

It's Camp Time!

Register today for Kids Sports Camps!

The Sports Club
of West Bloomfield

Discounts on Summer Camps!

Check out the award-winning programs in Junior Tennis & Camps, Adult Tennis, Martial Arts, Gymnastics, Soccer, Lacrosse, and Field Hockey.

Experience complete fitness • thesportsclubs.com

Summer Programs 2019

SUMMER CAMP SAVINGS



1 Buy 2 weeks of Camp and get \$100 OFF!
(Valid per child only until May 15, 2019.)

2 Buy 4 weeks of Camp and get \$200 OFF!
(Valid per child only until May 15, 2019.)

3 Buy 6 weeks of Camp and get \$300 OFF!
(Valid per child only until May 15, 2019.)

NEW TO CAMP THIS YEAR!

- **Water Wednesdays!** Each Wednesday we will be bringing in Industrial Water Inflatable's. Slides, obstacle courses and much more, your child won't want to miss out on our new Wednesday fun.
- **Weekly Themes!** Every week of camp will have a different theme with exciting activities and games revolving around the theme. Join us for themes like Olympic Week, Craft Week, Superhero Week, Science Week and many more.
- **Basketball!** We are thrilled to have an Outdoor Basketball Court painted for this upcoming summer to add additional fun to our day.
- **Field House Fun!** We're excited to expand our available sports activities in our new 30,000 square foot Field House. New games and activities include Flag Football, Soccer, Field Hockey, Lacrosse and much more!

ALL-SPORTS CAMP Ages 4-14

Weekly camps beginning June 3
Mon-Fri 9:00 am-4:00 pm

Director: Meredith Kay

The Sports Club of West Bloomfield'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 camps non-stop athletic and fun activities. During camp your child will move from activity to activity learning new skills and having non-stop fun. Throughout the day your child will play a variety of sports including Basketball, Gaga Ball, Soccer, Flag Football, Four Square, Kick Ball, Gymnastics, Fun & Fitness, Dodge Ball, Lacrosse, Field Hockey and so much more! Each day will be jam packed with fun and weekly themed activities that are guaranteed to have your kids excited to show you what they did at camp! Our camp truly has it all!

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

JUNIOR ALL-SPORTS CAMP Ages 3-5

Weekly camps beginning June 3

Director: Meredith Kay

The Sports Club of West Bloomfield's Jr. All Sports Camp program will help campers improve their overall coordination and creative spirit while developing skills unique to each activity including: Tennis, Gymnastics, Gaga Ball, Soccer, Basketball, Fun & Fitness, Dodge Ball, Kick Ball, Four Square and Floor Hockey. This is a chance for your camper to sample many different sports and games while meeting new friends and experiencing new activities.

All children must be potty trained.
NO LUNCH (bring one snack and water bottle)
NO NUT PRODUCTS OF ANY KIND PLEASE.

Mon - Fri 9:00 am-12:00 pm
Mon - Fri 1:00-4:00 pm

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

Summer Camp Information

Junior All-Sports Camp

Drop-off and pick-up will take place in Gymnastics Lobby before and after class.

What To Bring

All kids should wear comfortable sports clothes and tennis shoes (non-marking soles, please). Sun block and a snack with a drink should be kept in a sports bag that can be put in the cubbies during the day. Please label all items.
No peanut products.

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 August 31, 2019.

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 lot 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, and sun block should be kept in a sports bag that can be carried from sport to sport throughout the day. Please label all items.

Pre & Post Care (FREE for Fitness Members)

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.

\$65 annual Sports Program Membership fee required.

SPECIALTY CAMPS!

GYMNASTICS CAMP Ages 6-14

Weeks offered: Jun 24-28, Jul 15-19, Aug 12-16
9:00 am-4:00 pm.

Camp Director: Dean Smarjesse – Gymnastics Director
The Sports Club of West Bloomfield's Gymnastics Camp is designed for all levels of gymnastics. Anyone looking to learn new or improve their gymnastics skills, whether a dancer, gymnast or cheerleader we 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 Hand-spring, Front Handspring, Back Tuck and Front Tuck.

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

SOCCER CAMP Ages 4-12

Offered beginning June 17
Mon-Thurs 9:00 am-12:00 pm

Sports Camp available 12:00-4:00 pm

Camp Director: Granit Caushaj

Your camper will spend a morning learning from Granit, who played on a National and USL leagues, His extensive knowledge of Soccer will be sure to provide your child an amazing morning of soccer fun.

