

PROGRAM

GUIDE

2018-2019



FRANKLIN ATHLETIC CLUB
29350 NORTHWESTERN HWY
SOUTHFIELD, MICHIGAN 48034
PHONE: (248) 352-8000
FAX: (248) 352-0549



FRANKLINCLUB.COM

2018-2019 CALENDAR

*SEE HOLIDAY HOURS ON FOLLOWING PAGE

SEPTEMBER

- 3rd:** Labor Day Holiday Hours*
- 24th:** Play Date with Ms. Lori 10am-11:30am

OCTOBER

- 8th:** Open Gym 10am-11:30am
- 13th:** Halloween Kids Night Out 5:30pm-10:30pm
- 27th:** Spooktacular Open House 1pm-3:30pm
- 22nd:** Ms. Lori's Not So Scary Halloween Party 10am-11:30am

NOVEMBER

- 5th:** Open Gym 10am-11:30am
- 6th:** Election Day Camp 9am-4pm
- 21st:** Thanksgiving Break Camp 9am-4pm
- 22nd:** Thanksgiving Holiday Hours*
- 23rd:** Junior Tennis Holiday Camp 9am-4pm
- 26th:** Play Date with Ms. Lori 10am-11:30am

DECEMBER

- 23rd:** Open Gym 10am-11:30pm
- 8th:** Kids Night Out: Snowpocalypse 5:30pm-10:30pm
- 11th:** Play Date with Ms. Lori 10am-11:30am
- 15th:** Pancake and PJ's with Santa 10am-12pm
- 20, 21, 26th-28th:** School Break Camp 9am-4pm
- 23rd:** Open Gym 10am-11:30am
- 24th:** Christmas Eve Holiday Hours*
- 25th:** Christmas Holiday Hours*
- 26th-28th:** Holiday Hoopmania Camp 9am-3pm
- 26th-28th, 31st:** Jr. Tennis Holiday Camp 9am-4pm
- 31st:** New Year's Eve Holiday Hours*
- 31st:** New Year's Eve Sleepover 6pm-9am

JANUARY

- 1st:** New Year's Day Holiday Hours*
- 2nd-4th:** School Break Camp 9am-4pm
- 2nd-4th:** Junior Tennis Holiday Camp 9am-4pm
- 2nd-4th:** All Sports Camp 9am-4pm
- 14th:** Open Gym 10am-11:30am
- 21st:** MLK Day Camp 9am-4pm
- 28th:** Play Date with Ms. Lori 10am-11:30am
- TBA:** Member Appreciation Weekend

FEBRUARY

- 11th:** Play Date with Ms. Lori 10am-11:30am
- 9th:** Kids Night Out: Kids Karnival 5:30pm-10:30pm
- 18th-22nd:** School Break Camp 9am-4pm
- 18th-22nd:** Junior Tennis Holiday Camp 9am-4pm
- TBA:** Basketball Camp 9am-3pm
- 25th:** Open Gym 10am-11:30am

MARCH

- 11th:** Pee Wee Eggstravaganza 10am-11:30am
- 25th:** Open Gym 10am-11:30am
- TBA:** Member Appreciation Week

APRIL

- 1st-5th:** School Break Camp 9am-4pm
- 1st-5th:** Junior Tennis Holiday Camp 9am-4pm
- 11th:** Easter Holiday Hours*
- 14th:** Summer Camp Open House 1pm-3pm
- 19th:** Egg-Streme Egg Hunt 10am-12pm
- 19th:** School Break Camp 9am-4pm
- 22nd:** Open Gym 10am-11:30am

MAY

- 6th:** Play Date with Ms. Lori 10am-11:30pm
- 4th:** Kids Night Out: Race To Finish 5:30pm-10:30pm
- 20th:** Open Gym 10am-11:30am
- 28th:** Memorial Day Holiday Hours*

CONTACT US

Concierge Desk

(248) 352-8000, ext. 241

Accounts Receivable

Cheryl Piziali
CPiziali@ffrc.net
(248) 352-8000, ext. 239

Aquatics

AquaClub@ffrc.net

Bar/Bat Mitzvahs

Crystal Love
CLove@ffrc.net
(248) 352-8000, ext. 298

Birthday Parties/Camps

Laura Barrick
LBarrick@ffrc.net
(248) 352-8000, ext. 314

Franklin Academy

(248) 352-KIDS (5437)

Administrator

Kim Young
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Director

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Club Director

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Group Fitness Director

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Tennis Office

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BSawicki@ffrc.net
(248) 352-8000, ext. 272

Adult Tennis

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(248) 352-8000, ext. 237

Tennis Office Manager

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Racquetball/Squash

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(248) 352-8000, ext. 278

Basketball

Bryan Bollin
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(248) 352-8000, ext. 267

Programming

Lori Allmacher-Director
LAllmacher@ffrc.net
(248) 352-8000, ext. 311



CLUB HOURS

Franklin Athletic Club

Monday-Friday:

5:00am-10:00pm

Saturday-Sunday:

5:30am-9:00pm

Childcare

Monday-Thursday:

8:30am-8:00pm

Friday:

8:30am-7:00pm

Saturday-Sunday:

8:30am-1:00pm

Member Services

Monday-Thursday:

9:00am-7:00pm

Friday:

9:00am-6:00pm

Saturday:

9:00am-2:00pm

Sunday:

By appointment

Business Office

Monday-Thursday:

8:30am-4:30pm

Friday:

8:00am-4:00pm

Saturday-Sunday:

Closed

Holidays

7:00am-5:00pm

Labor Day

Thanksgiving

Christmas

New Year's Day

Easter

Memorial Day

Independence Day

Holiday Eves

5:30am-5:00pm

Christmas Eve

New Year's Eve

REFER A FRIEND
And get up to one
month of FREE dues!
Contact Member
Services for
details.

MEMBERSHIP

Experience the Difference

"This is a cool place. The facilities are good and the staff is friendly and helpful. The locker rooms are very clean. The club attracts people of all ages and there are classes for everyone."

- Joanna Eddelson

"I am very fortunate to live so close to a full service premium facility. Not only is their facilities and programs fantastic, their staff is pleasant as well. Love going there and highly recommend Franklin Athletic Club."

