



2023 - 2024 PROGRAM GUIDE

DOWNLOAD OUR APP FOR EASY REGISTRATION!

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

FRANKLINCLUB.COM
FRANKLINACADEMYPRESCHOOL.COM



**GENERAL MANAGER &
SPECIAL EVENTS**

CRYSTAL LOVE EXT. 298
CLOVE@FFRC.NET

OPERATIONS MANAGER

LISA BROWN EXT. 266
LBROWN@FFRC.NET

FRONT DESK
EXT. 210

MEMBERSHIP DIRECTOR

JIM MARTIN EXT. 212
JMARTIN@FFRC.NET

BUSINESS OFFICE

SARAH HACK EXT. 258
SHACK@FFRC.NET

FITNESS DIRECTOR

LISA SOVERINSKY EXT. 273
LSOVERINSKY@FFRC.NET

**NURSERY &
BIRTHDAY PARTIES**

CASSIE DENUCCI EXT. 216
CDENUCCI@FFRC.NET

CAMPS

ASHLEY FARR EXT. 311
FRANKLINCAMP@FFRC.NET

DIRECTOR OF TENNIS

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JUNIOR COORDINATOR

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CAMPS

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BASKETBALL

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GTHOMAS@FFRC.NET

**KIDS PROGRAMMING &
GYMNASTICS**

KAHTY ANGUELOVA EXT. 342
EANGUELOVA@FFRC.NET

AQUATICS

LESSONS@ROYALSWIMMING.ORG
(248) 762 - 2697

FRANKLIN ACADEMY PRESCHOOL
FRANKLINACADEMYPRESCHOOL.COM

DIRECTOR

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LALLMACHER@FFRC.NET

ASSISTANT DIRECTOR

CHELSEA SMITH EXT. 222
CSMITH@FFRC.NET

ADMINISTRATION

KIM YOUNG
KYOUNG@FFRC.NET

PHONE: (248) 352-8000

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

FRANKLINCLUB.COM





MEMBERSHIPS

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 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, yoga, S.T.E.A.M, 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 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, 3 racquetball and 3 squash courts
- Two full size basketball courts that are home to Pistons Academy Basketball: offering youth skills and camps
- TRX Studio
- Indoor walking/running track
- Aquatics Program—from swim lessons to swim training
- Banquet and party facilities with full liquor license

FRANKLIN ACADEMY



CURRICULUM

Comprehensive, developmentally age-appropriate academics:

- Social Skills
- Language Skills
- Cognitive Skills

ENRICHMENT PROGRAM INCLUDED

Art • Music • Dance • Tennis
• Yoga • Gymnastics • Science •
S.T.E.M./S.T.E.A.M.

**LOW STUDENT-TEACHER RATIO
EXTENDED HOURS AVAILABLE
FLEXIBLE DAYS**

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

LIKE US ON FACEBOOK:
FRANKLINACADEMYPRESCHOOL

FRANKLINACADEMYPRESCHOOL.COM



INFANT, TODDLER, PRESCHOOL, PRE-
KINDERGARTEN, YOUNG FIVES

29633 Franklin Road
Southfield MI, 48034

For more information or to register
contact Lori at

Franklinacademy@ffrc.net

or (248) 352-5437



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.

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.

Franklin is currently offering the Ultimate 8-week Member Experience which includes a complete fitness assessment, health evaluation, functional movement screening and body composition analysis.

Not interested in the full 8-week commitment? Why not schedule a complimentary fitness assessment to see where you are in your fitness journey. We can set up a plan of action that will help you progress safely and efficiently in order to achieve your goals.

#GETFITWITHFAC

**FOR PRICES, PROGRAMS, AND PACKAGES
PLEASE CALL THE FITNESS DEPARTMENT AT
(248) 352-8000, EXT. 273 OR CONTACT LISA
AT LSOVERINSKY@FFRC.NET**

