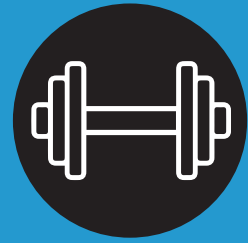


2021



2022



PROGRAM GUIDE



**DOWNLOAD OUR NEW APP
FOR EASY REGISTRATION!**

29350 NORTHWESTERN HWY. • SOUTHFIELD, MI 48034

(248) 352-8000 • FRANKLINCLUB.COM



CONTACT US

FRONT DESK

(248) 352-8000 ext. 210

CLUB DIRECTOR BAR/BAT MITZVAHS

Crystal Love

CLove@ffrc.net

(248) 352-8000 ext. 298

BUSINESS OFFICE

(248) 352-8000 ext. 274

AQUATICS

lessons@royalswimming.org

(248) 352-8000 ext. 224

BASKETBALL BIRTHDAY PARTIES CAMPS

franklincamp@ffrc.net

(248) 352-8000 ext. 314

JR. PROGRAMMING/ KID CLASSES/ GYMNASTICS

Kahty Anguelova

EAnguelova@ffrc.net

(248) 352-8000 ext. 342

MEMBERSHIP SERVICES

MemberServices@ffrc.net

(248) 352-8000 ext. 235

FITNESS DIRECTOR

Lisa Soverinsky

LSoverinsky@ffrc.net

(248) 352-8000 ext. 273

MEMBERSHIP DIRECTOR

Jim Martin

JMartin@ffrc.net

(248) 352-8000 ext. 212

TENNIS RACQUETBALL SQUASH

Junior Tennis

Bruce Sawicki—Director

BSawicki@ffrc.net

(248) 352-8000 ext. 272

Adult Tennis

Randy Payne—Director

RPayne@ffrc.net

(248) 352-8000 ext. 237

Tennis Officer Manager

Meredith Tipton

MTipton@ffrc.net

(248) 352-8000 ext. 250

FRANKLIN ACADEMY

Administrator

Kim Young

KYoung@ffrc.net

(248) 352-8000 ext. 222

Director

Lori Allmacher

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(248) 352-8000 ext. 271

CHILDCARE

(248) 352-8000 ext. 216

FRANKLINCLUB.COM

29350 NORTHWESTERN HWY.

SOUTHFIELD, MI 48034



MEMBERSHIP



"I am very fortunate to live so close to a full service premium facility. Not only are 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. 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 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
- Full service on-site childcare
- Discounted member rate for all children's programming
- 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 for half off

EARLY CHILD DEVELOPMENT OFFERINGS

- Onsite 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 onsite.
- Enrichments are also included at no additional cost such as: Spanish, Music, Art Class, Drama, and Library onsite 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
- Banquet and party facilities with full liquor license

FITNESS

Welcome to Franklin Athletic Club!

My name is Lisa Soverinsky and I am the Fitness Coordinator at Franklin Athletic Club overseeing the Fitness Department. We want our members to feel safe, comfortable and included in our Franklin Fitness Community. Fitness is not just the external body, but the combination of mind, body and spirit. Your cardio workouts and training plan should benefit you both inside and out. Together, we can help you achieve your goals for optimal health and wellness.

All new members receive a complimentary Fitness Assessment and Personal Training Orientation in order to evaluate where your body currently is and where you want it to be. We will then put together a plan for you based on this assessment, but more importantly, based on your own fitness goals. The last year has really taken a toll on us physically and mentally. Now, more than ever we see the importance of physical fitness and overall wellness to combat the challenges that we have to face in our lives.

Let me help you take the first step in the right direction to overall health and wellness. Contact me at 248-352-8000 ext. 273 or lsoverinsky@ffrc.net to set up your free fitness session. We have a variety of Master Trainers on staff with backgrounds in sports performance training, post-rehabilitation training, balance, core and functional training, and much more. We can talk about the challenges and obstacles that are preventing you from being your best self and get you on track with a plan of action that includes accountability, commitment, motivation and support.

#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
BOTH PHYSICALLY AND
MENTALLY. WE ARE
OBLIGATED TO HELP OUR
MEMBERS ACHIEVE THEIR
GOALS. TOGETHER WE CAN
HELP YOU BE YOUR BEST.**

OUR OFFERINGS INCLUDE:

- 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 health measurements such as resting blood pressure, resting pulse and estimated maximal heart rate for sub maximal testing and training.
- Body composition analysis
- Musculoskeletal assessments 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.