- Bill Atkinson



Franklin Athletic Club is the place to be if you are looking for a fitness community where everyone is welcome and supported in their pursuits of living a healthy, well-balanced life, while having fun. We are an **inclusive** club that is committed to our members' success, by providing a state of the art fitness experience for all ages. Our Fitness Consultants all complete a specialized Pro Fitness Training Program that enables them to develop fitness routines and programs that deliver results! Franklin is consistently **voted Best Tennis Club by HOUR Magazine**--we have veteran tennis pros who offer the tips needed to up your game. We are one of the few clubs in the heart of Oakland County that offers indoor tennis, racquetball, and squash courts. We also are committed to building a strong foundation for fitness with our youngest members. Our children's programs are year-round and are designed to enhance developmental skills specifically by age group for our members ages 2 months to 18 years old. Conveniently located close to both residential and business communities in the 696 corridor, it's easy to make Franklin a part of your daily routine.



VALUE



FAMILY FOCUS



COMMITMENT



AMENITIES

THE FRANKLIN VALUE

- Locker rooms with full amenities including steam, sauna, and whirlpool
- Complimentary Group Fitness classes
- Free full service, on-site child care
- Discounted member rate for all childrens programming, plus: free before and after care for camps
- Year-round children's classes offered at no additional cost for select classes
- Membership includes free racquetball & squash court time
- Members have access to reserve or walk on tennis courts

EARLY CHILD DEVELOPMENT OFFERINGS

- On site preschool centered on academics with certified teachers specializing in early child development
- Includes daily fitness such as swimming, tennis, and yoga taught by our FAC Certified Fitness Instructors on-site at no additional cost
- Enrichments are also included at no additional cost such as: Spanish, Music, Art Class, Drama, and Library Time all on-site during the school day
- Tot Programs, School Break Camps, Basketball, Kids Fitness, Parties, Kids Night Out Events, Tennis, Gymnastics, and more

COMMITMENT TO OUR MEMBERS SUCCESS

- High level professional staff and trainers
- Programs providing instruction on the proper form to deliver the best results
- DMC rehabilitation services—to help get you back to your level of fitness

CLUB AMENITIES

- Indoor and outdoor pools including a kiddie pool with zero depth entry
- State of the Art fitness studio
- 13 indoor tennis courts
- 5 racquetball and 3 squash courts
- Two full size basketball courts that are home to Pistons Academy Basketball: offering youth skills and camps
- Newly remodeled TRX studio
- Indoor walking/running track
- Aquatics Program--from swim lessons to swim training run by Olympians
- Banquet and party facilities with full liquor license



FITNESS

Welcome to Franklin Athletic Club!

My name is Matt and I am the Fitness Director here at the club. Thank you again for joining and being a member. I want to help you in whatever way that I can. We offer consultations to all of our members. In the consultation we will get a chance to evaluate you and your fitness history and more importantly, find out your goals.

Over 80% of members who join ANY fitness club do not reach their fitness goals. I have seen many wonderful people join and be excited to workout but they lack a plan of attack. They simply think because they join the gym that they will get in better shape and reach their goals. This is not the case with the majority of people. They need a plan, accountability, motivation and drive. That is what we provide!

Whatever your age is or whatever your fitness goals are, whether you're a tennis player or a beginner or an expert we are here to help!

You only get one body after all! Ask yourself, do you want this year to be YOUR year? Or do you want to look the same year after year? Contact me at (248) 352-8000, EXT. 273 to schedule a consultation, which includes an InBody Test. In just 45 seconds, discover how diet and exercise are changing your fat, muscle, and water levels. Go beyond the scale and see what you're made of!

#GETFITWITHFAC

**FOR PRICES, PROGRAMS, AND PACKAGES,
PLEASE CALL THE FITNESS DEPARTMENT AT
(248) 352-8000, EXT. 273 OR VISIT
WWW.FRANKLINCLUB.COM**

Franklin believes in real results to improve your quality of life. This is OUR obligation to our members and what distinguishes us from other clubs. We want YOU crushing your goals here and not just spinning your tires!

- **State of the art instruction for each of our members through a comprehensive evaluation**
- **In depth health screening to ensure exercise safety**
- **Pre-exercise physiological measurements such as resting blood pressure, resting pulse, and estimated maximal heart rate for sub maximal testing and training**
- **Body composition analysis**
- **Musculoskeletal assessment that looks at endurance, strength, and power as well as functional range of motion and balance**
- **Total body measurements**
- **Equipment and exercise technique evaluation to ensure correct movement, intensity, and progression**
- **Exercise prescription based on multiple scenarios that fits appropriately into your life**
- **Education around topics such as chronic condition management, appropriate health related fitness goals, and long term health planning**

KIDS FITNESS



RICHARD PLOWDEN KARATE

Ages 5 and up

Enjoy the cardio, strength training, speed, power, balance, discipline, self-esteem, & motivation associated with one of America's true jewels: Plowden's Championship Martial Arts. Classes are for adults & children interested in the eclectic benefits of martial arts training. **Mondays, Wednesdays, & Fridays.**

Member: \$89/Month Non-Member: \$99/Month

Beginner Youth: 6:00pm-6:45pm

Intermediate Youth and Beg/Inter/Adv Adults:

6:45pm-7:30pm

Black Belts: 7:30pm-8:45pm

Family Plan:

2 Members for \$130

3 Members for \$170

2 Non-Members for \$140

3 Non-Members for \$180

DANCE

Inspire 2 Move is now offering dance classes at Franklin. First Months tuition and \$25.00 registration fee is due upon registration to hold your dancers spot. No refunds, only credit towards your Inspire 2 Move account to use for future classes.

Multiple class discount available. **For more info and our schedule call:**

313-888-7405 or email: contact@inspire2move.org.