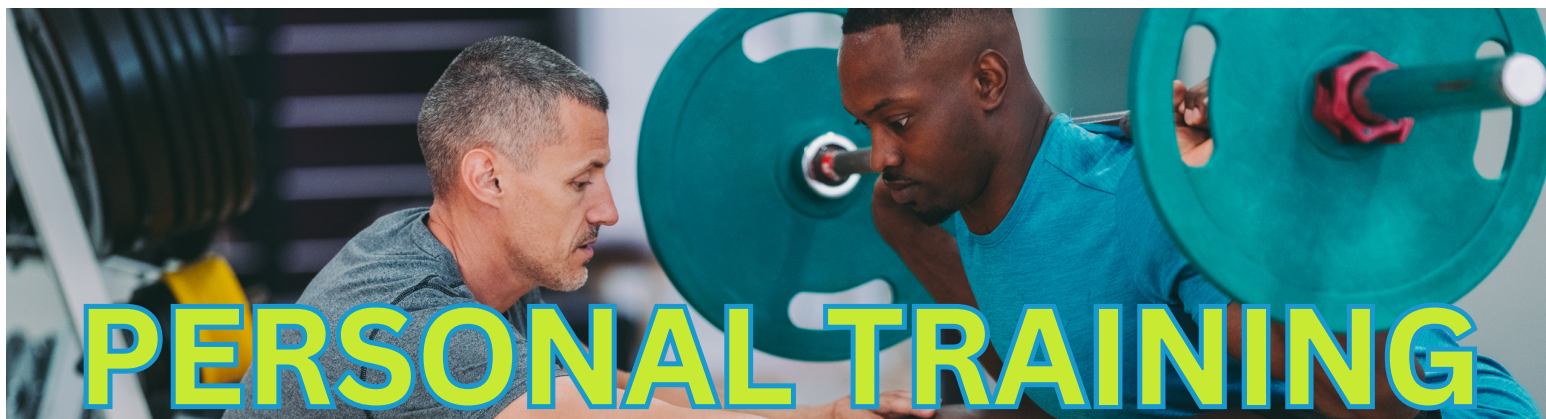
FRANKLINCLUB.COM

**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 fitness facility with equipment for complete cardiovascular health and total body weight training.
- Training programs that will allow you to use equipment safely and correctly with proper form while increasing intensity and monitoring progression.
- Follow up recommendations as needed based on specific exercise goals.
- Education around topics such as chronic condition management, appropriate health related fitness goals and long term health planning.

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



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!

[Click here for more information](#)



STEPHANIE LAMB



REGGIE O'BRYANT



MARGGIO CASTRO



KRIS PETROV



GEORGE JONES



RENEE STEIN



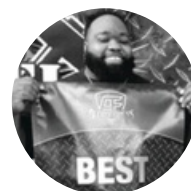
JONATHAN PERRY



LISA SOVERINSKY

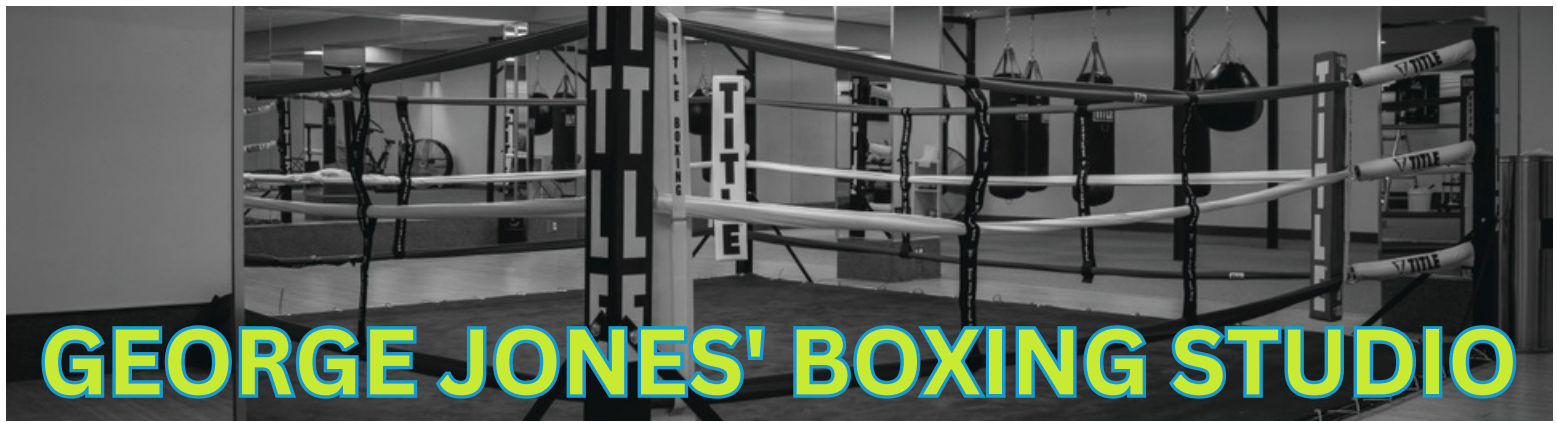


TAMMY DONALDSON



RUDY HARBIN

Contact Lisa Soverinsky at (248) 352-8000 ext. 273 or lsoverinsky@ffrc.net to schedule your FREE New Member Personal training session and In-body Assessment