KID'S FITNESS

Please visit our website for session dates, or download our new app for **easy registration!**

RICHARD PLOWDEN KARATE

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

AGES: 5 and up

Visit plowdenskarate.com to register.

PLAYDATES

Where will you play today? Get ready to move as we ride bike and trikes, play parachute games, move to some silly music, and have some free play. Dates and times can be found on our website or by contacting eanguelova@ffrc.net.

AGES: 0-4

TIME: Days and time TBD

ON MY OWN

This class is perfect for the busy and curious toddler. Each class includes a free play, music, snack time, stories, and creative movement. Limited Space (10 max). Must register for each monthly session in advance.

AGES: 2-3.5

TIMES: TBD

PRICING: Members: \$50 Non-member: \$90

CREATE YOUR OWN CLASS

Looking for a class for your kids, but the days offered don't work? Get a group together and create your own class!

Options include basketball, soccer, floor hockey, fitness, games, gymnastics, Yoga, playdates, crafts and more.

Contact Eanguelova@ffrc.net or (248) 352-8000 ext. 342 for prices and availability.

KID'S KICKBOXING

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

AGES: 8-14

TIME: Tuesdays 4:45-5:30pm

PRICING: Members: \$40/month Non-member: \$80/month

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. Kahty playing games and doing creative movement activities. Starting September 21st.

AGES: 18 months-4 Years

TIMES: Tuesdays 9:30-10:30am

PRICING: Members: \$40 Non-member: \$60

• Sessions are monthly

FIT KIDS

Fit Kids is a Kids Group exercise class designed to increase strength, balance and cardio capacity through the art of play building healthy habits early! Classes are monthly sessions of 4 weeks.

AGES: 7-14

TIMES: TBD (visit our website for updates)

PRICING: Members: \$40 Non-member: \$60

FOR MORE INFORMATION OR TO REGISTER

PLEASE CONTACT KAHTY

EAnguelova@ffrc.net

or (248) 352-8000 EXT. 342

KID'S YOGA & GYMNASTICS

All gymnastics, Ninja, Acro/Tumbling Sessions will begin in October 2021. Class days and times are still TBD, so check our app and website for more updates! Trial Class Starting at the End of September.

GYMNASTICS

Our Gymnastics program helps children from 2-15 years old build the basic foundation of all sports by developing strength, balance, 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!

Classes are monthly sessions of 4 weeks.

PRICING: Members: \$50 Non-member: \$70

HAPPY HOPPERS: Ages 2-4

BRAVE BEARS: Ages 5-7

COOL CATS: Ages 8-15

NINJA WARRIOR

Our Ninja Class is an action pack class that focuses on developing motor skills through mobility, balance, power, strength and endurance. Your child will move through obstacle courses and challenge themselves by completing contest, while building muscle, grip strength & coordination in a fun filled way!

Classes are monthly sessions of 4 weeks.

PRICING: Members: \$50 Non-member: \$70

LITTLE NINJAS: Ages 4-7

STRONG NINJA: Ages 8-15

ACRO/TUMBLING

This class is for dancers, cheerleaders or gymnast or anyone that wants to learn basic to intermediate acrobatics/tumbling. This class focuses on tumbling, stamina, muscle strength, and flexibility through repetition of movement along with body awareness and proper form. Classes are monthly sessions of 4 weeks.

PRICING: Members: \$50 Non-member: \$70

TUMBLE BUGS: Ages 4-7

ACRO BATS: Ages 8-14

PRIVATE GROUPS

Looking to improve your gymnastics skill set? Ask about our individualized private or small group training.

PRIVATE LESSONS:

(individual child)

Members: \$50/hour

Non-members: \$55/hour

SEMI-PRIVATE LESSONS:

(2-4 children)

Members: \$30/hour/kid

Non-members: \$35/hour/kid

GYMNASTICS EVENTS

Gymnastics events are still TBD, visit our website or check out our app to stay up to date!



KIDS YOGA

Help your child bring awareness into their lives through breath and movement while enjoying exercise! Classes are monthly sessions of 4 weeks.

PRICING: Members: \$40

Non-member: \$60

All Yoga Sessions will begin in October 2021. Class days and times are still TBD, so check our app and website for more updates! Trial Class Starting at the End of September.