DANCE CLASSES:

Pre K Combo • Pointe • Tap • Hip Hop
Jazz • Rhythm Tap • Contemporary
Adult Classes • Turn/Leap/Jumps
Cheer • Ballet • Modern

**Inspire 2 Move is
a place that instills:**

I - INSPIRATION
N - NURTURING
S - SUPPORT
P - POSITIVITY
I - INNOVATION
R - RESPECT
E - ENERGY

KIDS KICKBOXING

Ages 8-14 Tuesdays: 4:45pm-5:30pm

Six Week Sessions

Member: FREE if Pre-registered

Non-Member: \$90

Session Dates

Session I: September 18th-October 23rd

Session II: November 6th-December 18th

(No class November 20th)

Session III: January 8th-February 12th

Session IV: February 26th-March 26th

Session V: April 23rd-May 28th

Five Week Sessions

Member: FREE if Pre-registered

Non-Member: \$75.00

KIDS YOGA

Ages 3-8 Mondays: 5:45pm-6:30pm

12 Week Sessions Fall Session

Member: FREE

Non-Member: \$180

September 10th, 17th, 24th

October 1st, 8th, 22nd

November 4th, 11th, 25th

December 3rd, 10th, 17th

Winter Session

January 7th, 14th, 21st, 28th

February 4th, 11th, 18th, 25th

March 4th, 11th, 18th, 25th

To register contact Kahty at eanguelova@ffrc.net or (248) 352-8000, ext. 230. Check out our website for monthly events: franklinclub.com.



Inspire 2 Move

DANCE

GYMNASTICS



Franklin Athletic Club now proudly presents – Franklin Gymnastics Academy – Our gymnastics program helps children from 2-12 years old build the basic foundations of all sports by developing strength, flexibility, body awareness, and so much more in a safe and fun environment. Watch your child develop new skills, build confidence and grow, all through the sport of gymnastics! Now offering flexible class times in our year round program.

GYMNASTICS SCHEDULE

WEDNESDAYS

10:00-10:45am	Happy Hoppers	Ages 2-4
5:15-6:00pm	Brave Bears	Ages 4-6
6:05-6:50pm	Cool Cats	Ages 7-12
6:55-7:40pm	Tumble Bunnies	Ages 4-12

THURSDAYS

5:15-6:00pm	Happy Hoppers	Ages 2-4
6:05-6:50pm	Brave Bears	Ages 4-6
6:55-7:40pm	Cool Cats	Ages 7-12

SATURDAYS

9:10-9:55am	Happy Hoppers	Ages 2-4
10:00-10:40am	Brave Bears	Ages 4-6
10:50-11:35am	Cool Cats	Ages 7-12

SESSION DATES FALL (12 WEEKS)

SEPTEMBER

12-15
19-22
26-29

OCTOBER

3-6
10-13
24-27

NOVEMBER

7-10
14-17
28-1

DECEMBER

5-8
12-15
19-22

WINTER (12 WEEKS)

JANUARY

9-12
16-19
23-26
30-2

FEBRUARY

6-9
13-16
20-23
27-2

MARCH

6-9
13-16
20-23
27-30

TO REGISTER CONTACT KAHTY ANGUELOVA AT EANGUELOVA@FFRC.NET OR (248) 352-8000, EXT. 230

CHECK OUT OUR WEBSITE FOR MONTHLY GYMNASTICS EVENTS!

FRANKLINCLUB.COM/GYMNASTICS

TOTS PROGRAMS



PLAY DATES WITH MS. LORI

Where will you play today? Get ready to move as we jump in the moonwalk, play parachute games, move to some silly music, and have some free play.

Ages 0-4
Mondays: 10am-11:30am
Members: Free
Non-Members: \$12/Family
Per Week

• Sept. 24, Oct. 22, Nov. 26,
• Dec. 17, Jan. 28, Feb. 11,
• March 11, May 6

ON MY OWN

This class is perfect for the busy and curious toddler. Each class includes free play, music, snack time, stories, and creative movement. Limited space. Must register for each session in advance.

Ages 2-3.5
Thursdays: 9:15am-11:00am
Members: Free
Non-Members: \$90

• Session I: Sep. 20-Oct. 25
• Session II: Nov. 8-Dec. 13
(No class Nov. 22)
• Session III: Jan. 10-Feb. 14
• *Session IV: Feb. 28-March 28
• *Session V: Apr. 25-May 16
• *Sessions will be prorated

PEE WEE OPEN GYM

Join us for a wild play day! Our inflatable play gym will be open for you and your child to come and spend some time together. Parent supervision required. You are welcome to bring peanut-free snacks.

Ages 0-4
Mondays: 10am-11:30am
Members: Free
Non-Members: \$10/Week

• Oct. 8, Nov. 5, Dec. 3,
• Jan. 14, Feb. 25, March 25,
• April 22, May 20th

TUMBLING TOTS

The first half hour will be spent in organized tumbling activities with Mr. Roby. The following half hour will be spent with Ms. Lori playing games and doing creative movement activities.

Ages 18 months - 4 years
Tuesdays: 9:30am-10:30am
Members: Free
Non-Members: \$90

• Session I: Sep. 18-Oct. 23
• Session II: Nov. 6-Dec. 11
(No class Nov. 20)
• Session III: Jan. 8-Feb. 12
• *Session IV: Feb. 26-March 26
• *Session V: Apr. 23-May 21
• *5 week sessions will be prorated



CURRICULUM

Comprehensive, developmentally age appropriate academics:

- Social Skills
- Language Skills
- Cognitive Skills

ENRICHMENT PROGRAM INCLUDED

Art • Music • Tennis • Yoga • Swimming
Dance • Sports • Library • Drama
S.T.E.M./S.T.E.A.M. • Spanish
Sign Language • Gymnastics

LOW STUDENT-TEACHER RATIO
EARLY HOURS
FLEXIBLE DAYS

Franklin Academy Preschool
29633 Franklin Road • Southfield, MI 48034
(248) 352-5437

LIKE US ON FACEBOOK:
FRANKLINACADEMYPRESCHOOL

FRANKLINACADEMYPRESCHOOL.COM



PRESCHOOL • PRE-KINDERGARTEN
JR. KINDERGARTEN

SCHOOL BREAK CAMPS



FUN & GAMES CAMP

What better way is there to spend your time away from school than at Franklin Athletic Club? Join us for an exciting day of games, swimming, tennis, and so much more! Bring a lunch or \$5, two peanut free healthy snacks, a water bottle, swimsuit, and a great big smile! **All children ages 3 and 4 must have a full life jacket or life vest in order to swim.*

Ages 3-12 (All children must be potty trained)
9:00am-4:00pm

Pre and Post Care: 8:00am-9:00am and 4:00pm-6:00pm

**November 6th and 21st, December 20th-21st,
and 26th-28th, January 2nd-4th & January 21st,
February 18th-22nd, April 1st-5th and 19th.**

**Ask about our Tiny Tot availability (Ages 2-3, Not potty-trained)*

Member: \$65/day, \$260/week

Non-Member: \$75/day, \$310/week

*Early Registration Member: \$55/day, \$220/week

*Early Registration Non-Member: \$65/day, \$270/week
\$10/day for Pre and Post Care (Free for Omni)

**Early Registration if registered by the Monday of the week before camp begins!*

ALL SPORTS CAMP

Come and experience the wide world of sports! With everything from soccer to basketball to dodgeball and more, this fun and energetic camp is sure to keep your athlete busy!

