



www.AmericanAllstarsKids.com

3275 Martin Rd Suite 125 Commerce, MI 48390

248-668-9805



SUMMER
2026
CAMPS & CLASSES



Summer 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 \$224 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](#)

[@American_Allstars](#)

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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
 June 29th - July 5th
 September 4th—7th

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 gymnastic / karate side.

All campers need a snack & water bottle.
Campers can be signed in up to 15 minutes before the camp start time.

Most camps are \$224/week per camp or \$55/day per camp.
plus annual membership fee \$35/\$50

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, hip hop, rock wall climbing, trampoline & more! (6-12yrs)

Jul 13-17 1:00-4:00
Jul 27-31 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 22-26 1:00-4:00
Jul 6-10 1:00-4:00
Jul 20-24 9:00-12:00
Aug 3-7 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! (6-13yrs)

Jun 15-19 1:00-4:00
Jul 6-10 9:00-12:00
Aug 3-7 9:00-12:00
Aug 10-14 1:00-4:00

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

GYMNASTICS

Campers do a group warm up that includes cardio and stretching. They will work on vault, bars, beams, floor & trampoline, as well as play gym games. Campers will be divided into groups based on age & ability each day. (6-12yrs)

Jul 6-10 1:00-4:00
Jul 13-17 9:00-12:00
Jul 20-24 1:00-4:00
Jul 27-31 9:00-12:00
Aug 3-7 1:00-4:00
Aug 10-14 9:00-12:00
Aug 17-21 1:00-4:00

RED CROSS

Use Ninja entrance off of Oakley Park Rd.

Pediatric First Aid / CPR

This hands on program is for students 10-15 years old who want to be Red Cross certified in Pediatric First Aid & CPR. This is a 2 year certification. The course will use Red Cross Manikins for rescue breaths, compressions, AED, choking & more. Course supplies provided. *Must be able to show proficiency & compress the Manikins to earn certification. \$149*

Jun 17 or Jul 15 9:00-2:00

BABYSITTER COURSE

This program is for kids ages 10-14 years old who want to be Red Cross certified in Babysitting. Students will learn feeding, diapering, supervision, safety & more. *\$149*

Jun 25 or Jul 14 9:00-4:00

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! (5-12yrs)

Comfortable clothes can be worn to camp or a Karate Gi can be purchased for \$30 including the pants & jacket.

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

Traditional Karate

Jul 20-24 9:00-12:00

Jr. Camps (Ages 4-6 yrs)

All students must be able to use the bathroom 100% by themselves and be dropped off for the 3 hour camp. Campers must also be able to follow the instructions on the coaches and participate in the different daily activities.

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 moving & having fun.

Jul 6-10 9:00-12:00
Aug 10-14 1:00-4:00

LITTLE BIT OF EVERYTHING JR.

Kids will do a variety of activities throughout the week like gymnastics, karate, climbing the rock wall, dancing, trampoline & more! *Parents can attend the last 15 minutes on Friday to watch the kids break a board in karate.*

Jul 13-17 1:00-4:00
Jul 27-31 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 20-24 1:00-4:00
Aug 3-7 9:00-12:00

DANCE CAMPS

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

All camps are from 9:00-12:00

Jun 16-18	Princess	(3-7yrs)
Jun 22-26	K-POP	(4-12yrs)
Jul 6-10	Taylor Swift	(6-12yrs)
Jul 13-17	Wicked 1	(4-12yrs)
Jul 20-24	Greatest Show AcroDance	(4-12yrs)
Jul 27-31	K-POP	(4-12yrs)
Aug 3-7	Taylor Swift	(6-12yrs)
Aug 10-14	Wicked 2	(4-12yrs)
Aug 18-20	Under the Sea	(3-8 yrs)



GYMNASTICS

SUMMER FLEX CLASSES

July 6 - September 1, 2026

No Monthly Commitment Required! Pay per class! Must pre-register.

Gymnastics Information

- Hair pulled up (pony, bun, braide, etc...)
- Bring a water bottle w/ name into the gym
- Bare feet in the gym
- Gym 2 Classes cost \$27 per class: Mini Stars, Hoppers & Little Twisters
- Gym 1 Classes cost \$29 per class: High Flyers, Hot Shots, Starlights, Starbrights & Tumbling
- Starbursts & Super Stars cost \$31 per class.