GEORGE JONES' BOXING STUDIO

Sign up for you **complimentary** demo class by contacting
Lisa Soverinsky at (248) 352-8000 ext. 273 or lsoverinsky@ffrc.net

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



Youth

Tuesdays: 4:45 - 5:30 pm
Thursdays: 4:45 - 5:30 pm
Saturdays: 11:00 - 11:45 am



Adult:

Mondays: 6:00 - 6:45 pm
Thursdays: 6:00 - 6:45 pm
Saturdays: 10:00 - 10:45 am

1-ON-1 BOXING TRAINING AVAILABLE WITH GEORGE

For more info, [click here](#)

(248) 352-8000 ext. 273



TUESDAYS: 10:00 am, 5:30 pm, 6:30 pm

WEDNESDAYS: 6:30 pm – Cardio Class*

THURSDAYS: 12:00 pm, 6:00 pm

SATURDAYS: 10:00 am

*** 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
[Click here](#) for the most up-to-date days and times

To purchase any group reformer classes or to set up private training sessions, please contact our Fitness Coordinator, Lisa Soverinsky, at (248) 352-8000 ext. or email lsoverinsky@ffrc.net

ASK ABOUT OUR CURRENT PILATES PACKAGE SPECIALS



ADULT TENNIS



CLASSES START SEPTEMBER 5TH



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

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: \$9 NON-MEMBER: \$17

LADIES PICK-UP TENNIS

Doubles and singles play is organized on a daily basis for all levels.

1.5 HOUR SINGLES: MEMBERS: \$20 NON-MEMBERS: \$28
2 HOURS DOUBLES: MEMBERS: \$15 NON-MEMBERS: \$23

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.

SUBURBAN LEAGUES

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 6TH

ADULT TENNIS LEAGUES

Franklin offers adult tennis leagues ranging from levels 2.5 to 5.0. Two sessions are offered throughout the year during the day and evening. Non-members may participate for an additional fee.

SESSION 1: September 5th–December 22nd

SESSION 2: January 2nd–May 10th

Monday:	Ladies 3.0 Single League 7-8pm
Monday:	Men's 3.5+ Singles 8-9:30pm
Tuesday:	Men's 4.0+ Singles 8-9:30pm
Wednesday:	Men's 3.5 Doubles 6-8pm
Wednesday:	Mixed 4.0 6-8pm
Wednesday:	Men's 3.5+ Mixed Doubles 8-10pm
Thursday:	Men's 3.5 Singles 7-8pm
Thursday:	Men's 3.5 Doubles 7-9pm
Thursday:	Men's 3.0 Doubles 8-9:30pm

RACQUETBALL & SQUASH

If you are looking for a fun way to get in shape and stay in shape, try racquetball or squash! For more information about leagues and current programming or to register for a class, please contact the tennis office.

REGISTER ONLINE ON OUR FRANKLIN ATHLETIC CLUB APP

PLEASE CONTACT THE TENNIS DEPARTMENT AT (248) 352-8000 EXT. 250 or mtipton@ffrc.net

[Click here for more information on our tennis programs](#)

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



CLASSES START SEPTEMBER 5TH



ADULT CLINICS

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

Six week sessions, October through April. Morning, afternoon and evening times available. Call the tennis department to find a time that works for you!