January 2nd-4th, More Dates TBA

Member: \$60/day, \$180/week

Non-Member: \$70/day, \$210/week

SNOW DAY CARE/ CREATE YOUR OWN CAMP

Franklin Athletic Club will accommodate any school breaks that are not listed above as well as unexpected snow days.

**Minimum 6 kids to run a camp. Swimming not guaranteed on snow days.*

****No Pre Care available.**

Same prices, times, and policies as School Break Camps.

****E-mail Laura by 7:30am to register for Snow Day Care.
No walk-ins available.**

HOOPS CAMP MID-WINTER & SPRING BREAK

Need a break from school? Come train with the Pistons Academy and Franklin Basketball as we host our February and Spring Break basketball camps. These camps will focus on staying active over break and will be teaching the fundamental skills of basketball. Each day will incorporate new skills and techniques to help improve basketball skills and awareness. All skill levels are welcome. Pre and Post care is available by calling Laura Barrick at (248) 352-8000, ext. 314. Grades 3-8. For more information on Basketball Camps visit www.pistonsacademy.com.

Mid-Winter: Dates and Times TBA
Price TBD

Spring Break: Dates and Times TBA

TO REGISTER:

**CONTACT LAURA BARRICK AT (248) 352-8000,
EXT. 314 OR AT LBARRICK@FFRC.NET
WWW.FRANKLINCLUB.COM/CAMPS**

PISTONS ACADEMY

BASKETBALL



ROOKIE CLINIC

(\$120/\$125)

The Pistons Academy Rookie Skills Clinic will feature top Pistons coaches conducting an hour of basketball instruction designed for the younger athlete. Each week, players will learn different skills through fun and challenging drills. This is the perfect program to either start your young child's basketball career or to refine the skills they already have! All participants receive a Pistons clinic shirt and compete for Pistons Merchandise and giveaways. Register at www.pistonsacademy.com.

Grades: 1st through 3rd **Session I: Oct 9th-Nov 27th**
Tuesdays, 6:15pm-7:15pm **Session II: Jan 15th-March 12th**

MINI HOOPERS LEAGUE

(\$120/\$125)

For boys and girls currently in Kindergarten-1st Grade, this youth basketball league is designed to introduce young athletes to the sport in an organized, team setting. Players will learn rules of the game, the fundamental skills necessary to play, and how to be a valuable member of their team. This introductory league will feature age-appropriate rules and equipment to maximize skill development, while also teaching young players how to perform in a team setting. Each week will include 30-minutes of practice, followed by 30-minutes of scrimmaging and games. The season ends with a Pistons Academy "Big Game" and features guest appearances from popular Pistons personalities. All players receive a league jersey and season-ending award. Register at www.pistonsacademy.com.

Grades: KR-1st **Session I: Oct 20th-Dec 1st**
Saturdays, 9am-11am **Session II: Jan 5th-February 9th**

PISTONS ROOKIE LEAGUE

(\$130/\$135)

The Pistons Academy Rookie League is designed to expose players to the next level of basketball. Players are placed on a team via a player draft and will learn fundamental basketball skills throughout the season. Each team qualifies for the playoffs and all participants receive a Pistons Academy jersey and season-ending award. Register at www.pistonsacademy.com.

Grades: 2nd, 3rd,
beginner 4th
Tuesdays, 6:15pm-7:15pm

Session I: Oct 11th-Dec 13th
Session II: Jan 17th-March 21st

3-ON-3 CHALLENGE

\$120 Grades 3-8

It's time to get your half-court game on! The Pistons Academy 3-on-3 Challenge returns for its 11th year of games at Franklin! Boys in grades 3-8 will play in a half-court, indoor tournament. Referees and scorekeepers will be on every court to ensure a safe and organized playing environment. Three game guarantee and top two teams in each division will receive awards. Teams who register before November 21st will receive FREE tournament T-shirts. \$5.00 admission for spectators (players are free). Concessions stand on site. Register at www.pistonsacademy.com.

PISTONS ELITE TRAVEL BASKETBALL BOYS AND GIRLS TEAMS

The Pistons Elite Travel Basketball program is designed for the advanced players looking to play with and against the competition in the area. Pistons Elite teams are formed as needed through tryouts which are held in the fall, winter, and spring. Players pay a seasonal fee which include 20-30 practices at the Franklin Athletic Club and 20-25 games at local tournaments. Fees range from \$400-\$700 per season. For more information visit www.pistonsacademy.com.

DETROIT PISTONS HOLIDAY CAMP

December 26th-28th Grades 3-8

Spend your holidays on the hardwood! The Pistons Academy Holiday Camp will be a fun and fast-paced event with plenty of games, contests and entertainment! For boys and girls in grades 3-8, players will learn skills from some of the top Pistons Academy Coaches while enjoying fun and challenging games and contests. All players will receive a free ticket to a 2019 Piston home game. \$135 for the 3 days or \$60 daily.

BASKETBALL REFEREE TRAINING CLINIC

\$45 October 21st 6:00pm-8:30pm

Looking for a way to earn good money while being around the game of basketball? Then perhaps you should consider becoming a basketball referee! This one-day seminar is designed to give high school and college-aged students an opportunity to learn the skill of basketball officiating. Students will spend 45 minutes in the classroom learning basic rules, mechanics, floor positioning and how to facilitate the game with authority. Then, students will spend 30 minutes on the court to cover the facilitation of the game; from the opening tip to the final buzzer. All students will be invited back to a youth league game to shadow a certified referee and put into practice what they have learned. Register before October 12th and receive an official Fox-40 referee whistle - the same whistle used in the NBA! Spaces are limited so register today. For more information visit www.pistonsacademy.com.



