

## YOUTH PROGRAMS



### Parents Night Out Ages 5-12

Enjoy a night out while your children enjoy games, gym time, the rockwall and more! Pizza dinner is included. Must be 45 lbs. to climb the rockwall. *48-Hour Cancellation Policy*

Fridays	5:00-8:00pm	Conference Room
4/24	\$24 (\$30)	Registration is required
5/22	\$24 (\$30)	Registration is required



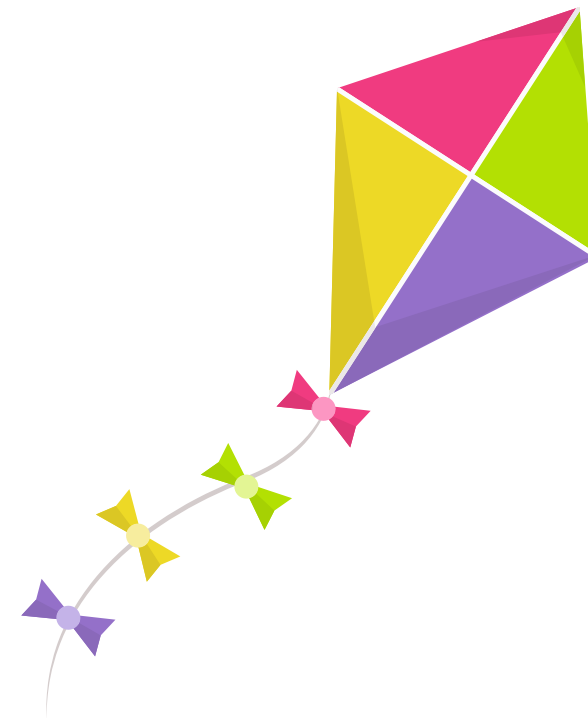
## INFORMATION

Contact Meaghan Kennedy, Camp & Youth Programs Director for further information at 734-665-3738 ext. 157 or e-mail her at [meaghan.kennedy@libertyathletic.net](mailto:meaghan.kennedy@libertyathletic.net).

# Youth Programs

Spring 2020

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## FREE YOUTH PROGRAMS

### Shake-Rattle-Roll **Free Class** Ages 2-4

This playtime is designed to include a variety of activities for children ages 2-4. Obstacle courses, ball games, movement and music activities will all help to improve strength, flexibility, and coordination. If your child is in the Treehouse we can escort them to and from class! *24-Hour Cancellation Policy*

<b>Mondays</b>	<b>9:45-10:15am</b> Conference Room
	<b>10:30-11:00am</b> Conference Room

4/6-5/18 Members only / Registration opens 6 days in advance of each class

<b>Fridays</b>	<b>9:45-10:15am</b> Conference Room
	<b>10:30-11:00am</b> Conference Room

4/10-5/22 Members only / Registration opens 6 days in advance of each class

### 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.

<b>Tuesdays</b>	<b>10:30am-12:00pm</b> Lagoon Activity Center
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4/7-6/9 Members only / Registration not required

<b>Thursdays</b>	<b>10:30am-12:00pm</b> Lagoon Activity Center
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4/9-6/11 Members only / Registration not required

### Kids Dance **Free Class** Ages 5+

A high energy class that combines the hit music kids love with easy to learn dance styles like swing, hip hop, and salsa. Suitable for all levels of fitness, no experience needed. Parents are welcome to participate with their children, but are not required to do so. Children 8-under must be accompanied by an adult. *24-Hour Cancellation Policy*

<b>Wednesdays</b>	<b>6:00-6:30pm</b> Group Fitness Studio
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4/8-5/20 Members only / Registration opens 6 days in advance of each class

## FREE YOUTH PROGRAMS

### Kid Fit **Free Class** Ages 4-6

Kid Fit introduces conditioning, obstacle play, group games and more to children ages 4-6. With different activities each week, it's sure to keep them moving. We can escort participants to the Treehouse after class upon request! *24-Hour Cancellation Policy*

<b>Tuesdays</b>	<b>5:00-5:45pm</b> Group Fitness Studio
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4/7-5/19 Members only / Registration opens 6 days in advance of each class

### Tween Fit **Free Class** Ages 7-12

Tween Fit introduces sports, conditioning, group games and more to tweens ages 7-12. With different activities each week, it's sure to keep them moving. *24-Hour Cancellation Policy*

<b>Thursdays</b>	<b>5:00-5:45pm</b> Group Fitness Studio
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4/9-5/21 Members only / Registration opens 6 days in advance of each class

### Bounce House Days **Free Class** Ages 2 & up

Come join us for some inflatable fun! We will have a bounce house for participants under 40" and an inflatable obstacle course for those above. Children 8 & under must be accompanied by an adult.

<b>Saturdays</b>	<b>2:00-4:00pm</b> Adult Basketball Court
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4/18 Members only / Registration not required



## FREE YOUTH PROGRAMS



### Youth Yoga **Free Class** Ages 6-10

This class will introduce children ages 6-10 to mindfulness, yoga, and breath work. Utilizing games, books and playful movement, children will explore yoga exactly where they're at developmentally with a goal of building confidence and greater awareness of themselves and the world around them. Children are encouraged to attend on their own, though we are flexible. *24-Hour Cancellation Policy*

<b>Sundays</b>	<b>1:30-2:15pm</b> Mind Body Studio
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4/19-5/17 Members only / Registration opens 6 days in advance of each class

## LIBERTY MARTIAL ARTS

For a complete description of the classes, please refer to our Martial Arts Brochure. *24-Hour Cancellation Policy*

### Younglings Basic Saber **Free Class** Ages 5-12

<b>Wednesdays</b>	<b>5:00-5:30pm</b> Mind Body Studio
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4/8-6/10 Free to Members / \$10 for Non-Members  
Registration is required

### Kung Fu Fundamentals **Free Class** Ages 5-12

<b>Thursdays</b>	<b>5:00-5:30pm</b> Mind Body Studio
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4/9-6/11 Free to Members / \$7 for Non-Members  
Registration is required

### Kung Fu Basic Exercises **Free Class** Ages 8-12

<b>Thursdays</b>	<b>5:30-6:00pm</b> Mind Body Studio
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4/9-6/11 Free to Members / \$7 for Non-Members  
Registration is required