



3275 Martin Rd Suite 125 Commerce, MI 48390
248-668-9805
www.AmericanAllstarAthletics.com

**7th Annual
OPEN HOUSE
Sunday, August 5th
12:00-3:00pm**



Summer 2012

Spend the summer at
American Allstars

American Allstars Athletic Center is home to American Allstars Gymnastics, Ryukyu Karate, and The EDGE Fitness Center. Our mission is to supply a facility that is clean, safe, and fun for the whole family. We strive to provide an environment where children can learn and develop through movement and exploration. Each program is created so that all participants will receive the best instruction possible in age and skill appropriate classes.

Thank you for trusting our program and granting us the privilege to work with your family. We promise that we will do everything we can to ensure an awesome experience for your entire family. We believe that everyone deserves a place where they can shine. At American Allstars
“The possibilities are endless!”



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Registration is simple! You can call, go online, or register in person. Each participant **MUST** have a **SIGNED** and completed waiver on file before they can participate in camps, classes, or any of our other fun programs. We do have limited space available in each camp and class so please pre-register to make sure that you reserve a spot. Don't miss out; sign up now!

Most camps are for kids ages 5 years and up, but some camps start as young as 3 1/2 years of age! Camps run 9:00am-12:00pm or 1:00pm-4:00pm. Half day campers need to bring 1 healthy snack. Full day campers will have a lunch break from 12:00pm-1:00pm and should bring 2 healthy snacks & a lunch.



July 9th - August 30th **Gymnastics Flex Schedule**

Pay for 3 & get the 4th FREE**

Class	Tuition	Monday	Tuesday	Wednesday	Thursday
Mini Stars (w/parent) (2 - 3yrs 10mths)	\$17.75		5:45 - 6:30		
Hoppers 1 (3.5 - 4.5 yrs)	\$17.75	5:45 - 6:30	10:30 - 11:15 5:45 - 6:30		10:30 - 11:15 4:45-5:30
Hoppers 2 (4.5 - 5.5 yrs)	\$17.75	5:45 - 6:30	10:30 - 11:15 5:45 - 6:30		10:30 - 11:15 4:45-5:30
Little Twisters (5.5 - 6 yrs) A	\$18.75	6:30-7:30	11:15-12:15 6:30 - 7:30	4:45-5:45	9:30-10:30
High Flyers 1 (6 - 7 yrs) A	\$18.75	6:30-7:30	11:15-12:15 6:30 - 7:30	4:45-5:45	9:30-10:30
High Flyers 2* (5.5 - 7 yrs) A	\$18.75	6:30-7:30	11:15-12:15 6:30 - 7:30	4:45-5:45	9:30-10:30
Hot Shots* (6 - 8 yrs) B	\$18.75	4:45-5:45	9:30-10:30 4:45 - 5:45	6:30 - 7:30	6:00-7:00
Starlights (8 yrs & Up) B	\$18.75	4:45-5:45	9:30-10:30 4:45 - 5:45	6:30 - 7:30	6:00-7:00
Starbrights* (8 yrs & Up) B	\$18.75	4:45-5:45	9:30-10:30 4:45 - 5:45	6:30 - 7:30	6:00-7:00
Minibursts, Starbursts & Super Stars* B	\$21.25		4:30-5:45	4:45 - 6:00	
Beginning & Intermediate Tumbling	\$18.75		4:45-5:45	5:45-6:45	
Advanced & Elite Tumbling*	\$18.75				6:00-7:00
Boys - Mavericks (5 - 12 yrs)	\$18.75		6:30-7:30 (8-12yrs)	6:30-7:30 (5-7yrs)	
Youth Fitness	\$17.75	5:00-5:45 (6-12yrs)	5:00-5:45 (10-14yrs)	5:00-5:45 (6-12yrs)	5:00-5:45 (10-14yrs)
Performance Team (5.5 yrs & up)	\$64 monthly	10:30-11:15 A 11:15-12:00 B		5:45-6:30 B	5:30-6:15 A

Annual registration fee due for first time students or those whose registration anniversary date has lapsed. * Evaluation required

You can sign up for just 1 class at a time.

****Per student, if you pay for 3 classes upfront your 4th class is free!**

Sports Camps

**\$129 per week or \$30 per day unless otherwise indicated.
All campers should bring a snack & water bottle each day.**

GYMNASTICS

Gymnastics Camp is fun & exciting for campers who will learn new skills & perfect current ones. Campers will be divided into groups based on age & ability. Gymnasts will work on vault, bars, beams, floor & trampoline.

