



2024 - 2025 PROGRAM GUIDE

DOWNLOAD OUR APP FOR EASY REGISTRATION!

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

FRANKLINCLUB.COM

FRANKLINACADEMYPRESCHOOL.COM



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FRANKLIN ACADEMY PRESCHOOL

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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



ADULT TENNIS



CLASSES START SEPTEMBER 3RD



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

SUBURBAN LEAGUES

Franklin Athletic Club fields women's teams at every level of the Suburban Tennis League. Teams compete September through May, followed by a season ending playoff.

PRACTICES BEGIN SEPTEMBER 4th

ADULT TENNIS LEAGUES

Franklin offers adult tennis leagues ranging from levels 2.5 to 5.0. Day and evening leagues are offered in the fall and again in the winter. Non-members may participate for an additional fee.

SESSION 1: September 3rd–December 20th

SESSION 2: January 2nd–May 9th

Monday:	Ladies 3.0 Single League 7-8pm
Monday:	Men's 3.5+ Singles 8-9:30pm
Tuesday:	Men's 4.0+ Doubles 8-10pm
Wednesday:	Mixed 4.0 8-10pm
Wednesday:	Men's 5.0 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

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: \$10 NON-MEMBER: \$18

LADIES PICK-UP TENNIS

Organize a court of singles or doubles utilizing reduced court rates during weekday mornings and afternoons.

1.5 HOUR SINGLES: MEMBERS: \$21 NON-MEMBERS: \$29
2 HOURS DOUBLES: MEMBERS: \$16 NON-MEMBERS: \$24

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, please contact the tennis office.

REGISTER ONLINE OR ON THE 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.



CLASSES START SEPTEMBER 3RD

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.

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. Registration Online-12 hours cancellation policy.

- Monday:** 8 - 9:30 AM (3.0+) & 6 - 8 PM (3.5+)
- Tuesday:** 6 - 8 PM (3.5+) & 6 - 8 PM (2.5-3.0) & 8 - 10 PM (4.5+)
- 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: \$32 NON-MEMBER: \$40
2 HOURS: MEMBER: \$39 NON-MEMBER: \$47

CARDIO TENNIS

Cardio tennis is a fun group activity featuring drills and music that will give you an ultimate high energy workout. Registration Online- 12 hour cancellation policy

- | | | |
|------------------------|--------------------------|-------------------|
| LEVEL 2.5 - 3.0 | LEVEL 3.0+ | LEVEL 3.5+ |
| Friday: 9:30 - 11 am | Monday: 9:30 - 11 am | Friday: 9-10:30am |
| Wednesday 9:30-11am | 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 | |

1.5 HOURS: MEMBER: \$32 NON-MEMBER: \$40
2 HOURS: MEMBER: \$39 NON-MEMBER: \$47

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	\$296	\$400	\$360	\$464
4 PERSON	\$280	\$376	\$344	\$440
5 PERSON	\$264	\$352	\$328	\$416
6 PERSON	\$248	\$328	\$312	\$392

2 HOUR CLINIC

	MEMBER RATES:		NON-MEMBER RATES:	
	4 PERSON	\$490		\$554
5 PERSON	\$392		\$456	

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: \$30	Open - 8 am: \$30
9 am - 9 pm: \$44	8 am - 9 pm: \$44
9 pm - 10 pm: \$30	

SENIOR RATE (65+)
12 pm - 3 pm: \$24

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

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. Booked September through May.

JUNIOR TENNIS

LEVEL I - LEVEL VI DATES

SESSION 1: September 3 – October 12
REGISTRATION OPENS AUGUST 12

SESSION 2: October 13– November 23
REGISTRATION OPENS SEPTEMBER 29

SESSION 3: November 24 – January 18
REGISTRATION OPENS NOVEMBER 8

SESSION 4: January 19– March 8
REGISTRATION OPENS JANUARY 5

SESSION 5: March 9 - April 26
REGISTRATION OPENS FEBRUARY 16

SESSION 6: April 27 - June 7
REGISTRATION OPENS APRIL 12

NO CLASS

Labor Day 9/2

Thanksgiving 11/28-11/30

Holiday Break 12/22-1/4

Spring Break 3/23-3/29

Easter 4/20

Memorial Day 5/24-5/26

*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 12th. 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: \$108 Non-member: \$132

