

Youth Programs & Camps

SESSIONS 5-9 | 2023/24



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.

Mini Movers **Free Class**

Ages 1-2

This course is for our littles members! Designed for toddlers age 1-2 years old who are eager to move, explore and learn. We will practice gross motor movement and socialization through music, dance and play. Adults must be present for the duration of this class.

Tuesdays *Excludes 3/26

10:30-11am Conference Room

1/9-5/28

Tuesdays *Excludes 3/26

5-5:30pm Conference Room

2/6-5/28

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

Shake, Rattle & Roll **Free Class**

Ages 3-5

This class is designed to enhance your child's coordination, balance, and social skills, through a variety of gross motor and fine motor activities. Children will play and learn using obstacle courses, ball activities, music, dramatic play, and dance. You can sign your child up for a Tree House visit before or after class and we will escort them to and/or from class!

Tuesdays *Excludes 3/26

9:45-10:15am Conference Room

5:45-6:15pm Conference Room

2/6-5/28

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

Bounce House Days **Free**

Ages 3+

Our inflatable bounce house will be available to children 3+ -- and an inflatable obstacle course will be set up for those 40" and taller to enjoy. Please note that children 8 and under must be accompanied by an adult.

Sundays

2-4pm Adult Basketball Court

1/21, 2/18, 3/10, 4/14

Members only / Registration not required

Preschool Playdays **Free Class**

Ages 4-5

Parents must remain in the Lagoon Activity Center and children must be toilet-trained to avoid any unfortunate incidents in the play structure. Please note that at all other times, children must be 5 years of age to enter the structure simply from a safety perspective relative to older children in the structure.

Wednesdays

10:30am-12pm Lagoon Activity Center

9/13-6/5

Members only / Registration not required

Thursdays

10:30am-12pm Lagoon Activity Center

9/14-6/6

Members only / Registration not required

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 NEW CLASS

Saturdays

12-12:30pm Group Fitness Studio

4/6-6/8

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

Ages 10-14 NEW CLASS

Saturdays

12:30-1:15pm Group Fitness Studio

4/6-6/8

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

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Registration Dates

Session 5 & 6

Member

December 4, 2023

Non-Member

December 18, 2023

Session 7 & 8

Member

February 5, 2024

Non-Member

February 19, 2024

Session 9

Member

April 1, 2024

Non-Member

April 15, 2024

Martial Arts Classes

Registration opens 30-days in advance of each class.

Kids Night Out! **New Class**

Ages 5-13

Kid's night out... and parents' night off! Enjoy an evening away while your kids experience a safe and exciting night out at Liberty! Registration includes dinner, games/crafts and lifeguarded swimming. We will end the night by preparing for bedtime with a late-night snack and a short kids show. Drop off and pick up is in the Conference Room. Children must be potty-trained to attend this event.

Fridays (monthly)

5:30-8pm Conference Room

4/12, 5/10, 6/21, 7/19

Members only \$25

Registration opens 4 weeks in advance of each class. **48-Hour Cancellation Policy**

Kids Kung Fu **Free Class**

Ages 8-12

Focus on fitness, proper technique and movement principles through the first levels of traditional Tongbei King Fu in this class which is based on the fundamentals of the Ma Family Tongbei.

Saturdays *Excludes 11/4, 1/13

11-11:30am Group Fitness Studio

9/9-6/8

Free to Members | \$10 for Non-Members

Registration Required

24-Hour Cancellation Policy

Younglings Saber Academy **Free Class**

Ages 7-12

Train like the Jedi and battle your way to fitness and fun with this high energy class using seven forms of lightsaber combat. Basic skills and principles of safety and technique will be taught using LED lightsabers. Lightsabers and protective equipment are provided, but you may bring your own.

Saturdays *Excludes 11/4, 1/13

11:30am-12pm Group Fitness Studio

9/9-6/8

Free to Members | \$10 for Non-Members

Registration Required

24-Hour Cancellation Policy



Basketball Fundamentals

Ages 9-11

The Basketball Fundamentals class will work on furthering skills and basic strategies of the sport. The class will help players increase their shooting, dribbling, passing, rebounding, and defensive skills. The class will include active games to keep kids moving and teach teamwork. Must be able to get the basketball above the 10-foot rim.

Class meets at indoor basketball court. Please bring water. **48-Hour Cancellation Policy**

Mondays

5-5:45pm Andrew Kearney

1/8-2/5	5 mtgs	\$75 (\$92)	Session 5
2/19-3/18	5 mtgs	\$75 (\$92)	Session 6
4/1-4/22	4 mtgs	\$60 (\$75)	Session 8
4/29-5/20	4 mtgs	\$60 (\$75)	Session 9

Adaptive Basketball

Ages 9+

This free program serves adults and children with disabilities, led by our own talented and enthusiastic Andrew Kearney. Register by calling us at 734-665-3738, extension 110. Members may register on-line or through the mobile app

Meets at the indoor basketball court.

Cost: Free

Time: 6-6:45pm

Who: Ages 9+

When:

- Friday, January 19, 2024
- Friday, February 16, 2024
- Friday, March 15, 2024
- Friday, April 19, 2024
- Friday, May 17, 2024



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Registration Dates

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Member

December 4, 2023

Non-Member

December 18, 2023

Session 7 & 8

Member

February 5, 2024

Non-Member

February 19, 2024

Session 9

Member

April 1, 2024

Non-Member

April 15, 2024

Summer Camp Registration

Member

February 12, 2024

Non-Member

February 26, 2024

Camps

Young 5's - Fifth Grade (current grade level)

If you are looking for fun during school vacation, Liberty is the place to be! Kids will be participating in sports, activities, and crafts. Camp includes free swim, rockwall climbing, organized games, and a 3-story play park. Lunch and two snacks are provided each day to campers. This program is for children in Young 5's thru Fifth Grade (current grade level).

Camp Pricing

Full Day

9:00am-5:00pm; \$75 (\$88) per day

Spring Break Camp

March 25, 26, 27

Registration Dates:

Member

February 5, 2024

Non-Member

February 19, 2024

Spring Camp Cancellation

March 17, 2024