1 HOUR: MEMBER: \$ 162 NON-MEMBER: \$198
1.5 HOURS: MEMBER: \$228 NON-MEMBER: \$264

All participants receive half-off walk-on court time.
 Please reserve in the 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 RATES:		NON-MEMBER RATES:	
	1 HOUR	1.5 HOURS	1 HOUR	1.5 HOURS
3 PERSON	\$288	\$392	\$352	\$456
4 PERSON	\$272	\$368	\$336	\$432
5 PERSON	\$256	\$344	\$320	\$408
6 PERSON	\$240	\$320	\$304	\$384

2 HOUR CLINIC

	MEMBER RATES:	NON-MEMBER RATES:
4 PERSON	\$480	\$544
5 PERSON	\$384	\$448

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 - 8 AM (3.0+) & 6 - 8 PM (3.5+)
Tuesday: 6 - 8 PM (3.5+) & 6 - 8 PM (2.5-3.0) & 8 - 10 PM (4.0+)
Wednesday: 6 - 8 PM (3.5+)
Thursday: 11 AM - 1 PM (2.5+) & 8 - 10 PM (3.5+)
Friday: 6:30 - 8 AM (3.0+) & 6 - 8 PM (3.5+)
Saturday: 8 - 10 AM (2.5-3.0) & 12 - 2 PM (3.5+)
Sunday: 11 AM - 1 PM (3.5+) & 11 AM - 1 PM (4.0+)

1.5 HOURS: MEMBER: \$31 NON-MEMBER: \$39

2 HOURS: MEMBER: \$38 NON-MEMBER: \$46

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 - 11 am

LEVEL 3.0+
 Monday: 9:30 - 11 am
 Tuesday: 9 - 11 am
 Wednesday: 9:30 - 11 am
 Thursday: 9 - 10:30 am
 Friday: 10:30 am - 12 pm
 Friday: 6 - 7:30 pm

LEVEL 3.5+
 Friday: 9-10:30am

1.5 HOURS: MEMBER: \$31 NON-MEMBER: \$39

2 HOURS: MEMBER: \$38 NON-MEMBER: \$46

COURT FEES

Only members can reserve court time.
 Guests with members must pay a \$25 guest fee.

MONDAY - FRIDAY	SATURDAY, SUNDAY & HOLIDAYS
Open - 9 am: \$29	Open - 8 am: \$29
9 am - 9 pm: \$43	8 am - 9 pm: \$43
9 pm - 10 pm: \$29	

SENIOR RATE (65+)

12 pm - 3 pm: \$23

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

MATINEE TENNIS

Join us on Thursday afternoons from 1 - 3 pm
 for some doubles play organized by a pro.

MEMBER: \$15 NON-MEMBER: \$23

JUNIOR TENNIS

LEVEL I - LEVEL VI DATES

SESSION 1: September 5 – October 14
REGISTRATION OPENS AUGUST 22,

SESSION 2: October 15– November 22
REGISTRATION OPENS OCTOBER 1

SESSION 3: November 26 – January 20
REGISTRATION OPENS NOVEMBER 12

SESSION 4: January 21 – March 2
REGISTRATION OPENS JANUARY 7

SESSION 5: March 3 - April 27
REGISTRATION OPENS FEBRUARY 18

SESSION 6: April 28 - June 6
REGISTRATION OPENS APRIL 14

NO CLASS

October 31

November 23 – 25

December 23 – January 5

March 24 – 31

May 25 - 27

*Classes not 6 weeks long are prorated

Make-up Policy

If you need to miss a class, please notify the tennis office at least 1 hour before your scheduled class and we will issue a make-up session. Make-ups will not be issued without advanced notice. Please call (248) 352 - 8000 ext. 250 or email

mtipton@ffrc.net to schedule. Make-ups are not guaranteed as they are dependent on class availability.

Registration Procedure

Session 1 registration opens on August 22nd. Once in a group class, you have priority registration. To secure your spot, register at least 2 weeks prior to the start of open registration. Open registration dates are listed above. Contact the tennis office at (248) 352-8000 ext. 250 or email mtipton@ffrc.net to register.

[Click here for more information on our junior tennis programs](#)

LEVEL I RED AGES 4 - 6

Interactive play time introducing the fundamentals of tennis in 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

Member: \$102 Non-member: \$120

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 on 36-foot courts.

ONCE A WEEK, 6 WEEK SESSIONS

Member: \$102 Non-Member: \$120

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.

Recommend 1-2 days a week at this level.

ONCE A WEEK, 6 WEEK SESSIONS

Member: \$168 Non-Member: \$204

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 a 60-foot court.

Recommended 1-2 days a week at this level.

ONCE A WEEK, 6 WEEK SESSIONS

Member: \$168 Non-Member: \$204

LEVEL V ORANGE AGES 7 - 11

Players utilize control, spin and positioning to their advantage while also being able to consistently rally and cooperate with a partner.

