



2024 Summer CAMPS & CLASSES



www.AmericanAllstarsKids.com

3275 Martin Rd Suite 125 Commerce, MI 48390

248-668-9805

Registration Information

Key Things to Remember:

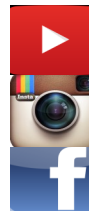
1. Pre-register for all camps, classes & clinics. Space is limited.
2. All participants need a signed waiver on file.
3. Campers may be dropped off 15 minutes early, but must be picked up on time.
4. Camp is \$199 for a half day if you sign up for the SAME camp for all 5 days.
5. We do NOT issue refunds. There are no credits or make-ups if you are absent from camp or a flex class or cancel less than 24 hours in advance.

Registration is simple! You can call, go online, or register in person. Camps are offered for kids ages 3 –14 years. Please see specific camp description for age requirements.

Camps run 9:00am-12:00pm or 1:00pm-4:00pm. Half day campers need to bring 1 healthy snack and a water bottle. Full day campers will have a supervised lunch break from 12:00-1:00pm and should bring 2 healthy snacks, a water bottle and a lunch.

Campers must have a waiver signed by their guardian that contains contact phone numbers and a list of any allergies or other important information.

Ninja, Dance and Red Cross courses are located on the **north** side of the building off of Oakley Park Road. Gymnastics, Karate, Kids Being Kids, A Little Bit of Everything and all other camps are located on the **south** side of the building through the main gymnastics entrance. See map below.



[American Allstars Gymnastics](#)

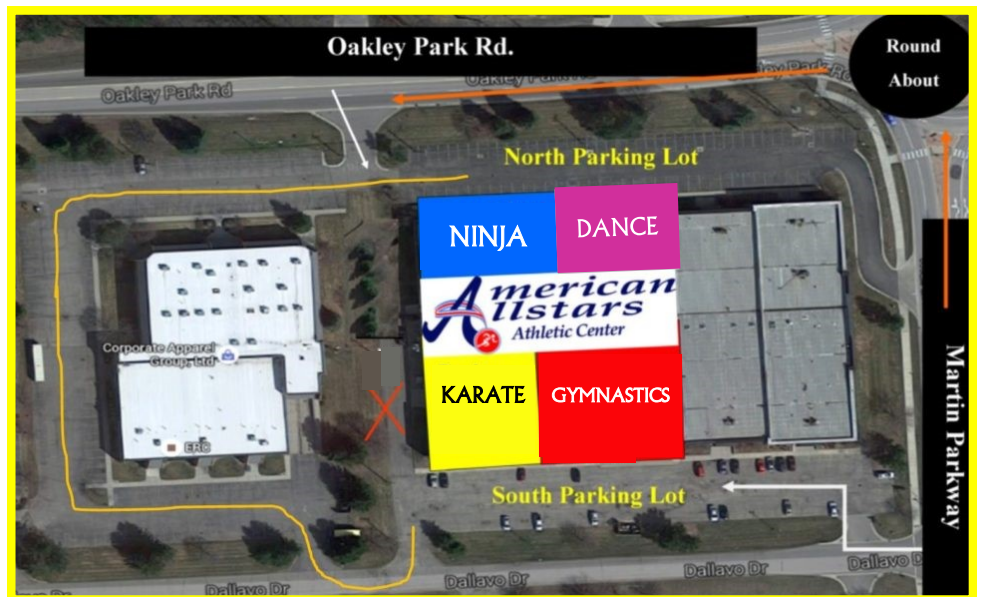
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OFFICE HOURS

July & August

Mon.	8:45	to	7:15
Tues.	8:45	to	6:45
Wed.	8:45	to	4:00
Thur.	8:45	to	6:45
Fri.	8:45	to	4:00
Sat.	CLOSED		
Sun.	CLOSED		



Facility is Closed (No Classes)

July 1st - July 6th
August 30th - September 2nd

Main Office is located through the GYMNASTICS entrance off of Martin Pkwy.

NINJA & DANCE entrances are off of Oakley Park Rd. You can NOT get to Ninja or Dance from the gymnastics side.