Must be 4 by 9-5-2024
Monday: 4-4:30pm
Wednesday: 4:30-5pm
Friday: 5:30-6pm
Saturday: 10 -10:30am
Saturday: 11:30-12pm

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: \$108 Non-Member: \$132

Must be 4 by 9-5-2024
Monday: 4:30-5pm
Wednesday: 4-4:30pm
Friday: 5-5:30pm
Saturday: 10:30 - 11am
Saturday: 11-11:30am

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: \$174 Non-Member: \$222

Monday: 5-6pm
Wednesday: 5-6pm
Friday: 4-5pm
Saturday: 10 - 11am
Saturday: 11-12pm

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: \$174 Non-Member: \$222

Monday: 4-5pm
Friday: 5-6pm
Saturday: 11-12pm

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: \$174 Non-member: \$222

Wednesday: 5-6pm
Friday: 4-5pm
Saturday: 10-11am

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 dot balls on a 78-foot court.

Recommended at least 2 days a week at this level.

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$174 Non-member: \$222

Monday: 5-6pm
Wednesday: 4-5pm
Saturday: 11-12pm

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: \$174 Non-Member: \$222

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

Sunday 1-3 and Wednesday 4-6

Member: \$552 Non-Member: \$648

Drop-in Member: \$51 Drop-in Non-Member: \$59

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 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: \$648
2 days a week:	Member: \$948	Non-Member: \$1140
Drop-in:	Member: \$51	Non-Member: \$59

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: \$636	Non-Member: \$732
2 days a week:	Member: \$1128	Non-Member: \$1320
Drop-in:	Member: \$56	Non-Member: \$64

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 12th. 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 3 - November 23
Registration Opens Aug 12

SESSION 2: November 24 - March 8
Registration Opens November 8

SESSION 3: March 9 - June 7
Registration Opens February 16

NO CLASS

Labor Day 9/2

Thanksgiving 11/28-11/30

Holiday Break 12/22-1/4

Spring Break 3/23-3/29

Easter 4/20

Memorial Day 5/24-5/26

*Classes not 12 weeks long are prorated

TOURNAMENT EXCELLENCE AND TOURNAMENT DEVELOPMENT CAMPS

Dates:

December 26

January 2

4 - 6 PM

MEMBER: \$53 NON-MEMBER \$61

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



USTA Junior Team Tennis is a league designed around "fun, camaraderie and teamwork". The teams are co-ed, matches start in October and are played on Saturday and Sunday afternoons. In order to make team minimums, sign up by mid-September. Participants are required to become a USTA member.

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.

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: \$47

MEMBER 10-LESSON PACKAGE: \$360

NON-MEMBER 10-LESSON PACKAGE: \$440

*Pre-registration required online or 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 having lots of fun!

AGES: 6 - 16

MEMBER: \$85/Full Day

DATES: December

\$70/Half Day

23,26,27,30,31

\$385/Full Day, Full Week

January 2,3

\$320/Half Day, Full Week

March 24 - 28

NON-MEMBER: \$95/Full Day

TIME: 9 am - 4 pm

\$80/Half Day

*Walk-in price is an

\$435/Full Day, Full Week

additional \$15 per day

\$370/Half Day, Full Week

FOR MORE INFORMATION:

