

# Youth Programs

Summer 2024



## Youth Programs

Children are a big part of our fitness community and the reason we've created so many special programs and facilities just for them. Our entire staff goes out of their way to make children of all ages feel welcome.

## Complimentary Classes

Member only complimentary classes open 2-days in advance of each class.

## Martial Arts Classes

Registration opens 30-days in advance of each class.

## Youth Yoga **Free Class**

These classes will introduce children to mindfulness, yoga, and breath work. Utilizing games, and playful movement, children will explore yoga exactly where they're at developmentally to build confidence and greater awareness of themselves and the world around them. Children are encouraged to attend on their own, though we are flexible.

### Ages 5-9

**Saturdays**

**12-12:30pm** Group Fitness Studio

### Ages 10-14

**Saturdays**

**12:30-1:15pm** Group Fitness Studio

Members only / Registration opens 2-days in advance of each class.

## Youth Intro to Strength Training

### Ages 12-16

If your child is interested in strength training for sports, or just for fitness, this class is where they should begin! Not only will they learn proper technique, but they'll start building fitness and strength while learning.

Led by Liberty's certified personal trainers, this class will safely introduce young participants to the fundamental principles of strength training. The goal of the program is to have each participant understand and demonstrate proper technique and form in five foundational movement patterns: Squatting, Lifting, Lunging, Pushing, Pulling. All participants will begin using body weight and will only be progressed to light dumbbells, bands, and medicine balls after demonstrating proper technique.

Class meets in the Performance Training Area. Please bring water and towel.

**Tuesdays**

**5-6pm** Mike Kellner

7/2-8/27 \$20 per class  
Members Only



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## Lagoon Indoor Waterpark

**Mon-Fri** 5:30am-8pm  
**Saturday** 7am-6:30pm  
**Sunday** 7am-6:30pm

*Please Note: Indoor Waterpark closes 1 hour prior to club closing for pool cleaning.*

## Indoor Waterpark Policies

During **non-lifeguarded** Indoor Waterpark hours, children under age 15 must be accompanied by a parent in the pool area.

During **lifeguarded** Indoor Waterpark hours, children under the age of 12 must be accompanied by a parent in the pool area.

The indoor waterpark's waterslide has a height requirement of 48".

## Weather Policies

The Lagoon is **not scheduled to be lifeguarded** during the summer season. Should the outdoor waterpark close due to inclement weather or other circumstances, the lifeguard staff from outside will move indoors.

Liberty's Outdoor Waterpark will close if the outdoor temperature is less than 70 degrees. As a result, the 'Liberty Lagoon' indoor waterpark will open for use.

When lightning is sighted, the Indoor Lagoon Waterpark and all Outdoor Pools, must close for 20 minutes. The Indoor Adult Lap Pool will remain open for lap swimming only. Please note, during inclement weather private and group lessons may be held in the indoor adult lap pool.

## Outdoor Waterslide Requirements

Outdoor waterslide riders must be able to swim (*swim test may be required*) and must be 42" tall.



The Lagoon Activity Center features our 26' Indoor Climbing Wall, a large three level Obstacle Play Park, and a half-court basketball court!

## Hours

**Mon-Fri** 5:30am-8pm  
**Saturday** 7am-6:30pm  
**Sunday** 7am-6:30pm

## Supervised Rockwall Hours

**Mon-Thu** TBA  
**Saturday** TBA  
**Sunday** TBA

## Lagoon Activity Center Policies

Children under age 8 must be accompanied by a parent. Ages 8 and up may use this area unaccompanied, as long as parents remain on Liberty's premises. Climber's must weigh a **minimum of 45 pounds and a maximum weight of 250lbs.**

Children must be **5 years of age or older** to play on the Obstacle Play Park structure.