

## FAMILY-FRIENDLY PROGRAMS FOR PARENTS and KIDS

Contact Program Director, Kim Brodie for more information about these programs.  
734.665.3738 ext 57.

Registration is available now through Concierge Services.

### Advanced Rock Climbing for ages 7 & up

This class will provide participants with structured training designed to increase strength, endurance and climbing technique. Be sure to wear comfortable clothing and tennis shoes. Meets at the rock wall.

*2-day cancellation policy applies*

**Tuesdays, 6:00-7:00pm**

1/12-5/11 16wks does not meet 2/23, 4/6

Register in advance per day you wish to attend.

FEE: \$15 per day for member (\$22.50 nonmember)

NEW DAY!

### Family Yoga for kids ages 7&up & their parents

This class will teach basic yoga poses to help improve focus, relaxation and self-awareness. Parents are encouraged to participate with their children, but are not required to do so. Family Yoga meets in the Group Fitness Studio. Register in advance.

*2-day cancellation policy applies*

**Saturdays 1:15-2:15pm**

1/9-2/13 6wks FREE!

3/6-3/27 4wks FREE!

4/10-5/8 5wks FREE!

NEW!

### Rocks & Robots for kids ages 7&up & their parents

**Curiosity + Success = Engaged, Excited Learners!**

From programming a Lego robot to grab and move an object, to stretching our minds to build a catapult, to building a car from a cd-rom drive, this program is science and technology based for students ages 7 to 99, and beyond! No experience or prior knowledge is required for this program. *2-day cxl policy applies*

**Mondays 4:30-5:30pm**

1/11-2/15 6wks \$96 (\$120)

3/1-3/29 5wks \$80 (\$100)

ONE DAY ONLY!

### Scuba Party for ages 8 & up

Join experienced course director and EMU instructor David Kasper for this super fun introduction to scuba equipment and diving! Learn the basics while playing underwater frisbee and using other inventive techniques. *2-day cancellation policy applies*

Available one day only!

**Sunday, February 7<sup>th</sup>**

Choose 1:00-2:50pm or 3:00-4:50pm at the indoor lap pool

FEE: \$20 (\$25)

## WINTER/SPRING SESSION 2010 Program Policies

### Program Registration

Registration for all programs is done through our Concierge Desk. Both members and nonmembers must complete a registration form, and nonmembers must pay upon registration. Registration is accepted as space is available. You will be notified if a program is full and we cannot accept your registration. We reserve the right to cancel a program at any time; any registered participants will be notified in the event of program cancellation.

Registration forms may be faxed **-however-** faxing a registration form does not guarantee enrollment. Faxed forms will be processed Monday-Friday. You will receive a confirmation call, along with your registration status once your form has been processed. Please direct questions about faxed registration forms to Program Director, Kim Brodie, at 734-665-3738 ext. 57.

### Payment

Members: We will automatically bill programs and services to member accounts unless we receive an alternate method of payment before the program begins.

Nonmembers: Nonmembers must pay at the time of registration, **and** provide valid credit card information to keep on file (encrypted in our system). Liberty accepts nonmember payment by cash, Mastercard, Visa or Discover. *Eff. 7/1/09, we no longer accept nonmember checks.*

### Proration based on Late Enrollment

Should you choose to register for a program after it has begun, you will be charged only for the remainder of the program period. Late enrollment may not always be permitted.

### Refunds and Credits

In the case of severe injury or emergency, the cancellation policies and fees will be taken into consideration, and a partial or full refund may be issued.

### Cancellation Policies

#### **24-hour Cancellation Policy**

*applicable to: Private Swim, Private Tennis, Personal Training, Spa Services and Tennis Court Reservations*

A minimum of 24 hours is required for cancellation of the above services. Same-day cancellations or failure to cancel will result in the entire fee being retained. Should you arrive more than 15 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

#### **2-day Cancellation Policy**

Should cancellation be received within two days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

#### **5-day Cancellation Policy**

Should cancellation be received within five days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

#### **14-day Cancellation Policy**

Should cancellation be received within fourteen days (*two weeks*) of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

## Adult Programs



### Winter/Spring 2010



L I V E L I F E W E L L

2975 W. Liberty Rd. • Ann Arbor, MI 48103

www.libertyathletic.net • 734.665.3738

## FITNESS PROGRAMS and SMALL GROUP PERSONAL TRAINING

### FLEX-TECH: Flexibility Programs

Using the latest techniques and knowledge, this program will increase flexibility, range of motion in joints, and improve overall muscle function. FLEX-TECH meets in the fitness area located between the basketball court and the Group Fitness Studio. *2-day cancellation policy applies*

#### Tuesdays 9:30-10:30am

1/12-2/16	6wks	\$120 (\$150)
3/2-3/30	5wks	\$100 (\$125)
4/13-5/11	5wks	\$100 (\$125)
5/18-6/15	5wks	\$100 (\$125)

### TRI FIT: Triathlon Programs

These sport-specific programs help novice/beginners prepare for a triathlon. Register in advance for the program that addresses the discipline needing the most improvement or participate in all of them. Ages 16 & up.

*2-day cancellation policy applies*

#### TRI FIT Swimming

**PREREQ:** Participants should be able to swim at least one length of freestyle stroke.

Learn the basics of competitive swimming, build endurance and refine your stroke technique.

#### Thursdays 6:30-7:30pm Indoor Lap Pool (L2-4)

1/14 - 2/18	6 mtgs	\$112.50 (\$140.70)
3/4 - 4/1	5 mtgs	\$93.75 (\$117.25)
4/15 - 5/13	5 mtgs	\$93.75 (\$117.25)

#### TRI FIT Running

**PREREQ:** Properly fit running shoes are required.

Improve your form and build a base for running a race.