FRANKLIN BASKETBALL

PRIVATE LESSONS

Private Lessons: 1-on-1 training with a Coach, an hour of focused training and skills development. Player evaluation will take place and a detailed workout plan will be implemented to help player improvement.

Member: \$50/Non-Member: \$55

Small Group Training: For groups of 2-8 players, an hour of focused group training and skill development. Competitive drills and games are utilized to increase player development and encourage competition. Players focus on individual skills while having the opportunity to implement them in game-like situations.

Member: \$30/Non-Member: \$35

BEGINNER LESSONS ALSO AVAILABLE WITH JUNIOR COACHES. CONTACT BASKETBALL@FFRC.NET TO BOOK PRIVATE LESSONS.

SHOOTING MACHINE

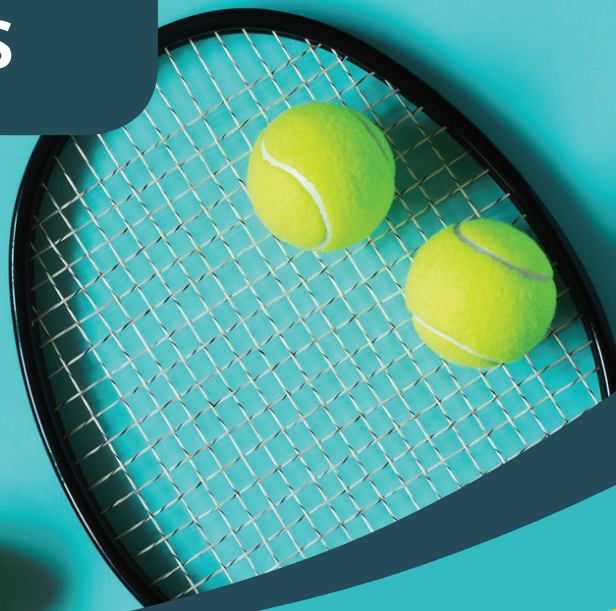
\$20/hour for 2 people
\$10/hour per each additional person.

BASKETBALL COURT RENTALS

Rent out a full court or half court for a team practice, or just a group get together. For more information or to reserve your court, please contact the basketball desk at (248) 352-8000, ext. 267.

**FOR MORE INFORMATION
OR TO REGISTER:
CONTACT THE BASKETBALL
DESK AT (248) 352-8000,
EXT. 267 OR E-MAIL:
BASKETBALL@FFRC.NET**

ADULT TENNIS



ADULT CLINICS

Franklin Athletic Club offers beginner and advanced beginner group lessons. Learn to play today!

BEGINNER CLINICS & ADVANCED BEGINNER CLINICS

Six-week sessions. Morning, afternoon, and evening times available. Call the Tennis Department today for a time that works for you!

1 HOUR: MEMBER \$138/NON-MEMBER: \$162
1.5 HOURS: MEMBER \$193/NON-MEMBER: \$229

All participants receive half-off walk on court time. Please reserve in tennis office.

FALL CLASSES START SEPTEMBER 4TH

No classes: November 22nd-23rd, Dec. 23rd-Jan. 1st & May 24th-27th.

PRIVATE CLINICS

A "personalized" clinic allows a group of three or more to choose their instructor, day, and time for their very own eight week tennis clinic!

CLINIC	MEMBER RATE		NON-MEMBER RATE	
	1 HOUR	1.5 HOURS	1 HOUR	1.5 HOURS
3 Person	\$252	\$354	\$300	\$402
4 Person	\$236	\$330	\$284	\$378
5 Person	\$220	\$306	\$268	\$354
6 Person	\$204	\$282	\$252	\$330

Choose your instructor, day, and time and we will arrange a two hour, eight-week intensive training program for your group of five.
Member Rate: \$344 Non-Member \$392

CARDIO TENNIS

Cardio Tennis is a fun group activity featuring drills and music that will give you an ultimate high-energy workout.

Level 2.5-3.0 Wednesday 9:30am-11am Friday 9:30am-11am
Level 3.0+ Monday 9:30am-11am Tues, Thurs & Fri 10-11:30am

MEMBER \$24/NON-MEMBER: \$30

PRACTICE WITH THE PROS

Monday	8:00pm-10:00pm	(3.5 and below)	Member \$30
Tuesday	8:00pm-10:00pm	(4.0 and above)	Non-Member \$36
Wednesday	8:00pm-10:00pm	(3.5 and below)	
Friday	6:00pm-8:00pm	(3.5 and above)	

ORGANIZED PRACTICE

An organized practice is a great way to work on your game. You will hit hundreds of balls and work on all of your strokes.

Monday	10:00am-12:00pm (2.5-3.0) and 7:00pm-8:30pm
Tuesday	6:00pm-8:00pm (3.5+) and 6:00pm-8:00pm (2.5-3.0)
Wednesday	6:30am-8:00am and 7:00pm-8:30pm
Thursday	8:00pm-10:00pm (3.5+)
Friday	6:30am-8:00am, 6:00pm-8:00pm (Beg, 2.5-3.0)
Saturday	8:00am-10:00am (2.5-3.0) and 12:00pm-2:00pm (3.5+)
Sunday	11:00am-1:00pm (3.5+)

1.5 HOURS: MEMBER \$27/NON-MEMBER: \$33
2 HOURS: MEMBER \$34/NON-MEMBER: \$40

LADIES SUBURBAN TRAVEL TEAMS

Franklin Athletic Club fields teams at all levels of the Suburban Tennis League. Teams compete September through May, followed by a season ending playoff.

PRACTICES BEGINNING SEPTEMBER 5TH

Monday	12:00pm-2:00pm	(Ladies 3.5-4.5)
Wednesday	9:30am-11:30am	(Ladies 2.5-3.0)
Thursday	9:30am-11:30am	(Ladies 4.0+)

Member: \$35/Package \$29

Home matches are Fridays: 10am-12pm & 12pm-2pm

COURT FEES

Monday-Friday

Open-9am	\$26
9am-9pm	\$40
9pm-10pm	\$26

Saturday, Sunday & Holidays

Open-8am	\$26
8am-9pm	\$40

Senior* Rate (M-F)

12pm-3pm	\$20
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*65 years and older

Omni members receive half off walk on court time. Tennis members in select programming also receive half off walk on court time.