All campers need a snack & water bottle.
Drop off is up to 15 minutes before camp start time.

Most camps are \$199/week per camp or \$48/day per camp.
Payment is due on the day you register to reserve your space.

LITTLE BIT OF EVERYTHING

Kids will do a variety of activities throughout the week including karate, gymnastics, baton twirling, rock wall climbing, trampoline & more! (6-12yrs)

Jul 15-19 1:00-4:00
Jul 29-Aug 2 1:00-4:00

KIDS BEING KIDS

Kids do activities like building forts, obstacle courses, scavenger hunts, and trampoline. They also play games, do relay races, crafts, and use the gymnastics equipment. (6-12yrs)

Jun 24-27* 1:00-4:00
Jul 22-26 9:00-12:00
Aug 5-9 1:00-4:00



TUMBLING

All levels! Cartwheels to back tucks! Perfect for dancers, cheerleaders, gymnasts, or those who just want to learn the proper way to flip! (6-12yrs)

Jun 10-14 1:00-4:00
Jul 8-12 9:00-12:00
Aug 5-9 9:00-12:00

GYMNASTICS

Campers will work on vault, bars, beams, floor & trampoline, as well as play group games. Campers will be divided into groups based on age & ability each day. (6-12yrs)

Jun 17-21 1:00-4:00
Jul 8-12 1:00-4:00
Jul 15-19 9:00-12:00
Jul 22-26 1:00-4:00
Jul 29-Aug 2 9:00-12:00
Aug 5-9 1:00-4:00
Aug 12-16 9:00-12:00
Aug 12-16 1:00-4:00

OLYMPICS

This camp will celebrate the 2024 Olympics in Paris. Campers will participate in different sports like gymnastics, soccer, golf (putt-putt), trampoline, track & field events, volleyball, yard games and more. There will also be an Olympic related craft each day and an awards ceremony on Friday. (6-12yrs)

Jul 8-12 1:00-4:00
Aug 12-16 1:00-4:00



KARATE

Spend a week learning traditional kata, sparring, and self-defense.

Students who attend the full week of camp are eligible for their next belt (up to purple belt). Intro students will learn the basics of each of the subjects and receive their white belt at the end of the week! (4-12yrs)

Parents are encouraged to attend the last 15 minutes of camp on Friday for a presentation.

Traditional Karate

Jul 22-26 9:00-12:00

Weapons Camp

Jul 22-26 1:00-4:00



Jr. Camps (Ages 4-6 yrs)

GYMNASTICS Jr.

Boys and girls will use the bars, beams, floor, spring boards & trampoline. Crafts, games and other fun activities will be included to keep them having fun.

Jun 17-21 1:00-4:00
Jul 8-12 9:00-12:00
Aug 12-16 9:00-12:00

LITTLE BIT OF EVERYTHING JR.

Kids will do a variety of activities throughout the week like gymnastics, karate, climbing the rock wall, baton twirling, trampoline & more!

Jul 15-19 1:00-4:00
Jul 29-Aug 2 1:00-4:00

KIDS BEING KIDS Jr.

Kids do activities like building forts, obstacle courses, scavenger hunts, and trampoline. They also play games, do relay races, crafts, and use the gymnastics equipment.

Jul 22-26 1:00-4:00
Aug 5-9 9:00-12:00

NINJA WARRIOR

This camp is all action and perfect for any camper who wants to be a ninja.

Elements include the warped walls, salmon ladder, rings, ropes, balancing elements, quad steps, and so much more! Camps are offered by age groups. Campers should wear clean tennis shoes. Enter through the ninja doors off of Oakley Park Rd.

5-7 yrs
Mondays & Wednesdays
1:00-4:00

8-14yrs
Tuesdays & Thursdays
1:00-4:00

DANCE CAMPS

Campers will enjoy themed dancing, singing, crafts & games. Enter through the dance doors off of Oakley Park Rd.

