

**2022
2023**



**PROGRAM
GUIDE**

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

(248) 352-8000 • FRANKLINCLUB.COM • FRANKLINACADEMYPRESCHOOL.COM

**29350 NORTHWESTERN HWY.
SOUTHFIELD, MI 48034**



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

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AQUATICS

lessons@royalswimming.org

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franklincamp@ffrc.net

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(248) 352-8000 ext. 342

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(248) 352-8000 ext. 267

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MEMBERSHIP DIRECTOR

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Tennis Operations Manager

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Tennis Officer Manager

Meredith Tipton

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FRANKLIN ACADEMY

franklinacademypreschool.com

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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

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



FAMILY FOCUS

EARLY CHILD DEVELOPMENT OFFERINGS

- Onsite preschool centered on academics with certified teachers specializing in early child development
- Includes daily fitness such as dance, tennis, and yoga taught by our FAC Certified Fitness Instructors onsite.
- Enrichments are also included at no additional cost such as: Music, Art Class, Drama, and gymnastics onsite during the school day
- Tot Programs, School break Camps, Basketball, Kids Fitness, Parties, Kids Night Out Events, Tennis, Gymnastics and more!



COMMITMENT

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



AMENITIES

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

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 • Dance

*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



AFTER SCHOOL SWIM CLASSES AVAILABLE TO POTTY TRAINED CHILDREN UP TO 6YRS OLD ON MONDAYS OR WEDNESDAYS

NEW THIS YEAR: AFTER-SCHOOL FITNESS CLASSES 3:15-4:15

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



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.

CHILDREN'S CLASSES BY THE DAY:

To register, go to franklinclub.com or franklinacademypreschool.com. Registration for the 2022-23 school year will begin on August 1st, 2022. Class sessions, dates, and times are subject to change. Prices and dates can be found on the website.

MONDAY

4:30–5:15pm	Cool Cats	8–12 Yrs Old
5:15–6pm	Brave Bears	5-7 Yrs Old
6–6:45pm	Happy Hoppers	2-4 Yrs Old
6:45–7:30pm	Acro/Tumbling	7–16 Yrs Old

TUESDAY

9:30–11am Gymnastics and Play (1-5 year olds)
30 minutes of gymnastics and 1 hour of open gym with parent.

WEDNESDAY

10–11:30am Open Gym in Gymnastics Room and Gym (1–5 Year Olds)
Open Play with Parent

THURSDAY

9:30–11am Once a month Drop in Playdate with 30 minutes of Yoga, Gymnastics, or Creative Movement Play (Ages 1-5 Years Old). *Dates: Sep. 29, Oct. 27, Nov. 17, Dec. 15, Jan. 26, Feb. 16, Apr. 20*

4:30–5:15pm	Acro/Tumbling	7–16 Yrs Old
5:15–6pm	Brave Bears	5-7 Yrs Old
6–6:45pm	Cool Cats	8–12 Yrs Old

FRIDAY

10–11:30am Open Gym in Gymnastics room and gym (1–5 Years Old) Open Play with Parent. The first Friday of each month starting in October. Check online to see if we will offer this program more frequently.

SATURDAY

9:15–10am	Happy Hoppers	2-4 Yrs Old
10–10:45am	Brave Bears	5-7 Yrs Old
10:45–11:30am	Cool Cats	8–12 Yrs Old

REGISTRATION

You must register for all classes online at franklinacademypreschool.com. Registration begins August 1st. For more class offerings and kid's events, go to franklinacademypreschool.com or franklinclub.com or reach out to us at:

Franklinclub@ffrc.net
(248) 352-8000 Ext. 222

A photograph of four young children in a gymnasium, standing on red and blue mats with their arms raised. The word "GYMNASTICS" is overlaid in large white letters.

GYMNASTICS

Our gymnastics program approach is based on the art, discipline, and healthy attitude. We believe in building a healthy attitude that begins with the fundamental understanding of the psychological aspect and physical aspects of gymnastics. We encourage hard work while maintaining a balance of enjoyment and consistency. Fun and confidence are the core of our programs directed by Ms.

Kahty Anguelova; we want every child to leave here smiling!

Additional classes can be formed. Check out Franklinacademypreschool.com for most updated schedule.