BALL MACHINE

A great way to work on improving your strokes! **\$10/hr + Court Time**

USTA LEAGUES

Tennis players can take part in organized USTA Leagues throughout the year at Franklin Athletic Club. USTA Tennis is a great way to enjoy competitive tennis playing with and against a variety of players from the area.

Singles	Adult: 18 & Over
Combo	40 & Over
Mixed Doubles	55 & Over
	65 & Over

SENIOR TENNIS PRACTICE: DRILL AND PLAY

Start your day with a low intensity practice.

MONDAY, WEDNESDAY, & FRIDAY 8:30AM-9:30AM
MEMBER: \$7/NON-MEMBER: \$13

MATINEE TENNIS

Join us on Wednesday afternoons for some organized doubles play.

1PM-3PM MEMBER \$13/NON-MEMBER: \$18

LADIES PICK UP TENNIS

Doubles and Singles play is organized on a daily basis for all levels. Please call the tennis office or email sdelacy@ffrc.net to sign up.

DOUBLES MEMBER: \$12/NON-MEMBER: \$18
SINGLES MEMBER: \$17/NON-MEMBER: \$23

PERMANENT COURT TIME

Never miss playing because you can't get a court again. Reserve your permanent court time and you will always have a court waiting for you when you want one!

ADULT TENNIS TOURNAMENTS & EVENTS

Suburban Tennis Kick Off	August 27th	11am-1pm
Thanksgiving Camp	November 23rd	9:30am-Noon/1pm-3pm
Ladies' Quad Challenge	December 1st	4pm-6:30pm
Men's Quad Challenge	December 1st	6:30pm-9pm
Holiday Camp	December 26th-28th, 31st	10am-12:30pm
Holiday Team Challenge	December 31st	1pm-3:30pm

FRANKLIN ATHLETIC CLUB IS HOME TO

UNIVERSITY OF DETROIT TITAN TENNIS

CO-MING

GOLD CROWN

LAWRENCE TECH UNIVERSITY

MOTOR CITY TENNIS ALLIANCE

ADULT TENNIS LEAGUES

Franklin offers adult tennis leagues ranging from levels 2.5 to 5.0. Two sessions are offered throughout the year during the day and evening. Non-members may participate for an additional \$100. Please contact the tennis office at: (248) 352-8000, ext. 250 for more information.

SESSION I: SEPTEMBER 4TH-DECEMBER 20TH

SESSION II: JANUARY 2ND-APRIL 26TH

Monday: Ladies 3.0 Single League, 7:00pm-8:00pm

Monday: Mens 3.5+ Singles, 8:00pm-9:30pm

Tuesday: Mens 3.5+ Singles, 8:00pm-9:30pm

Tuesday: Mens 4.0 Doubles, 8:00pm-10:00pm

Wednesday: Mens 3.5 Doubles, 6:00pm-8:00pm

Thursday: Mens 3.5 Singles, 7:00pm-8:00pm

Thursday: Mens 4.0 Doubles, 7:00pm-9:00pm

**FOR MORE INFORMATION,
PLEASE CONTACT THE TENNIS DEPARTMENT:
(248) 352-8000, EXT. 250**

RAQUETBALL & SQUASH

If you are looking for a fun way to get in shape and stay in shape, try racquetball and squash. Greg Lewerenz, World Outdoor National Director, and certified teaching professional, is a tournament player in both sports and provides instruction for beginners, intermediate, and advanced. For more information about leagues and current programming or to register for a class, please contact Greg Lewerenz at (248) 352-8000, ext. 278 or GLewerenz@ffrc.net.



JUNIOR TENNIS

LEVEL I RED, AGES 3-6

Interactive play time introducing the fundamentals of tennis in a game-based environment. Focus on development of motor skills, movement, and balance through fun activities and games. Use of red felt balls and 36-foot courts.

LEVEL II RED, AGES 4-6

Players are introduced to the fundamentals of tennis through activities designed to build a solid foundation for long term athletic development. Activities are focused on developing agility, balance, and coordination all while forming the skills necessary to serve, rally, and score. Use of red felt balls and 36-foot courts.

LEVEL I & II CLASS TIMES

(EACH CLASS IS 30 MINUTES)

Monday, Wednesday, Friday: 4pm, 4:30pm, 5pm, 5:30pm

Monday: 11:00am, 11:30am

Saturday: 10:00am, 10:30am, 11:00am, 11:30am

Sunday: 1:00pm, 1:30pm, 2:00pm, 2:30pm

SIX-WEEK SESSIONS

MEMBER: \$84 NON-MEMBER: \$99

LEVEL III RED, AGES 6-8

In this class, players continue to sharpen their agility, balance, and coordination while beginning to develop more dynamic movement and footwork. Ability to intentionally place the ball short, deep, and side-to-side is crucial before graduating to next level. Use of red felt balls on a 36-foot court. **Recommended: 1-2 days a week at this level.**

LEVEL III CLASS TIMES

(EACH CLASS IS 60 MINUTES)

Monday, Wednesday, Friday: 4:00pm, 5:00pm

Saturday: 10:00am, 11:00am

Sunday: 1:00pm, 2:00pm

LEVEL IV ORANGE, AGES 7-10

Players utilize control, spin, and positioning to their advantage while also being able to consistently rally and co-operate with a partner. Players will be introduced to topspin and underspin on both forehand and backhand strokes. Orange Balls on 60' orange court.

Recommended: At least 2 days a week at this level.

LEVEL V GREEN, AGES 8-10

This level includes a large element of competition and point play focus. The ability to maintain proper technique during points and proficiency on serve is a necessity before graduating to the next level. Green balls on 78-foot court.

Recommended: At least 2 days a week at this level.

