

# BHC Fall 2010 Programs

## Sessions for Fall 2010

**NON-MEMBERS WELCOME**

**Fall 1) Tuesday, September 7 - Sunday, October 31**

Off- Sunday, October 31 after 4pm, Halloween

**Fall 2) Monday, November 1 - Thursday, December 23**

Off- Thursday, November 25 Thanksgiving Day

Register for classes online at [www.bhckids.com](http://www.bhckids.com) or at the club.

Beverly Hills Club 31555 Southfield Rd. (just North of 13 Mile Rd.) Beverly Hills (248)642-8500

### Junior & Adult Tennis

Beverly Hills Club has been teaching tennis for over 34 years. Our tennis professionals are certified USPTA/USPTR, with over 100 years of combined teaching experience. Our program stimulates and challenges players of all levels and ages groups using drills, games and instruction to teach the game of tennis.

#### Junior Tennis

**Stanley Pals 1:** 3-4 yrs of age. Work on coordination and skills. **Meets: Wed. 12-1p Thurs. 11a-12p Sat. 9-10a**

**Stanley Pals 2:** 4-6 years of age. Learn the game and work on eye-hand coordination, agility, and other skills used in the game. **Meets: Mon. 5-6p Tues. 10-11a Wed. 4-5p Thurs. 10-11a Sat. 9-10a**

**Starter Tennis:** 6 yrs & older. New players. Learn the basics - forehand, backhand and introduction to volleys. **Meets: 6-10 yrs. Mon. 5-6p Wed. 5-6p Sat. 10-11a 11+ yrs. Tues. 5-6p Thurs. 5-6p Sat. 12-1p**

**Jr. Development:** 7 yrs & older. Adv. beginner to intermediate players. Must have passed Starter Tennis or had lessons. **Meets: Mon. 4:30-6p Wed. 4:30-6p Sat. 11a-12p**

**Jr. Excellence:** 10 yrs & older. Intermediate-advanced level player who passed Jr. Development or is approved by BHC Pro. **Meets: Tues. 4-6p Thurs. 4-6p Sat. 10a-12p**

**Tournament Training:** For the player who completed Jr. Excellence or has Director of Tennis approval and is looking to play JV or Varsity Tennis. **Meets: Fri. 4-6p Sat. 4-6p**

**Jr. Create a Class** Don't see a time to fit your schedule? Have a group of 4 or more that want lessons together? Create your own class. Available only for Juniors. Contact Richard @ (248)642-8500 or email RichardB@beverlyhillclub.net

#### Adult Tennis Intro-Retro-USA 123

**Level 1-Beginner** Little or no tennis playing experience.

**Meets: Mon. 7-8p Wed. 6-7p Thurs. 12-1p Sun. 11a-12p**

**Level 2- Adv. Beginner** Some tennis experience.

**Meets: Mon. 1-2p or 8-9p Wed. 10-11a or 7-8p Fri. 9-10a**

**Level 3-Intermediate** New or comeback player ready to play the game. You will play the game and drill on your skills.

**Meets: Tues. 8-9p**

**Adult Create a Class** Don't see a time to fit your schedule? Have a group of 4 or more that want lessons together? Create your own class.

**Cost for a 7wk 1hr/wk class: \$126 member \$179 other**

#### Private & Semi-Private Tennis Lessons

**1 hr. Private Full Member \$58 Other \$78**

**1 hr. Semi-Private** Add \$10/ additional person up to 4 participants. Add \$20/additional person over 4 participants.

### Travel Teams

**Jr. Development & Excellence Players**

Interested email [KristenH@beverlyhillclub.net](mailto:KristenH@beverlyhillclub.net) or call (248)642-8500

#### Cost: Jr. & Adult Group\* Lessons

Fall 1: September 7 - October 31, 2010

**Monday (7 wks)**

	Member	Other
1 hr program	\$126	\$149
1 1/2 hr program	\$184	\$224

**Tues.-Sun. (8 wks)**

	Member	Other
1 hr program	\$144	\$170
1 1/2 hr program	\$210	\$256
2 hr program	\$238	\$304

Fall 2: November 1 - December 23, 2010

**Mon.-Wed. (8 wks)**

	Member	Other
1 hr program	\$144	\$170
1 1/2 hr program	\$210	\$256
2 hr program	\$238	\$304

**Thurs.-Sun. (7 wks)**

	Member	Other
1 hr program	\$126	\$149
2 hr program	\$208	\$266

\* Adult Create-A-Class has different pricing.