Players will be introduced to topspin and underspin on both forehand and backhand strokes. Orange balls on a 60-foot court.

Recommended at least 2 days a week at this level.

ONCE A WEEK, 6 WEEK SESSIONS

Member: \$168 Non-member: \$204

LEVEL VI GREEN AGES 8 - 12

This level included 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 graduation to the next level. Green balls on a 78-foot court.

Recommended at least 2 days a week at this level.

ONCE A WEEK, 6 WEEK SESSIONS

Member: \$168 Non-member: \$204

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. Ages 12 - 17

MONDAY: 6 - 7 PM
THURSDAY: 6 - 7 PM

Member: \$168 Non-Member: \$204

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. 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 chose 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 J.V. 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. Ages 10 - 14

MONDAY: 4 - 6 PM FRIDAY 4 - 6 PM SATURDAY 10 AM - 12 PM

1 day a week:	Member: \$552	Non-Member: \$624
2 days a 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 78-foot courts.

Recommended at least 2 days a week at this level.

Each session is 12 weeks. Ages 12 - 18

TUESDAY: 4 - 6 PM THURSDAY: 4 - 6 PM

1 day a week:	Member: \$624	Non-Member: \$696
2 days a week:	Member: \$1104	Non-Member: \$1248
Drop-in:	Member: \$55	Non-Member: \$61

JUNIOR TENNIS

Make-up Policy

If you need to miss a class, please notify the tennis office at least 1 hour before your scheduled class and we will issue a make-up session. Make-ups will not be issued without advanced notice. Please call (248) 352-8000 ext. 250 or email mtipton@ffrc.net to schedule. Make-ups are not guaranteed as they are dependent on class availability.

Registration Procedure

All classes open on August 22nd. Once in a group class, you have priority registration. To secure your spot, register at least 2 weeks prior to the start of open registration.

PROGRAM DATES

**HIGH SCHOOL EXCELLENCE/
TOURNAMENT DEVELOPMENT/
TOURNAMENT EXCELLENCE**

SESSION 1: September 5 - November 22

SESSION 2: November 26 - March 2

SESSION 3: March 3 - June 6

NO CLASS

October 31

November 23 - 25

December 23 - January 5

March 24 - 31

May 25 - 27

*Classes not 12 weeks long are prorated

TOURNAMENT EXCELLENCE CAMPS

DATES

December 26

December 28

January 1

January 4

4 - 6 PM

MEMBER: \$53 NON-MEMBER \$59



Junior tennis members enrolled in the tennis tournament development and excellence programs receive free walk-on court time during the session in which they are enrolled.

Contact the tennis office for more info at (248) 352-8000 ext. 250 or mtipton@ffrc.net



JUNIOR TENNIS

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.

Sundays 3 - 5 pm

MEMBER: \$39

NON-MEMBER: \$44

MEMBER 10-LESSON PACKAGE: \$360

NON-MEMBER 10-LESSON PACKAGE: \$420

*Pre-registration required online, through our app

PRIVATE JUNIOR CLINICS

A personalized clinic allows a group of 3 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 make camp educational while have lots of fun!

AGES: 5 - 16

MEMBER: \$80/Full Day

DATES: December 26 - 29

\$65/Half Day

January 2 - 5

\$360/Full Day, Full Week

March 25 - 29

\$295/Half Day, Full Week

TIME: 9 am - 4 pm

NON-MEMBER: \$90/Full Day

\$75/Half Day

*Walk-in price is an additional \$5 per day

\$410/Full Day, Full Week

\$345/Half Day, Full Week

Ages Levels: 10 & under
12 & under
14 & under
18 & under

Beginner, intermediate and advanced level players play in each age group. All players will play singles and doubles at each match.

FOR MORE INFORMATION:

CALL THE TENNIS OFFICE AT (248) 352-8000 EXT. 250

OR EMAIL MTIPTON@FFRC.NET



RICHARD PLOWDEN KARATE

Enjoy the cardio, strength training, 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

[CLICK HERE TO REGISTER](#)

GYMNASTICS

Our recreational gymnastic program is for ages 2 - 14, beginner through intermediate levels. For the most updated class schedule, [please click here.](#)

ROYAL SWIM

Group, semi-private and private lessons available.
For schedules and registration, [click here.](#)

POP-UP CLASSES

Stay tuned for special pop-up classes featuring cooking classes, arts and crafts and sports taught by some of our talented teachers and staff.