LEVEL IV & LEVEL V CLASS TIMES

(EACH CLASS IS 60 MINUTES)

Monday, Wednesday, Friday: 4:00pm, 5:00pm

Saturday: 10:00am, 11:00am

Sunday: 12:00pm, 1:00pm, 2:00pm

SIX-WEEK SESSIONS

MEMBER: \$150 NON-MEMBER: \$180

LEVEL I - LEVEL V

SESSION I: SEPTEMBER 4TH-OCTOBER 13TH

SESSION II: OCTOBER 14TH-NOVEMBER 24TH

SESSION III: NOVEMBER 25TH-JANUARY 19TH

SESSION IV: JANUARY 20TH-MARCH 9TH

SESSION V: MARCH 10TH-APRIL 27TH

SESSION VI: APRIL 28TH-JUNE 7TH

No classes November 22nd-23rd, December 23rd-January 5th, March 31st-April 6th, & April 21st.

**Sessions will be prorated if not six weeks in length.*

LEVEL VI FUTURE STARS AGES 8-12

On court technique, footwork, and strategy are covered as players are beginning to determine their style of play. This class will incorporate singles and doubles drills, strategy, and point play. Regular felt balls on 78-foot court.

Recommended: At least 2 days a week at this level.

LEVEL VI CLASS TIMES

Monday and Friday: 4:00pm-6:00pm
Saturday: 10:00am-12:00pm

HIGH SCHOOL EXCELLENCE AGES 12-16

This class is ideal for middle school or J.V. Level High School players looking to play on their school team. Stroke technique and point play doubles strategy will be the focus of this class.

Recommended: at least 2 days a week at this level.

Sunday: 1:00pm-3:00pm

12-WEEK SESSIONS

ONE DAY PER WEEK	TWO DAYS PER WEEK
MEMBER: \$504	MEMBER: \$864
NON-MEMBER: \$564	NON-MEMBER: \$984

TEEN BEGINNER TENNIS 101 AGES 12-17

This six-week program is for teenagers that are relatively new to tennis. Students will be introduced to the basic skills of tennis including ground strokes, volleys, overheads, and serves. Learning to rally and play points will be emphasized.

TEEN BEGINNER CLASS TIMES

Thursday: 6:00pm-7:00pm
Sunday: 12:00am-1:00pm, 2:00pm-3pm

6-WEEK SESSIONS	MEMBER: \$150
	NON-MEMBER: \$180

TOURNAMENT EXCELLENCE I PROGRAM AGES 10-14

This program is designed for players that compete in sectional and national tournaments or play on their varsity high school team. Players in this class are technically sound and tactically engaged. This program develops on-court technique, footwork, and conditioning with a strong emphasis on match play and strategy. Regular felt balls on 78-foot court.

Recommended: At least 2 days a week at this level.

TOURNAMENT EXCELLENCE I CLASS TIMES

Monday: 4:00pm-6:00pm
Friday: 4:00pm-6:00pm
Saturday: 10:00am-12:00pm

TOURNAMENT EXCELLENCE II PROGRAM AGES 12-18

This program is designed for players that compete in sectional and national tournaments or play on their varsity high school team. Players in this class are technically sound and tactically engaged. This program develops on-court technique, footwork, and conditioning with a strong emphasis on match play and strategy. Regular felt balls on 78-foot court.

Recommended: At least 2 days a week at this level.

TOURNAMENT EXCELLENCE II CLASS TIMES

Tuesday: 4:00pm-6:00pm
Thursday: 4:00pm-6:00pm

12-WEEK SESSIONS

ONE DAY PER WEEK	TWO DAYS PER WEEK
MEMBER: \$564	MEMBER: \$984
NON-MEMBER: \$660	NON-MEMBER: \$1176



LEVEL VI, H.S. EXCELLENCE & TOURNAMENT EXCELLENCE I & II

SESSION 1: SEPTEMBER 4TH-NOVEMBER 24TH
SESSION II: NOVEMBER 25TH-MARCH 9TH
SESSION III*: MARCH 10TH-JUNE 7TH

**No classes November 22nd, December 23rd-
January 5th, March 31st-April 6th, & April 21st.**

**Sessions will be prorated if not twelve weeks in length.*

JUNIOR MEMBERS RECEIVE **FREE** WALK-ON COURT TIME DURING THE SESSION THEY ARE ENROLLED IN THE TOURNAMENT EXCELLENCE I OR II PROGRAMS. SEE THE TENNIS OFFICE FOR DETAILS.

FRANKLIN ATHLETIC CLUB JUNIOR TENNIS TOURNAMENT SERIES

10 and under, 12 and under, 14 and under divisions compete in "Round Robin" or "Limited Draw" Tournaments. Tournaments are scheduled on Saturdays and last 2-3 hours. Schedule and times will be posted in September. Call the Tennis Office for more information and to register.

PRIVATE LESSONS

Franklin's Professional teaching staff is ready to help improve your game. One way to get the maximum instructional value is to sign up for a private lesson. A 5% discount on private lessons is available with the purchase of a 10-lesson package. Semi-private (2 players) and tri-private (3 players) lessons are also available. Private lessons require a 24-hour notice for cancellations.

MATCH PLAY

This is the best way to simulate and practice playing matches. Players will play both singles and doubles.

Sunday: 3:00pm-5:00pm

Member: \$37
Non-Member: 42

**There is a \$5.00 fee
for late payments.**

Prepay 10 Member: \$340
Non-Member \$390

PRIVATE JUNIOR CLINICS

A personalized clinic allows a group of three or more to form your own class. Call the Tennis Department at (248) 352-8000, ext. 250 for more information and pricing.

HOLIDAY CAMPS AGES 5-16

Franklin Tennis Camps provide young players the opportunity to improve their tennis skills in a fun and positive environment. Players will work hard, improve their game, make new friends, and have fun! Daily and weekly camps include tennis and swimming. Our highly qualified tennis staff makes camp educational while having lots of fun.

**9:00am-4:00pm on: November 23rd,
December 26-28th, December 31st,
January 2nd-4th, February 18th-22nd,
and April 1st-5th.**

**Pre & Post care available from 8:00am-9:00am and
4:00pm-6:00pm. Walk-Ins welcome.**

Member: \$70/Full Day, \$55/Half Day, \$300/Week
Non-Member: \$80/Full Day, \$65/Half Day, \$350/Week

USTA JUNIOR TENNIS TEAMS



USTA Junior Team Tennis is a league designed around "fun, camaraderie and team." Levels range from beginners who have learned to serve and keep score to ranked players. All players will play singles and doubles at each match. The teams are co-ed and matches start in October. Participants are required to become USTA members. Please contact the Tennis Office for more information at (248) 352-8000, ext. 250. Packages are available.