(*Special rate for marked camps)

June 13-15* 1:00-4:00
June 18-22 1:00-4:00
June 25-29 1:00-4:00
July 9-13 1:00-4:00
July 16-20 9:00-12:00
July 16-20 1:00-4:00
July 23-27 9:00-12:00
Jul 30-Aug 3 1:00-4:00
Aug 6-10 9:00-12:00
Aug 13-17 9:00-12:00
Aug 13-17 1:00-4:00
Aug 20-24 1:00-4:00
Aug 27-30* 1:00-4:00



HOPPERS GYMNASTICS

(3.5-5.5 yrs)

Kids will use bars, beams, floor, & trampoline circuits. Gym games, arts & crafts, & other fun activities will be included to keep them learning & having fun.

July 9-13 1:00-4:00
Aug 6-10 9:00-12:00
Aug 20-24 1:00-4:00

TUMBLING

These are 3 day camps of concentrated tumbling. Whether you are interested in dance, cheerleading, poms, gymnastics, or just learning the proper way to do skills this is the camp that will enhance your tumbling! **3 day camp \$79**

Beginning & Intermediate

June 13-15 9:00-12:00
July 23-25 1:00-4:00
Jul 30-Aug 1 9:00-12:00
Aug 15-17 9:00-12:00

Advanced & Elite*

(*Evaluation required)

June 13-15 9:00-12:00
July 23-25 1:00-4:00
Jul 30-Aug 1 9:00-12:00
Aug 15-17 9:00-12:00



CHEERLEADING

Cheerleading Camp will have girls learning a dance, chants, cheers, jumps, stunting, & basic tumbling. This camp is high energy & loads of fun. Cheerleaders will perform the material they learn for parents on the last day. Please have girls wear clean athletic shoes with a flat sole.

July 16-20 1:00-4:00
Aug 6-10 9:00-12:00
Aug 20-24 9:00-12:00

POM PON

Girls will learn a variety of routines including Jazz, Hip Hop, Pom Pon, and a combination of all three. Each day they will learn drills for leaps, turns, & jumps that will be incorporated into their routines. Girls will perform their dances for parents on the last day. No dance experience needed.

July 16-20 9:00-12:00
Aug 6-10 1:00-4:00



GYMFIT

Boys and girls ages 6-12 years will participate in circuits, obstacle courses, and fitness challenges. They will use the rings, ropes, rock wall, inflatable trampoline, and more! They will also work on tumbling skills to help with building strength.

Campers should wear clean tennis shoes.

June 25-29 9:00-12:00
July 16-20 1:00-4:00
July 23-27 1:00-4:00
Jul 30-Aug 3 9:00-12:00
Aug 6-10 1:00-4:00
Aug 13-17 1:00-4:00
Aug 20-24 9:00-12:00
Aug 27-30* 9:00-12:00

Specialty

Camps

**\$129 per week or \$30 per day unless otherwise indicated.
All campers should bring a snack & water bottle each day.**

BOYS BEING BOYS

This camp is high energy and is for boys ages 5-9 years old. There are different themes each day including Pirates of the Caribbean, Superheroes, and Prehistoric Creatures. Each day will include themed games and activities. This camp is sure to just let the boys be boys!

July 16-20 9:00-12:00
Aug 13-17 9:00-12:00



MINUTE TO WIN IT

This camp is full of a variety of games. Boys and girls will enjoy Minute to Win It contests, gym games, outdoor games, card games, and many more exciting activities. Kids should bring their energy and imaginations and expect to have a great time.

July 23-27 1:00-4:00
Aug 20-24 9:00-12:00

KIDS BEING KIDS

Kids do activities they love like building forts, making obstacle courses, scavenger hunts, and jumping on the trampoline. They will also play group games, do relay races, use the parachute & gymnastics equipment. An art project will be done each day & weather permitting they will enjoy water games on Friday. (*Special rate for marked camps)

June 13-15* 9:00-12:00
July 9-13 9:00-12:00
Jul 30-Aug 3 9:00-12:00
Aug 20-24 1:00-4:00
Aug 27-30* 9:00-12:00



ARTS & CRAFTS

Arts & Crafts camp is for any kid who enjoys being creative and using their hands to create and design. Projects will include: tie-dyeing, jewelry making, painting, drawing, 3D creations, and so much more! Kids will do individual and group activities throughout the week and will get to bring their projects home.