Cost:	Weekly	Daily
Fitness Member	\$144	\$40
Tennis & Program Member	\$156	\$45

Cost 1/2 Day Sports Camp:	Weekly (Mon-Thurs)
Fitness Member	\$137
Tennis & Program Member	\$148

FLAG FOOTBALL CAMP Ages 6-14

Weeks offered: June 17-21, July 15-19
9:00 am-12:00 pm

Sports Camp available 12:00-4:00 pm

Camp Director: Eric Stocz

Join Eric former NFL player Eric Stocz for a morning full of Flag Football fun! Drills, skills and games will mean fun for all.

Cost:	Weekly
Fitness Member	\$180
Tennis & Program Member	\$195

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

MARTIAL ARTS CAMP Ages 6-14

Weeks offered: Jun 24-28, Jul 22-26, Aug 19-23
12:30-4:00 pm

Camp Director: Master Kevin Todoroff
Mr. Kevin Todoroff (5th Degree Black Belt) has 32 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.

The camp is designed for varying levels of ability.

Camp activities include:

Kicking Drills, Heavy bags, Pads & Bar Kicks, Self-Defense, Stretching and Conditioning, Basic Submission Wrestling, Kick Boxing Drills, Dodge ball and Pac man.

DANCE CAMP Ages 4-12

Weeks offered: June 24-28, Aug 19-23
Mon-Fri 12:30-4:00 pm

Campers will learn basic tumbling and dance skills and work on Dance routines to perform on Fridays. Participation will enhance flexibility, strength and coordination.

Martial Arts & Dance Camps

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

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

Martial Arts & Dance Camps

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

(Only available when attending Martial Arts or Dance Camp)

Hurry, camps fill up fast.
Register today call
248-626-9880, ext. 3
for Summer Camp Fun!

Walk-In Rate

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

AIR CONDITIONED GYMNASTICS



Our 8,000 square foot gymnastics center featuring state-of-the-art boys and girls equipment and a 240 sq. ft. foam pit is now air conditioned.

Attend classes in cool comfort all summer long!

Summer Session: 11 weeks Jun 17-Aug 30 (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

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.

Mommy & Me - Ages 2-3 - Boys and Girls

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

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

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

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

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

Cost: Parent/Child, Preschool

Fitness Member	\$158
Tennis & Program Member	\$176

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	5:30-6:45 pm
Sat	10:00-11:15 am

Cost:

Fitness Member	\$215
Tennis & Program Member	\$243

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	\$265
Tennis & Program Member	\$295

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
Sat	10:00 am-12:00 pm

Discounts for multiple days.

Cost:	1st Day	2nd Day	3rd Day
Fitness Member	\$322	\$209	\$135
Tennis & Program Member	\$360	\$233	\$152



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

Cost:

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

GYMNASTICS CAMP Ages 6-14

Weeks offered: Jun 24-28, Jul 15-19, Aug 12-16
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.

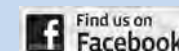
Private Instruction

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**

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.



\$65 annual Sports Program Membership fee required.



JUNIOR TENNIS

Minimum of three students required to run all classes.

Weekly Summer Tennis Camps begin June 17, 2019

Ricky Brown Head Pro and Director of Junior Tennis

Early Registration
Discount*

For Tournament & Competitive
Players Tennis Camps

*Must register by April 30, 2019.

Buy 8 days get **15% OFF!**

Buy 16 days get **25% OFF!**

Buy 24 days get **30% OFF!**

Buy **UNLIMITED** days for just
\$1,500!

Development Camp

This camp is geared towards beginner and advanced beginner students ages 6-10. All the basic strokes will be covered—forehand, backhand, volleys, serve and return of serve—along with basic footwork. The students will be introduced to playing the game of tennis on a 60' court using Orange balls.

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

Weeks: Jun 17-Aug 29

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

Development Camp Discount*
Get 15% off *Must register by April 30, 2019

Join our Sports Camp After Tennis

It doesn't have to end at 12:00 pm! Join the camp, have lunch and a fun time with 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

Junior Tennis Match Play

Program participants will be paired with other players of their level for point play, matches and fun games. This fast moving program will be a great addition to any junior players development.

Mon-Thurs 1:30-3:30 pm

Daily \$37 Weekly \$120

Tennis camper morning or afternoon
add on cost: **\$20 per day**

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.