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

OR EMAIL MTIPTON@FFRC.NET



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

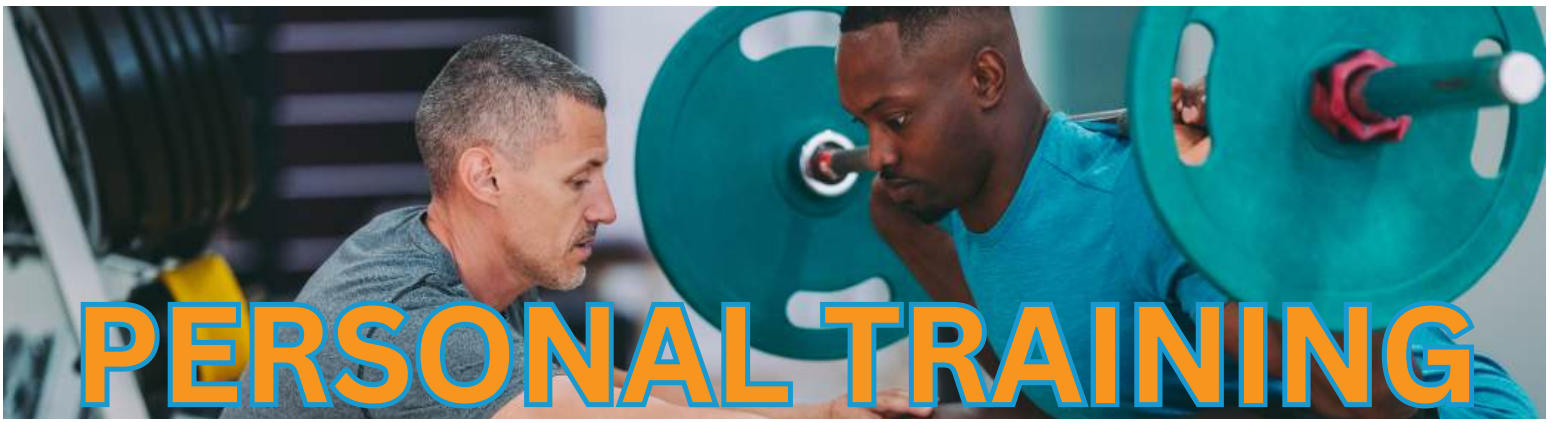
FRANKLINCLUB.COM

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



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!

[Click here for more information](#)



STEPHANIE LAMB



REGGIE O'BRYANT



LISA SOVERINSKY



KRIS PETROV



GEORGE JONES



RENEE STEIN



JONATHAN PERRY



MARGGIO CASTRO



DENNIS LEE

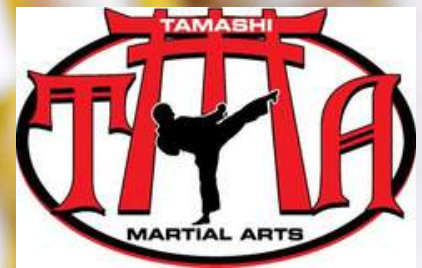


TAYLOR OLSON



GAGE MOYERS

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



Martial Arts



KARATE CLASS SCHEDULE

[REGISTER HERE](#)

Monday

Tiny Champs 3-4yr. 4:30 PM
Lil Champs 5-7 yrs. 5:00pm
Kidz Beginner 8-12yrs. 5:45pm
Teen/Adult Beginners 6:30pm

Wednesday

Tiny Champs 3-4yr. 4:30 PM
Lil Champs 5-7 yrs. 5:00pm
Kidz Beginner 8-12 yrs. 5:45pm
Teen/Adult Beginners 6:30pm
Fitness Kickboxing 7:15pm

Saturday

Youth Black Belt Club 11:00AM
Teen/Adult Black Belt Club 11:30am
Family Training 12:15pm
Fitness Kickboxing 10:00am

All classes are 45 minutes in length except for our Lil Champs which is 30 minutes

Classes Begin September 4th



Class Fees

Single:	\$150.00 Per Month
Family of 3:	\$340.00 Per Month
Family of 4:	\$400.00 Per Month

*Enrollment Fee is: \$295.00 per member and includes an Official Martial Arts Uniform, first month's tuition and two private lessons. Monthly tuition includes two classes per week. *

Sensei Michael Williams, Godan 5th Degree Hanshi

Sensei Michael Williams has spent many years devoted to training in the art of Karate and other martial arts and have attained a certain level of expertise to qualify him as a teacher and also a mentor. Through extensive testing, certification and tournament level competition, Sensei Williams has attained mastery in this martial art and now enjoy sharing his skill and passing it on to his students.

For More information on Karate classes reach out to Michael Williams at :
(313) 695-0002



PILATES

At Franklin Athletic Club, we're excited to offer Pilates Reformer classes in our dedicated indoor Pilates studio. It's a fantastic way to enhance your fitness routine while enjoying a welcoming atmosphere!

Pilates is a holistic exercise method that focuses on controlled, precise movements designed to strengthen the core, improve flexibility, and enhance body awareness, on the Pilates Reformer. Pilates places emphasis on proper alignment and breathing coordination, making it suitable for all fitness levels!

To purchase any Group Reformer classes or set up private Pilates Reformer training sessions, please contact Lisa Soverinsky, Fitness Director at (248) 352-8000 ext. 273 or lsoverinsky@ffrc.net.



BUILD SKILLS

- Take your fitness to the next level
- Improve agility, balance & coordination
- Build muscle & stamina





GEORGE JONES TRUE BOXING

Get motivated and stay energized!
Interested in a True Boxing demo?


