

Kids and Adult Sports Programs

Fall 2019 - Winter 2020

- Junior Tennis
- Adult Tennis
- Gymnastics
- Martial Arts
- Soccer
- Lacrosse
- Field Hockey
- Holiday Camps
- Birthday Parties
- Parents Night Out
- Events & Parties

**The
Sports
Club**
of West Bloomfield



Enroll Today!

THE FIELD HOUSE

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).

Sessions:

Fall 1 (9 weeks) Sept 3-Nov 1

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)



of West Bloomfield

For more information visit
thesportsclubs.com

Youth Soccer Instructional Classes

Fall 1 (9 weeks)

1st Steps - Age 3-5 (one hour class)

Mon	4:30 pm	5:30 pm
Wed	4:30 pm	5:30 pm
Fri	4:30 pm	5:30 pm
Sat	11:00 am	

Stoppers Age 5-8 (one hour class)

Mon	4:30 pm	5:30 pm
Wed	4:30 pm	5:30 pm
Fri	4:30 pm	5:30 pm
Sat	11:00 am	

Shooters 8-10 (one hour class)

Mon	4:30 pm	5:30 pm
Wed	4:30 pm	5:30 pm
Fri	4:30 pm	5:30 pm
Sat	11:00 am	

Strikers 10 & Up (one hour class)

Mon	4:30 pm	5:30 pm
Wed	4:30 pm	5:30 pm
Fri	4:30 pm	5:30 pm
Sat	11:00 am	

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

Cost: **Fall 1 (9 weeks)**

Fitness Member	\$135
Tennis & Program Member	\$152

Adult Soccer - Train & Play

Sessions:

Fall 1 (10 weeks) Sept 3-Nov 10

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

Beginner/Advanced Beginner

Mon 9:30-11:00 am

Intermediate

Wed 10:30 am-12:00 pm

Fall 2 / Winter (12 weeks)

1st Steps - Age 3-5 (one hour class)

Mon	4:30 pm
Wed	4:30 pm
Fri	4:30 pm

Stoppers Age 5-8 (one hour class)

Mon	4:30 pm
Wed	4:30 pm
Fri	4:30 pm

Shooters 8-10 (one hour class)

Mon	4:30 pm
Wed	4:30 pm
Fri	4:30 pm

Strikers 10 & Up (one hour class)

Mon	4:30 pm
Wed	4:30 pm
Fri	4:30 pm

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

Cost: **Fall 2/Winter (12 weeks)**

Fitness Member	\$180
Tennis & Program Member	\$203



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

Cost: **Fall 1 (10 weeks)**

Fitness Member	\$240
Tennis & Program Member	\$270

Cost: **Fall 2/Winter (12 weeks)**

Fitness Member	\$288
Tennis & Program Member	\$324

A 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**

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

Girls Lacrosse

Nov 21-Dec 19 (4 Weeks) (omit Nov 28)

Girls Field Hockey

Jan 14- Feb 6, 2020 (4 Weeks)

Tues/Thurs 4:15-5:30 pm

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

Fitness Member \$165

Tennis & Program Member \$185



Elite Soccer Training with Granit Caushaj

Granit Caushaj – Director of Youth & Adult Soccer and Elite Futbol 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

Private Lessons Available

- Dribbling
- Passing
- Shooting
- Game Situations
- Footwork
- Conditioning



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

Field Rental

Call to reserve your spot

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

Contact Ryan Arndt at 248.626.9880, ext. 127.

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.
- Make-up classes are **not guaranteed**
- \$65 Annual Sports Program Membership fee required

MEMBERSHIP

Experience complete fitness at The Sports Club of West Bloomfield with these three memberships.



Fitness Membership

- Full club usage
- Full schedule of Yoga, Spinning and Group exercise classes
- Use of the cardio and weight rooms
- Ability to reserve or ½ price walk-on^(†) tennis courts*
- All sports programs - youth and adult at the Fitness Member rate
- Locker room with whirlpool, steam and sauna
- Free KidsZone

For court pricing and Adult Tennis Programs refer to page 12.

*Court fees apply - (†) Restricted hours apply



Tennis Membership

- Ability to reserve or ½ price walk-on^(†) tennis courts*
- Member price for Adult programs – Tennis Leagues, Organized Practice, Private Lessons, Adult Tennis Clinics, Suburban, Senior Tennis and Pickleball

- Program Member pricing for youth programs
- Locker room with whirlpool, steam and sauna
- KidsZone (additional fees apply)

For court pricing and Adult Tennis Programs refer to page 12.