GYMNASTICS SCHEDULE:

MONDAY

4:30–5:15pm	Cool Cats	8–12 Yrs Old
5:15–6pm	Brave Bears	5-7 Yrs Old
6–6:45pm	Happy Hoppers	2-4 Yrs Old
6:45–7:30pm	Acro/Tumbling	7–16 Yrs Old

TUESDAY

9:30–11am	Gymnastics & Play	2–6 Yrs Old
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THURSDAY

4:30–5:15pm	Acro/Tumbling	7–16 Yrs Old
5:15–6pm	Brave Bears	5-7 Yrs Old
6–6:45pm	Cool Cats	8–12 Yrs Old

SATURDAY

9:15–10am	Happy Hoppers	2-4 Yrs Old
10–10:45am	Brave Bears	5-7 Yrs Old
10:45–11:30am	Cool Cats	8–12 Yrs Old

REGISTER AT THE FRANKLIN ACADEMY WEBSITE • [FRANKLINACADEMYPRESCHOOL.COM](http://Franklinacademypreschool.com)

CONTACT KAHTY AT (248) 352-8000 EXT. 342



FAMILY EVENTS

STARTING SEPTEMBER 2022

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • (248) 352-8000 EXT. 342

KIDS NIGHT OUT!

(OR SHOULD WE SAY PARENT'S NIGHT OFF!)

Join us for a night of games, swimming, pizza, and play. Pre-registration required at least 72 hours in advance.

WHO: Kids Ages 3 and up

WHEN: 5:30-9pm

WHERE: Banquet Room

DATES: Sep. 24th, Oct. 15th,
Nov. 19th, Jan. 28th, Feb. 18th,
Mar. 25th, Apr. 29th, May 20th

PRICING:

Members: \$50

Non-members: \$60

*Pick up after 9pm will result in a \$1 per minute fee.

**FOR MORE INFORMATION AND TO REGISTER,
GO TO FRANKLINACADEMYPRESCHOOL.COM**

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

**FOR MORE INFORMATION OR TO REGISTER, CONTACT
(248) 352-8000 EXT. 342 OR FRANKLINCAMP@FFRC.NET**
.....

BASKETBALL

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • GTHOMAS@FFRC.NET • (248) 352-8000 EXT. 267



MOTOR CITY EVOLUTION GIRLS POWER CLINIC

Join Coach Geo Thomas and his Evolution Basketball Staff as they teach the fundamentals of basketball in this fun and fast-paced clinic. Along with skill development, players will also get to know the rules of the game so they can properly implement the skills they are learning. All skill levels welcome.

GRADES: 3rd-8th **TIME:** Tuesdays from 5-6pm
DATES: SESSION ONE: Sept 20 – Oct 25
SESSION TWO: Nov 1 – Dec 6
SESSION THREE: Jan 24 – March 7
SESSION FOUR: TBD
COST: \$90 per session



MOTOR CITY EVOLUTION ROOKIE CLINIC

Join Coach Geo Thomas and his Evolution Basketball Staff as they teach the fundamentals of basketball in this fun and fast-paced clinic. Along with skill development, players will also get to know the rules of the game so they can properly implement the skills they are learning. All skill levels welcome.

GRADES: 2nd-5th, Boys & Girls
TIME: Wednesdays from 4:30-5:30pm
DATES: SESSION ONE: Sept 21 – Oct 26
SESSION TWO: Nov 2 – Dec 14 (no clinic 11/23)
SESSION THREE: Jan 11 – Feb 15
SESSION FOUR: March 1 – March 29
COST: \$90 per session



FUTURE DUNKERS CLINIC

Join Coach Geo Thomas and his Evolution Basketball Staff as they teach the fundamentals of basketball in this fun and educational skills clinic. Along with skill development, coaches will place emphasis on rule comprehension and team play. Clinic will be on lower hoops and will use a 27.5 sized basketball. A great way to launch your child's basketball career! Maximum class size is 12.

GRADES: Boys And Girls In Grades K-1
TIME: Fridays from 6:30-9:30pm
DATES: SESSION ONE: Sept 19 – Oct 24
SESSION TWO: Nov 7 – Dec 12
SESSION THREE: Jan 9 – Feb 13
SESSION FOUR: Feb 27 – March 27
COST: \$100 per session

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 gthomas@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 gthomas@ffrc.net

For more information on our shooting machine, email Geo at gthomas@ffrc.net.