PRACTICES

Saturday: 2:00pm-4:00pm

Member: \$32 per class
Non-Member: \$37 per class

Member: \$300/10 practices
Non-Member: \$350/10 practices

There is a \$5.00 fee for late payments.

HOME MATCHES

Sunday: 1:00pm-3:00pm,
3:00pm-5:00pm or 5:00pm-7:00pm





At AquaClub we aim to provide you with the best of the swimming world. Whether you are a beginner or an expert in the pool, we have the right program for you!

Learn to Swim - Group Lessons (Starting at 3 months old!)

Our group lessons teach swimmers valuable swimming skills in a small group setting. We have 7 different levels.

Duration: 30 minutes Frequency: 1-3 times per week Ratio 3:1

One-on-One Lessons (available for all ages)

Give your swimmer the benefit of a personal and custom designed swim session.

Duration: 30 minutes Frequency: 1-3 times per week Ratio 1:1

Competitive Swim Team

Our competitive swim team is for swimmers who are comfortable in deep water and are ready to begin developing their endurance and perfect their technique under our certified coaching staff. AquaClub is registered with USA Swimming and competes in swim meets year round.

Duration: 1-2 hours Frequency: 3-6 times per week \$120-\$140/month

Adult Lessons

\$169/month for 4 Private Lessons, \$85/month for 4 Group Lessons

We offer both private and group classes for adults at all levels. (4 lessons, each lesson 30 minutes in length). From beginners who are looking to gain comfort in the water to those looking to refine their strokes.

Private and Semi-Private Lessons

1:1 Privates-\$175, 2:1 Lessons-\$122 each

Take advantage of our one-on-one lessons and give your swimmer the benefit of a custom designed lesson.

(4 lessons, each lesson 30 minutes in length).

The AquaClub Program offers classes for all levels with flexible times every month the whole year!

- Year-round swim lessons & swim teams (ages 4 months & up)
- Small classes (3:1 student to teacher ratio)
- Private swim lessons for all levels and ages
A proven method of confidence building and progressive swim lessons
- No sessions! Sign up and start swimming TODAY!

OMNI MEMBERS SAVE 10%!

**PLEASE CONTACT THE AQUATICS CENTER AT
(248) 352-8000, EXT. 224 OR AT
AQUACLUB@FFRC.NET**

PARTIES & RENTALS



A Franklin Athletic Club Party Like No Other! Granting children's birthday wishes is what our staff does best! We believe in imaginative parties and encourage children to make believe, make friends, and have fun. Please contact Laura Barrick at (248) 352-8000, ext. 314 or by emailing LBarrick@ffrc.net for any additional information.

TYPES OF PARTIES

Inflatable Party • Basketball Party • Swim Party
Nerf Party • Sports Party • Gymnastics Party
Sleepover Party (18 children minimum, 2 adults required all night.)

Party Packages start at \$350 for up to 15 children.

ADD ONS

- \$50 each additional 1-5 kids
- \$50 for lifeguard
- \$50 each additional half hour
- \$10 per adult table
- \$50 for characters (45 minutes)
- \$50 for zorb ball (1 hour)

Parties are considered an event if you require over 3 hours of party time, have a party planner, and/or wish to use additional space. For event pricing, please contact Laura Barrick.

BANQUET ROOM RENTALS

Need an event space for your next meeting or party?
Rent our banquet room for your next event.

Monday-Thursday (Per Hour): Omni: \$75/Other: \$100
Friday-Sunday (Per Hour): Omni: \$150/Other: \$175

BAR/BAT MITZVAHS

Our premiere facility offers a unique opportunity to celebrate your child's coming of age. Create magical memories with our unique on-site activities including:

- Club Challenge:
A Pumped Up Experience
- Dancing
- Indoor/Outdoor
Swimming Pools
- Tennis Courts
- Full Court Gymnasium
- Private Party Area
- All-Inclusive Theme Packages

BASKETBALL COURT RENTALS

Rent out a full court or half court for a team practice, or just a group get together. For more information or to reserve your court, please contact Laura at Lbarrick@ffrc.net or (248) 352-8000, ext. 314.

Full Court and half court rentals available for parties and events.



FRANKLIN ATHLETIC CLUB

29350 NORTHWESTERN HWY
SOUTHFIELD, MI 48034
(248) 352-8000

Member
 Non-Member

CLASS REGISTRATION FORM

Name of Class:			Day of Class:		Time of Class:
Session I <input type="checkbox"/>	Session II <input type="checkbox"/>	Session III <input type="checkbox"/>	Session IV <input type="checkbox"/>	Session V <input type="checkbox"/>	Session VI <input type="checkbox"/>
Name of Child:				Birthdate:	
Parent's Name:					
Home Phone:		Cellphone:		Emergency No.:	
Email Address:		Address, City, Zip:			
My child may be released to:					
Allergies or special information regarding my child:					
Credit Card:			Exp. Date:		

In consideration of being allowed to participate in any party and/or program at Franklin Athletic Club/Franklin Academy, the undersigned, on his or her behalf, and on the behalf of the participant(s) identified below, acknowledges, appreciates and agrees to the following conditions:

- I represent that I am the parent or legal guardian of the participant(s) listed below, or I have obtained permission for the parent/legal guardian of the participant(s) listed below to execute this agreement on their behalf.
- The risk of injury to participant(s) may exist in this program and which particular rules, equipment and personal discipline may reduce the risk, the risk cannot be completely eliminated and injury is possible.
- I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases' or others and assume full responsibility for my participation.
- I willingly agree to comply with the stated and customary terms and conditions for participation and if I observe any unusual significant hazard during my presence or participation, I will remove myself and bring such to the attention of the nearest official immediately.
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify and hold harmless the Franklin Athletic Club/Franklin Academy, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premise used to conduct the event ("releases"), with respect to any and all injury, disability, death, or loss or damage to personal property, whether arising from the negligence of the release's or otherwise, to the fullest extent permitted under law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT FULLY AND UNDERSTAND ITS TERMS AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ACCEPTING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature

Date:

No Refunds

Participant must be member to receive discount.