*Court fees apply - (†) Restricted hours apply

For Fitness and Tennis Memberships, please contact the Membership Department for more details at 248.626.9880, ext. 4.

Sports Program Membership

- \$65 Annual Family fee for non-members to register for classes
- Youth classes in Tennis, Gymnastics, Martial Arts, Soccer, Lacrosse, Field Hockey, and Camp programs**
- Adult opportunities in Tennis Leagues, Organized Practices, Adult Tennis Clinics, Private Lessons and Senior tennis and Pickelball**
- KidsZone (additional fees apply)

- Sports Program members will be allowed to reserve tennis courts. All courts at full price. No walk-on privileges* *Court fees apply

For court pricing and Adult Tennis Programs refer to page 12.

** Program Member Price



For Sports Program Membership, please contact the Sports Programming Department for more details at 248.626.9880, ext. 3.

FREE TRIAL!
New Sports Program Members receive a 30 day Fitness trial membership with class registration.

American Freestyle Martial Arts

Sessions:

Fall 1 (10 weeks) Sept 3-Nov 10

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

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.

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

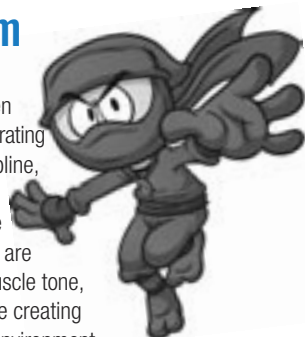
Belt Trial \$69

- 4 weeks of unlimited classes.
- Ages 5-12, White/Orange/Yellow class times
- Ages 13 and Up, Adult/Teen class times



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

Cost: (one 45 minute class per week):

	10 Weeks	12 Weeks
Fitness Member	\$144	\$173
Tennis & Program Member	\$160	\$192

Camo and above are required to register for a minimum of two Belt Level classes per week.

White-Orange-Yellow (one hour class)

Mon	4:30 pm
Wed	5:30 pm
Fri	4:30 pm
Sat	11:00 am

Camo-Purple (one hour class)

Mon	5:30 pm
Sat	12:00 pm

Brown-Black (one hour class)

Mon	6:30 pm
Sat	1:00 pm

Camo-Black (one hour class)

Tues	4:30 pm
Wed	6:30 pm
Thurs	4:30 pm
Fri	5:30 pm

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

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

Cost: (one hour class):

	10 Weeks	12 Weeks
1 Day Per Week		
Fitness Member	\$180	\$216
Tennis & Program Member	\$199	\$239
2 Day Add		
Fitness Member	\$105	\$126
Tennis & Program Member	\$115	\$138
3 Day Add		
Fitness Member	\$70	\$84
Tennis & Program Member	\$77	\$92

GYMNASTICS

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 Sports Programming for more details at 248-626-9880, ext. 3.

Staff

Dean Smarjesse, Gymnastics Director • Jeunae Norwood, Girls Team Director • Autumn Hart, Pre-Team Director,

Our accomplishments include:

2019 State Meet

Silver - 1st Place Team

- 2 Vault Champions
- 2 Bars Champions
- 9 Beam Champions
- 7 Floor Champions
- 8 All Around Champions

Gold - 3rd Place Team

- 1 Vault Champion
- 2 Bars Champions
- 1 Beam Champion
- 2 Floor Champions
- 3 All Around Champions

Platinum - 2nd Place Team

- 3 Vault Champions
- 2 Bars Champions
- 3 Beam Champions
- 1 Floor Champion
- 4 All Around Champions

2019 Regionals

Silver - 1st Place Team

- 1 Vault Champion
- 2 Bars Champions
- 3 Beam Champions
- 3 Floor Champions
- 3 All Around Champions

Gold - 3rd Place Team

- 1 Vault Champion
- 1 Bars Champion
- 1 Beam Champion
- 1 All Around Champion

Platinum - 2nd Place Team

- 1 Vault Champion
- 2 Bars Champions
- 2 Beam Champions
- 1 Floor Champion
- 1 All Around Champions

Sessions:

Fall 1 (10 weeks) Sept 3-Nov 10

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

Dean Smarjesse, Director

Carly Kallen, Recreational 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 11:00 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 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 9:30 am 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 9:30 am 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 11:00 am

Cost: Parent/Child, Preschool 10 Weeks 12 Weeks

Fitness Member \$144 \$173

Tennis & Program Member \$160 \$192

\$65 annual Sports Program Membership fee required.