Jun 18-20 9:00-12:00 Disney Princess
(3 days) (3-7yrs)

Jun 25-27 9:00-12:00 Swiftie
(3 days) (6-12yrs)

Jul 8-12 9:00-12:00 Frozen
(4-12 yrs)

Jul 15-19 9:00-12:00 Little Mermaid
(4-12yrs)

Jul 22-26 9:00-12:00 Barbie
(4-12yrs)

Jul 29-Aug 2 9:00-12:00 Trolls
(4-12yrs)

No Monthly Commitment! Pay per class!

Must pre-register. Space is limited!

Classes with an asterisk (*) require an evaluation.

Class	Tuition	Monday	Tuesday	Thursday
Mini Stars (parent-tot) (2-4yrs)	\$25.25		5:15-5:55pm	4:30-5:10pm
Hoppers (4 - 5.5yrs)	\$25.25	4:45-5:25pm 5:30-6:10pm	4:30-5:10pm	10:30-11:10am 6:00-6:40pm
Little Twisters (5.5 - 6.5 yrs)	\$25.25	5:30-6:10pm	6:00-6:40pm	5:15-5:55pm
High Flyers (6 - 7 yrs)	\$27.25	4:30-5:30pm 6:15-7:15pm	4:45-5:45pm 5:45-6:45pm	4:45-5:45pm 5:45-6:45pm
Hot Shots* (6 - 8 yrs)	\$27.25	4:30-5:30pm 6:15-7:15pm	4:45-5:45pm 5:45-6:45pm	4:45-5:45pm 5:45-6:45pm
Starlights (8 yrs & Up)	\$27.25	6:15-7:15pm	4:45-5:45pm 5:45-6:45pm	4:30-5:30pm 5:30-6:30pm
Starbrights* (8 yrs & Up)	\$27.25	6:15-7:15pm	4:45-5:45pm 5:45-6:45pm	4:30-5:30pm 5:30-6:30pm
Starbursts* & Super Stars*	\$29.25		4:45-6:00pm	5:30-6:45pm
Tumbling (6 - 14yrs) *Evaluation for Tuesday	\$27.25		5:45-6:45pm Inter—Advanced*	4:45-5:45pm Beginner- Intermediate

- Annual registration fee (\$35 for 1 student /\$50 per family) is for new students or those whose registration anniversary date has lapsed.
- We **DO NOT** offer refunds. There are no make-up classes or credits with our Flex program. Call at least 24 business hours **BEFORE** class to see if there are options to reschedule. We close at 4:00pm on Wednesdays and Fridays.
- Classes that are similar and run at the same time may be run together during the summer; depending on the number of students.



Babysitting, First Aid & CPR \$199

9:00am - 1:00pm

June 20-21 (Th & F)

or

July 25-26 (Th & F)

This 2 day, hands on program, is for students ages 10-15 years old who want to be officially Red Cross certified in Pediatric First Aid & CPR and Babysitting.

Students **must attend both days**. They must also be strong enough to compress the Manikin to get certified in the CPR segment of the course.

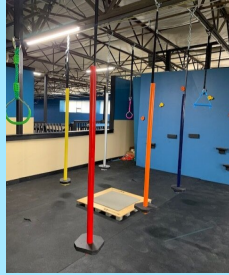
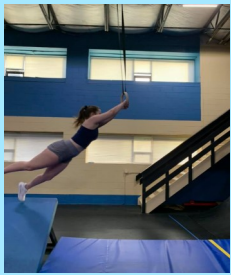
We need a minimum of 6 participants to run each course. Enter through the NINJA entrance off of Oakley Park Rd. Students should wear comfortable clothes, bring a water bottle & lunch

No refunds, credits or make-ups given within 48 hours of the course.

This could actually be the most important class your student ever takes!

- Open to students ages 10-15yrs.
- Bring a snack/lunch & water bottle
- Official Red Cross certificate will be e-mailed
- All supplies & equipment are provided including:
 - Babysitting handbook
 - CPR breathing barrier & gloves
 - Child & Infant Manikins that light up
 - Handouts & video segments





***All classes, camps, and clinics must be registered at least 24 hours in advance. Space is limited.**

If you are enrolled in a CLASS or CAMP at American Allstars there is an annual registration fee of \$35 for 1 student or \$50 for a family.