FRANKLIN ACADEMY PRESCHOOL

A FOUNDATION FOR A SUCCESSFUL EDUCATIONAL JOURNEY

CURRICULUM

Comprehensive,
developmentally age
appropriate academics:

- Social/Interpersonal Skills
- Language Skills
- Cognitive Skills
- Psychomotor Skills
- Affective Skills



ENRICHMENTS

Art • Music • Tennis
Yoga • Spanish
Gymnastics
Library • Science
S.T.E.M/S.T.E.A.M.
Sign Language

*additional after-
school swim lessons
available

Enrichments subject to
change throughout the
school year!



MORE INFO

- Low Student-Teacher ratio
- Extended Hours available
- Flexible days



FRANKLINACADEMYPRESCHOOL.COM

29633 Franklin Rd
Southfield MI, 48034

For more information or
to register, contact Lori
at franklinacademy@ffrc.net
or (248) 352-5437 ext. 271

Like us on Facebook!
Franklin Academy
Preschool

TODDLER (18 MONTHS) • PRESCHOOL • PRE-KINDERGARTEN • YOUNG FIVES

SCHOOL BREAK CAMPS

FUN AND 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 \$6, 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 years (All children must be potty trained)

TIME: 9am-4pm

PRE-CARE: 8-9am

POST-CARE: 4-6pm

DATES: Oct. 24, Oct. 29 Nov. 24, Dec. 20-23 & 27-30, Jan. 17, Feb. 18 & 21-22, Mar. 18, Mar. 28-Apr. 1, Apr. 15

*Ask about Tiny Tot Availability (ages 2-3 not potty trained)

*Must have at least six campers to run

MEMBER:

\$80/day \$300/week

NON-MEMBER:

\$90/day \$330/week

EARLY REGISTRATION MEMBER:

\$75/day \$285/week

EARLY REGISTRATION NON-MEMBER:

\$85/day \$310/week

*Early registration if registered by Monday of the week before

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 of 6 kids to run a camp. Swimming not guaranteed for snow day or create your own camp.

9am-4pm (No Extended Care)

Same prices, times, and policies as School Break Camps

Email Kahty at eanguelova@ffrc.net by 7:30am to register for Snow Day Care. No Walk-Ins available.

TENNIS HOLIDAY CAMPS

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.

AGES: 5-16 Years old

DATES: Dec. 20-23 & 27-30, Feb. 21-25, Mar. 28-Apr. 1

TIME: 9am-4pm (Pre & Post Care 8-9am and 4-6pm) Walk-ins welcome

MEMBER: \$75/Full Day \$60/Half Day

\$330/Full Day/ Full Week \$270/Half Day/Full week

NON-MEMBER: \$85/Full Day \$70/Half Day

\$380/Full Day/ Full Week \$320/Half Day/Full week



HOOPS CAMP MID-WINTER & SPRING BREAK

Need a break from school? Come and train with 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 available by emailing franklincamp@ffrc.net.

Mid-Winter: Dates and Times TBA

Spring Break: Dates and Times TBA

TO REGISTER:

Contact (248) 352-8000 ext. 314

or franklincamp@ffrc.net



Visit pistonsacademy.com for more information and to register.

MINI-HOOPERS (KINDERGARTEN-1ST GRADERS)

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 the 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, a season-ending award, and a free ticket to a Detroit Pistons home game.

TIME: Saturdays, between 10am-1pm

FALL SEASON DATES: October 30 – December 11 (Off November 27)

WINTER SEASON DATES: Dates TBA

SPRING SEASON DATES: Dates TBA

PRICE: \$140

ROOKIE LEAGUE (2ND, 3RD, BEG. 4TH GRADERS)

The Pistons Academy Rookie League is designed to expose players to competition in a controlled, team setting. Players are placed on a team via a player draft and will learn fundamental basketball skills throughout the season. Most games and practices will be held on Thursday evenings (there may be an occasional game or practice on a Wednesday). Each team qualifies for the playoffs and all participants receive a Pistons Academy jersey, a season-ending award, and a free ticket to a Detroit Pistons home game. Beginner 4th graders may register with League Director approval.

TIME: Thursdays, between 5:50-8:20pm (Occasional Wednesdays)

FALL SEASON DATES: October 14 – December 16 (Off November 25)

WINTER SEASON DATES: Dates TBA

SPRING SEASON DATES: Dates TBA

PRICE: \$150

PREP LEAGUE (4TH & 5TH GRADERS)

The Pistons Academy Prep Division is a competitive league designed for boys of all skill levels in grades 4-5. Players register as individuals and are placed on a team via a player draft. Participants will learn team concepts and fundamental skills throughout the season. Most games and practices will be held on Saturdays between 10:30am-3:30pm (there may be an occasional practice on Tuesday evenings). Each team qualifies for the playoffs and all participants receive a Pistons Academy jersey and season-ending award.