### Fitness, Sports & Dance

★ Check our New Classes for kids of all ages.

#### Dance Ballet, Tap & Hip-Hop w/ Miss Jen girls 3-10 yrs.

Miss Jen teaches the basics of dance through the integration of ballet, tap and Hip-Hop. A child educator and program developer of dance for over 10 yrs., she performed on & off Broadway, Tours, Regional, T.V. and Theater. Dance cultivates self-awareness, confidence, poise, focusing skills and mental processes. It is a wonderful tool for developing the total child.

**Ballet, Tap & Tumbling\* Girls 3-4 yrs. Meets: Wed. 10am**  
**Ballet, Tap & Tumbling\* Girls 3-5 yrs. Meets: Wed. 1pm**  
**Pre-Ballet and Tap\* Girls 4-5 yrs. Meets: Tues. 10am**  
**Hip-Hop Girls 7-10 yrs. Meets: Thur. 5:30pm**

\*Ballet & Tap classes: black leotard, pink tights, pink leather ballet slippers and black tap shoes, no skirts.

★ **New Kids Zumba-tomic** with Pam kids 8-12 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!  
**Meets: Mon. 4:30-5:15pm**

#### Baton with Miss Derek girls 6 and older

Learn the basics of baton twirling, marching and dance moves. Derek has students who are currently twirling at: Michigan State, Purdue, Bowling Green & West Virginia Universities as well as the University of Kentucky.  
**Meets: Tues. 5-5:45pm**

#### Kids Fitness -boys & girls 7-13yrs.

A BHC personal trainer teaches this program designed to teach children fitness in a fun and challenging way. Kids are supervised on and off the fitness floor doing specialty exercises. A perfect class for kids to young to workout on their own.  
**Meets: Thurs. 4:30-5:15pm**

#### Kids Yoga -boys & girls 7-12 yrs.

Yoga helps with the stress children experience by living in a hurry-up world...busy parents, school pressure, incessant lessons, video games and more. Yoga helps these pressures by teaching techniques for relaxation. Children also benefit physically with flexibility, strength, coordination and body awareness.  
**Meets: Wed. 4:30-5:15pm**

#### ★ 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.  
**Meets: Thurs. 2-2:45pm**

#### Parent-Tot Multi-sports -kids 2-4 yrs.

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

#### Alpha Wolf Basketball-kids 3rd-5th grade.

Coach Geo Thomas brings his 21 yrs. of coaching experience to this class. The program includes basic concepts-Offense, Defense, Conditioning, Footwork and Rule Comprehension. Followed with games to put into practice what they have learned. A class for all skill levels offering an opportunity to refine skills needed to play well.  
**Meets: Tue. 4:45-5:30pm**

#### 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](mailto:Shawn_sagebhc@comcast.net)**

#### Cost: Sports, Fitness & Dance

Fall 1: Sept. 7 - Oct. 31, 2010

Off Sun., Oct. 31 after 4pm

	Member	Other
<b>Sun. &amp; Mon. (7 wks)</b>	\$93	\$125
<b>Tues.- Fri. (8 wks)</b>	\$106	\$143

Fall 2: Nov. 1 - Dec. 23, 2010

Off Thurs., Nov. 25

	Member	Other
<b>Mon.-Wed. (8 wks.)</b>	\$106	\$143
<b>Thurs.-Sun. (7 wks.)</b>	\$93	\$125

For Manta Ray Swim School, Choi-Kwang-Do, Birthday Party, Latchkey and School Break Camp information see reverse side.