Our 8,000 square foot gymnastics center featuring state-of-the-art boys and girls equipment and a 260 sq. ft. foam pit is now **AIR CONDITIONED.**

Advanced Preschool Classes

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

Instructor approval is required to be in this class.

Mon 5:15-6:30 pm

Tues 5:15-6:30 pm

Sat 10:00-11:15 am

Cost:	10 Weeks	12 Weeks
Fitness Member	\$195	\$234
Tennis & Program Member	\$221	\$265

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 6:00-7:30 pm

Thurs 6:00-7:30 pm

Sat 11:00 am-12:30 pm

Cost:	10 Weeks	12 Weeks
Fitness Member	\$241	\$289
Tennis & Program Member	\$268	\$322

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

Discounts for multiple days.

Cost 10 Weeks:	1st Day	2nd Day	3rd Day
Fitness Member	\$293	\$190	\$123
Tennis & Program Member	\$327	\$212	\$138

Cost 12 Weeks:	1st Day	2nd Day	3rd Day
Fitness Member	\$352	\$228	\$148
Tennis & Program Member	\$392	\$254	\$166



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.



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

*Court fees apply.

Junior Tennis Drop-ins:

- **\$60** per drop-in (based on availability)
- Maximum of two drop-ins if not in current program
- Available for Junior Elite – Middle School / High School classes
- Must **Reserve** a spot with Anita at 248-626-9880, ext. 218

Junior Tennis Program Policies:

- Full payment due with registration
- NO REFUNDS or UNENROLLMENT
- 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 3 make-ups per session**
- Minimum of three to run a class
- If a program cannot be completed because of an injury, please contact the Sports Programming department within **24 HOURS** of injury.
- **Due to the regulations of our insurance company - NO parents or siblings allowed on the court during instruction.**

Contact Sports Programming at 248.626.9880, ext. 3 to start on the **Pathway to Junior Tennis Excellence.**

Junior

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.

Sessions:

Fall 1 (10 weeks) Sept 3-Nov 10

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

Tots and Junior Stars

Level 7, Tiny Tots - Ages 3-5

- 36' court, 2.9' nets, 19-21" racquet
- Red 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):	10 Weeks	12 weeks
Fitness Members	\$137	\$164
Tennis & Program Members	\$161	\$193

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
Sun	3:00-4:00 pm	

Cost (for Level 6, Junior Stars):	10 Weeks	12 weeks
Fitness Members	\$250	\$300
Tennis & Program Members	\$285	\$342

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

Sat 2:00-4:00 pm

Sun 1:00-3:00 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 to compete in team competitions

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

Sat 2:00-4:00 pm

Sun 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/Fri 4:30-6:30 pm

Sat 4:00-6:00 pm

Sun 3:00-5:00 pm



The Sports Club
of West Bloomfield

Middle School / High School - Ages 11-18

Intermediate to advanced players

- Working toward making school team
- Special attention to singles & doubles strategy
- Exposed to all strokes with correct grips
- Proper court positioning will be taught
- All players are encouraged to play USTA team competitions

Mon/Wed/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 / High School)

	1st Day	2nd Day	3rd Day
10 Weeks			
Fitness Members	\$450	\$346	\$191
Tennis & Program Members	\$494	\$395	\$214
12 Weeks			
Fitness Members	\$540	\$415	\$229
Tennis & Program Members	\$593	\$474	\$257

\$65 annual Sports Program Membership fee required.

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

Tournament Training

The progression of the Tournament Training Program is

Young Players ➤ **Tournament Training**.....

..... ➤ **Tournament Elite** ➤ **Elite XX.**

Tournament Training Program

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

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

- Justin Rossi, 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 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.

Tournament Training Drop-ins:

- **\$65** per drop-in (based on availability)
- Maximum of two drop-ins
- Enrolled Tournament Training players can do unlimited additional drop-ins (based on availability)
- Must **Reserve** a spot with Anita at 248-626-9880, ext. 218

Saturday Point Play

With Justin Rossi

Tournament Prep (Ages 8-14 Boys & Girls)

Sept 21 thru Nov 23 (10 Weeks) 10:00 am-12:00 pm

Varsity Boys & Girls & Tournament Players

Oct 26 thru Dec 28 (9 Weeks) 12:00-2:00 pm

Any questions contact Justin Rossi.