Dates: Jun 17- Aug 15 Mon-Thurs 4:00-6:00 pm

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



Summer Tennis Classes

Sessions:

Summer 1 - 6 Weeks Jun 17-Jul 25 (Omit Jul 4) • Summer 2 - 5 Weeks Jul 29-Aug 29

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)
Fitness Member 6 Weeks \$76 5 Weeks \$63
Tennis & Program Member \$82 \$68

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)
Fitness Member 6 Weeks \$114 5 Weeks \$95
Tennis & Program Member \$126 \$105

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

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 \$227 5 Weeks \$189
Tennis & Program Member \$253 \$211

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 9-11 Time: 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



Currently registered 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

**Sports Program
Members Can Now
Rent Courts!**



For more information visit
thesportsclubs.com

Granit Caushaj Director of Youth & Adult Soccer and Elite Football Training (EFT)

Granit has extensive experience both as a player and a coach. Granit grew up playing in Albania where he played on the Albanian U17 National team. He played D1 Soccer for Marshall University, where he received a degree in Exercise Physiology. Following college, his Professional soccer career began with the Czech Republic Europe, and continued into the United States playing for the USL. He currently coaches club soccer with the Michigan Wolves-Hawks.

Granit holds the following coaching certifications:

- UEFA B License (Union of European Football Association)
- USSF C License (United States Soccer Federation).



Find us on
Facebook

THE FIELD HOUSE

Youth Soccer Classes

Session: (11 weeks) Jun 17-Aug 30
(no classes Labor Day weekend)

1st Steps - Age 3-5 (one hour class)		
Tues/Wed/Fri	5:00 pm	6:00 pm
Sat/Sun	10:00 am	11:00 am

Stoppers Age 5-8 (one hour class)		
Tues/Wed/Fri	5:00 pm	6:00 pm
Sat/Sun	10:00 am	11:00 am

Shooters 8-10 (one hour class)		
Tues/Wed/Fri	5:00 pm	6:00 pm
Sat/Sun	10:00 am	11:00 am

Strikers 10 & Up (one hour class)		
Tues/Wed/Fri	5:00 pm	6:00 pm
Sat/Sun	10:00 am	11:00 am

Minimum of six students to run. Call Sports Programming to register at 248.626.9880, ext. 3

Cost (11 weeks):	
Fitness Member	\$165
Tennis & Program Member	\$186

Adult Soccer - Train & Play

Beginner/Advanced Beginner

Mon	9:30-10:30 am
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Intermediate

Wed	10:30-11:30 am
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Great workout! Minimum of six students to run. Call Sports Programming to register at 248.626.9880, ext. 3.

Cost (11 weeks):	
Fitness Member	\$165
Tennis & Program Member	\$186

Lacrosse and Field Hockey

Skill and Play Classes - Girls Ages 9-13

Classes will consist of focused skill development followed by small games/scrimmages.

Coaches:

Vicki Yost - Farmington United Field Hockey Varsity Coach, North/Harrison Lacrosse Assistant Coach

Nicky Barrett - Ann Arbor Skyline Varsity Field Hockey Coach, North/Harrison Varsity Lacrosse Coach

For girls Lacrosse and Field Hockey dates and times visit thesportsclubs.com

Minimum of six students to run. Call Sports Programming to register at 248.626.9880, ext. 3.

Program Policies

- Full payment is due upon registration
- No Refunds
- No pro-rations unless registration is after the start date of class
- \$65 Annual Sports Program Membership fee required

A brand new 30,000 square foot state-of-the-art turf athletic facility. Programs include Soccer, Adult and Youth Soccer Leagues, Lacrosse, Field Hockey, Boot Camps, Personal Training, Elite Strength and Conditioning Training, and Field Rental opportunities. **Visit thesportsclubs.com**



Elite Soccer Training with Granit Caushaj

Granit Caushaj – Director of Youth & Adult Soccer and Elite Football Training (EFT)

EFT is an individual and small group Soccer program designed for young, competitive, high level soccer players who want to immerse themselves in an elite environment and are driven to develop impeccable skills and techniques.

- 8 week sessions/two 90 minute sessions per week
- Groups limited to 8-10 players
- Ages U8-U18, boys and girls

Contact Granit at elitefootballtraining@gmail.com or 248-626-9880, ext. 227.

SOCCER CAMP Ages 4-12

Offered beginning June 17

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

Sports Camp available 12:00-4:00 pm

Camp Director: Granit Caushaj

Your camper will spend a morning learning from Granit, who played on a National and USL leagues, His extensive knowledge of Soccer will be sure to provide your child an amazing morning of soccer fun.

Cost:	Weekly	Daily
Fitness Member	\$144	\$40
Tennis & Program Member	\$156	\$45

Cost 1/2 Day Sports Camp:	Weekly (Mon-Thurs)
Fitness Member	\$137
Tennis & Program Member	\$148

FLAG FOOTBALL CAMP Ages 6-14

Weeks offered: June 17-21, July 15-19

9:00 am-12:00 pm

Sports Camp available 12:00-4:00 pm

Camp Director: Eric Stocz

Join Eric former NFL player Eric Stocz for a morning full of Flag Football fun! Drills, skills and games will mean fun for all.