July 9-13 1:00-4:00
July 23-27 9:00-12:00
Aug 6-10 9:00-12:00

GIRLS BEING GIRLS

Girls will have a blast using their imagination, playing games, and just being girly! They will spend each day looking & feeling great. Nail painting & art, hair braiding & styling, trampoline, fun circuits, games, and relaxation with kid friendly yoga.

Jul 30-Aug 3 1:00-4:00
Aug 20-24 1:00-4:00



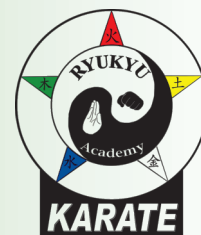
PRINCESS & PLAY

(3.5-5.5 yrs)

Our princesses will have fun with princess themed games, music, dance, song, and acting. They will also do arts & crafts that are fit for royalty! There will be a tea party hosted by the princesses on Friday for parents. The girls are encouraged to wear their favorite princess outfit each day.

July 23-27 9:00-12:00
Aug 13-17 1:00-4:00

KARATE



Toddler Karate

Students will study with an emphasis on character development such as *focus, discipline & confidence*. They will work on kicks, blocks, punches & hand strikes.

Tues: 4:30-5:00pm
Wed: 10:00-10:45am

Youth Karate

Karate students will study with an emphasis on character development such as *focus, discipline, and confidence*. Students will work on kicks, blocks, punches and hand strikes. They will also learn Kata, Sparring, and Weapons. *Kata are structured moves to develop thinking and develop balance. Sparring trains the students to connect moves and to develop coordination of moves. Traditional Karate weapons basic training for Bow Staff, Nunchuku, and Sai are taught.*

All Levels Youth \$71 per month

Mon: 4:45-5:30; 5:30-6:15
Wed: 4:45-5:30; 5:30-6:15

All Levels Youth \$75 per month

Tues: 5:00-6:00; 6:00-7:00
Thurs: 5:00-6:00; 6:00-7:00

Teen/Adult Karate

Self Defense is the main focus of RYUKYU Kempo. Students will learn multiple self defense tactics and techniques utilizing pressure points and Small Circle Jujitsu. Students will also train with kicks, punches, and hand strikes specific to self defense. The study of pressure points greatly enhances the techniques taught. Traditional Karate weapons basic training for Bow Staff, Nunchuku, and Sai are also taught.

All Levels \$75 per month

Tues: 7:00-8:00pm
Thurs: 7:00-8:00pm

Weapons Class

Bow Staff, Nunchaku, and Sai will be studied in class. Students will learn basic moves and full weapons katas. This class is for students Orange Belt through Black Belt.

Wed: 6:30-7:15pm

Karate Camp

Karate Camp is for students from beginning level to advanced level, and will cover Kata, Weapons, Sparring, Karate Basics, and Martial Arts Activities. The goal of this camp is to assist a beginner in understanding and developing new Karate skills, while also challenging the more advanced student to build on their basic skills to a more advanced level. The camp will be fun and fast paced. All campers will do a demonstration for parents on the last day & new students will participate in a white belt graduation ceremony.

\$129 per week or \$30 per day.

Attire: A Ryukyu Karate gi must be worn during camp. Full week campers will receive 50% off the purchase of a gi.

Jul 16-20	9:00-12:00
Jul 16-20	1:00-4:00
Jul 30-Aug 3	9:00-12:00
Jul 30-Aug 3	1:00-4:00
Aug 13-17	9:00-12:00
Aug 13-17	1:00-4:00

Women's Cardio Kick

This high energy class is taught by a certified instructor and is appropriate for novice to advanced students.

1st class is free & a fitness punch card is available.

Wed: 9:00-9:45am

Have you done a FREE trial class?



FITNESS



the
edge
fitness center

GymFit Classes (6-12yrs)

We make fitness fun! Kids will use the rock wall, rings course, ropes, exercise balls, inflatable trampoline, and circuits to engage all their muscles in a great full body workout. They will also do some light tumbling to work on supporting their own bodies.

\$17.75 per class or buy 3 and get the 4th FREE*!

**Ask at the front desk for more details*

Mon 5:00-5:45

Wed 5:00-5:45

GymFit Camp (6-12yrs)

Boys and girls will participate in circuits, obstacle courses, and fitness challenges. They will use the rings, ropes, rock wall, inflatable trampoline, and more! They will also work on tumbling skills to help build strength. Campers should wear tennis shoes.