To register contact Anita 248-626-9880 x 218 or scwbjrtennis@yahoo.com

Cost: **10 Weeks** **9 Weeks**
\$450 **\$405**
\$55 Drop-in (based on availability)

Sessions:

Fall 1 (10 weeks) Sept 3-Nov 10

Fall 2 (12 weeks) Nov 11-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

Tournament Training program requires approval from Director Justin Rossi.

Young Players

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.

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

Tournament Training

(Two days a week highly recommended)

This group consists of younger tournament players at the SEMTA level. Emphasis is placed on drilling, point play and match situations. These players will progress to the Tournament Elite level and to High School Varsity teams.

Tue/Thurs 4:30-6:30 pm

Tournament Elite

(Two days a week highly recommended)

This group consists of players playing SEMTA and Midwest level tournaments and High School Varsity players. Emphasis is placed on drilling, point play and match situations. These players will progress to the Elite XX group and to college level teams.

Mon/Wed 4:30-6:30 pm

Joe Brennan's Tournament Group

Sun 11:00 am-1:00 pm

Cost: Discounts for multiple days. (Young Players, Tournament Training, Tournament Elite and Joe Brennan's Tournament Group):

10 Weeks	1st Day	2nd Day	3rd Day
Fitness Members	\$523	\$381	\$278
Tennis & Program Members	\$583	\$452	\$350
12 Weeks	1st Day	2nd Day	3rd Day
Fitness Members	\$628	\$457	\$334
Tennis & Program Members	\$700	\$542	\$420



Elite XX*

This group is for players with a 9.5+ UTR.
 Elite XX requires approval from Director Justin Rossi.
 Tue/Thur 4:30-6:30 pm

Sessions:

Fall 2 (15 weeks) Oct 21-Feb 2, 2020 (omit Nov 28, Dec 24, 25, 31, Jan 1, 2020)

Winter (12 weeks) Feb 3-Apr 26, 2020 (omit Apr 12)

Cost: Elite XX*:

15 Weeks 2 Days

Fitness Members \$1,356

Tennis & Program Members \$1,553

12 Weeks 2 Days

Fitness Members \$1,085

Tennis & Program Members \$1,242

*A minimum of two days a week is required for our Elite XX Tournament Training program to ensure proper development of our players.

TOURNAMENT TRAINING MAKE-UP POLICY

Maximum two make-ups per day registered. (extra make-ups will be allowed due to weekend tournaments)

JUNIOR TENNIS PROGRAM POLICIES

See page seven.

Junior Tennis Benefits

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

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

*Court fees apply.

** Tournament Training participants only.



Players currently registered in our Tournament Training program have privileges in the weight and cardio area of the club.

A \$200 value per session. Appropriate age restrictions apply.

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

Practices 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.

Cost:

\$25 per practice in current Juinor Tennis program

\$30 per practice not in current Juinor Tennis program

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 23, 2019.

Especially for the Ladies!

Ladies Doubles Mixer

Welcome to members and non-members.
12:00-2:00 pm. \$8 per person. Maximum 16 players.

Levels:

3.0-3.5	Mon	12:00-2:00 pm
3.5-4.0 & 4.0-4.5	Tues	1:00-3:00 pm
2.5-3.0	Thurs	2:00-2:00 pm

Weeks of:

Sept 23
Oct 21
Nov 18
Dec 16
Jan 20, 2020
Feb 17, 2020
Mar 16, 2020
Apr 20, 2020

Register by contacting the Sports Programming Department at 248-626-9880, ext. 3.

Suburban Travel Team

Women's Suburban Travel Teams compete September-May. Home matches are Fridays from 10:00 am-12:00 pm and 12:00-2:00 pm. Practices begin August 26th.

Mon	8.0 & 8.5 Teams
Tues	6.5 & 7.0 Teams
Wed	6.0 Teams

USTA Leagues

The Sports Club of West Bloomfield offers USTA teams all year round. You will travel and compete with other players from different facilities. Don't forget you do not have to be a member of the facility to participate in USTA leagues.

USTA teams available: Singles, Doubles, Combo and Mixed Doubles. Teams vary from ages 18 and over, 40 and over, 55 and over, 65 and over.

To form a team or join a team please contact the Jennie Cross at Jenniec321@aol.com or Jenniecross@gmail.com.