TIME: Saturdays, between 10:30am-3:30pm (Occasional Tuesdays)

FALL SEASON DATES: No fall season for this program

WINTER SEASON DATES: Dates TBA

SPRING SEASON DATES: Dates TBA

PRICE: \$155



PRESENTED BY **Kroger**



Visit pistonsacademy.com for more information and to register.

ROOKIE SKILLS CLINIC (1ST – 3RD GRADERS)

The Pistons Academy Rookie Skills Clinic will feature top Pistons Academy coaches conducting an hour of basketball instruction designed for boys and girls in grades 1-3. Throughout this 7-week program, 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.

TIME: Tuesdays, 6:15-7:15pm

FALL SEASON DATES: October 12 – November 23

WINTER SEASON DATES: Dates TBA

PRICE: \$135

LEGENDS LEAGUE (9TH & 10TH GRADERS)

Get ready for your high school season with the Pistons Academy Legends League! Boys in grades 9-10 will have three practices and six games during the season, all on Saturdays. The season will conclude with a playoff tournament. All players receive a free ticket to a Detroit Pistons home game.

TIME: Saturdays between 10am-3pm

DATES: September 25 – November 13

PRICE: \$160

PISTONS ACADEMY HOLIDAY HOOPMANIA CAMP

The Pistons Academy Holiday Hoopmania Camp at Franklin Athletic Club is the perfect way for your young basketball player to spend their holiday break! Boys and girls in grades 3-8 are invited to celebrate the holiday season with the Pistons Academy staff of coaches and camp counselors. With plenty of prizes and giveaways, you will not want to miss this fun and exciting camp! Open to players of all skill levels, the Holiday Hoopmania camp will focus on skill development, game play, and various contests and competitions. There is no better way to ring in the New Year than with a little Detroit Basketball!

GRADES: 3rd–8th

TIME: 9am–3pm

DATES: TBA

GIRLS PROGRAMS

DATES: SPRING ONLY - Take place in April-June (mostly Friday nights)



SPORTS & ACTIVITIES

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • DBOSCH@FFRC.NET • (248) 352-8000 EXT. 314



ITK BASKETBALL

For more information regarding ITK Leagues, please visit ITKintheKnow.com or email bdorsey@itkintheknow.com.

ITK Fall League Registration is open from September 4, 2021 until October 9, 2021. The registration fee is \$160.

ITK Free Open House/League Prep: Saturday, September 4, 2021 (3pm-5pm) Boys Ages 15 & Under

• **ITK Boys Open Run:** Saturday September 11, 18, 25 and October 2, 9 (3pm-5pm) Fee: \$8

• **ITK Breast Cancer Awareness Basketball Game:** October 16, 2021 (5pm Gametime (2hrs)) Ticket Fee: \$10 For adults, \$5 for kids, 2 and under are free.

• **ITK League Games Begin:** Saturdays, October 23-December 11, 2021 3pm-6pm

• **ITK Winter Basketball Camp:** December 27-31, 2021 (9am-3pm)

• **ITK Mid-Winter Sports Clinic:** February 21-22, 2021 (9am-3pm)

• **ITK Spring Break Basketball Camp:** March 28-April 1 (9am-3pm)

PRIVATE BASKETBALL LESSONS

Private Lessons: 1 on 1 training with a coach. An hour of skills development and focused training.

Member: \$60

Non-member: \$70

Semi-Private Lessons: Groups of 2-4. An hour of individual skill and group development with a coach.

Contact dbosch@ffrc.net to inquire. Pricing and availability will vary based on the instructor.

COURT RENTALS

Rent out a full court or half court for a practice, get together, and more. For prices and availability, please contact franklinclub@ffrc.net

BASKETBALL SHOOTING MACHINE

\$30/hour (up to 2 people)

\$15/hour per additional person



FRANKLIN GIRLS BASKETBALL LEAGUE

GRADES: 4-6

DATES: 9/24-11/12

TIME: Fridays from 5:30-8pm

COST: TBD

More leagues to come. Visit Franklinclub.com for more programming.



(248) 352-8000 ext. 224

Lessons@RoyalSwimming.org

www.RoyalSwimming.org

All prices are based on a 30 minute lesson.

Multi-Sibling Discounts Offered for Group Classes: 10% off 2nd child and 5% off each additional child.

As a member of Franklin Athletic Club, you will receive \$5 off all Royal Swim School group lessons.

