

Lets Dance

Ballet Ages 4-5 & 6-8

This 45 minute class will focus on the fundamentals of classical ballet technique. Each class focuses on proper posture, positions, and alignment as well as flexibility and strength. Your child will learn basic ballet vocabulary and cultivate self-confidence while having fun and making new friends. Leotards, tights and ballet slippers are required. Meets in the Group Fit room. *2-day cxl policy*

Ages 4-5 *Lori Stefanic*

Tuesdays	4:30-5:15pm
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9/13-9/27	3mtgs	\$24 (\$30)
10/4-10/25	4mtgs	\$32 (\$40)
11/1-11/22	4mtgs	\$32 (\$40)
11/29-12/20	4mtgs	\$32 (\$40)



Ages 6-8 *Lori Stefanic*

Wednesdays	4:30-5:15pm
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9/14-9/28	3mtgs	\$24 (\$30)
10/5-10/26	4mtgs	\$32 (\$40)
11/2-11/16	3mtgs	\$24 (\$30)
11/30-12/21	4mtgs	\$32 (\$40)

Tiny Tots Ages 2-3

Tiny Tots is designed for the very young dancer between the ages of 2 and 3 years old. Different dance activities and creative props will be used to develop balance, coordination, and rhythm as well as fine and gross motor skills. This fun and energetic half hour will focus on following directions as well as taking turns and working together as a group. Ballet shoes are required. Meets in the conference room. *2-day cxl policy*

Lori Stefanic

Thursdays	9:30-10:00am
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9/15-9/29	3mtgs	\$21 (\$27)
10/6-10/27	4mtgs	\$28 (\$36)
11/3-11/17	3mtgs	\$21 (\$27)
12/1-12/22	4mtgs	\$28 (\$36)



Hip Hop Ages 8-13

Have a blast learning the latest dance moves to popular music! This 45 minute class encourages creativity and self expression while teaching beat and rhythm. Two short dance routines will be taught in the session, as well as floor tricks and stalls. Wear tennis shoes. Meets in the Group Fit room. *2-day cxl policy*

Lori Stefanic

Thursdays	4:30-5:15pm
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11/3-11/17	3mtgs	\$24 (\$30)
12/1-12/22	4mtgs	\$32 (\$40)

Basketball Drills & Skills Ages 9-12

Your basketball player will learn and develop the fundamentals of the game by performing conditioning drills, playing competitive games and participating in skill-building contests. Meets on the Adult Basketball Court. *2-day cxl policy*

Chris Bohn

Wednesdays	6:30-7:15pm
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10/5-10/26	4mtgs	\$30 (\$40)
11/2-11/16	3mtgs	\$22.50 (\$30)



Youth Lacrosse - Inter. Ages 12-16

Consider this clinic a great off season opportunity to sharpen your skills. It will be instructed by Matt Frey, a seasoned player and coach who has a passion for the sport. Each week will focus on specific skills including: fundamentals, ball drills, conditioning, tricks, power moves, defensive moves. Scrimmages will be held at the end of each class. Bring your Lacrosse stick, helmet, gloves and mouth guard to each class. No metal spikes. Meets in the Activity Center. *2-day cxl policy*

Matt Frey

Wednesdays	5:30-6:30pm
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9/14-9/28	3mtgs	\$30 (\$37.50)
10/5-10/26	4mtgs	\$40 (\$50)



Kids Tri-Fit Ages 12-15

Tri-fit for Kids is an action-packed 4 week training session incorporating swimming, cycling and running. Participating in this clinic is a fun way to prepare for a triathlon. The last meeting will give you a chance to combine all the skills you have gained in a Liberty hosted triathlon. Wear comfortable clothing, bring swim suit and towel along with a water bottle. *2-day cxl policy*

Lizzy Shurmur

Tuesdays	5:30-6:30pm
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10/4-10/25	4mtgs	\$75 (\$94)
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Kids Basic Training Ages 4-7 & 8-12

Kids ages 4-12 will love these high energy classes! They'll learn the proper way to stretch and warm-up before engaging in a workout, as well as focus on developing coordination, flexibility and proper running skills. **Meets in the Lagoon Activity Center.** *Please, no black-soled tennis shoes.* IF THE KIDS ARE IN THE TREEHOUSE DURING THIS TIME, we can escort them to and from class! Call Kim for details. 665-3738 ext. 57.