**NON-MEMBERS WELCOME**

# BHC Fall 2010 Programs

Beverly Hills Club 31555 Southfield Rd. Beverly Hills, Mi 48025  
(248)642-8500 Register at BHC or Online at [www.bhckids.com](http://www.bhckids.com)

## Session Dates for Fall 2010

Fall 1) Tuesday, September 7 - Sunday, October 31  
Off- Sunday, October 31 after 4pm, Halloween  
Fall 2) Monday, November 1 - Thursday, December 23  
Off-Thanksgiving Day Thursday, November 26

Beverly Hills Club has been teaching children to swim for over 18 years. "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 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 Clown Fish-Shark

3 yrs and older, small class sizes of 4 in each group, 45 min. class.

#### Level 1 (Clown Fish)

Introduction to water skills no pre-swimming skills required.

Meets: Mon. 9a or 4:15p Tues. 9:45a or 5p Wed. 10:30a or 4:15p Thurs. 10:30a or 5p  
Fri. 9a Sat. 10:15a or 11:45a Sun. 11a or 4:30p

#### 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.  
Meets: Mon. 9:45a or 4:15p Tues. 10:30a or 5p Wed. 9a or 4:15p Thurs. 9:45a or 5p  
Fri. 9:45a Sat. 10:15a or 11:45a Sun. 11:45a or 5:15p

#### 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 ft. front & back.  
Meets: Mon. 10:30a or 5p Tues. 9a or 4:15p Wed. 9:45a or 5p Thurs. 9a or 4:15p  
Fri. 10:30a Sat. 11a or 12p Sun. 12:30p or 6p

#### 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 back crawl 15 yds.  
• Swim 15 yds. face in w/ rhythmic breathing. • Know basics of breast stroke.  
Meets: Mon. 5p Tues. 4:15p Wed. 5p Thurs. 4:15p Sat. 11a

#### Level 5 (Shark) Stroke Refinement

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

• Swim 25 yds. freestyle w/ rhythmic breathing, breast & back stroke.  
• Swim back stroke 15 yds & 10 yds. butterfly.  
Meets: Mon. 5:45p Wed. 5:45p

### Group Swim: Parent-Tot

6 months-3 yrs, 30 min. class.

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

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

Meets: Tues. 11:30a or 5:45p Thurs. 9:45a Sat. 10:15a Sun. 10a

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

This gets children ready for level 1 classes by focusing on independent swimming.

Meets: Thurs. 5:45p Fri. 11:30a Sat. 10:45a Sun. 10:30a

### Create-A-Class

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

To create-a class call Tony at (248)642-8500 extension 212 or email him at [tony@beverlyhillsclub.net](mailto:tony@beverlyhillsclub.net).

### Cost: Group Swim Lessons

Level 1-5 Clown Fish-Shark & Parent-Tot

Parent Tot	Member	Other
Fall 1 (Tues.-Sun. 8 wks.)	\$83	\$112
Fall 2 (Mon.-Wed. 8 wks.)	\$83	\$112
(Thurs.-Sun. 7 wks.)	\$73	\$98

#### Level 1-5 Clown Fish-Shark

Fall 1	Member	Other
Tues-Sun. before 4p (8 wks.)	\$103	\$136
Sun after 4pm & Mon. (7 wks.)	\$90	\$119
Fall 2	Member	Other
Mon.-Wed. (8 wks.)	\$103	\$136
Thurs.-Sun. (7 wks.)	\$90	\$119

### Swim Clinics

Team & Pre-Team Clinics

#### Swim Team Clinic

Emphasis on technique, endurance, speed with all 4 competitive strokes and practice on starts and turns. Skills needed, ability to swim 100 yds. freestyle, back & breast stroke plus 25 yds. of fly. Meets: Mon. & Wed. 6-7pm

#### Swim Pre-Team Clinic

Emphasis on technique, endurance, speed with all 4 competitive strokes and practice on starts and turns. Skills needed, ability to swim 50 yds. freestyle, back and breast stroke plus 25 yds. of fly.