For an updated calendar and to register, please [click here.](#)

CREATE YOUR OWN CLASS

Do you have a special group or class you would like to offer to your child and their friends? One of our very talented teachers can put together a class for your group. A specific sport, craft, academic or even drama!

Minimum of 4 students must be enrolled
Reach out to us at franklinacademy@ffrc.net to create your own special class!

TODDLER CLASSES

OPEN GYM

Free play for parents and their kids in the gymnastics studio and gym.

Ages 1 - 5

Wednesdays: 10 - 11:30 am

ON MY OWN

1.5 hours of structured play without parents, including bounce house, trikes and creative movement.

Ages 2 - 3

Date and Time: TBD

CHILDREN'S CLASSES

Registration for the 2023 - 24 school year will begin on **August 1st.**

Please visit franklinclub.com or franklinacademypreschool.com for prices, dates, registration and the most up-to-date schedules.

Registration for all classes begins on **August 1st.**

Please visit franklinacademypreschool.com to register and for more class offerings and kid's events.

Questions? Reach out to us at franklincamp@ffrc.net



BASKETBALL



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 3 - 6
Tuesdays 5 - 6 pm

SESSION 1: October 3 - November 7
SESSION 2: November 14 - December 12
SESSION 3: January 16 - February 12
SESSION 4: February 27 - March 26

\$100/session + \$15 one-time uniform fee



JAKE'S BOOT CAMP

At Jake's Boot Camp basketball clinic, players will receive a high intensity, military inspired experience that pushes players to become the best they can be. Coach Jake will put players through a series of workouts designed to increase power, strength and quickness. It is best suited for players who are serious about improving their game. Participants should bring a ball and water bottle.
Maximum class size is 10

Boys Grades 3 - 4: Wednesdays 4:15 - 5 pm
Boys Grades 5 - 6: Wednesdays 5 - 6 pm

SESSION 1*: October 11 - November 8
SESSION 2: November 15 - December 13
SESSION 3: January 17 - February 14
SESSION 4: February 27 - March 26

\$100/session
*Class will be prorated

COURT RENTALS

Rent out a full or half court for a practice, get-togethers and more.

For more information about court rentals and our shooting machine, contact Coach Geo

PRIVATE BASKETBALL LESSONS

PRIVATE LESSONS: 1-on-1 training with a coach. An hour of skill 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.

Pricing and availability will vary based on the instructor.



MOTOR CITY EVOLUTION FUTURE DUNKERS

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 an emphasis on rule comprehension and team play. Clinic will be on lower hoops and will use 27.5 sized basketballs.

Co-Ed Grades K - 1
Mondays 4:30 - 5:15 pm

SESSION 1: October 2 - October 30
SESSION 2: November 6 - December 4
SESSION 3: January 15 - February 12
SESSION 4: February 26 - March 25

\$100/session + \$15 one-time uniform fee



COACH JILL'S POWER CLINIC

Coach Jillian Gnomes brings her unique approach to training in this challenging skills clinic. Players will work on both basic and advanced concepts to compliment their school or AAU teams. Players will work on skill development, along with strength and conditioning drills. All skill levels are welcome, but this clinic is best for players who are serious about learning or refining their skill set. Participants should bring a ball and water bottle.
Maximum class size is 10

Girls Grades 5 - 8
Thursdays 6 - 7 pm

SESSION 1: October 5 - November 2
SESSION 2: November 9 - December 14
SESSION 3: January 18 - February 15
SESSION 4: TBD

\$90/session

CLICK HERE TO REGISTER

Additional basketball leagues, classes and camps will be formed. [Click here for more information](#)

Questions? Contact Coach Geo at gthomas@ffrc.net



FAMILY EVENTS

October - May

KIDS NIGHT OUT

(Or should we say parent's night off?!)

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

WHO: Kids ages 3 & up
WHERE: Banquet Room
TIME: 5:30 - 9 pm
DATES: October 21st
November 18th
January 20th
February 10th
March 16th
April 13th
May 11th

NEW THEMED NIGHTS!
[Click here for this years themes](#)

PRICING:

MEMBERS: \$40 for the first child and \$25 for each addition sibling in immediate family
NON-MEMBERS: \$50 for the first child and \$30 for each additional sibling in immediate family
*Pick-up after 9 pm will result in a \$1/minute fee

For more information and to register, please [click here](#)



Check our
website often
for pop-up classes
each month!