Group Lessons

\$79/mo. – One lesson per week

\$144/mo. – Two lessons per week

Parent Tot

\$72/mo. – One lesson per week

Private Lessons

\$40/mo. – Single Lesson

\$138/mo. – Monthly Private – One lesson per week

\$230/mo. – One Hour Lesson – One lesson per week

Semi-Private Lessons

\$109/mo. – One lessons per week

Annual Registration (Registration comes with new goggles and a swim cap or towel.)

\$15 per swimmer.

ADULT TENNIS

CLASSES START SEPTEMBER 7TH

FAC IS HOME TO LAWRENCE TECH UNIVERSITY • MOTOR CITY TENNIS ALLIANCE • JAPANESE BUSINESS SOCIETY

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: \$150 Non-member: \$174

1.5 HOURS: Member: \$216 Non-member: \$252

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

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 HOUR	1 HOUR	1.5 HOUR
3 Person	\$272	\$376	\$320	\$424
4 Person	\$256	\$352	\$304	\$400
5 Person	\$240	\$328	\$288	\$376
6 Person	\$224	\$304	\$272	\$352

Choose your instructor, day, and time and we will arrange a two hour, eight week intensive training program for your group of 5.

Member: \$368 Non-Member: \$416

Choose your instructor, day, and time and we will arrange a two hour, eight week intensive training program for your group of 4.

Member: \$460 Non-Member: \$508

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..... 6:30–8am (3.0) & 7–8:30pm (3.5+)

TUESDAY..... 6–8pm (3.5+) & 6–8pm (2.5-3.0)

WEDNESDAY..... 7–8:30pm (3.5+)

THURSDAY..... 8–10pm (3.5+)

FRIDAY..... 6:30–8am (3.0)

SATURDAY..... 8–10am (2.5–3.0) & 12–2pm (3.5+)

SUNDAY..... 11am–1pm (3.5+)

1.5 HOURS: Member: \$29 Non-member: \$35

2 HOURS: Member: \$36 Non-member: \$42

PRACTICE WITH THE PROS

TUESDAY..... 8–10pm (4.0+)

WEDNESDAY..... 8–10pm (3.5 and below)

FRIDAY..... 6–8pm (3.5+)

Member: \$34 Non-member: \$40

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 9:30-11am

Friday 9:30-11am

1 HOUR: Member: \$27

Non-member: \$33

2 HOUR: Member: \$36

Non-member: \$42

LEVEL 3.0+

Monday 9:30-11am

Tuesday 9-11am

Wednesday 9:30-11am

Thursday 9-10:30am

Friday 9-10:30am

Friday 6-7:30pm

COURT FEES

MONDAY-FRIDAY		SATURDAY, SUNDAY & HOLIDAYS		SENIOR RATE (65+)	
Open-9am	\$28			12pm-3pm	\$22
9am-9pm	\$42	Open-8am	\$28		
9pm-10pm	\$28	8am-9pm	\$42		

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

BALL MACHINE

\$10/Hour + Court Time

ADULT TENNIS

CLASSES START SEPTEMBER 7TH

FAC IS HOME TO LAWRENCE TECH UNIVERSITY • MOTOR CITY TENNIS ALLIANCE • JAPANESE BUSINESS SOCIETY

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	18 & OVER
DOUBLES	40 & OVER
MIXED DOUBLES	55 & OVER
	65 & OVER

CALL (248) 352-8000 EXT. 250 TO JOIN A TEAM

SENIOR TENNIS PRACTICE: DRILL & PLAY

Start your day with a low intensity practice.

MONDAY	WEDNESDAY	FRIDAY
8:30am-9:30am	8:30am-9:30am	8:30am-9:30am

Member: \$8 Non-member: \$14

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.

1.5 HOUR SINGLES	MEMBERS: \$19	NON-MEMBERS: \$25
2 HOUR DOUBLES	MEMBERS: \$14	NON-MEMBERS: \$20

RAQUETBALL & SQUASH

If you are looking for a fun way to get in shape and stay in shape, try raquetball and squash. For more information about leagues and current programming or to register for a class, contact Bruce Sawicki at (248) 352-8000 or bsawicki@ffrc.net.

SUBURBAN LEAGUE

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

PRACTICES BEGIN SEPTEMBER 8TH

MONDAY	WEDNESDAY
11am-1pm	9:30am-11:30am
Ladies 3.5-4.5	Ladies 2.5-3.0

Drop-in Price: \$38 Package Price: \$32

ADULT TENNIS LEAGUE

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 fee. Please contact the tennis office at (248) 352-8000 ext. 250 for more info.

