

Sessions:

- Fall 1 (10 weeks)** Sept 4-Nov 11
- Fall 2 (11 weeks)** Nov 12-Jan 27, 2019 (omit Nov 22, Dec 24, 25, 31, Jan 1, 2019)
- Winter (10 weeks)** Jan 28- Apr 7, 2019
- Spring (10 weeks)** Apr 8-Jun 16, 2019 (omit Apr 21, May 25-27)

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 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	4:30 pm	6:00 pm
Tues	5:15 pm	6:00 pm
Wed	4:30 pm	5:15 pm
Thurs	5:15 pm	6:00 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 11 Weeks

Fitness Member	\$144	\$158
Tennis & Program Member	\$160	\$176

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
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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. 3.

Staff

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

Our accomplishments include:

2018 Michigan Xcel State Championships

Silver - 2nd Place Team

- 3 Vault Champions
- 2 Bar Champions
- 7 Beam Champions
- 2 Floor Champions
- 4 All Around Champions

Gold - 3rd Place Team

- 1 Vault Champion
- 4 Bar Champions
- 2 Beam Champions
- 1 Floor Champion
- 2 All Around Champions

Platinum - 1st Place Team

- 2 Vault Champions
- 1 Bar Champion
- 1 Floor Champion
- 2 All Around Champions

2018 Xcel Regional Meet

Silver

- 1 Vault Champion
- 1 Bar Champion
- 1 Floor Champion

Gold

- 1 Vault Champion
- 1 Bar Champion
- 1 Beam Champion
- 1 Floor Champion
- 1 All Around Champion

1st in Silver, Gold and Platinum State Team Divisions

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	11 Weeks
Fitness Member	\$195	\$215
Tennis & Program Member	\$221	\$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	6:00-7:30 pm
Thurs	6:00-7:30 pm
Sat	11:00 am-12:30 pm

Cost:	10 Weeks	11 Weeks
Fitness Member	\$241	\$265
Tennis & Program Member	\$268	\$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.

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



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.**

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	5:00-6:00 pm
Thurs	6:00-7:00 pm

Tumbling 200

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

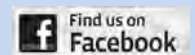
Mon	6:00-7:00 pm
Wed	5:00-6:00 pm

Cost:	10 Weeks	11 Weeks
Fitness Member	\$170	\$187
Tennis & Program Member	\$190	\$209



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.