Cost:	Weekly
Fitness Member	\$180
Tennis & Program Member	\$195

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



Field Rental

Call to reserve your spot

- 7 v 7 Field
- Multi-purpose Training Area
- Baseball Tunnels available
- Team Practice
- Sports Activities
- League Play
- Parties

Contact Ryan Arndt at
rparndttscwb@gmail.com or
248-626-9880, ext. 127.

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	
Tues	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 17-Jul 21 (Omit Jul 4)

Summer 2 5 Weeks Jul 22-Aug 25

Cost (1 hour):

Fitness & Tennis Members	\$130
Program Members	\$145

Note: Full payment is required to enroll in any clinic.

Pick Your Favorite Pro Private Clinics

Fees are per person for 1 hour:

No. of Players	3	4	5	6
Fitness & Tennis Members	\$36	\$30	\$26	\$24
Program Members	\$39	\$33	\$29	\$27

Fees are per person for 1 1/2 hours:

No. of Players	3	4	5	6
Fitness & Tennis Members	\$50	\$40	\$34	\$31
Program Members	\$54	\$44	\$37	\$34

Organized Practice

Drills, games and challenges await you. Be prepared to hit a lot of tennis balls. **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

To sign up for day and time above call the north desk, 248-626-9880 ext. 102. Times are subject to change.

Cost: Organized Practice

	1 1/2 hours	2 hours
Fitness & Tennis Members	\$28	\$37
Program Members	\$31	\$40



Learn to play Pickleball on the outdoor courts!

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. Contact Jennie Cross, 248-626-9880, ext.252 jenniecross@gmail.com.

Monthly Ladies Double Mixers

Mixers will begin in August. Check the website for dates.

Adult Tennis Leagues will begin September 3, 2019.

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.

American Freestyle Martial Arts



TRY Our Belt Program

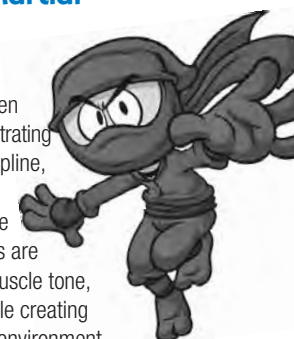
4 weeks of unlimited classes. \$69
First-time students only.
Refer to White Belt class times.

Summer Session: 11 weeks Jun 17-Aug 30 (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.

Little Ninjas Martial Arts 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	5:30-6:15 pm
Sat	9:15-10:00 am

Cost: (one 45 minute class per week):

Fitness Member	\$158
Tennis & Program Member	\$176

Martial Arts Camp Ages 6-14

Weeks offered: Jun 24-28, Jul 22-26, Aug 19-23
12:30-4:00 pm

Camp Director: Master Kevin Todoroff

This camp is designed for students 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, Dodgeball and Pacman.

Cost 1/2 Day:

	Weekly
Fitness Member	\$150
Tennis & Program Member	\$163

Sports Camp is available with 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 Martial Arts Camp)



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.

Camo and above are required to register for a minimum of two days per week.

White-Orange-Yellow (one hour class)

Mon	4:30 pm
Wed	4:30 pm
Thurs	6:30 pm
Sat	11:00 am

Camo-Black (one hour class)

Mon	5:30 pm
Tues	4:30 pm
Wed	5:30 pm
Thurs	4:30 pm
Sat	1:00 pm

Adult-Teen Age 13 & Up (one hour class)

Tues	6:30 pm
Thurs	7:30 pm
Sat	10:00 am

Skill Set Review (one hour class)

Mon	6:30 pm
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Sparring (one hour class)

Sat	12:00 pm
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Cost: (one hour class, 11 weeks):

1 Day Per Week

Fitness Member	\$198
Tennis & Program Member	\$219

2 Day Add

Fitness Member	\$115
Tennis & Program Member	\$126

3 Day Add

Fitness Member	\$77
Tennis & Program Member	\$85

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

\$65 annual Sports Program Membership fee required.

Take a Look at Us Now!

The Sports Club of West Bloomfield has completed a \$3.5 million makeover of its upscale health, sports and fitness complex.

- NEW personal computer entertainment system on all cardio equipment
- NEW state-of-the-art resistance and cardio equipment including the award winning Queenax system
- NEW completely remodeled KidsZone under new management
- NEW 30,000 square foot indoor Field House
- FAR infrared yoga with purified air filtration system
- Unlimited fitness and yoga classes included

Come by and take a look
or call 248.626.9880 today.
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Take a Look and Get Three Days FREE!

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



*Experience
Complete Fitness*

*Offer is valid for first-time participants only.