

CAMPS

Camps

Register for one day or for all of them!

If you are looking for fun during school vacations, Liberty is the place to be! Kids will be participating in sports, activities, crafts, free swim, rockwall climbing, organized games and playtime in our 3-story obstacle play park. Lunch will be provided each day to full and morning half day campers. Liberty will also provide two snacks to full day campers and one snack to half day campers. Camps meet in the Conference Room. Every camper must have a current emergency form on file. *7-Day cancellation policy applies to each day of camp.*



Camp Pricing

Half Day – AM

9:00am-1:00pm; \$40 (\$48) per day

Half Day – PM

1:00-5:00pm; \$40 (\$48) per day

Full Day

9:00am-5:00pm; \$66 (\$79) per day

Pre-Camp Option

8:00-9:00am; \$5 (\$6) per day

Post-Camp Option

5:00-6:00pm; \$5 (\$6) per day

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.

Youth Programs

Winter 2020

revised December 28, 2019



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

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*

Mondays	9:45-10:15am Conference Room
	10:30-11:00am Conference Room

1/13-3/23 Members only / Registration opens 6 days in advance of each class
Excludes 1/20 & 2/17

Fridays	9:45-10:15am Conference Room
	10:30-11:00am Conference Room

1/17-3/27 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.

Tuesdays	10:30am-12:00pm Lagoon Activity Center
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1/14-3/24 Members only / Registration not required
Excludes 3/10

Thursdays	10:30am-12:00pm Lagoon Activity Center
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1/16-3/26 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*

Wednesdays	6:00-6:30pm Group Fitness Studio
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1/15-3/25 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*

Tuesdays	5:00-5:45pm Group Fitness Studio
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1/14-3/24 Members only / Registration opens 6 days in advance of each class
Excludes 3/10

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*

Thursdays	5:00-5:45pm Group Fitness Studio
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1/16-3/26 Members only / Registration opens 6 days in advance of each class



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*

Sundays	1:30-2:15pm Mind Body Studio
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1/12-3/29 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.

Saturdays	2:00-4:00pm Adult Basketball Court
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1/18 Members only / Registration not required
2/15 Members only / Registration not required
3/21 Members only / Registration not required

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
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1/31	\$24 (\$30)	Registration is required
2/28	\$24 (\$30)	Registration is required
3/27	\$24 (\$30)	Registration is required

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

Wednesdays	5:00-5:30pm Mind Body Studio
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1/8-3/25 Free to Members / \$10 for Non-Members
Registration is required

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

Thursdays	5:00-5:30pm Mind Body Studio
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1/9-3/26 Free to Members / \$7 for Non-Members
Registration is required

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

Thursdays	5:30-6:00pm Mind Body Studio
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1/9-3/26 Free to Members / \$7 for Non-Members
Registration is required