MONTHLY CLASSES

Same schedule continuing from the school year.

Can register up to 1 week in advance if space is available.

Our classes combine classic strength and agility fundamentals with the added fun and excitement of Ninja Warrior Elements from TV! Athletes will get to try out our Warped Walls, Salmon Ladder, Quad Steps, Pipe Slider, Spider Climb and MANY more. All of the activities translate to stronger, more coordinated athletes, prepared for any sport! *Classes are \$105/month.*

Ninjas 3-4 yrs (with parent)

Tues: 5:30-6:15pm

Wed: 5:30-6:15pm

Thurs: 4:30-5:15pm

Ninjas 5-7 yrs

Mon: 4:30-5:15pm; 5:30-6:15pm; 6:30-7:15pm

Tues: 4:30-5:15pm; 6:30-7:15pm

Wed: 4:30-5:15pm; 6:30-7:15pm

Thurs: 5:30-6:15pm; 6:30-7:15pm

Ninja 7-9 yrs

Mon: 4:30-5:15pm; 5:30-6:15pm; 6:30-7:15pm

Tues: 4:30-5:15pm

Wed: 4:30-5:15pm; 5:30-6:15pm

Thurs: 4:30-5:15pm; 6:30-7:15pm

Ninjas 8-14 yrs

Mon: 4:30-5:15pm; 5:30-6:15pm

Tues: 5:30-6:15pm; 6:30-7:15pm

Wed: 4:30-5:15pm; 5:30-6:15pm; 6:30-7:15pm

Thurs: 4:30-5:15pm; 5:30-6:15pm

More Ninja Options

Mon: 7:30-8:15pm (10-16yrs)

Tues: 7:30-8:15pm (Advanced)

Extra Practice Times for Current Class Kids

**Call for enrollment & pricing. Must be enrolled in a class listed above.*

Thurs: 7:30-8:15pm

CLASS INFO

1. Wear clean, dry tennis shoes & gym clothes
2. Bring a water bottle with name clearly marked
3. Must pre-register for class
4. Space permitting, new students can sign up for a \$25 trial
5. Classes have continuous enrollment thru August unless you fill out a "class stop form" and turn it in during your last month.

*Entrance is off of
OAKLEY PARK RD.
See map on page 2.*

SUMMER CAMPS

June 10-27 & July 8-August 22

\$48 per camp day

Ninja Camp (Ages 5-7)

We offer camps specifically tailored to our smaller ninjas allowing them to build confidence on ninja elements that are appropriate to their size!

Camps run **1:00 –4:00 pm** on **Mondays & Wednesdays**

Ninja Warrior Camp (Ages 8-14)

Our Ninja Warrior Camp will combine the challenges of ninja warrior training with the fun and excitement of organized play.

Camps run **1:00-4:00 pm** on **Tuesdays & Thursdays**

Camp Info

- ◆ Space is limited in each camp. To reserve space you just have to register and make payment.
- ◆ Each camper needs to wear comfortable clothes and clean, closed toe sneakers, bring a water bottle, a snack, and have a signed waiver on file.
 - ◆ Camp drop off starts at 12:45pm.
 - ◆ Camp pick up is at 4:00pm.

Adult Ninja Open Gym

(ages 16+)

Wednesdays

7:30-9:00pm

\$15 per person



BIRTHDAY PARTIES

Call to find out more about our ninja birthday party options!



Allstars Ninja

@AllstarsNinja



Call now to schedule a **Free Trial Class** in **KARATE!**

Karate Info

- 1) Clean environment
- 2) Safe & family friendly
- 3) Free trial class to all first time students
- 4) Viewing section for parents
- 5) Belt graduations every 10-12 weeks
- 6) Proven track record in the community

Youth



Character Development

Ages 4-12

45 minute \$99/month

- Mon 5:30-6:15
- Tues 4:30-5:15
- Tues 5:30-6:15
- Wed 5:30-6:15
- Thurs 4:30-5:15
- Thurs 5:30-6:15
- Sat 10:30-11:15

Teen

Ages 12-15

\$99/month



Tues 6:30-7:15

Thurs 6:30-7:15

Sat 9:30-10:15

Confidence & Self Control

Adult

Ages 16 & up

\$99/month



Self Defense & Fitness

Tues 6:30-7:15

Thurs 6:30-7:15

Sat 9:30-10:15

Campers please bring a snack & water bottle.