Meets: Tues. & Thurs. 6-6:45pm

Cost: Swim Clinics	Member	Other
Fall 1 Mon./Wed.	\$173	\$188
Tues./Thurs.	\$184	\$200
Fall 2 Mon./Wed.	\$184	\$200
Tues./Thurs.	\$173	\$188

### Private & Semi-Private Lessons

Private	30 min	45 min	1 hr.
Member	\$30	\$38.50	\$45.50
Other	\$41	\$50	\$56.50

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

To schedule your lesson call Tony at (248)642-8500 extension 212 or email him at [tony@beverlyhillsclub.net](mailto:tony@beverlyhillsclub.net).



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

**Sabumnim Yevgeniy Malkin**  
3rd degree black belt

#### Jr. Choi Program 6-12 yrs.

Beginner Mon. & Wed. 4:30pm  
Intermediate/Advanced\* Mon. & Wed. 5:30pm  
All Ranks Family Class Mon. & Wed. 6:30pm

#### Adult Choi Program all levels 13+ yrs.

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

#### Little Dragons 3 - 5 years

Wed. 2:00pm or 3:00pm  
Fri. 11:00am, 2:00pm, 3:30pm or 4:30pm

#### Cost: Junior & Adult Mon/Wed

Fall 1 Member \$179 Other \$231

Fall 2 Member \$191 Other \$247

#### Cost: Little Dragons & Adult Friday

Fall 1 Member \$106 Other \$143

Fall 2 Member \$106 Other \$143

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

## Better Bones

Medical research shows that weight bearing, resistance exercise can improve your bone density.

**Better Bones 1** Improve muscle strength and decrease risk of brittle bones due to osteoporosis.

**Better Bones 2** For those who have completed BB1 and know first hand the benefits of weight training, balance training and low impact.

Meets: Tuesday & Thursday BB1 at 1-2pm BB2 at 2-3pm

Cost:	Member	Other
Fall 1	\$103	\$196
Fall 2	\$97	\$185

## Birthday Party plans in your future?

Choose one of these party's: • X-Rcade • Gym  
• Princess • Sports • Dance • Pool • Mini-Gym

Party includes: •2 Party Coaches •Invitations

• Cake/Ice Cream •Papergoods •Entertainment

•Party Favor for Guests •Set-up to Clean-up

Call Alison to book your child's next party!

Call 248.642.8500 or email [alison@beverlyhillsclub.net](mailto:alison@beverlyhillsclub.net)

## After School & School Breaks!

### At the end of the day...LATCHKEY

Meets Monday-Friday after school until 6pm.

Supervised, fun and safe after-school program. Children have fun in activities, X-Rcade, games and crafts. Parents can enroll their children for tennis, swim, Choi-Kwang-Do and other classes at BHC during latchkey times at a discounted rate.

Cost Days/Wk/Semester	Member	Other	Payment Plan available
3 Day	\$442	\$499	
5 Day	\$658	\$736	

FREE transportation from Pierce, OLQM & Holy Name.

Semesters run...Aug 30, 2010 - Jan. 14, 2011 full school days only

Bonus: \$5 discount on most programs during latchkey.

### On the School Breaks...Day Camps

A fun, safe and supervised camp when school's off. Children have fun with games and sports, go swimming, do crafts and more.

Full day camps for children 5 yrs and older.

Upcoming Camps: Thanksgiving break Nov. 26

Holiday break Dec. 20, 21, 22, 23, 27, 28, 29, 30

Martin Luther Jan. 17

Camp Schedule: Camps run 9am-4pm

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

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

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

Jr. Tennis, Ballet, Tap & Hip-Hop, Baton, Zumba, Kids Yoga & Fitness, Alpha Wolf Basketball and Tot Multi-Sport see reverse side.