

BHC Jr & Adult Programs

Winter-Spring 2010

Session Dates for Winter/Spring 2010

Winter 3) Mon. Jan. 4 - Sun. Feb. 28 off Feb. 15-21

Winter 4) Mon. Mar. 1 - Sun. Apr. 25 off Apr. 4-10

Spring 5) Mon. Apr. 26 - Sun. Jun. 13

off Sun. May 9, Sun. May 30 classes after 4pm and Mon. May 31

**Non-Members
Welcome!**

More information & registration at BHC or on-line @ www.bhckids.com

Beverly Hills Club 31555 Southfield Rd. Beverly Hills, MI 48025 (248)642-8500

BHC has been teaching tennis for over 34 years with USPTA/USPTR certified professionals and over 100 years of combined teaching experience. Our program stimulates and challenges players of all levels and age groups using drills, games and instruction.

Junior Tennis

Stanley Pals 1: 3-4 years of age.

Introduce your child to the game of a lifetime. Work on coordination and skills.

Wed 12-1pm Thurs 11am-12pm Sat 9-10am

Stanley Pals 2: 4-6 years of age.

Work on hand-eye coordination, agility, and other skills used in the game.

Mon 5-6pm Tues 10-11am Wed 4-5pm Thurs 10-11am Sat 9-10am

Starter Tennis: 6 yrs and older.

For new tennis players. Learn the basics-forehand, backhand and introduction to volleys.

6-10 yrs. Mon 5-6pm Wed 5-6pm Sat 10-11am

11+ yrs. Tues 5-6pm Thurs 5-6pm Sat 12-1pm

Jr. Development: 7 yrs & older.

Adv. beginner to the intermediate player. Must have passed Starter Tennis or had lessons.

Mon 4:30-6pm Wed 4:30-6pm Sat 11am-12pm

Jr. Excellence: 10 yrs and older.

Intermediate to advanced level player who passed Jr. Dev. or approved by BHC Tennis Pro.

Tues 4-6pm Thurs 4-6pm Sat 10am-12pm

Tournament Training:

Must have passed Jr. Excellence or approved by BHC Tennis Pro.

Fri 4-6pm Boys Sat 4-6pm

Jr. Create-a-Class

Have a group of 4 or more that want to take lessons together? Create your own class! Call Richard @ (248)642-8500

Private Lessons

1 hr. Full Member/ JTM* \$58 Other \$78
Semi-Private Lesson \$10/each additional person.
*Jr. Tennis Member.

Cost/Session: Jr. Group Lessons

Winter 3: Mon-Sun (7 wks) Member Other

1 hr program \$126 \$149

1 1/2 hr program \$184 \$224

2 hr program \$208 \$266

Winter 4: Mon-Sun (7 wks) Member Other

1 hr program \$108 \$128

1 1/2 hr program \$157 \$192

Spring 5: Mon (6 wks) Member Other

1 hr program \$126 \$144

1 1/2 hr program \$184 \$224

2 hr program \$208 \$266

Tues-Sun (7 wks) Member Other

1 hr program \$126 \$144

1 1/2 hr program \$184 \$224

2 hr program \$208 \$266

Sat 4pm class (6wks) \$179 \$228

New Jr. Tennis Membership

Ideal for Jr. Development and higher level.

- ★ Get member rates on programs. Savings of at least \$20 per session
- ★ Get member rates on private lessons. Savings of \$20/lesson
- ★ Get FREE walk-on tennis time.

\$239 per year per child

Sign-up at the front desk

Children on a BHC student, family or parent/child membership automatically receive these benefits. Some restrictions.

Adult Tennis Intro-Retro-USA 123 Tennis

Get into or return to the game of a lifetime, tennis!

Level 1-Beginner

Ideal for the adult with little or no experience. Learn the basics of tennis.

Mon 7-8pm Wed 6-7pm Thur 12-1pm Sun 11am-12pm

Level 2-Adv. Beg.-Intermediate

Looking to get back into tennis? This is the class for adults with previous tennis playing experience.

Mon 1-2pm or 8-9pm Wed 10-11am or 7-8pm Fri 10-11am

Level 3-Intermediate

A class for the new or comeback player who is ready to play the game.

You will play the game and drill on your skills.

Mon. 8-9pm Tues. 8-9pm Sat. 1-2pm

Cost/Session: Adult Intro/Retro Lessons

Winter 3: Mon-Sun Member \$126 Other \$149

Winter 4: Mon-Sun Member \$126 Other \$149

Spring 5: Mon day ends 6/7 Member \$108 Other \$128

Mon, Tues & Wed eve ends 5/19 Member \$72 Other \$86

Wed, Thur, Fri & Sat day ends 6/12 Member \$126 Other \$149

Sun off 5/9 & 5/30 ends 6/13 Member \$72 Other \$86

Travel Teams

Jr. Development & Excellence Players
Interested email KristenH@beverlyhillsclub.net
or call (248)642-8500

Jr. & Adult Tennis

Fitness, Sports & Dance

★ Check our New Classes for kids of all ages.