Summer Camps

\$199/week or \$48/day per camp

TRADITIONAL KARATE (4-12yrs)

Spend a week learning traditional kata, sparring, and self-defense. Students who attend the full week of camp are eligible for their next belt (up to purple belt). Intro students will learn the basics of each of the subjects and receive their 1st belt at the end of the week!

Jul 22-26 9:00-12:00

WEAPONS (6-14yrs)

Students will learn weapons basics, traditional weapon safety, and an entire weapon kata. Weapon progression is as follows: bo, nunchucks, then sai. Students must pre-order a weapon at least 7 business days in advance to ensure they have it for the camp.

Jul 22-26 1:00-4:00

A Little Bit of Everything (6-12yrs)

Kids will do a variety of activities throughout the week like gymnastics, karate, climbing the rock wall, baton twirling, trampoline & more! Campers should wear comfortable clothes & clean sneakers.

Jul 15-19 1:00-4:00

Jul 29-Aug 2 1:00-4:00

A Little Bit of Everything Jr. (4-6yrs)

Kids will do a variety of activities throughout the week like gymnastics, karate, climbing the rock wall, baton twirling, trampoline & more! Campers should wear comfortable clothes & clean sneakers.

Jul 15-19 1:00-4:00

Jul 29-Aug 2 1:00-4:00

There is an annual registration fee of \$35 for 1 student or \$50 for a family. Karate has year round continuous monthly enrollment.

To stop a class please fill out the form at the front desk during your last month.

The full karate uniform is available for purchase in the office for \$48.

American Dance Academy

DANCE CAMPS

CAMP INFO

*Enter through the dance door off of Oakley Park Rd. (next to Ninja)

*Drop off starts at 8:45am and pick up is at 12:00pm.

*Parents sign your dancer in & out each day at the front desk.

*Half day campers bring a snack & water bottle.

*Campers should wear comfortable clothes and must be fully potty trained.

*Full day campers bring 2 snacks, lunch & water bottle (see other camps at American Allstars offered 1:00-4:00pm)

* \$48 single day (3 hours)

*\$199 full 5 days of the same camp (Frozen, Mermaid, Barbie & Trolls)

*\$120 full 3 days of the same camp (Princess or Swiftie)

June 18-20
9:00-12:00



Calling all Disney fans! Get ready to dance Disney style! Everyday is a new princess with dance, crafts, singing & dress up! We will also have a princess party on the last day!
Ages 3-7

June 25-27
9:00-12:00



Love Taylor Swift? This Swifties Fan Camp is for you! All the best songs from country to pop. Sing, dance, & perform in a music video. Then, dress up to take home your very own Grammy award. **Ages 6-12**

July 8-12
9:00-12:00



Calling all fans of Elsa, Anna and Olaf! Campers will learn dances to their favorite FROZEN songs, sing, dress-up & do fun arts and crafts. "Frozen" gift bag to take home!
Ages 4-12

July 15-19
9:00-12:00



Take a deep dive under the sea with The Little Mermaid. Have fun with Ariel, Flounder & all their friends. Campers will enjoy singing, dancing, crafts & underwater games.
Ages 4-12

July 22-26
9:00-12:00



Bring your favorite Barbie doll and have a fun day with everything pink! Dance to Barbie songs, dress up, enjoy special crafts, and make a scrapbook!
Ages 4-12

July 29-Aug 2
9:00-12:00



Move your hair and bring your friends for our Trolls Hip Hop Dance Camp. Not only do children get to dance, but there are Trolls crafts and games to play everyday!
Ages 4-12



DANCE CLASSES

5 Week Summer Session is
July 8—August 7, 2024

If space is available you can start mid session to a pro-rated price.

