiny Tots - Ages 3-5

30 minute class

Mon 12:00 pm 4:00 pm

Tues 12:00 pm 4:00 pm

Wed 12:00 pm 5:00 pm

Thurs 12:00 pm 5:00 pm

Cost (Tiny Tots) **6 Weeks** **5 Weeks**

Fitness Member **\$72** **\$60**

Tennis & Program Member **\$78** **\$65**

Junior Stars - Ages 5-7

1 hour class

Mon 12:30 pm 4:30 pm

Tues 12:30 pm 4:30 pm

Wed 12:30 pm 5:30 pm

Thurs 12:30 pm 5:30 pm

Cost (Junior Stars) **6 Weeks** **5 Weeks**

Fitness Member **\$108** **\$90**

Tennis & Program Member **\$120** **\$100**

Challengers - Ages 7-11

Beginner to Advanced Beginner - 2 hour class

Mon 12:00-2:00 pm 4:30-6:30 pm

Tues 12:00-2:00 pm 4:30-6:30 pm

Wed 12:00-2:00 pm 4:30-6:30 pm

Thurs 12:00-2:00 pm 4:30-6:30 pm

Future Stars - Ages 7-11

Intermediate - 2 hour class

Mon 12:00-2:00 pm 4:30-6:30 pm

Tues 12:00-2:00 pm 4:30-6:30 pm

Wed 12:00-2:00 pm 4:30-6:30 pm

Thurs 12:00-2:00 pm 4:30-6:30 pm

Teen Stars - Ages 11-18

Beginner - 2 hour class

Mon 4:30-6:30 pm

Tues 4:30-6:30 pm

Wed 4:30-6:30 pm

Thurs 4:30-6:30 pm

**Upcoming USTA sanctioned tournaments
at The Sports Club of West Bloomfield.**

April 7-9 • May 12-14

June 30-July 2 • August 25-27

Middle School/High School - Ages 11-18

Intermediate/Advanced - 2 hour class

Mon 4:30-6:30 pm

Tues 4:30-6:30 pm

Wed 4:30-6:30 pm

Thurs 4:30-6:30 pm

Cost (Challengers, Future Stars, Teen Stars and Middle School/High School)

Fitness Member **6 Weeks** **5 Weeks**

Tennis & Program Member **\$216** **\$180**

Tennis & Program Member **\$240** **\$200**

Joe Brennan's Summer Program

This camp covers the game of tennis from many aspects. There will be instructional drilling, competitive games, fun exercises, physical conditioning and match-play. Tournament level techniques will be taught to the higher level players and developmental techniques will be taught to players with less experience. Players will be divided into groups based on their tennis level.

Dates: June 19- Aug 31

Mon-Thurs 3:00-6:00 pm

**For registration information, call Joe at
248-229-6431 or email: jrbrennan3456@gmail.com**

High School Tryout Prep Class

This program is famous for being a great last minute tune-up before high school tryouts. This high intensity program is designed to help a player with their strokes, conditioning and strategy. Drills, match-play and competitive games will be a big part of the program. Continental style breakfast as well as lunch will be provided daily.

Dates: Aug 4-6

9:00 am-3:00 pm

**For registration information, call Joe at
248.229.6431 or email: jrbrennan3456@gmail.com**

Junior Tennis Policies

- Full payment due with registration
- No Refunds

- Make-up classes are not guaranteed and cannot carry over to the next session
- We do not pro-rate unless a student is signing up for a program after the start date

GYMNASTICS, C

Summer Session: 11 weeks Jun 19-Aug 31 (Omit Jul 4) No classes Labor Day weekend.

Summer Only Policy: You may prorate out up to two weeks for vacations. Must identify dates at registration.

Dean Smarjesse, Director

Coach Adriana, Preschool Director

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 6:00 pm

Tues 10:15 am

Thurs 10:15 am

Sat 9:30 am

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 - All classes are 45 minutes

Caterpillars - Ages 3-4 - Boys and Girls

Mon 4:30 pm

Tues 9:30 am 5:15 pm

Wed 4:30 pm

Thurs 9:30 am 5:15 pm

Sat 10:15 am

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

Mon 5:15 pm

Tues 4:30 pm

Wed 5:15 pm

Thurs 4:30 pm

Sat 10:15 am

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

Tues 4:30 pm

Thurs 11:00 am 5:15 pm

Sat 9:30 am

Cost: Parent/Child, Preschool

Fitness Member \$154

Tennis & Program Member \$171

Private Instruction

Need help with Back Handsprings, Back Tuck, Cheerleading skills and basic Gymnastics? Try a private lesson with one of our expert instructors.