FRIDAY NIGHT LIGHTS ALL GIRLS BASKETBALL LEAGUE

Girls in grades 7-8, and advanced 6th graders, are invited to play in one of the best girls middle school leagues around. Players register as individuals and are placed on teams via a league draft. Teams practice before their games. Season ends with playoffs. League shirts included. Team stats, standings and game recaps can be found on motorcityevolution.com. Volunteer Coaches are encouraged! Contact Geo Thomas at gthomas@ffrc.net for coaching info.

GRADES: 6th-8th **TIME:** Fridays from 6:30-9:30pm
DATES: FALL SEASON: Sept 23 – Nov 18
WINTER SEASON: Jan 20 – March 24
SPRING SEASON: Apr 14 – June 16
COST: \$150 per session

**ADDITIONAL BASKETBALL LEAGUES AND CAMPS, AND CLASSES
WILL BE FORMED. PLEASE GO TO FRANKLINCLUB.COM OR
FRANKLINACADEMYPRESCHOOL.COM FOR THE MORE UPDATED
SCHEDULE.**

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, 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-3pm

PRE-CARE: 8-9am

POST-CARE: 4-6pm

DATES: Nov. 1, 23, Dec. 26-30, Jan. 2-6, 16, Feb. 20-24
Mar. 27-31, April 7

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

*Must have at least six campers to run

MEMBER:

\$70/day

NON-

MEMBER:

\$84/day

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-3pm (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.

Contact mtipton@ffrc.net for more info or to register!

AGES: 5-16 Years old

DATES: Dec. 26-30, Jan. 2-6 Mar. 27-Mar. 31

TIME: 9am-3pm (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**



PARTIES & EVENTS

29350 NORTHWESTERN HWY. SOUTHFIELD, MI 48034 • (248) 352-8000 EXT. 311

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. 311 for more more information!

TYPES OF PARTIES

Basketball Party Swim Party Gymnastics Party

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

- \$125 Lifeguard for 1 hour (required for swim parties)
- \$10 for each additional child above 15
- \$125 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.



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

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

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.

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

DANCE | THE ZONE DANCE CENTER, LLC.

The Zone Dance Center, LLC., founded in September 2004, provides quality dance training in Ballet Cecchetti, Tap, Jazz, Lyrical, Pointe, Modern, Contemporary and Hip Hop. Under the ownership and direction of Tammy Hawkins, classes are offered for students ages 2.5 to adult, instructed by passionate and professional instructors.

Visit thezonedancecenter.com for online registration.

FRANKLIN ATHLETIC CLUB, 29350 NORTHWESTERN HWY SOUTHFIELD, MI 49034
(248) 353-9663 | WWW.THEZONEDANCECENTER.COM
THEZONEDANCECENTER@GMAIL.COM

ADULT TENNIS

CLASSES START SEPTEMBER 6TH

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

ADULT CLINICS OCT-APR

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: \$156 Non-member: \$180

1.5 HOURS: Member: \$222 Non-member: \$258

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

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) & 8-10pm (4.0+)
WEDNESDAY..... 7-8:30pm (3.5+) & 8-10pm (3.5 & below)
THURSDAY..... 8-10pm (3.5+)
FRIDAY..... 6:30-8am (3.0+) & 6-8pm (3.5+)
SATURDAY..... 8-10am (2.5-3.0) & 12-2pm (3.5+)
SUNDAY..... 11am-1pm (3.5+) & 11am-1pm (4.0+)

1.5 HOURS: Member: \$30 Non-member: \$36

2 HOURS: Member: \$37 Non-member: \$43

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

Friday 9:30-11am

Friday 10:30am-12pm

1.5 HOURS: Member: \$28

Non-member: \$34

2 HOUR: Member: \$37

Non-member: \$43

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

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	\$280	\$384	\$328	\$432
4 Person	\$264	\$360	\$312	\$408
5 Person	\$248	\$336	\$296	\$384
6 Person	\$232	\$312	\$280	\$360

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

Member: \$376

Non-Member: \$424

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

Member: \$470

Non-Member: \$518

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

CONTACT

For more information about any of our classes or programs, contact the tennis department at

(248) 352-8000 ext. 250

ADULT TENNIS

CLASSES START SEPTEMBER 6TH

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 mtipton@ffrc.net to sign up.

1.5 HOUR SINGLES	MEMBERS: \$20 NON-MEMBERS: \$26
2 HOUR DOUBLES	MEMBERS: \$15 NON-MEMBERS: \$21

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 register for a class, contact the tennis department today.

