

GENERAL CLUB INFORMATION

HOURS OF OPERATION

Mon-Fri	5:30am-9pm
Saturday	7am-7:30pm
Sunday	7am-9pm

BUSINESS OFFICE

Mon-Fri	9am-2pm
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MEMBERSHIP SALES

Mon -Thu	10am-7pm
Friday	10am-4:30pm
Saturday	10am-4pm
Sunday	10am-3pm

The Membership Sales Department can be reached at 734.665.3738 ext. 112 or sales@libertyathletic.net to schedule your appointment.

CAFÉ LIBERTY

Mon-Thur	8:30am-6:30pm
Friday	8:30am-1:30pm
Saturday	9am-4:30pm
Sunday	10am-4:30pm

(hours are subject to change)

Items to Go

Café items are available and may be purchased at the front desk during non café hours.

TREE HOUSE ACTIVITY CENTER

Monday - Sunday
8:30am-1pm

Monday, Tuesday, Thursday
4:00pm-7:00pm

INDOOR LAP POOL AVAILABILITY

Reservations for lap swimming may be made two days in advance through the mobile app or online member portal.

CLUBWIDE GUEST FEES

Age 11 & under	\$12
Tennis/Pickleball Only	\$12
Age 12-17	\$15
Age 18 & up	\$18
IHRSA	\$9

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Basketball Court Reserved Times

Monday	6-7am	Group Fitness
	8:45-10:30am	Group Fitness
Tuesday	8:30-9:15am	Group Fitness
Wednesday	6-7am	Group Fitness
	9:30-10:30am	Group Fitness
Thursday	8:30-10:15am	Group Fitness
	6:00-8:30pm	Adult Drop-In Basketball
Friday	6-7am	Group Fitness
	9:30-10:30am	Group Fitness
Saturday	9:30am-12pm	Adult Drop-In Basketball

General Age Requirements

Children must be 12 and older to be dropped off at Liberty without a parent on the premises, unless in an organized Liberty program. The Tree House Activity Center is not a 'program', thus it requires parent/legal guardian to remain on the premises.

Fitness/Group Fitness

Ages 12-under may use the fitness floor only when working with a personal trainer; they may use the track and the basketball court only when accompanied by a parent.

Ages 12-up may use cardio equipment, Free Motion and Life Fitness Insignia circuits after receiving their New Member Personal Training (NMPT), participate in group fitness classes (*with the exception of Strength Cycle*), and use the track and the basketball court.

Ages 14-up may use cardio equipment, Free Motion and Life Fitness Insignia circuits after receiving their NMPT, participate in group fitness classes (*Strength Cycle when accompanied by a parent*), and use the free weight area after receiving their NMPT only when accompanied by a parent or a personal trainer.

Ages 15-up may use cardio equipment, Free Motion and Life Fitness Insignia circuits after receiving their NMPT, participate in group fitness classes, and use the free weight area after receiving their NMPT.

Indoor Full-size Basketball Court

Ages 12-under must be accompanied by a parent. Ages 12-up may use the basketball court unaccompanied.

Indoor Track

Ages 12-under must be accompanied by a parent. Ages 12-up may use the indoor track unaccompanied.

Indoor Lap Pool

Ages 15-under must be lap swimming and be accompanied by a parent

Locker Rooms

Boys may enter the women's family locker room, and girls may use the men's locker room until their 4th birthday. Upon children turning 4 years old, please use locker rooms of 'matching' gender, or use the Family Locker Room (*co-ed*) located on the east side of the indoor swimming pool. Please note there is a women's family locker room and a women's adult locker room (*females must be 16 years of age to use the adult locker room*).

Hours & Info

2025

Revised March 10, 2025

Effective January 2, 2025



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