★ New Volleyball girls 5th-8th grade

New for girls, learn skills, drills and play the game itself. Two different levels, one for the new young player and one for the girl who has some experience and wants to continue to improve.

Beg. - Adv Beg. Tues 5:30-6:15pm

Intermediate to Adv. Thurs 5:30-6:15pm

Dance with Miss Jen girls 2 1/2 - 6 yrs of age

Learn the basics of dance with ballet and tap. Dance cultivates self-awareness, confidence, poise, focusing skills and mental processes. Beg. Ballet & Tap: 2 1/2 - 4 yrs. Wed 10:00-10:45am

Pre-Ballet & Tap: 4-6 yrs. Tues 10:00-10:45am

*attire- black leotard, pink tights, pink leather ballet slippers and black tap shoes, no

★ New Baton with Miss Derek girls 6 and older

Derek is a former Majorette Queen of America. Her students have performed at the Rose Bowl, Disney World and Macy's Parades and have held twirling positions at many colleges and universities. Learn basic twirls, marching and dance moves. Thurs 5-5:45pm

★ New Kids Zumba-tomic with Pam kids 4-11 yrs.

Foot slammin, hip-boppin, crazy fun! Designed for kids, you will be shakin, movin and rockin to Latin and international beats like reggaeton, hip-hop, salsa, calypso, meringue, samba and more! Mon. 4:30-5:15pm

★ New Parent-Tot Multi Sports Tots 2-4yrs

A class for parent and tot, introducing many different sports to little ones. Tots work on coordination, skills and have fun playing modified games. Thurs 10:30-11:15am

★ New Pee-Wee Fitness 4-6yrs of age

A physical fitness class for young kids, work on throwing, catching, running, jumping and all gross motor skills.. Thurs 2-2:45pm

★ New Tumbling Tykes Kids 3-5 yrs

A class for little ones, introducing many different tumbling games and skills. Work on balance and coordination while having fun! Tue 2-2:45pm

★ New Kids Fitness For boys & girls 8-13 yrs.

Work-out w/Eric, a personal trainer. Kids are on the fitness floor doing specialty exercises. A perfect class for kids to learn to workout on their own. Thurs 4:30-5:15pm

★ New Kids Yoga For boys & girls 7-12 yrs.

Yoga helps with stress...busy parents, school pressure, video games and more. Yoga helps teach children techniques for self-health and relaxation. Children also benefit physically with flexibility, strength, and coordination. Wed 4:30-5:15pm

Alpha Wolf Basketball Boys 3-5 grade.

Coach Geo Thomas brings 21 yrs. of coaching experience to this class. Learn the basic concepts-Offense, Defense, Footwork, Conditioning, Rule Comprehension and play games to put into practice what was learned. A class for all skill levels offering an opportunity to refine skills needed to play well.

Tues 4:30-5:15pm *meets only Session 3 & 4

Flag Football For kids 7 years and older.

A sell-out class! Learn ball control, hand-eye coordination and advanced skill development. Play modified games, a great class for your football enthusiast. Thurs 4:30-5:15pm

★ New Kids Create-a-Class all ages

This is a great opportunity for you to get creative with your friends and create your own class with your friends. The ideas are endless call or email Shawn and create your own class! (248)642-8500 or email Shawn_sagebhc@comcast.net

Cost/Session: Fitness, Sports and Dance

Winter 3 Mon-Fri: Member \$93 Other \$125

Winter 4 Mon-Fri: Member \$93 Other \$125

Spring 5 Tue-Fri: Member \$93 Other \$125

Mon: Member \$80 Other \$107

Great Birthday Parties for Kids of all ages...We do it all, you just sit back and enjoy the party...call Alison today to book your party (248)642-8500 or Alison@beverlyhillsclub.net

Beverly Hills Club 31555 Southfield Rd Beverly Hills, MI 48025 (248)642-8500 www.bhckids.com register online or at the club!

Junior/Adult Programs Winter-Spring 2010 at BHC

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off Sun., May 9, Sun., May 30 classes after 4pm and Mon. May 31

Register online at www.bhckids.com or at BHC

Non-Members Welcome

Beverly Hills Club has been teaching children to swim for over 17 years. Our "Manta-Ray Swim School" teaches the Red Cross "Learn to Swim" program, a program with over 90 years of experience teaching swimming and water safety. Children learn water safety and swimming skills in a fun and safe environment with small class sizes. Watch as your child learns to swim from a small "Starfish" up to a big "Shark", all the while your child will be a part of the "Manta-Ray Swim School" at BHC.