\$129 per week or \$30 per day

June 25-29 9:00-12:00

July 16-20 1:00-4:00

July 23-27 1:00-4:00

Jul 30-Aug 3 9:00-12:00

Aug 6-10 1:00-4:00

Aug 13-17 1:00-4:00

Aug 20-24 9:00-12:00

Aug 27-30* 9:00-12:00



Power Performance Classes (10-14yrs)

Whether your youth competes in travel or premier level baseball, soccer, basketball, football or figure skating, we can enhance their performance with these strength and conditioning classes. Our workout classes use a rock wall, rings course and inflatable trampoline to condition and build strength using plyometric and body weight resistance principles. Give your athlete the off - season conditioning that will pay off when tryouts come back around!

\$17.75 per class or buy 3 & get the 4th FREE*!

**Ask at the front desk for more details*

Tues 5:00-5:45

Thurs 5:00-5:45

Power Performance Camp (10-14yrs)

Speed, endurance and sport specific strength are the most important components in performance level of any sport. Your competitive athlete will improve their skills in these areas by executing athletically challenging drills using plyometric and body weight resistance.

Get ready for tryouts – get to The EDGE! **\$129 per week or \$30 per day.**



June 18-22 9:00-12:00

July 9-13 1:00-4:00

Aug 6-10 9:00-12:00

Adult Fitness Classes

Adults can have fun at The EDGE too! We offer a variety of adult classes including strength, cardio, intervals, boot camp, and much more! Our instructors will make you feel like you have your own personal trainer. Our small class sizes guarantee that you will feel comfortable no matter what your fitness level is. Check www.TheEdgeFitnessCenter.com for specific class offerings. Take yourself to The EDGE... and we'll take it from there! We make it convenient for you to meet your workout goals!

Monday: 7:00-7:45am; 9:00-9:45am

Tuesday: 9:00-9:45am

Wednesday: 7:00-7:45am; 8:00-8:45am

Thursday: 9:00-9:45am

Friday: 7:00-7:45am; 8:00-8:45am

Price List

1st Class = FREE

Drop in fee = \$15 per class

10 class punch card = \$12 per class

20 class punch card = \$10 per class

Unlimited Monthly = \$99

Personal training available by appointment.

Olympics Camp

The 2012 London Olympics are here! Join us for an exciting week of training camp. This is an extended version of "A Little Bit of Everything Camp." Boys and girls will spend each day doing 2 different events such as gymnastics, karate and fitness. \$129 per week or \$30 per day.

Campers should wear comfortable clothes and bring clean tennis shoes.

June 18-22 9:00-12:00
 July 9-13 9:00-12:00
 July 23-27 9:00-12:00
 Aug 6-10 1:00-4:00
 Aug 20-24 9:00-12:00
 Aug 27-30* 1:00-4:00



Camps at a Glance

Week # Dates	Morning camps run 9:00am - 12:00pm	Afternoon camps run 1:00pm - 4:00pm
Week 1: June 13-15	Kids Being Kids Tumbling	Gymnastics
Week 2: June 18-22	Olympics Power Performance	Gymnastics
Week 3: June 25-29	GymFit	Gymnastics
Week 4: July 9-13	Olympics Kids Being Kids	Gymnastics Hoppers Arts & Crafts Power Performance
Week 5: July 16-20	Gymnastics Pom Pon Boys Being Boys Karate	Gymnastics Cheerleading GymFit Karate
Week 6: July 23-27	Gymnastics Olympics Princess & Play Arts & Crafts	GymFit Minute to Win It Tumbling

Week # Dates	Morning camps run 9:00am - 12:00pm	Afternoon camps run 1:00pm - 4:00pm
Week 7: Jul 30-Aug 3	GymFit Tumbling Karate Kids Being Kids	Gymnastics Girls Being Girls Karate
Week 8: August 6-10	Gymnastics Cheerleading Hoppers Arts & Crafts Power Performance	Pom Pon GymFit Olympics
Week 9: August 13-17	Gymnastics Karate Boys Being Boys Tumbling	Gymnastics GymFit Karate Princess & Play
Week 10: August 20-24	Cheerleading Minute to Win It Olympics GymFit	Gymnastics Kids Being Kids Girls Being Girls Hoppers
Week 11: August 27-30	Kids Being Kids GymFit	Gymnastics Olympics