Fall Sept 3-Dec 21 (omit Nov 28)

Winter Jan 6, 2020-May 7, 2020

We offer adult tennis leagues for Women and Men ranging from 2.5-4.0 levels.

Sports program members can participate for an additional \$50 per session.

Please contact the Sports Programming Department at 248.626.9880, ext. 3 for more information.

Women's Tennis Leagues

Mondays:

- 3.0 Singles / 9:30-11:00 am
- 2.5-3.0 Doubles / 11:00-1:00 pm

Tuesdays:

- 2.5-3.0 Instructional Singles / 9:30-11:00 am
- 2.75-3.0 Singles/Doubles / 6:30-8:30 pm

Wednesdays:

- 3.5 Instructional Singles / 10:00-11:30 am

Thursdays:

- 2.0-2.5 Instructional Doubles Intro / 9:30-11:00 am
- 3.0-3.5 Instructional Doubles / 11:00-12:30 pm
- 3.5-4.0 Singles / 7:30-9:00 pm

Mens Tennis Leagues

Mondays:

- 3.5 Singles/Doubles / 7:30-9:30 pm

Tuesdays:

- 3.0 Singles/Doubles / 8:30-10:30 pm

Wednesdays:

- 3.75-4.0 Singles/Doubles / 7:30-9:30 pm

Thursdays:

- Invitational 4.0 Singles / 7:30-9:00 pm

Mixed Tennis Leagues

Wednesdays:

- 3.0-3.5 Mixed Doubles Strategy & Play / 7:30-9:30 pm

Placement in leagues is based on a player's USTA rating and/or evaluation.

All tennis league participants must have a Fitness, Tennis or Sports Program membership.

2 GREAT OFFERS

Secure and pay for your league spot by Aug 23, 2019 and receive one of the two options:

1. 5 hours of court time vouchers*
2. Receive 10% off your league price*

*Applies to fitness and tennis members only.
Offers cannot be combined. Restrictions apply.



FALL ADULT TENNIS OPPORTUNITIES PCT – Permanent Court Time

Special Rates Available. Pick your time, pick your group, and buy your court for the indoor season: Sept thru mid-May. Contact Jennie Cross at Jenniec321@aol.com or Jenniecross@gmail.com for more details and to reserve your spot now.

Adult Tennis Clinics

Learn to play and enjoy the sport of a lifetime. Sessions last five weeks and meet for one hour each week. Beginner to Intermediate levels. Call the Sports Programming Department at 248.626.9880, ext. 3 for more information on days and times. **Minimum of three to run.**

Get three friends to play and call us! We can accommodate your group.

Cost (5 Weeks):	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.

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. Dates and times subject to change.**

	LEVEL	TIME
Mon	2.5-3.5	9:30-11:00 am
Mon	3.5-4.5	6:30-8:30 pm
Wed	3.5-4.5	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 call the north desk, ext. 102.

Cost: Organized Practice

	1 1/2 hours	2 hours
Fitness & Tennis Members	\$28	\$37
Program Members	\$33	\$42

Tennis Indoor Season Hourly Court Rates

Must be a Fitness, Tennis, or Sports Program Member to reserve court times.

Fitness and Tennis Members have the ability to receive half-off court price during walk-on times.

Mon-Thurs	
5:00-9:00 am	\$30
9:00 am-4:30 pm	\$35
4:30-8:30 pm	\$40*
8:30-11:00 pm	\$35
Fri	
5:00-9:00 am	\$30
9:00 am-10:00 pm	\$35
Sat-Sun	
6:00-8:00 am	\$30
8:00-9:00 am	\$35
9:00 am-4:00 pm	\$40*
4:00-9:00 pm	\$35

*No half-off walk-on price.

Courts cannot be pre-reserved for half price.
A fee for all members guest applies

Want to work on your game? Book a private lesson and clinic 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
- Ricky Brown, PTR, Director of Tennis
- Joe Brennan, Assistant Director of Tennis
- Justin Rossi, Director of Tournament Training
- Marimar Alonso
- Doug Button
- Robert Chonoles
- Adrian Goddard
- Lamar Grey
- Paul Marcum
- Mike Mountain
- Ed Nagel
- Ronnie Parker
- Adam Williams
- Chris Willingham
- Greg Winchester

For private lesson and clinic pricing go to the thesportsclubs.com

\$65 annual Sports Program Membership fee required.