Mini Stars

2.5-4 yrs

(parent & tot)

Tuesday 5:15-5:55pm

Thursday 4:30-5:10pm

Hoppers

4-5.5 yrs

Monday 4:45-5:25pm

Monday 5:30-6:10pm

Tuesday 4:30-5:10pm

Thursday 10:30-11:10am

Thursday 6:00-6:40pm

Little Twisters

5.5-6.5 yrs

Monday 5:30-6:10pm

Tuesday 6:00-6:40pm

Thursday 5:15-5:55pm

High Flyers

6-7 yrs

Monday 4:30-5:30pm

Monday 6:15-7:15pm

Tuesday 4:45-5:45pm

Tuesday 5:45-6:45pm

Thursday 4:45-5:45pm

Thursday 5:45-6:45pm

Hot Shots*

6-8 yrs

Starlights

8-12 yrs

Monday 6:15-7:15pm

Tuesday 4:45-5:45pm

Tuesday 5:45-6:45pm

Thursday 4:30-5:30pm

Thursday 5:30-6:30pm

Starbrights*

8-12 yrs

Tumbling

6-14 yrs

Tuesday 5:45-6:45pm
(Intermediate / Advanced)*

Thursday 4:45-5:45pm
Beginner / Intermediate

Starbursts* &

Super Stars*

Tuesday 4:45-6:00pm

Thursday 5:30-6:45pm

Flex Class Info

- The annual registration fee is \$35 for 1 student /\$50 per family
- 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. We are closed Saturdays & Sundays.
- Classes that are similar and run at the same time may be run together during the summer.
- Classes with an * require an evaluation



American Dance Academy Summer Dance 2026



Camp is \$224 a week or \$55 per day.

Annual registration fee is \$35/student or \$50/family for camps & classes

Dance camps run 9:00am - 12:00pm

PRINCESS PARTY!



June 16-18

Calling all royalty! Get ready to dance Princess 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**

K-POP



June 22-26 or July 27-31

Join us for K-POP fun including learning a dance routine, karaoke, crafts, games & a glow party! Campers can dress up as their favorite character! **Ages 4-12**

TAYLOR SWIFT



July 6-10 or August 3-7

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**

WICKED



July 13-17 (Wicked 1)

August 10 - 14 (Wicked 2)

Join us for a Wickedly good time! Take a trip to the fantastic Land of Oz with lots of fun dance, games, & crafts. Pink goes good with Green! A Musical Theatre twist sprinkled with the magic of friendship! **Ages 4-12**

GREATEST SHOWMAN ACRO DANCE



July 20-24

Join us for a week of Acro Dance; including basic tumbling technique, hula hooping & aerial silks. Campers will also do dancing, crafts & games! **Ages 4-12**

UNDER THE SEA



August 18-20

Join us for an underwater dance adventure including singing, dancing, crafts & games! Campers can dress up and will show off their dancing on the last day with a glow party! **Ages 3-8**

July 6 - August 19, 2026

7 Week Dance Class Session is \$130

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

**New student? Call for a
Free Trial Class!**

Mondays

3-5yrs 5:15-6:00 Ballet/Jazz
5-8yrs 6:00-6:45 Jazz/Hip Hop
8-11yrs 6:45-7:30 Stretch, Leaps, Turns

Wednesdays

3-5yrs 5:30-6:15 Ballet/Jazz
6-11yrs 6:15-7:00 Tap/Jazz
6-11yrs 7:00-7:45 Ballet



***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 \$112/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; 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; 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 (12-16yrs)

Thurs: 7:30-8:15pm (make-up)

NINJA CLASS INFO

**\$25 Trial Class for
New Students!**

Call the office for availability

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 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 15-26 & July 6- September 1

\$55 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 \$109/month



Ages 3-5

Wed 5:30-6:15

Ages 5-10

Thurs 4:45-5:30

Character Development

Adult Teen



Ages 13+

\$114 / month

Tues 6:30-7:30pm

Thurs 6:30-7:30pm

Sat 9:30-10:30am

Self Defense & Self Control

Youth \$114 / month



Ages 5-12

\$114 / month

Mon 5:30-6:30

Tues 5:30-6:30

Wed 5:30-6:30

Thurs 5:30-6:30

Sat 10:30-11:30

Confidence & Self Control

Campers please bring a snack & water bottle.