Manta Ray Swim School

Group Swim Level 1-5

3 years of age and older, small class sizes of 4 in each group.

Level 1 (Clown Fish)

Introduction to water skills no pre-swimming skills required.

Mon.	9-9:45am	or	4:15-5pm
Tue.	9:45-10:30am	or	5-5:45pm
Wed.	10:30-11:15am	or	4:15-5pm
Thur.	9:45-10:30am	or	5-5:45pm
Fri.	9-9:45am		
Sat.	10:15-11am	or	11:45am-12:30pm
Sun.	11-11:45am	or	4:30-5:15pm

Level 2 (Angel Fish) Fundamentals

Complete level 1 - skills your child needs to attend this level.

- Swim unassisted on a noodle or barbell.
 - Put face in the water.
- | | | | | | |
|-------|-----------------|----|-----------------|----|-------------|
| Mon. | 9:45-10:30am | or | 4:15-5pm | or | 5:45-6:30pm |
| Tue. | 10:30-11:15am | or | 5-5:45pm | | |
| Wed. | 9-9:45am | or | 4:15-5pm | | |
| Thur. | 9-9:45am | or | 5-5:45pm | | |
| Fri. | 9:45-10:30am | | | | |
| Sat. | 10:15-11am | or | 11:45am-12:30pm | | |
| Sun. | 11:45am-12:30pm | or | 4:30-5:15pm | | |

Level 3 (Sea Turtle) Stroke Development

Complete level 2 - skills your child needs to attend this level.

- Back & Front Float for 5 seconds.
 - Push off and swim 15 feet on front & back.
- | | | | |
|-------|---------------|------|---------------|
| Mon. | 10:30-11:15am | or | 5-5:45pm |
| Tue. | 9-9:45am | or | 4:15-5pm |
| Wed. | 9:45-10:30am | or | 5-5:45pm |
| Thur. | 4:15-5pm | Fri. | 10:30-11:15am |
| Sat. | 11-11:45am | or | 12-12:45pm |
| Sun. | 12:30-1:15pm | or | 5:15-6pm |

Level 4 (Dolphin) Stroke Improvement

Complete level 3 - skills your child needs to attend this level.

- Jump in and tread water for 30 sec.
 - Swim 15 yds. face in w/ rhythmic breathing.
 - Swim Back Crawl 15 yds.
- | | | | | | |
|-------|----------|------|------------|------|----------|
| Mon. | 5-5:45pm | Tue. | 4:15-5pm | Wed. | 5-5:45pm |
| Thur. | 4:15-5pm | Sat. | 11-11:45am | Sun. | 5:15-6pm |

Level 5 (Shark) Stroke Refinement

Complete level 4 - skills your child needs to attend this level.

- Swim 25 yds. Freestyle with rhythmic breathing.
 - Swim 25 yds. of Breaststroke and Backstroke.
 - Swim Backstroke 15 yds.
 - Swim 10 yds. Butterfly.
- | | | | |
|------|--------------|------|-------------|
| Tue. | 5:45-6:30pm | Wed. | 5:45-6:30pm |
| Sat. | 11:15am-12pm | Tue. | 6-6:45pm |

Parent Tot Classes

Parent-Tot 1 (Starfish) For babies: 6 - 18 mos. w/parent.

A basic water adjustment class teaching parents water safety. Tots learn the basics of swimming, to hold their breath and go underwater.

Tue.	11:30-12pm	Sat.	10:15-10:45am
Sun.	10-10:30am		

Parent-Tot 2 (Shrimp) For tots: 18mos. - 3 yrs. w/parent.

Must have attended Parent-Tot and/or can hold breath and go underwater. This class gets children ready for level 1 classes by focusing on independent swimming.

Thur.	10:30-11am	or	5:45-6:15pm	Fri.	11:30am-12pm
Sat.	10:45-11:15am			Sun.	10:30-11am

Cost/Session:

Manta Ray Group Swim Lessons

Parent Tot	Member	Other
Winter 3	\$72	\$98
Winter 4	\$72	\$98
Spring 5 Sun am & Mon	\$62	\$84
Tues-Sat	\$72	\$98

Level 1-5	Member	Other
Winter 3	\$90	\$119
Winter 4	\$90	\$119
Spring 5 Sun am & Mon	\$78	\$103
Tues-Sat	\$90	\$119
Sun after 4pm	\$64	\$85

Unsure of your child's level?

Call Tony for a FREE Lesson evaluation!

To create your own class or for a FREE lesson placement, call Tony at (248)642-8500 ext 212 or E-Mail him at tony@beverlyhillclub.net

Create-a-class

Don't see a time to fit your schedule? Have a group of 3 or more kids that want to take lessons together? Create your own class!