SESSION 1: September 7th–December 23rd
SESSION 2: January 3rd–April 21st

Monday: Ladies 3.0 Single League 7-8pm

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

Tuesday: Mens 4.0+ Singles 8-9:30pm

Wednesday: Mens 3.5 Doubles 6-8pm

Wednesday: Mens 3.5+ Mixed Doubles 8-10pm

Thursday: Mens 3.5 Singles 7-8pm

Thursday: Mens 3.5 Doubles 7-9pm

Thursday: Mens 3.0 Doubles 8-9:30pm

PERMANENT COURT TIME

Never miss playing because you can't get a court. Reserve your permanent court time at a discounted rate and you will always have a court waiting for you.

FOR MORE INFORMATION:

PLEASE CONTACT THE TENNIS DEPARTMENT
(248) 352-8000 EXT. 250

JUNIOR TENNIS

LEVEL I & II CLASS TIMES (30 MINS EACH)

MONDAY	WEDNESDAY	FRIDAY
4pm	4pm	4pm
4:30pm	4:30pm	4:30pm
5pm	5pm	5pm
5:30pm	5:30pm	5:30pm

SATURDAY

10am
10:30am
11am
11:30am

LEVEL III CLASS TIMES (60 MINS EACH)

MONDAY	WEDNESDAY
4pm	4pm
5pm	5pm

FRIDAY	SATURDAY
4pm	10am
5pm	11am

LEVEL IV, V, VI CLASS TIMES (60 MINS EACH)

MONDAY	WEDNESDAY	FRIDAY
4pm	4pm	4pm
5pm	5pm	5pm

SATURDAY

10am
11am

LEVEL I - LEVEL VI DATES

SESSION 1: Sep. 7th – Oct. 16th
SESSION 2: Oct. 17th – Nov. 27th
SESSION 3: Nov. 28th – Jan. 22nd
SESSION 4: Jan. 23rd – Mar. 12th
SESSION 5: Mar. 13th – Apr. 30th
SESSION 6: May 1st – June 9th

NO CLASS

Nov. 25th-27th, Dec. 20th-Jan. 2nd,
Apr. 17th, May 28th-30th

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.

6 WEEK SESSIONS

Members: \$90 Non-members: \$108

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.

6 WEEK SESSIONS

Members: \$90 Non-members: \$108

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 to short, deep, and side to side is crucial before graduating to the next level. Use of red felt balls on a 36-foot court. **Recommended 1-2 days a week at this level.**

6 WEEK SESSIONS

Members: \$156 Non-members: \$192

LEVEL IV ORANGE, AGES 6-8

This class is for players with little or no tennis experience. Players will be introduced to the fundamentals of tennis through drills and rally games. Orange balls on 60ft court. **Recommended 1-2 days a week at this level.**

6 WEEK SESSIONS

Members: \$156 Non-members: \$192

LEVEL V ORANGE, AGES 7-11

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 a 60ft orange court. **Recommended at least 2 days a week at this level.**

6 WEEK SESSIONS

Members: \$156 Non-members: \$192

LEVEL VI GREEN, AGES 8-12

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 a 78ft court. **Recommended at least 2 days a week at this level.**

6 WEEK SESSIONS

Members: \$156 Non-members: \$192

TEEN BEGINNER TENNIS 101

This 6 week program is for teenagers that are relatively new to tennis. Students will be introduced to basic skills of tennis including ground strokes, volleys, overheads, and serves. Learning to rally and play points will be emphasized.

MONDAY 6-7pm
THURSDAY 6-7pm

Ages 12-17 Member: \$156 Non-member: \$192

HIGH SCHOOL EXCELLENCE

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.**

SUNDAYS
1-3pm

Ages 12-16

Member: \$540 Non-member: \$612
Drop-in Member: \$50
Drop-in Non-member: \$56

TOURNAMENT DEVELOPMENT PROGRAM

This program is designed for players who have chosen tennis as a primary sport and are actively and regularly participating in 10U or sanctioned tournaments, or for the player who participates in their middle school or junior varsity team. Discipline and hard work are stressed while concentrating on stroke technique and point play. Regular felt balls on a 78-foot court.

Recommended at least 2 days a week at this level.

MONDAY
4-6pm

FRIDAY
4-6pm

SATURDAY
10am-12pm

Ages 10-14

1 Day per Week
Member: \$540
Non-member: \$612

2 Days per Week
Member: \$936
Non-member: \$1080

TOURNAMENT EXCELLENCE PROGRAM

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 78ft courts.