Cost: 1/2 hour \$30 1 hour \$60

Advanced Preschool Classes

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

Instructor approval is required to be in this class.

Mon 4:30-5:45 pm

Tues 6:00-7:15 pm

Sat 10:15-11:30 am

Cost:

Fitness Member \$209

Tennis & Program Member \$236

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:

Fitness Member \$257

Tennis & Program Member \$286

Sports Club Kips (2-6 hrs per week)

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

(New times for summer session)

Tues 6:00-8:00 pm

Thurs 6:00-8:00 pm

Discounts for multiple days.

Cost: 1st Day 2nd Day

Fitness Member \$312 \$204

Tennis & Program Member \$349 \$227



Program Policies

- Full payment is due upon registration.
- No Refunds.
- Make-ups are not guaranteed; however, two make-ups per session (if space permits) are allowed.
- Make-ups are NOT carried over to next session.
- No jewelry, rings, necklaces, watches, bracelets, hoop or hanging earrings.
- Please wear tight fitting clothes (ie.leotard, leggings).
- Children will be barefoot down in the gym.
- NO FOOD or DRINK permitted in the gym.
- Parents and siblings can watch from the viewing area upstairs.

HEER & TUMBLE



Dean Smarjesse, Director
Coach Micayla, Cheer Director

Cheerleading Classes - All classes are 45 minutes

These classes include jumps and flexibility ...toe touch, herkie, pike, triple splits, heal stretch, scorpion, needle, bow and arrow.

Tiny - Ages 3-5

Mon 6:00-6:45 pm
Wed 5:15-6:00 pm
Sat 10:15-11:00 am

Mini - Ages 6-8

Mon 4:30-5:15 pm
Wed 5:15-6:00 pm
Sat 9:30-10:15 am

Youth - Ages 9-11

Mon 7:15-8:00 pm
Thurs 4:30-5:15 pm

Junior - Ages 12-14

Mon 7:15-8:00 pm
Tues 7:00-7:45 pm

Senior - Ages 14 & up

Mon 7:15-8:00 pm
Tues 7:00-7:45 pm

Cost:

Fitness Member **\$154**
Tennis & Program Member **\$171**



Tumbling Classes - All classes are 1 hour

Tumbling 100

Focus on cartwheels, round-offs, handstands, bridges and rolls. Strength and flexibility conditioning will also be incorporated.

Mon 5:15-6:15 pm
Thurs 6:30-7:30 pm

Tumbling 200

MUST HAVE ALL TUMBLING 100 ELEMENTS MASTERED. Will focus on back and front walkovers. Strength and flexibility conditioning.

Mon 6:15-7:15 pm
Wed 4:15-5:15 pm

Tumbling 300

Working on back handsprings. Strength and flexibility conditioning.

Mon 4:15-5:15 pm

Tumbling 400

MUST HAVE TUMBLING 300 ELEMENTS MASTERED. In this class your child will learn how to start connecting tumbling passes. This includes round off back handspring, standing multiple handsprings. Will also learn punch front.

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

Tumbling 500

Your child will learn standing back tucks and how to connect them with jumps, standing back hand springs and running passes.

Wed 6:00-7:00 pm
Sat 11:00 am-12:00 pm

Cost:

Fitness Member **\$182**
Tennis & Program Member **\$204**

\$50 annual Family Program Membership fee required.

Call 248.626.9880 - Ext. 3 or visit us online at www.thesportsclubs.com

American Freestyle Martial Arts

Summer Session: 11 weeks Jun 19-Aug 31
(Omit Jul 4. No classes Labor Day weekend.)

Summer Only Policy: You may prorate out up to two weeks for vacations. Must identify dates at registration.

NEW! Self Defense

Don't be scared be prepared!

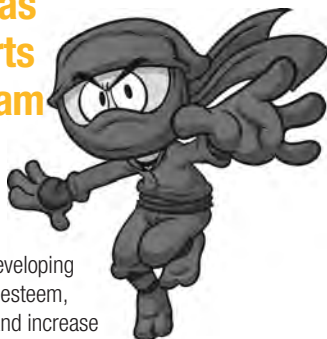
An all encompassing program that prepares you for any scenario. Learn various choke defenses, escape maneuvers, weapon defense and situational awareness. Great for college students or adults.

Train with the best, Master Kevin Todoroff

- Former United States Marine
- Former Law Enforcement Defensive Tactics Instructor
- Highly skilled in the instruction of
 - Combative Pressure Point
 - Knife Defense
 - Defensive Tactics
 - Women's Self Defense
 - Ground Defense
- 5th Degree Black Belt in American Martial Arts
- 1st Degree Black Belt in Joe Lewis Fighting Systems

Little Ninjas Martial Arts Belt program

Our introduction to the Martial Arts is for children 3-5 years of age concentrating on developing self-discipline, self-esteem, gross motor skills and increase attention span. Activities are designed to increase muscle tone, flexibility and agility while creating a fun and encouraging environment.