Private & Semi-Private Lessons

Private	Member	Other
30 min	\$30	\$41
45 min	\$37.50	\$48.50
1 hour	\$44	\$55

Semi-private: add \$10 for each additional person.

To schedule a private or semi-private lesson call Tony at (248)642-8500 extension 212 or email him at tony@beverlyhillclub.net.

Get Ready...Stay Ready... for your Summer Swim Team!

Swim Team Clinic

Emphasis is on technique, endurance, speed with all 4 of the competitive strokes and practice on starts and turns. Skills needed for this clinic are the ability to swim 100 yds. of freestyle, back and breaststroke plus 25 yds. of fly.

Mon. & Wed. 6-7pm

Swim Pre-Team Clinic

Emphasis is on technique, endurance, speed with all 4 of the competitive strokes and practice on starts and turns. Skills needed for this class are the ability to swim 50 yds. of freestyle, back and breaststroke plus 25 yds. of fly.

Tues. & Thurs. 6-6:45pm

Cost: Team & Pre-Team Clinics

Session Dates and Cost/Session:

	Member	Other
Jan. 4 - Mar. 18		
off Feb 15-18	\$206	\$247
Mar. 22 - Jun. 3		
Mon - Wed off Apr 5-8 & May 31	\$196	\$235
Tue - Thur off Apr 5-8	\$206	\$247

Swimming somewhere else?

Try a FREE lesson at Manta Ray Swim School

Call or email for details
(248)642-8500 - tony@beverlyhillclub.net
Some restrictions apply

Make a "BIG SPLASH" for your child's birthday this year, have a BHC pool party! See Alison for details.

Choi Kwang Do

Optimum Health-Self Defense-Personal Development! The world's fastest growing Martial Art! Our principles are humility, honesty, gentleness, perseverance, self-control and unbreakable spirit.

Sabumnim Yevgeniy Malkin 2nd degree black belt

Junior Choi Program for children 6-12 yrs.

Meets both Monday & Wednesday

Beginner 4:30pm Intermediate* 5:30pm Advanced* 6:30pm

*Rank requirements, must be approved by instructor prior to registration.

Adult Choi Program all levels 13+yrs.

Mon. & Wed. 7:45pm Fri. 1:00pm

Little Dragons 3 - 5 years

Wed. 2pm or 3pm Fri. 11am, 2pm, 3:30pm or 4:30pm

Cost/Session	Jr & Adult		Adult & Little Dragons	
	2 days/wk	Member Other	1 day/wk	Member Other
Winter 3	\$167	\$216	\$93	\$125
Winter 4	\$167	\$216	\$93	\$125
Spring 5	\$155	\$201	\$93	\$125

*Rank requirements, must be approved by instructor prior to registration.

Birthday Party plans in your future?

Choose from these party themes:

- X-RKade • Princess • Sports • Dance
- Pool • Basic Gym • Basic Mini-Gym
- or Create Your Own

Party includes:

- 2 Party Coaches • Invitations • Cake
- Ice Cream • Paper Products • Party Favor
- Entertainment-Games, Crafts, Sports, Inflatables and more.
- Set-up and Clean-up

Awesome extras*:

- X-RKade Rental • Pizza
- Pinata with Candy • Karaoke
- and other special extras are available
- * available at an additional price

Call Alison to book your child's next party!

248.642.8500 or e-mail alison@beverlyhillclub.net

School's Out!

At the end of the day...LATCHKEY

Meets Monday-Friday after school until 6pm.

Supervised, fun and safe after-school program.

Cost Days/Wk/Semester	Member	Other
3 Day	\$450	\$509
5 Day	\$672	\$752

FREE transportation from...OLQM, Holy Name and Pierce.

Semester Runs January 19-June 17 full school days only

When School's Off... Camps On!

A fun, safe and supervised camp when school's off. Children have fun in the gym with games and sports, go swimming, do crafts and more. Camps for children 5 yrs and older.

New Snow Day Camp...when school is called (Birmingham Public, Holy Name and/or OLQM) camp is on at BHC. Camp starts at 8:30am and runs as late as 6pm. Perfect for working parents!

Upcoming Camps:

Holiday Camp* Dec. 21, 22, 23, 28, 29, 30 Martin Luther* Jan. 18

Winter Break* Feb. 15-19 Spring Break* Apr. 2 & 5-9

Camp Schedule: 9am-4pm

FREE Pre/Post Care 7:30-9am & 4-6pm

Camp Cost:	1 Day	3 Day	5 Day	6 Day
Member	\$52	\$135	\$165	\$180
Other	\$65	\$165	\$199	\$216

*Pre-Register at least one week prior to camp date.