Recommended at least 2 days a week at this level.

Ages 12-18

TUESDAY
4-6pm

THURSDAY
4-6pm

Drop-in Member: \$51 Non-member: \$59	1 Day per Week Member: \$576 Non-member: \$672	2 Days per Week Member: \$1008 Non-member: \$1104
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TOURNAMENT EXCELLENCE CAMPS

4-6pm
December 21 & December 23
Member: \$48 Non-member: \$56

JUNIOR TENNIS

HIGH SCHOOL EXCELLENCE / TOURNAMENT DEVELOPMENT / TOURNAMENT EXCELLENCE PROGRAM DATES:

SESSION 1: Sep. 7th – Nov. 27th
SESSION 2: Nov. 28th – Mar. 12th
SESSION 3: Mar. 13th – June 9th

NO CLASS

Nov. 25th-27th, Dec. 20th-Jan. 2nd,
Apr. 17th, May 28th-30th

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**JUNIOR MEMBERS RECEIVE FREE
WALK-ON COURT TIME DURING THE
SESSION THEY ARE ENROLLED IN THE
TENNIS TOURNAMENT DEVELOPMENT
AND EXCELLENCE PROGRAMS.**

SEE THE TENNIS OFFICE FOR MORE INFO
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PRIVATE LESSONS

Franklin's professional teaching staff is ready to help improve your game. One way to get 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.

TIME: Sundays 3–5pm

MEMBER: \$37

NON-MEMBER: \$42

PREPAID 10 MEMBER: \$340

PREPAID 10 NON-MEMBER: \$390

*Pre-registration required

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.

TENNIS HOLIDAY CAMPS

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. Walk-ins welcome

AGES: 5–16 Years old

DATES: Dec. 20–23 & 27–30, Feb. 21–25, Mar. 28–Apr. 1

TIME: 9am–4pm (Pre & Post Care 8-9am and 4-6pm)

MEMBER: \$75/Full Day \$60/Half Day

\$330/Full Day/ Full Week \$270/Half Day/Full week

NON-MEMBER: \$85/Full Day \$70/Half Day

\$380/Full Day/ Full Week \$320/Half Day/Full week

JUNIOR TENNIS



USTA LEAGUE 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.

HOME MATCHES:

Sunday 1–3pm, 3–5pm, or 5–7pm

FOR MORE INFO
CALL THE TENNIS OFFICE AT (248) 352-8000 EXT 250



FRANKLIN NURSERY

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • NURSERY@FFRC.NET • (248) 352-8000 EXT. 216

HOURS STARTING SEPTEMBER 7, 2021

All days and times are subject to change. For the most updated schedule, visit franklinclub.com or call (248) 352-8000 ext. 216

MONDAY 8:30AM – 2PM 4PM – 7PM	TUESDAY 8:30AM – 2PM 4PM – 7PM	WEDNESDAY 8:30AM – 2PM 4PM – 7PM	THURSDAY 8:30AM – 2PM 4PM – 7PM
FRIDAY 8:30AM – 2PM	SATURDAY 9AM – 12PM	SUNDAY 11AM – 2PM	

MEMBER PRICING

Pricing for children who have an FAC membership / guest passes do not apply to childcare

\$3 per hour (1 child)
\$2 per additional child, per hour

NON-MEMBER PRICING

Pricing for children without an FAC membership / guest passes do not apply to childcare

\$10 per hour (1 child)
\$5 per additional child, per hour

Nursery care is available during the allotted business hours. Both members and non-members, have 2 hours available to use once per day, parent must remain onsite to receive nursery care. No exceptions! Nursery fees apply (This service is no longer free to members). Hours are subject to change depending on usage. If there are no children in the nursery 45 minutes before closing, we will close early.

NURSERY PROGRAMMING BEGINNING SEPTEMBER 20, 2021

CRAFT TIME & NURSERY RHYMES

Pre-paid drop off camp that is non-refundable. This camp is for members only, and has a limit of 4 spaces each session. No late drop off or pick ups.

DATE: Mondays and or Wednesdays 9:30–11:30am

PRICING: \$20 per child for 2 hours, \$10 per additional child in family for 2 hours

SUNDAY FUNDAY

Pre-paid drop off camp that is non-refundable. This camp is for members only, and has a limit of 4 spaces each session. No late drop off or pick ups.