To participate in True Boxing or to book a demo, advance registration is required. Please note that drop-ins are not permitted; participants must be officially registered and included on the class roster.

Contact Lisa Soverinsky to register:

 (248) 352-8000 EXT 273

 lsoverinsky@ffrc.net

 FranklinClub.com

 Franklin Athletic Club
29350 Northwestern Hwy
Southfield, MI 48034



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 Chelsea at

Franklinacademy@ffrc.net

or (248) 352-5437

BUILD SKILLS



TRUE BOXING LLC

BUILD SKILLS

- Take your fitness to the next level
- Improve agility, balance & coordination
- Build muscle & stamina



GEORGE JONES TRUE BOXING

Get motivated and stay energized!
Interested in a True Boxing *demo*?

To participate in True Boxing or to book a demo, advance registration is required. Please note that drop-ins are not permitted; participants must be officially registered and included on the class roster.

Contact Lisa Soverinsky to register:



(248) 352-8000 EXT 273



Franklin Athletic Club
29350 Northwestern Hwy





KID'S FITNESS



GYMNASTICS

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

Class Schedule 2024-25

Happy Hoppers age: 2-4
Monday or Wednesdays
4:30-5:15
Saturday 9-9:45am

Cool Cats age: 8-12
Monday or Wednesdays 6-
6:45pm
Saturday 10:30- 11:15am

Brave Bears age: 5-7
Monday or Wednesdays
5:15-6pm
Saturday 9:45am-10:30am

Acro/Tumbling age 6-16
Monday or Wednesdays
6:45-7:30pm
Saturday 11:15-12:pm

Open Gymnastics Gym ages 0-5
Saturday 12:15-12:45pm
Members Free or Guest Fee \$8.00 per week

FREE Classes for Members

Classes run from October to May
[CLICK HERE TO REGISTER](#)



Yoga

Age: 5-9 Monday 4-4:30
Age: 10-13 Monday 4:30-5
Guest fee \$12.00 per class

Sports and Games Ages 5-10

Friday 4:15-5:00pm
Non-Member 12.00 per week
Basketball Court

Strength and Agility age: 10-14

Tuesday 4:30-5
Guest fee \$12.00 per class

Open Gymnastics Gym ages 0-5

Saturday 12:15-12:45pm
Guest Fee \$8.00 per week

Playdate ages 0-4

Tuesdays 10-11:30am
Gym and gymnastics studio
Guest fee \$12.00 per class

**Maintaining Participation:
One-Week Absence Policy**
In order to guarantee that all members have a chance to participate, we have implemented a policy of unenrolling any child who misses more than one week of class.

ROYAL SWIM SCHOOL



Group, semi-private and private lessons available
Ages 6mos- adults
For schedules and registration, [click here](#).

TODDLER CLASSES

[REGISTER](#)

Playdates

Parents and children can enjoy free play in the gymnastics studio and gym. Bikes, Trikes, and Bounce house weekly. Free for our Members or \$15.00 per week for guests
Ages: 1-5
Tuesdays: 10 - 11:30 am

Mommy/Daddy and Me in a Carrier Class

Focuses on sensory activities for children with an emphasis on movement. Parents can wear a carrier to do strength and mobility exercises while involving their child in various movements. Structured session allows participants to progress at their own pace, with modifications and assistance available as needed.
Mondays: 11- 12 pm
Ages 0-2 Cost: \$130.00 per six-week session



Toddler Gymnastics with Parent

This class is perfect for any active toddler, the first half hour will be instructional with Ms. Kayla and the last half hour will be open play in the gymnastics studio with a parent or guardian.
Mondays: 10-11am
Ages: 1yr -4 Cost: \$130.00 per six-week session



Registration for all classes begins on **August 5th**.

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

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



VOLLEYBALL



Join us by clicking [here](#) to register.