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 7TH

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

Drop-In Price: \$40 Package Price: \$34

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 6th–December 22nd
SESSION 2: January 2nd–April 27th

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.

Contact mtipton@ffrc.net to reserve.

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. 6th – Oct. 15th

SESSION 2: Oct. 16th – Nov. 26th

SESSION 3: Nov. 27th – Jan. 21st

SESSION 4: Jan. 22nd – Mar. 11th

SESSION 5: Mar. 12th – Apr. 29th

SESSION 6: Apr. 30th – June 8th

NO CLASS

Oct. 31, Nov. 24–26, Dec. 24–Jan. 6,
Mar. 26–Apr. 1

*classes not 6 weeks are prorated

LEVEL I RED, AGES 4-6

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.

ONCE A WEEK, 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.

ONCE A WEEK, 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.**

ONCE A WEEK, 6 WEEK SESSIONS

Members: \$162 Non-members: \$198

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.**

ONCE A WEEK, 6 WEEK SESSIONS

Members: \$162 Non-members: \$198

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.**

ONCE A WEEK, 6 WEEK SESSIONS

Members: \$162 Non-members: \$198

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.

ONCE A WEEK, 6 WEEK SESSIONS

Members: \$162 Non-members: \$198

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. Each session is 6 weeks.

MONDAY
6-7pm

THURSDAY
6-7pm

Ages 12-17

Member: \$162 Non-member: \$198

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. Each session is 12 weeks.**

SUNDAYS
1-3pm

Ages 12-16

Member: \$552 Non-member: \$624

Drop-in Member: \$51

Drop-in Non-member: \$57

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. Each session is 12 weeks.**

MONDAY
4-6pm

FRIDAY
4-6pm

SATURDAY
10am-12pm

Ages 10-14

1 Day per Week

Member: \$552

Non-member: \$624

2 Days per Week

Member: \$948

Non-member: \$1104

Drop In: Member: \$51 Non-member: \$57

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. 12 week sessions.**

Ages 12-18

TUESDAY
4-6pm

THURSDAY
4-6pm

Drop-in

Member: \$55

Non-member: \$61

1 Day per Week

Member: \$624

Non-member: \$696

2 Days per Week

Member: \$1104

Non-member: \$1248

TOURNAMENT EXCELLENCE CAMPS

4-6pm
12/27, 12/29, 1/3, 1/5

Member: \$52 Non-member: \$58

JUNIOR TENNIS

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

SESSION 1: Sep. 6th – Nov. 26th

SESSION 2: Nov. 27th – Mar. 11th

SESSION 3: Mar. 12th – June 8th

NO CLASS

Oct. 31, Nov. 24–26, Dec. 24–Jan. 6,
Mar. 26–Apr 1

*classes not 12 weeks are prorated

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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

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. 26–30, Jan. 2–6 Mar. 27–Mar. 31

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:

Saturday and Sunday afternoons

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



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.

The past several years have really taken a toll on us physically and mentally which affects our overall health and our body's response to infections. Now, more than ever we see the importance of physical fitness and overall wellness to combat the challenges we face in our lives. Let us put together a plan for you so that you can start your fitness regime starting with a complete fitness assessment and a clear direction for you to accomplish your fitness goals.

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 CONTACT LIS
AT [LSOVERINSKY@FFRC.NET](mailto:lsoverinsky@ffrc.net)
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.

GEORGE JONES TRUE BOXING

COME CHECK OUT OUR NEW BOXING STUDIO!

sign up for you **complimentary** demo class by contacting
Lisa Soverinsky @ (248) 352-8000 ext. 273 or
Isoverinsky@ffrc.net or franklinclub.com/fitness/boxing

SPEED BAG • HEAVY BAG • SPEED BALL • SHADOW BOXING • FOOT WORK



Youth

Tuesday: 4:45-5:30pm
Thursday: 4:45-5:30pm
Saturday: 11-11:45am

Adult:

Monday: 6-6:45pm
Thursday: 6-6:45pm
Saturday: 10-10:45am

ONE ON ONE BOXING TRAINING AVAILABLE WITH GEORGE

Call 248 352 8000 ext. 273
franklinclub.com

GROUP FITNESS CLASS SCHEDULE

REGISTER FOR CLASSES AT FRANKLINCLUB.COM OR (248) 352-8000 EXT. 273

**SAMPLE SCHEDULE, CLASSES MAY CHANGE PLEASE CHECK WEBSITE FOR THE MOST CURRENT SCHEDULE:
FRANKLINCLUB.COM/FITNESS OR 248-352-8000 EXT. 273**