#### Wednesdays 6:30-7:30pm Indoor Track

3/3 - 3/31	5 mtgs	\$62.50 (\$78.25)
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#### TRI FIT Cycling

**PREREQ:** A heart rate monitor and cycling shoes are strongly recommended, though not required.

Learn proper form and basics of riding in a race.

#### Wednesdays 7:00-8:00pm Cycling Studio

4/14 - 5/12	5 mtgs	\$62.50 (\$78.25)
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#### TRI FIT (Capstone program)

**PREREQ:** Swim two laps without stopping, run two miles without stopping, and have previous cycling experience.

This capstone program features brick workouts geared toward building strength, speed and stamina. Training will consist of the three disciplines and concludes with a mini-triathlon on the last day. Meet in the lobby on the first day.

#### Saturdays 2:00-3:30pm

4/10 - 5/8	5 mtgs	\$105 (\$130)
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### ADULT KUNG FU

*ages 12 and up*

Shaolin Kung Fu is widely considered the "grandfather" of all Martial Arts. This continuing course will take you through the traditional sequence of training that has been practiced in China for centuries. You will learn the stances, basic kicks and punches, as well as the traditional forms that are the hallmark of Chinese kung fu. Build the discipline for fitness, meditation, self defense, and peace of mind as you forge the unity of mind, body, and spirit. Meets at the indoor, full-size basketball court. *2-day cancellation policy applies*

Please wear black, loose-fitting pants, and tennis shoes.

#### Mondays and Wednesdays 7:00-8:00pm

1/11-2/15	6wks, 12mtgs	\$96 (\$120)
3/1-3/31	5wks, 10mtgs	\$80 (\$100)
4/12-5/12	5wks, 10mtgs	\$80 (\$100)
5/17-6/17	5wks, 9mtgs	\$72 (\$90)

*'Young Dragons' Youth Kung Fu is also available! Find 'Young Dragons' information in the YOUTH PROGRAMS brochure.*

## SMALL GROUP TRAINING

### Specialty Training

**Jan-March**

Each program's Personal Trainer determines the focus of the 4-person training group. An economical choice for personal training! Please see the **SMALL GROUP TRAINING BROCHURE** for details.

### 'Just Strength Training' Jan-March

Our new 'Just Strength Training' programs have been specifically designed to prevent muscle loss and increase strength in the adult population, **40-60 years of age**. 'Just Strength Training' programs are held in a semi-private personal training setting with a maximum of 4 participants, and meet once a week for 8 weeks. Please see the **SMALL GROUP TRAINING BROCHURE** for details.

### Tower Training

**Tower Classes** - Tower Training classes offer an efficient and economical way to personal train. Held as small groups with a maximum of seven participants, you'll definitely feel the burn in both 25 and 50 minute classes. **SEE THE TOWER TRAINING BROCHURE FOR DETAILS.**

**Tower Programs** - JumpStart January, Spring into Shape, and Shape Up for Summer are four-week, get in shape fitness programs, with workouts featuring FreeMotion Towers exclusively. The programs include pre-and post- measurements with a personal trainer, as well as three tower training workouts per week. **SEE THE TOWER TRAINING BROCHURE FOR DETAILS.**

## RECREATIONAL/SOCIAL

### VOLLEYBALL *ages 17 and up*

**NEW!**

**Bump, Set, Spike - for FUN!**

Liberty's NEW volleyball program gives adults an opportunity to stay fit, socialize and have a great time playing this team sport! The first half hour will focus on improving specific skills, while the rest of the time will be spent playing the game. Play will be competitive (*we're keeping score!*) yet friendly in nature. **Good sportsmanship is a must!** Volleyball-specific knee pads are recommended. Meets at the basketball court.

*Register through the Concierge. 2-day cancellation policy applies.*

#### Fridays, 6:30-7:45pm\*

1/15-2/12	5wks	\$50 (\$62.50)
3/5-3/26	4wks	\$40 (\$50)

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*\*Treehouse Activity Center is OPEN until 8pm!*

### LINE DANCING *ages 16 and up*

**NEW!**

**Not just for country music...come try it!**

This NEW program is for *anyone at any level!* Learn dances to a variety of music, from Top 40 to Country. Line dancing provides a fun way to stay fit and socialize. No partner required! Wear comfortable clothing and shoes; meets in the Group Fitness Studio. *No high heels, please!*

*Register through the Concierge. 2-day cancellation policy applies.*

#### Fridays, 7:15-8:00pm\*

1/15-2/19	6wks	\$72 (\$90)
3/5-3/26	4wks	\$48 (\$60)

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*\*Treehouse Activity Center is OPEN until 8pm!*

## ALSO AVAILABLE...

### Personal Training and Services

Private and semi-private personal training is available with trainers specializing in Pilates, TaiChi, specific sports, injury prevention and recovery, and more! Personal Training Services include Fitness Assessments, Body Composition Analysis, MAT training and Complimentary Equipment Orientations. Please refer to our **PERSONAL TRAINING BROCHURE** for details and fees.

**Group Fitness Classes** Liberty offers over 50 Group Fitness classes per week, including Cycling, Bootcamp, Pilates and Yoga - all of which are included in your membership! Group Fitness classes are for Liberty members only. Please refer to our **GROUP FITNESS SCHEDULE** for current class offerings.

**Adult Tennis** Please refer to the **ADULT TENNIS BROCHURE** for information about adult tennis programs, including various competitive tennis leagues and introductory level instruction.