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MORE EVENTS WILL BE ADDED THROUGHOUT THE YEAR!
FOR UPDATES, PLEASE [CLICK HERE](#)

QUESTIONS? PLEASE CONTACT
(248) 352-8000 EXT. 342 OR FRANKLINCAMP@FFRC.NET

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SCHOOL BREAK CAMPS

FUN & GAMES CAMP

What better way is there to spend your time away from school than at Franklin Athletic Club? Join us for an exciting summer full of games, swimming, art and so much more! All children must be potty-trained. Children ages 3 & 4 must have a life jacket in order to swim.

AGES: 3 - 12

TIME: 9 am - 4 pm

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

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

DATES: November 7

November 23

December 26 - 29

January 2 - 5

January 15

February 19 - 23

March 25 - 29

April 7

Ask about our Tiny Tot availability for children ages 2 & 3 who are not yet potty-trained. Additional \$10/day for this program.

Must have a minimum of 6 campers to run any camp age group

[CLICK HERE TO REGISTER](#)

CREATE-YOUR-OWN CAMP

We can accommodate any school breaks not listed, as well as unexpected snow days. Must have a minimum of 6 kids to run any create-your-own and snow day camps. Swimming is not guaranteed.

9 am - 4 pm

No aftercare available

Same prices, times and policies as Fun and Games camps.

Must email franklincamp@ffrc.net by 7:30 am 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 make camp educational while have lots of fun!

AGES: 5 - 16

DATES: December 26 - 29

January 2 - 5

March 25 - 29

TIME: 9 am - 4 pm

MEMBER: \$80/Full Day

\$65/Half Day

\$360/Full Day, Full Week

\$295/Half Day, Full Week

NON-MEMBER: \$90/Full Day

\$75/Half Day

\$410/Full Day, Full Week

\$345/Half Day, Full Week

*Walk-in price is an additional \$5 per day

Call the tennis office at (248) 352-8000 to register

COACH GEO'S HOLIDAY HOOPMANIA

Join Motor City Evolution coaches for a fun and entertaining week of basketball. This 4-day camp will consist of skill and drills, games, contests, prizes and endless fun!

Co-Ed Grades 2 - 6

December 26 - 29

9 am - 3 pm

Register before December 1: \$200

Register after December 1: \$225

[CLICK HERE TO REGISTER](#)

Information for all Campers

Bring a peanut-free lunch or \$6 for pizza, 2 healthy snacks, a water bottle, swimsuit, towels, life jacket (if needed), a good attitude and a great, big smile!

Pre-care is available from 8 - 9 am and post-care is available from 4 - 6 pm at an additional \$10/hour



FRANKLIN NURSERY & CHILDCARE

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 on-site 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. Childcare fees will be charged to card on file.

MEMBER PRICING

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

\$3/hour for the first child
\$2/hour for each additional child

NON-MEMBER PRICING

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

\$10/hour for the first child
\$5/hour for each additional child

For the most updated schedule call Cassie at
(248) 352-8000 ext. 216 or email at cdenucci@ffrc.net

FRANKLIN ACADEMY AGES 1 - 5

Franklin Academy Preschool offers flexible childcare options, as well as academics, enrichments, camps and extended daycare for working parents. Daily enrichments include gymnastics, tennis, yoga, art and creative movement. Contact us at (248) 352-5437 or

email us at franklinacademy@ffrc.net

[Click here to check out prices and policies](#)

29350 Northwestern Highway, Southfield, MI 48034

(248) 352-8000 ext. 216

franklinacademy@ffrc.net



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 Cassie at cdenucci@ffrc.net or (248) 352-8000 ext. 216 for more more information!

TYPES OF PARTIES

Basketball, swim or gymnastics
Party packages start at \$350 for up to 15 children (ages 1 - 14)

You receive space at the gym or pool for 1 hour 15 minutes and space to eat in either the banquet room or cafe for the entire length of your party.

Our parties include your rental spaces and equipment for the 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.

