

YOUTH PROGRAMS

Intro to Basketball Fundamentals Ages 7-8

The Intro to Basketball Fundamentals class teaches kids the basic skills and rules needed to play basketball. The class will introduce the techniques of shooting, dribbling, passing, rebounding, and defense. 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

Wednesdays	5:00pm-5:45pm	<i>Andrew Kearney</i>
9/14-10/19	6 mtgs	\$90 (\$110)
11/2-12/14	6 mtgs	\$90 (\$110) *Excludes 11/23

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

Thursdays	5:00pm-5:45pm	<i>Andrew Kearney</i>
9/15-10/20	6 mtgs	\$90 (\$110)
11/3-12/15	5 mtgs	\$75 (\$92) *Excludes 11/24,12/8



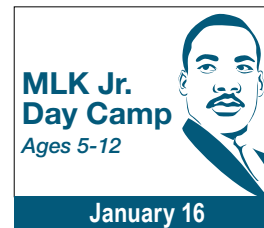
CAMPS

Camps

Register for one day or for all of them!

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*).

Registration is open 30 days before each camp.
There is a 5-day cancellation policy for camp programs.



Camp Pricing

Full Day
9:00am-5:00pm; \$74 (\$87) per day

Youth Programs

Fall 2022

revised November 15, 2022



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net

FREE YOUTH PROGRAMS



Youth Yoga **Free Class**

Ages 5-10

This class will introduce children ages 5-10 to mindfulness, yoga, and breath work. Utilizing games, books, 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.

Sundays	11:15-11:45am <i>Group Fitness Studio</i>
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9/11-12/18 Free - Members Only **Registration Required**

Shake-Rattle-Roll **Free Class**

Ages 2-4

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 Treehouse visit before or after class and we will escort them to and/or from class!

Mondays	9:30-10:00am <i>Conference Room</i>
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10/24-12/19 For members only / Registration opens 6 days in advance of each class.
*Excludes 10/31

Tuesdays	10:30am-11:00am <i>Conference Room</i>
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10/25-12/20 For members only / Registration opens 6 days in advance of each class.
*Excludes 11/1, 11/8

FREE YOUTH PROGRAMS



Bounce House Days **Free Class**

Ages 3-12

Come join us for some jumping, and obstacle course fun! We will have an inflatable bounce house available to younger children ages 3-7, and an inflatable obstacle course for children ages 5-12. Children 8 and under must be accompanied by an adult.

Saturday	1:30-3:30pm <i>Adult Basketball Court</i>
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10/22, 11/5, 12/17 For members only
Registration not required

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	11:00-11:30am <i>Group Fitness Studio</i>
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9/10-12/17 Free to Members | \$10 for Non-Members
*Excludes 11/26 **Registration Required**

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	11:30am-12:00pm <i>MInd Body Studio</i>
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9/10-12/17 Free to Members | \$10 for Non-Members
*Excludes 11/26 **Registration Required**

FREE YOUTH PROGRAMS



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-12:00pm <i>Lagoon Activity Center</i>
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11/2-12/14 For members only / Registration not required

Thursdays	10:30am-12:00pm <i>Lagoon Activity Center</i>
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11/3-12/15 For members only / Registration not required
*Excludes 11/24

INFORMATION

Contact Sara Scheil, Youth Services Director for further information at 734-665-3738 ext. 190 or e-mail her at sara.scheil@libertyathletic.net.