**Volleyball Elite Academy & Franklin Athletic Club
Volleyball Programming:**

- Free Trial Clinics (registration required):**
- Saturday, 9/14, for kids 5-9 years old: 10-11am
 - Saturday, 9/28, for kids 10-13 years old: 10-11am
 - Saturday, 10/12 for kids ages 5-9: 10-11a
 - Saturday, 10/26 for kids ages 10-13: 10-11am

FUNDamentals Program (6 weeks, kids ages 5-9):

- Time: 6pm - 7:15pm
Cost: \$265.00 per session
- Session #1: Thursdays, 10/10/24 - 11/14/24
 - Session #2: Thursdays, 12/5/24 - 1/16/25
 - Session #3: Thursdays, 2/6/25 - 3/13/25
 - Session #4: Thursday, 4/3/25 - 5/8/25

FUNDamentals Program (6 weeks, kids ages 10-13):

- Time: 10:30am - 12pm
Cost: \$285.00 per session
- Session #1: Sundays, 10/13/24 - 11/17/24
 - Session #2: Sundays, 12/8/24 - 1/19/25
 - Session #3: Sundays, 2/9/25 - 3/16/25
 - Session #4: Sundays, 4/6/25 - 5/11/25
 -

To view an updated calendar and 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!

SPORTS SAMPLER

This class aims to instill healthy habits in sports-specific training for participants. It focuses on enhancing individual strengths through various speed and movement drills and exercises to promote body awareness and growth. Additionally, the class emphasizes injury prevention by addressing imbalances that may arise with age. The session consists of a warm-up, speed drills, strength activities, and coordination exercises that integrate different sports activities.

Ages 6-10: Wednesdays 4:30-5:15
Ages 10-14: Wednesdays 5:30-6:30

Cost \$130.00 per session
members receive 15% off of class

[Click Here to Register](#)



CHILDREN'S CLASSES

Registration for the 2024 - 25 school year will begin on **August 5th**. 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 5th**. 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



REGISTER NOW



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 - 8
Tuesdays 5 - 6 pm

SESSION 1: October 1 - November 5
SESSION 2: November 12 - December 17
SESSION 3: January 14 - February 11
SESSION 4: February 25 - April 1

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



Power Training

MOTOR CITY EVOLUTION
POWER TRAINING SESSIONS
BOYS AND GIRLS IN GRADES 4-7
\$35.00 PER SESSION - LIMIT 4 PLAYERS PER SESSION
WEDNESDAYS,

LEVEL ONE: 5-5:45pm
LEVEL TWO: 6-6:45pm

LEVEL THREE: Time to be arranged with trainer
This program is designed to develop players through high-intensity drills and conditioning workouts. Players will be assigned to one of two levels and then workout in that level with a coach from Motor City Evolution. This program is for all skill levels but is best suited for players who are focused on becoming better athletes. Sessions include shooting and footwork drills, ball handling, cardio and strength training. To arrange for an assessment, contact Coach Geo Thomas at motorcityevolution@gmail.com

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.



Future Dunkers

BOYS & GIRLS IN GRADES K-1
\$100.00 PER 4-WEEK SESSION
TUESDAYS, 4:15-5pm

The Future Dunkers Clinic is the perfect introduction to the great game of basketball. Boys and girls in grades K-1 will be introduced to the basics of basketball, rule comprehension and the importance of team play. Half the class is skill development and half are controlled scrimmages. Although all skill levels are welcome, we ask that your young player has the ability to focus and listen for the duration of the clinic.



Session 1: October 2, 9, 16, 23
Session 2: Oct 30, Nov 6, 13, 20
Session 3: Jan 22, 29, Feb 5, 12
Session 4: Feb 26, March 5, 12, 19



NEW YEARS EVOLUTION PARTY



NEW YEARS EVOLUTION PARTY
GIRLS IN GRADES 2-7
MONDAY, DECEMBER 30, 5-8:30pm
\$35 PER PLAYER

Say good-bye to 2024 in basketball-style with this fun night of games, drills, contests and prizes! The night includes party favors, a pizza dinner, New-Years resolutions, raffles and a countdown video to be aired on New Year's Eve! All skill levels are welcome! Registration starts November 1!



Ladies Basketball League Age 21+



REGISTER NOW

THURSDAYS, 7-9pm
\$120.00 PER PLAYER

Franklin Women's Basketball League returns on Thursday evenings. Players register as individuals and placed on teams. Games will be played from 7-8pm every Thursday. For players wanting more basketball, pick-up games will be offered from 8-9pm (\$10 drop-in fee). Season will run eight weeks and include uniforms, referees, post-season tournament and awards for championship teams. League will be offered in Fall and Winter.

For more information, Contact Noelle at hoopsmom42@yahoo.com for more information



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?!)