BAR/BAT MITZVAHS

Our premier 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

For more information or to book your Bar/Bat Mitzvah, please contact Crystal Love at (248) 352-8000 ext. 298 or clove@ffr.net

PARTY ADD-ONS

\$125 Coach fee for basketball or gymnastics party
\$125 Lifeguard fee for swim party (required)
\$50 for 30-minutes of organized games
\$10/each additional child over 15 kids
\$10/additional table for adult guests

BANQUET ROOM RENTALS

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

Pricing

MEMBER: Monday - Thursday: \$100/hour
Friday - Sunday: \$150/hour

NON-MEMBER: Monday - Thursday: \$150/hour
Friday - Sunday: \$200/hour

There is a \$150 non-refundable deposit to book a party. \$100 of the deposit will go towards the balance of your party and \$50 is for cleaning and service fees.



Click [here](#) for more information on parties at Franklin or contact Cassie at (248) 352-8000 ext. 216 or cdenucci@ffrc.net

DANCE



248-353-9663 or 248-943-1839
www.TheZoneDanceCenter.com
www.facebook.com/TheZoneDanceCenter



Fall 2023 Schedule 9-6-2023

Classes meet once per week at Franklin Athletic Club

MONDAY				
Time	Studio 1	Studio 2	Studio 3	
5:00		Teen Ballet		
6:00		Tap III	Teen Jazz	
7:00		Int/Adv Tap	Adult Hip Hop	
8:00	Contemporary			

TUESDAY				
Time	Studio 1	Studio 2	Studio 3	
5:00		Pre-I	Pre-II	
5:45		Cecchetti I	Pre-Jazz	
6:30	Green Zone	Cecchetti II		
7:30	Adult Jazz	Yellow Zone		

WEDNESDAY				
Time	Studio 1	Studio 2	Studio 3	
5:00				
6:00	Lyrical III			
7:00	Adv Ballet III	Adult Tap	Pointe I	
8:00		Pointe II/III		

THURSDAY				
Time	Studio 1	Studio 2	Studio 3	
5:15	Pre-Hip Hop	Cecchetti IV		
6:00	Int/Adv Jazz	Cecchetti III	Pink Zone	
7:00	Red Zone	Orange Zone		

FRIDAY				
Time	Studio 1	Studio 2	Studio 3	
5:00		Tap II		
6:00	Lyrical II	Teen HH		
7:00	Jazz III	Hip-Hop III		

SATURDAY				
Time	Studio 1	Studio 2	Studio 3	
9:00	Pre-II	Pre-I		
9:45	Pre Jazz	Pre-I		
10:30	Pre-III	Pre-II		
11:15	Pre-Jazz II	Primary Ballet		
12:00	Lyrical I	Primary Tap	Cecchetti V	
12:45	Primary Jazz	Hip Hop I		
1:30	Jazz II	Ballet I	Primary Hip Hop	
2:30	Ballet II	Tap I		
3:30	Modern I	Jazz I		
4:30	Modern II			
5:30	Production			

MONTHLY TUITION RATES:

1 class/ month	2 classes/ month	3 classes/ month	4 classes/ month	5 classes/ month	6 & greater
\$60	\$95	\$120	\$135	\$150	Additional \$10 per class

AGE/LEVELS:

Pre-I	Pre-II	Pre- III	Primary	Level I	Level II	Level III	Teen	Intermediate	Advance	Adults
2.5-4	5-6	7-8	8	9+	10+	11+ *	12+	12+ *	13+ *	18 +

* With Experience

RATES: \$25 Registration Fee, 10% Family Discount! Drop-In Classes \$18

REQUIREMENTS:

Pre-Jazz, Pre-Jazz II, Pre-Hip Hop students must be enrolled in Pre-Dance II or Pre-Dance III.

All Pointe, Level III and Int./Adv students must be enrolled in a Ballet class and Cecchetti Ballet Class. Pointe classes and Level III classes are by recommendation only.

Lyrical, Modern students must be enrolled in a Ballet and a Jazz class.

Contemporary students must be enrolled in Int./Adv Ballet and Int./Adv Jazz.

Visit us at www.TheZoneDanceCenter.com
 Become a Zone Fan at www.facebook.com/TheZoneDanceCenter



REMINDER

For the most updated group
exercise classes, Pilates and True
Boxing events, please
[CLICK HERE](#)

For camps, basketball, kids
classes, kids events, pop-up
classes and leagues, please
[CLICK HERE](#)