Summer Camps

\$224/week or \$55/day per camp

TRADITIONAL KARATE (5-12yrs)

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 white belt at the end of the week!

Comfortable clothes can be worn to camp or a Karate Gi can be purchased for \$30 including the pants & jacket.

Parents are encouraged to attend the last 15 minutes of camp on Friday for a presentation where the students will get to break a board.

Jul 20-24 9:00-12:00

A Little Bit of Everything (6-12yrs)

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

Jul 13-17 1:00-4:00

Jul 27-31 1:00-4:00

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

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

Jul 13-17 1:00-4:00

Jul 27-31 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 (including patches) is available for purchase in the office for \$48.

Week # Dates	Morning camps run 9:00am - 12:00pm	Ages	Afternoon camps run 1:00pm - 4:00pm	Ages
Week 1: June 15– 19	Princess Dance (T-Th) Wed. Red Cross Pediatric First Aid & CPR 9:00am - 2:00pm	3-7 yrs 10-15yrs	Ninja (M & W) Ninja (T & Th) Tumbling	5-7 yrs 8-14 yrs 6-13 yrs
Week 2: June 22 - 26	K-POP Dance Wed. Red Cross Babysitter 9:00am-4:00pm	4-12 yrs 10-14yrs	Ninja (M & W) Ninja (T & Th) Kids Being Kids <i>Silver—Diamond Teams (2025/2026)</i>	5-7 yrs 8-14 yrs 6-12 yrs <i>Invitation</i>
Week 3: Jun 29 - Jul 5	CLOSED Summer Break		CLOSED Summer Break	
Week 4: Jul 6 - 10	Tumbling Gymnastics Jr. Taylor Swift - Dance	6-13 yrs 4-6 yrs 6-12 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Kids Being Kids	5-7 yrs 8-14 yrs 6-12 yrs 6-12 yrs
Week 5: Jul 13 - 17	Gymnastics Wicked 1 - Dance Tues. Red Cross Babysitter 9:00am - 4:00pm Wed. Red Cross Pediatric First Aid & CPR 9:00am - 2:00pm	6-12 yrs 4-12 yrs 10-14yrs 10-15yrs	Ninja (M & W) Ninja (T & Th) Little Bit of Everything Little Bit of Everything Jr. <i>Pre Team & Bronze Team (2026/2027)</i>	5-7 yrs 8-14 yrs 6-12 yrs 4-6 yrs <i>Invitation</i>
Week 6: Jul 20 - 24	Kids Being Kids Traditional Karate Greatest Showman Acro Dance	6-12 yrs 5-12 yrs 4-12 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Kids Being Kids Jr.	5-7 yrs 8-14 yrs 6-12 yrs 4-6 yrs
Week 7: Jul 27 - 31	Gymnastics K-POP Dance	6-12 yrs 4-12 yrs	Ninja (M & W) Ninja (T & Th) A Little Bit of Everything Little Bit of Everything Jr. <i>Silver—Diamond Teams (2026/2027)</i>	5-7 yrs 8-14 yrs 6-12 yrs 4-6 yrs <i>Invitation</i>
Week 8: Aug 3 - 7	Tumbling Kids Being Kids Jr. Taylor Swift - Dance	6-13 yrs 4-6 yrs 6-12 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics Kids Being Kids	5-7 yrs 8-14 yrs 6-12 yrs 6-12 yrs
Week 9: Aug 10 - 14	Gymnastics Wicked 2 - Dance	6-12 yrs 4-12 yrs	Ninja (M & W) Ninja (T & Th) Tumbling Gymnastics Jr.	5-7 yrs 8-14 yrs 6-13 yrs 4-6 yrs
Week 10: Aug 17 - 21	Under the Sea (T-Th)	3-8 yrs	Ninja (M & W) Ninja (T & Th) Gymnastics	5-7 yrs 8-14 yrs 6-12 yrs

Camps are \$224/week per camp or \$55/day per camp. Camps are 3 hours long. Red Cross courses are \$149 for each course and includes Red Cross 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 business hours in advance. Weekly camp discount is only available for camps offered all 5 days.