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8AM	Aqua Fitness	P	Marci
9AM	Kickboxing	KS	George
10AM	Strength Blast	AS	Tammy
6PM	Bootcamp	AS	Reggie
6:45PM	Slow Flow Yoga	PS	Jeff

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9AM	TRX Circuit	XFS	Lisa
10AM	Cardio & Core	AS	Tammy
6PM	Cycle	SS	Will

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9AM	Balance, Core, & Strength	AR	Lisa
10AM	TRX Circuit	XFS	Chana
5:30PM	Restorative Yoga	PS	Caryn
6PM	Cycle	SS	Stephanie

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8AM	Aqua Fitness	P	Marci
9AM	Kickboxing	KS	George
10AM	Balance, Core & Strength	AS	Kahty
11AM	Vinyasa Yoga	AS	Jeff
5:30PM	Kickboxing	KS	George

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:15AM	Cycle	SS	Will
8AM	Aqua Fitness	P	Marci
9AM	Kickboxing	KS	George
10AM	Strength Blast	AS	George
10:45PM	Restorative Yoga	PS	Nichole
5:30PM	Kickboxing	K	George

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9AM	Cycle	XFS	Lisa
9:30AM	Slow Flow Yoga	AS	Tammy
10AM	Treadmill Boot Camp	SS	Will

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:15AM	Aqua Fitness	P	Tammy
8:30AM	Vinyasa Yoga	PS	Jeff
9:15AM	Total Body Strength	AS	Tammy
10AM	Kickboxing	KS	George

AS = Aerobics Studio

KS = Kickboxing Studio

P = Pool O = Outside FF = Fitness Floor

YS = Yoga Studio PS = Pilates Studio

SS = Spin Studio

XFS = Extreme Fitness Studio

A background image of a Pilates studio with reformers and green circular mirrors.

PILATES CLASS SCHEDULE

TUESDAYS: 10AM, 5:30PM

WEDNESDAYS: 6PM – CARDIO CLASS *

THURSDAYS: 12PM, 6PM

SATURDAYS: 11:30AM – CARDIO CLASS *

*** Our new, high intensity jump board, Cardio Class is a FUN, calorie burning class to get your heart rate moving, your muscles toned and will take your fitness regime to the next level!**

This schedule is subject to change; check website for most current days and times. Franklinclub.com/fitness/pilates

To purchase any Group Reformer Classes or set up private Pilates Reformer Training sessions, please contact: Lisa Soverinsky, Fitness Coordinator @ (248) 352-8000 ext. 273 or Isoverinsky@ffrc.net.

ASK ABOUT OUR CURRENT PILATES PACKAGE SPECIALS

PERSONAL TRAINING

Franklin Athletic Club has one of the finest staff of personal trainers in the Metro Detroit area. All of our personal trainers are certified professionals who have the knowledge and expertise to ensure a safe and effective workout experience. They will assist in the design and implementation of a program to meet your specific objectives.

OUR PERSONAL TRAINERS ARE:

- ✓ Certified through nationally accredited certifying organizations
- ✓ CPR certified
- ✓ Up to date on current industry standards and fitness trends
- ✓ Together you will be able to meet your fitness goals!

**PRICES RANGE FROM \$55- \$82 PER SESSION DEPENDING ON PACKAGES
AND CURRENT NEW MEMBER SPECIALS!**



STEPHANIE LAMB



REGGIE O'BRYANT



MARGGIO CASTRO



KRIS PETROV



GEORGE JONES



RENEE STEIN



JEFF GORDON



LISA SOVERINSKY



TAMMY DONALDSON



RUDY HARBIN

**CONTACT LISA SOVERINSKY @ 248-352-8000 EXT. 273 OR LSOVERINSKY@FFRC.NET TO
SCHEDULE YOUR FREE NEW MEMBER PERSONAL TRAINING SESSION AND IN-BODY ASSESSMENT.**



REMINDER:

**FOR THE MOST UPDATED CLASS,
EVENTS, CAMPS, LEAGUES, AND
INFORMATION PLEASE VISIT**

FRANKLINCLUB.COM

FOR *ADULT UPDATES* AND

FRANKLINACADEMYPRESCHOOL.COM

FOR *CHILDREN PROGRAMMING UPDATES*.