DATE: Sundays 11am–2pm

PRICING: \$30 per child for 3 hours, \$10 per additional child in family for 2 hours



PARTIES & EVENTS

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 franklincamp@ffrc.net or (248) 352-8000 ext. 314 for more more information!

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • (248) 352-8000 EXT. 314

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 franklincamp@ffrc.net or (248) 352-8000 ext. 314 for more more information!

TYPES OF PARTIES

Basketball Party • Swim Party • Gymnastics Party
all night. \$50 per child, contact dbosch@ffrc.net
Sleepover Party (18 Children minimum. 2 adults required)

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

You receive space at the gym or pool for 1 hour 15 mins,
and eating room in either the banquet room or back of cafe
for the length of your party.

PARTY ADD-ONS

- \$50 Lifeguard for 1 hour (required for swim parties)
- \$50 for each additional 1-5 kids
- \$100 Coach Fee additional for basketball or gymnastics parties
- \$50 for 30 minutes of organized games

Our parties include your rental spaces and equipment for gym. 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 dbosch@ffrc.net

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-\$100 Non-\$150
Friday-Sunday (per hour): Omni-\$150 Non-\$200

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:

- Dancing
- Indoor/Outdoor Swimming Pools
- Tennis Courts
- Full Court Gymnasium
- Private Party Area
- All-Inclusive Theme Packages

Contact Crystal Love clove@ffrc.net.

KIDS NIGHT OUT

Drop the kids off for a fun night of games, swimming, pizza, movie, and more! For dates, please visit our website at franklinclub.com or download our app: Franklin Athletic Club.

AGES: 3-12

TIME: Fridays, 5:30-9pm

PRICE: Member-\$40 Non-member-\$50

*\$5 walk-in fee if not registered one week in advance

To register, contact Kahty at eanguelova@ffrc.net
or call (248) 352-8000 ext. 222

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**CHECK OUT THE FAMILY EVENT
PAGE FOR MORE EVENTS FOR YOU
AND YOUR KIDS!**

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FAMILY EVENTS

STARTING OCTOBER 2021

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • (248) 352-8000 EXT. 314

OCTOBER:

FRANKLIN FAMILY NIGHT ZOMBIE DANCE AND PIZZA DINNER:

Come enjoy a night of dancing and pizza as the Zombies come and enjoy a spooktacular night. Dress in your favorite costumes as we watch all of the ghouls and goblins dance the night away. Price includes 2 slices of pizza (Cheese or Pepperoni), a breadstick, and entrance for 2 adults and 1 child will be \$20 for members and \$25 for non-members.

Additional kids will be \$5 for members and \$7 for non-members.

WHO: Kids Ages 3-12 (and their families)

WHEN: Saturday October 16th 6-8PM

WHERE: Banquet Room

NOVEMBER:

FRANKLIN'S PARENT AND ME HOLIDAY CRAFT NIGHT

Come Hang out and enjoy putting together some winter and holiday themed crafts with us. Hot chocolate (and marshmallows) will be provided. Registration is \$10 for members and \$12 for non-members. Kids must be the ones registered, parents need not register, but are welcome.

WHO: Kids Ages 3-12 (and their families)

WHEN: Saturday November 13th 12pm-1pm

WHERE: Banquet Room

DECEMBER:

FRANKLIN ATHLETIC CLUB TALENT SHOW

Talent show entrants can create a 2 minute routine to present with any (appropriate) talent they wish. Entry fee for talent show participants will be \$5 for members and \$10 for non-members (Membership must be for the child to receive member pricing*). Limited to 30 Entrants.

WHO: Kids Ages 3-12 (and their families)

WHEN: Saturday December 11th 1pm-3pm

WHERE: Banquet Room

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MORE EVENTS WILL BE ADDED THROUGHOUT THE YEAR!
PLEASE VISIT FRANKLINCLUB.COM FOR UPDATES.

FOR MORE INFORMATION OR TO REGISTER, CONTACT
(248) 352-8000 EXT. 314 OR FRANKLINCLUB@FFRC.NET
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FRANKLIN ATHLETIC CLUB

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

☐ Member
☐ Non-Member

CLASS REGISTRATION FORM

Name of Class or League			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				Age		Birthdate					
Parent's Name											
Home Phone				Cell Phone				Emergency Number			
Email Address				Address, City, Zip							
My Child May be Released to											
Allergies or special information regarding my child											
Credit Card (Mandatory to have a card on file)								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 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 in 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 negligence of the release's or otherwise, to the fullest extent permitted under law.

I HAVE READ THE 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