

LIBERTY LAGOON



Lagoon Indoor Waterpark

Mon-Fri	5:30am-8pm
Saturday	7am-6:30pm
Sunday	7am-6:30pm

Indoor Waterpark Policies

During **non-lifeguarded** Indoor Waterpark hours, children under age 15 must be accompanied by a parent in the pool area.

During **lifeguarded** Indoor Waterpark hours, children under the age of 12 must be accompanied by a parent in the pool area.

The indoor waterpark's waterslide has a height requirement of 48".

Weather Policies

The Lagoon is **not scheduled to be lifeguarded** during the summer season. Should the outdoor waterpark close due to inclement weather or other circumstances, the lifeguard staff from outside will move indoors.

Liberty's Outdoor Waterpark will close if the outdoor temperature is less than 70 degrees. As a result, the 'Liberty Lagoon' indoor waterpark will open for use.

When lightning is sighted, the Indoor Lagoon Waterpark and all Outdoor Pools, must close for 20 minutes. The Indoor Adult Lap Pool will remain open for lap swimming only. Please note, during inclement weather private and group lessons may be held in the indoor adult lap pool.

Outdoor Waterslide Requirements

Outdoor waterslide riders must be able to swim (*swim test may be required*) and must be 42" tall.

LAGOON ACTIVITY CENTER



The Lagoon Activity Center features our 26' Indoor Climbing Wall, a large three level Obstacle Play Park, and a half-court basketball court!

Hours

Mon-Fri	5:30am-8pm
Saturday	7am-6:30pm
Sunday	7am-6:30pm

Supervised Hours & Rockwall

Mon, Wed, Fri	9:30am-12:30pm
Tue & Thu	4pm-7pm
Saturday	9:30am-12:30pm
Sunday	10am-1pm

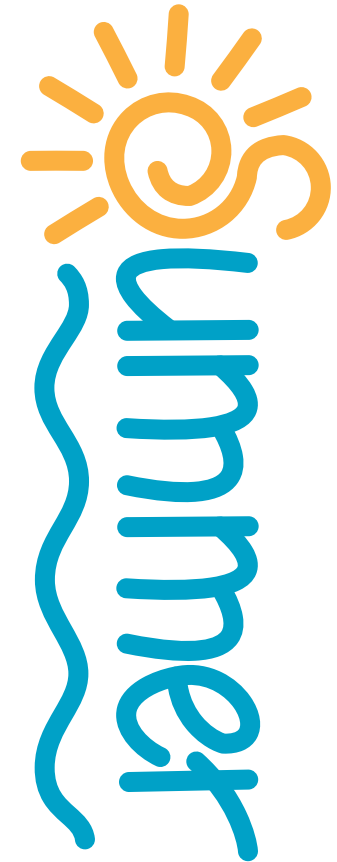
Lagoon Activity Center Policies

Children under age 8 must be accompanied by a parent. Ages 8 and up may use this area unaccompanied, as long as parents remain on Liberty's premises. Climber's must weigh **a minimum of 45 pounds and a maximum weight of 250lbs.**

Children must be **5 years of age or older** to play on the Obstacle Play Park structure.

Youth Programs Summer 2022

revised July 11, 2022



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Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net

YOUTH PROGRAMS



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.

Registration Required

Saturdays	11:00-11:30am Group Fitness Studio
4/2-8/27	Free to Members \$10 for Non-Members *Excludes 4/16, 5/28

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.

Registration Required

Saturdays	11:30am-12:00pm Mind Body Studio
4/2-8/27	Free to Members \$10 for Non-Members *Excludes 4/16, 5/28

YOUTH PROGRAMS



Youth Yoga **Free Class**

Ages 5-10

This class will introduce children ages 5-10 to mindfulness, yoga, and breathwork. 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 Group Fitness Studio
4/4-6/12	Free - Members Only

Family Yoga **Special Summer Class**

Ages 5+

Join Irina, Liberty Athletic Club Group Fitness Instructor, for a yoga class perfect for the whole family.

Sundays	11:15-11:45am Group Fitness Studio
6/17 & 7/15	Free - Members Only Registration Required



YOUTH PROGRAMS



new class Youth Intro to Strength **Ages 12-15**

If your child is interested in strength training for sports, or just for fitness, this class is where they should begin! Not only will they learn proper technique, but they'll start building fitness and strength while learning.

Led by Liberty's certified personal trainers, this three-class program will safely introduce young participants to the fundamental principles of strength training. The goal of the program is to have each participant understand and demonstrate proper technique and form in five foundational movement patterns: Squatting, Lifting, Lunging, Pushing, Pulling. All participants will begin using body weight and will only be progressed to light dumbbells, bands, and medicine balls after demonstrating proper technique.

Class meets in the Performance Training Area. Please bring water. *-Hour Cancellation Policy*

Tuesdays	5:00pm-5:45pm Andrew Kearney
6/14-6/28	3 mtgs \$45 (\$54)
7/5-7/19	3 mtgs \$45 (\$54)
8/16-8/30	3 mtgs \$45 (\$54)

new class Basketball Fundamentals **Ages 7-11**

This program is led by Personal Trainer Andrew Kearney. He will introduce the fundamentals of basketball while developing skills using drills and games. 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 Andrew Kearney
6/15-7/27	6 mtgs \$78 (\$96) *Excludes 7/6 FULL

Thursdays	5:00pm-5:45pm Andrew Kearney
6/30-7/28	4 mtgs \$52 (\$64) *Excludes 7/7