[REGISTER HERE](#)



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 - 8:30 pm
DATES: October 12
 November 16
 January 25
 February 15
 March 15
 April 12
 May 3



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

PRICING:

MEMBERS: 50% off of our Guest Prices. (only \$25.00 per member child)

NON-MEMBERS: \$50 for the first child and \$30 for each additional sibling in immediate family
*Pick-up after 8:30pm will result in a \$1/minute fee

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

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



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

QUESTIONS? PLEASE CONTACT
(248) 352-8000 EXT. 311 OR FRANKLINCAMP@FFRC.NET



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: Members will receive 15% of Non-member rate

NON-MEMBER: \$90/Full Day
\$75/Half Day

Extended care offered for an additional fee
Before care 8-9am and after care 4-6pm

DATES: November 5
November 27
December 23, 26,27, 30
January 2,3
January 20
February 17 - 21
March 24 - 28

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](#)

Tennis Camps are also available, please see Junior Tennis page for more details or email mtipton@ffrc.net

SCHOOL BREAK GYMNASTICS CAMPS

Gymnastics Camp helps with coordination, balance, strength, flexibility and so much more! Campers will learn fundamentals that will help them in any sport they choose.

Watch your camper develop new skills, build confidence and grow through gymnastics in a fun and safe environment. No prior experience is needed! Camp is from 9am-12pm and is for ages 6-12.

Camps offered:

November 5

December 26,27,30,31

January 20

February 17-21



Cost: Member \$70 / Non-Member \$85

Second half of the day is available in our fun and games camps

[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.



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 \$25.00 per morning or afternoon



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

\$12/hour for the first child
\$6/hour for each additional child

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

FRANKLIN ACADEMY

AGES: INFANT-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. 222

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 Rebecca at rlepere@ffrc.net or (248) 352-8000 ext. 216 for 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 cllove@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 Rebecca at (248) 352-8000 ext. 216 or rlepere@ffrc.net



ZONE DANCE CENTER FALL 2024 CLASS SCHEDULE

MONDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3
5:00 pm		Teen Ballet	
6:00 pm		Tap III	Teen Jazz
7:00 pm		Int/Adv Tap	Adult Hip Hop
8:00 pm	Contemporary		

TUESDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3
5:00 pm		Pre-I	Pre-II
5:45 pm		Cecchetti I	Pre-Jazz
6:30 pm	Green Zone	Cecchetti II	
7:30 pm	Adult Jazz	Yellow Zone	

WEDNESDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3
5:30 pm			Cecchetti V
6:00 pm	Lyrical III		
7:00 pm	Int/adv Ballet	Adult Tap	Ballet III
8:00 pm		Pointe II/III	Pointe I



Classes meet once a week at
FRANKLIN ATHLETIC CLUB
29350 Northwestern Hwy.
Southfield, MI 48034

MONTHLY TUITION RATES

CLASSES/MONTH	1	2	3	4	5
FEE/MONTH	\$60	\$95	\$120	\$135	\$150

Additional \$10 per class for 6 classes and greater.

- \$25 Registration fee
- 10% family discount for family members living in same household
- Drop-In classes \$18 and are recommended for adult students only
- Monthly tuition is non-refundable

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.

THURSDAY

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

FRIDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3
5:00 pm		Tap II	
6:00 pm	Lyrical II	Teen Hip Hop	Lyrical II
7:00 pm	Jazz III	Hip Hop II	

SATURDAY

TIME	STUDIO 1	STUDIO 2	STUDIO 3
9:00 am		Pre-I	Pre-II
9:45 am		Pre-I	Pre-Jazz
10:30 am		Pre-II	Pre-III
11:15 pm	Pre-Jazz II	Primary Ballet	
12:00 pm	Lyrical I	Primary Tap	Cecchetti VI
12:45 pm	Primary Jazz	Hip Hop I	
1:30 pm		Primary Hip Hop	
1:30 pm	Jazz II	Ballet I	
2:30 pm	Ballet II	Tap I	
3:30 pm	Jazz I		Modern I
4:30 pm	Modern II		
5:30 pm	Production		

AGE LEVELS

PRE-DANCE I	2.5 - 4	LEVEL III	11 + *
PRE-DANCE II	5 - 6	TEEN	12 +
PRE-DANCE III	7 - 8	INTERMEDIATE	12 + *
PRIMARY	8	ADVANCED	13 + *
LEVEL I	9 +	ADULT	18 +
LEVEL II	10 +		

* With Experience

For more information and up-to-date schedule, please visit

zonedancecenter.com

Become a Zone Fan follow us on

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