Little Ninjas - Age 3-5

Tues	5:30-6:15 pm
Thurs	4:30-5:15 pm
Sat	9:15-10:00 am

Cost: (one 45 minute class per week):

Fitness Member	\$154
Tennis & Program Member	\$170

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

Head Instructor

Master 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 32 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 of West Bloomfield since 1995.

TRY Our Belt Program

4 weeks of unlimited classes.

First-time students only.

Refer to White Belt class times.

\$69

White-Orange-Yellow (one hour class)

Mon 4:30 pm

Wed 5:30 pm

Sat 11:00 am

Camo-Black (one hour class)

Mon 5:30 pm

Tues 4:30 pm

Thurs 5:30 pm

Sat 12:00 pm

Adult-Teen (one hour class)

Tues 6:30 pm

Thurs 6:30 pm

Sat 10:00 am

Self Defense (one hour class)

Mon 6:30 pm

Wed 6:30 pm

Sat 1:00 pm

Grappling (All ranks, one hour class)

Wed 4:30 pm

Cost: (one hour class, 11 weeks):

1 Day Per Week

Fitness Member \$193

Tennis & Program Member \$212

2 Day Add

Fitness Member \$112

Tennis & Program Member \$123

Register for 3 Days and get the 4th Day FREE!

3 Day Add

Fitness Member \$75

Tennis & Program Member \$83



\$50 annual Family Program Membership fee required.

ADULT TENNIS



Get three friends to play and call us!

We can accommodate your group.

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	12:00 pm	6:30 pm
Wed	2:00 pm	
Thurs	7:30 pm	

Advanced Beginner, 2.5-3.0

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

Mon	6:30 pm	
Wed	2:00 pm	6:30 pm

Intermediate, 3.0+

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

Mon	12:00 pm	7:30 pm
Thurs	6:30 pm	

Sessions:

Summer 1 5 Weeks Jun 19-Jul 23 (Omit Jul 4)
Summer 2 5 Weeks Jul 24-Aug 27

Cost (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



FALL ADULT TENNIS OPPORTUNITIES

PCT – Permanent Court Time

Pick your time, pick your group, and buy your court for the indoor season: Sept thru mid-May.

Current groups have until July 15th to confirm their spot. After that, new groups can register. Put your request in as soon as you like – first come first serve.

Adult Tennis Leagues will begin August 28, 2017.

A great way to meet people and play fun, competitive tennis at your own level – no one is too weak or too strong. We have groups for all levels. Fall schedule will be available mid July.

\$50 annual Family Program Membership fee required.

Call 248.626.9880 - Ext. 3 or visit us online at www.thesportsclubs.com

YOUTH SWIMMING

Sessions: **Summer 1 - 6 weeks** Jun 19-Jul 27 (omit Jul 4)
Summer 2 - 5 weeks Jul 31-Sept 1 (no classes Labor day weekend)

Minimum of three students for class to run.

Children Ages 18 mos-3 years (Toddlers must wear swim diapers)

Parent/Child (30 minutes)

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

Children Ages 3-5

Preschool (30 minutes)

Mon/Wed	10:45 am	6:00 pm
Tues/Thurs	10:45 am	6:00 pm
Sat	10:00 am	11:00 am

Children Recommended Ages 5 and Up

Level 1 (45 minutes)

Mon/Wed	10:00 am	10:45 am	
	5:15 pm	6:00 pm	6:45 pm
Tues/Thurs	10:00 am	10:45 am	
	5:15 pm	6:00 pm	6:45 pm
Sat	10:45 am		

Level 2 (45 minutes)

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

Level 3 (45 minutes)

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

Level 4 (45 minutes)

Mon/Wed	10:00 am	11:30 am	4:30 pm
	6:00 pm	6:45 pm	
Tues/Thurs	10:00 am	11:30 am	4:30 pm
	6:00 pm	6:45 pm	
Sat	10:00 am	11:30 am	

Adult (45 minutes)

Sat	9:00 am
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Students attend two classes per week for Mon/Wed or Tues/Thurs classes.