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

Birthday Parties

Make your child's next birthday one to remember, at The Sports Club of West Bloomfield. Ages 3 and up.

Each two hour party begins with an hour activity of your choice and then an hour in the party room for pizza and cake. Included in the cost is four large pizzas, juice boxes, mini waters, plates, napkins, tablecloths, cups and utensils for up to sixteen children. \$7.00 per extra child.

Choose one or more of these fun filled activities: Tennis, Gymnastics, Soccer, All Sports, Field Hockey, Flag Football, Dodge Ball and Martial Arts!

Fitness Members:

1 Activity \$300
2 Activities \$350

Non Members:

1 Activity \$375
2 Activities: \$425

For further information contact Meredith at 248.736.1197 or email tscwbparties@gmail.com



Parents Night Out

Take a night out without the hassle of finding a babysitter with our Parents Night Out Program – it's easy! From 5:30-10:30 pm we will create a themed night of fun for your children. Your children will play team sports, create arts & crafts, play games and enjoy dinner and a movie to end the night. While the parents are away let your kids come and play at The Sports Club of West Bloomfield Parents Night Out!

Theme: Blast Off Into Fall

Saturday, October 19, 2019

Theme: Olympic Night

Saturday, November 9, 2019

Theme: New Year, Let's Cheer

Saturday, January 4, 2020

Pricing:

Fitness Member:

\$35 for individual child, \$50 for 2 children

Non Member:

\$45 for individual child, \$60 for 2 children

For further information contact Meredith at 248.736.1197.



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

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

We accommodate:

- Bar Mitzvahs
- Scout Troops
- Youth Organizations
- Sports Teams
- Schools
- And More

Add some fun to your party or event with:

- Martial Arts
- Gymnastics and Tumbling
- Tennis
- Soccer
- Team Sports
- Gagaball

For further information contact Meredith at 248.736.1197 or email tscwbparties@gmail.com

Holiday Camps

No School? We have a camp for you!

Sept	30
Oct	9, 14, 15
Nov	5, 27
Dec	23, 26, 27, 30
Jan	2, 3, 20
Feb	17, 18, 19, 20, 21
Apr	8, 9, 10, 13, 14, 15, 16, 17

Minimum of four to run Sports Camp. Minimum of four to run Kinder Camp. Please register 48 hours in advance.

Camps offered on snow days. Call the Sports Programming Department for details.

Kinder Camp - Ages 2-4

A day of play for kids 2-4 that will have your children not wanting to leave. Kinder Camp is a tailored day of activities for children 2-4. Our fantastic staff will lead your children through a day of activities such as team sports, gymnastics, tennis, soccer, martial arts and more. Slightly slower pace than our regular camp making it perfect for your little ones!

Times

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

Cost : 1/2 Day	Pre-registered Daily	Walk-in Daily
Fitness Members	\$30	\$38
Tennis & Program Members	\$33	\$40

Cost : Full Day	Pre-registered Daily	Walk-in Daily
Fitness Members	\$60	\$75
Tennis & Program Members	\$65	\$80

Sports Camp - Ages 4-14

Are the kids out of school? Bring them to the Sports Club of West Bloomfield for a day of fun! Your kids will participate in games, sample different sports such as soccer, tennis, martial arts, gymnastics and more. Our goal is to create a day for your child packed full of fun & fitness, all while being cared for and supervised by our excellent staff. It will be a nonstop day of fun.

Time: 9:00 am-4:00 pm

Cost:	Daily Pre-registered	Daily Walk-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 7:45-9:00 am and 4:00-6:00 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). Bring a water bottle and a tennis. Please label all items.

HOLIDAY CAMP POLICIES

Full payment is due with registration. NO REFUNDS. We offer make-ups for days missed based on availability. All make-ups must be completed before April 17, 2020



KidZone FREE with a Fitness Membership

The KidZone

will safely entertain every child. Activities include a Game Zone including Nintendo® Switch, Xbox®1, and Playstation® 4. iPads are available for games and homework. A 65" television for movies and entertainment. Arts and crafts, toys galore along with extra activities for older children.
Come by and meet the fish!

FREE TRIAL!

New Sports Program Members receive a 30 day Fitness trial membership with class registration.

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



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PERMIT NO. 159

Come by and get 3 Days on us!

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



*Experience
Complete Fitness*

*Offer is valid for first-time participants only.