Ages 4-7 *Keely Hoffman*

Tuesdays	6:45-7:30pm
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9/20-12/20

Ages 8-12 *Jason Shurmur*

Thursdays	6:45-7:30pm
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9/22-12/22

FREE! Kids' Basic Training is a FREE program, for members only!
No sign-up necessary - JUST DROP IN!

Shake-Rattle-Roll Ages 3-5

This playtime is for 3-5 year old children to experience a variety of activities. These activities include parachute games, ball games, obstacle courses and tumbling to help improve strength, flexibility and coordination. *Please, no black-soled tennis shoes.* Meets in the Lagoon Activity Ctr. *2-day cxl policy*

Keely Hoffman

Fridays	9:45-10:30am
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10/7-10/28	4mtgs	\$28 (\$45)
11/4-11/18	3mtgs	\$21 (\$33.75)
12/2-12/23	4mtgs	\$28 (\$45)



Family Yoga

For kids ages 7 & up, and 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. *2-day cxl policy*

Chrissy Hanna

Sundays	3:00-4:00pm
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10/9-12/18

FREE! Family Yoga is a FREE program, for members only!
No sign-up necessary - JUST DROP IN!

American Girl Swim Party

Ages 5-7 & 8-11

Get ready for some American Girl Doll fitness and fun at Liberty Athletic Club. Our two hour fun packed celebration will include a swim party and a yoga session with a healthy treat. P.S. don't forget to bring your doll and dress her up in a bathing suit if she has one. Meets in the Conference Room. *2-day cxl policy*

Ages 5-7 *Kim Franco*

Sunday	1:30-3:30pm
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11/6	1mtg	\$12 (\$15)
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Ages 8-11 *Kim Franco*

Sunday	1:30-3:30pm
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11/6	1mtg	\$12 (\$15)
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Baby-Sitter Training Ages 11-15

To provide youth who are planning to baby-sit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a baby-sitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Through a unique, interactive educational format, participants will learn by doing. *2-day cxl policy*

Kim Brodie

American Red Cross

Saturday	9:00am-3:00pm
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10/15	1mtg	\$93.50 (\$100)
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NEW!



SEASONAL SPECIALTIES!

Trick or Treat at LAC! Ages 18mos-5years

Friday, October 28 from 10:30-11:00am
Sign up sheet will be in the Treehouse in October!

Dress up your itty-bitty and bring them to the Treehouse for this festive FREE event! The kids will parade through the club, stopping at various departments to receive fun treats and trinkets. Parents are encouraged to dress up too, or simply wear orange and black!



Jack-o'-lantern Jamboree Ages 4-8

Friday, October 28 from 6:00-9:00pm
FEE: \$20 (\$20)

Have a haunting Halloween at Liberty! Kids will have a blast swimming in the Lagoon, making a craft, hanging out in the Treehouse and eating pizza for dinner. Be sure to pack the kids' swimsuits, towels and tennis shoes! Each child must have a current emergency card on file, and please - **potty-trained participants only! Meets in the Conference Room.**

Please be prompt when picking up your child(ren) from this event as the club closes at 9:00pm on Fridays. A late pick-up fee will be assessed after 9:00pm. 5-day cxl policy applies

December Only!

'School's Out' Activity Camp Ages 5-10

If you're looking for fun during school vacation, Liberty is the place to be! Kids ages 5-10 will spend an action-packed day participating in activities like basketball, floor hockey, swimming in the 'Liberty Lagoon' waterpark, and more. An afternoon snack is included each day; every camper must have a current emergency form on file. **Register for one day or for all of them!**

*2-day cxl policy applies to each day of Activity Camp
Contact Kim Brodie for details.*

Activity Camp 12:30-5:00pm
Post Camp 5:00-5:30pm

Tues 12/27, Wed 12/28, Thur 12/29, Fri 12/30,
Tues 1/3, Wed 1/4, Thur 1/5, Fri 1/6
FEE per day Activity Camp: \$34 (\$47)
FEE per day Post Camp: \$5 (\$7.50)

FALL SESSION 2011 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. **FAX: 734-665-6353**

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.

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/Semi-Private Swim Lessons, Personal Training, Spa Services, Tennis Court Reservations, Private/Semi-Private Tennis Lessons and Tennis Practices

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.



Youth Programs Fall 2011

revised August 11, 2011



**LIBERTY
ATHLETIC
CLUB**

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

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