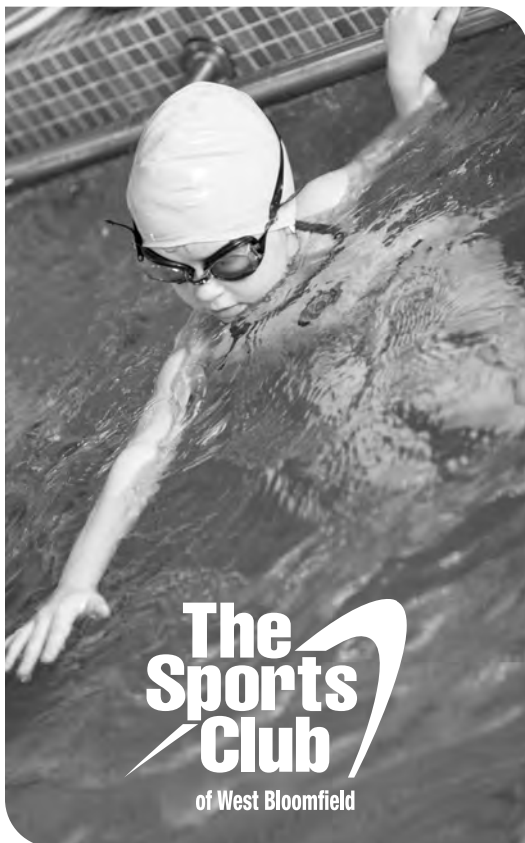
Cost: (Mon/Wed, Tues/Thurs-1/2 hour or 45 minute class)

	5 Weeks	6 Weeks
Fitness Member	\$138	\$165
Tennis & Program Member	\$152	\$183

Students attend one class per week for Saturday.

Cost (Saturday 1/2 hour or 45 minute class):

	5 Weeks	6 Weeks
Fitness Member	\$69	\$83
Tennis & Program Member	\$76	\$92



***Please Note:** Make-ups are not guaranteed and must be arranged through the Member Services department.

Swim Lesson Rules for Program Members

1. One parent is allowed on the pool deck to observe their child in class.
2. Students and parents must leave the pool deck immediately following their lesson.

Attire/Equipment

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

Please Note:

Swim classes are held in rain and occasional cool weather days. However, we may cancel classes during storms. Due to the unpredictability of Michigan weather, please call the South Desk at 248-626-9880, ext. 103 no earlier than one half hour prior to your scheduled class for cancelled class information.

Youth Swim Director: James Overman

For any questions regarding Level or Private lessons, contact James at tscwbbyouthswim@gmail.com or call 248-382-8363.

\$50 annual Family Program Membership fee required.

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.

John McGuire - Head Coach
248.949.3334 or AkitaAquatics@gmail.com

James Overman - Assistant Coach
248.382.8363 or AkitaAquatics@gmail.com

Akita Pups and Dogs Swim Team

Swimmers who want to be involved in a swim team environment, but are unsure of whether or not they want to make the commitment to the Junior Akita Team. Focus is on developing the four competitive strokes and swimming fundamentals. Akita Pups can sign up for one or two days a week and Akita Dogs, three or more days a week.

Sessions:

Summer - 11 weeks Jun 19-Sept 1

(No classes on Labor day weekend. Can prorate out two weeks for vacations. Summer only policy.)

Akita Pups Swim Team

Summer

Mon thru Fri 10:30-11:30 am

Sat 10:00-11:00 am

Cost:	1 Day	2 Days
Fitness Member	\$180	\$266
Tennis & Program Member	\$193	\$289

Akita Dogs Swim Team

Summer

Mon thru Fri 10:30-11:30 am

Sat 10:00-11:00 am

Cost: 3+ Days	
Fitness Member	\$312
Tennis & Program Member	\$330



Great Lakes Aquatics Swim Team



www.swimGLA.com

Akita Junior and Senior Teams

Sessions:

Summer - 11 weeks Jun 19-Sept 1

(No classes on Labor day weekend.

Can prorate out two weeks for vacations.

Summer only policy.)

Junior Akita Swim Team

Recommended Ages 12 and under

The Akita Junior Swim Team is for competitive swimmers to eager beginners interested in participating in a training program while advancing stroke technique. Participants have the option of training up to six days a week and will have the option to compete against swimmers throughout the state.

Mon thru Fri 9:00-10:30 am

Sat 9:00-11:00 am

Cost:	
Fitness Member	\$359
Tennis & Program Member	\$387

Senior Akita Swim Team

Recommended Ages 13 and up

The Senior Team is for high caliber, very serious competitive swimmers. Training is competitive in a challenging, high level work environment. Swimmers will be working toward state, zone and junior/senior national level competitions. Swimmers are expected to take ownership of their participation.

Mon thru Fri 6:30-9:00 am

Sat 7:00-9:00 am

Cost:	
Fitness Member	\$452
Tennis & Program Member	\$487

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