MONDAY

3-5 yrs	5:00-5:40	Ballet / Jazz
5-8 yrs	5:00-5:40	Jazz / Hip Hop
8-11 yrs	5:45-6:25	Jazz / Hip Hop

WEDNESDAY

3-5 yrs	5:30-6:10	Ballet / Jazz
6-11 yrs	6:15-6:55	Jazz / Hip Hop



**HAVE YOU DONE YOUR
FREE
TRIAL CLASS?!**

If you are enrolled in a CLASS or CAMP at American Allstars there is an annual registration fee of \$35 for 1 student or \$50 for a family.

Week # Dates	Morning camps run 9:00am - 12:00pm	Ages	Afternoon camps run 1:00pm - 4:00pm	Ages
Week 1: June 10-14	No Morning Camps		Ninja (M & W) Ninja (T & Th) Tumbling	5-7 yrs 8-14 yrs 6-12 yrs
Week 2: Jun 17-21	Princess Dance (T-Th) Red Cross Babysitter, First Aid & Pediatric CPR course (Th & F) 9:00am—1:00pm	3-7 yrs 10-15 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Gymnastics Jr. Silver—Diamond Teams (Fri)	5-7 yrs 8-14 yrs 6-12 yrs 4-6 yrs Invitation
Week 3: Jun 24-27* (only 4 days)	Swiftie Dance (T-Th)	6-12 yrs	Ninja (M & W) Ninja (T & Th) Kids Being Kids Silver—Diamond Teams	5-7 yrs 8-14 yrs 6-12 yrs Invitation
Week 4: Jul 1-5	CLOSED Happy 4th of July!		CLOSED Happy 4th of July!	
Week 5: Jul 8-12	Tumbling Gymnastics Jr. Frozen Dance	6-12 yrs 4-6 yrs 4-12 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Olympics	5-7 yrs 8-14 yrs 6-12 yrs 6-12 yrs
Week 6: Jul 15-19	Gymnastics Little Mermaid Dance	6-12 yrs 4-12 yrs	Ninja (M & W) Ninja (T & Th) Little Bit of Everything Little Bit of Everything Jr. Pre Team & Bronze Team	5-7 yrs 8-14 yrs 6-12 yrs 4-6 yrs Invitation
Week 7: Jul 22-26	Kids Being Kids Traditional Karate Barbie Dance Red Cross Babysitter, First Aid & Pediatric CPR course (Th & F) 9:00am—1:00pm	6-12 yrs 4-12 yrs 4-12 yrs 10-15 yrs	Ninja (M & W) Ninja (T & Th) Karate Weapons Gymnastics Kids Being Kids Jr.	5-7 yrs 8-14 yrs 6-14 yrs 6-12 yrs 4-6 yrs
Week 8: Jul 29—Aug 2	Gymnastics Trolls Dance	6-12 yrs 4-12 yrs	Ninja (M & W) Ninja (T & Th) A Little Bit of Everything Little Bit of Everything Jr. Silver—Diamond Teams	5-7 yrs 8-14 yrs 6-12 yrs 4-6 yrs Invitation
Week 9: Aug 5-9	Tumbling Kids Being Kids Jr.	6-12 yrs 4-6 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Kids Being Kids	5-7 yrs 8-14 yrs 6-12 yrs 6-12 yrs
Week 10: Aug 12-16	Gymnastics Gymnastics Jr.	6-12 yrs 4-6 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Olympics	5-7 yrs 8-14 yrs 6-12 yrs 6-12 yrs

**Camps are \$199/week per camp or \$48/day per camp. Camps are 3 hours long.
Red Cross is \$199 for both days and includes Babysitter & Pediatric First Aid certifications.**

Blue camps are located on the SOUTH side of the building off of MARTIN PARKWAY.
Red camps are located on the NORTH side of the building off of OAKLEY PARK RD.

All campers should bring a water bottle and snack.

If campers sign up for morning & afternoon camps they can stay and eat a sack lunch from 12:00-1:00.
There are no refunds, credits or make-ups for missed camps. Can reschedule up to 24 hours in advance.

Weekly camp discount is only available for camps offered all 5 days.

3275 Martin Rd. Ste 125 Commerce, MI 48390