

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. *48-Hour 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.

SEASONAL SPECIALTIES

FREAKY FUN FAMILY FITNESS DAY!

**Sunday, October 21st
2:30pm-5:00pm**

Open to Members & their Immediate Family
Members are **Free** / Registration Required
\$12 for Non-Member Parent or Child
Registration Begins Sept. 4th - Oct. 20th
48-Hour Cancellation Policy



Trick or Treat at LAC Ages up to 5 Years

Wednesday, October 31 from 10:30-11:00am
Sign up sheet will be in the Treehouse in October!

Dress up your itty-bitty and bring them to the Treehouse for this festive **FREE** event! The kids will parade through the club, stopping at various departments to receive fun treats and trinkets. Parents are encouraged to dress up too, or simply wear orange and black!

Youth Programs

Fall 2018

revised October 31, 2018



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	<i>Conference Room</i>
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9/10-12/10 For members only / Registration opens 6 days in advance of each class.

Fridays	9:45-10:15am	<i>Conference Room</i>
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9/14-12/14 For members only / Registration opens 6 days in advance of each class. *Excludes 11/23*



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. *24-Hour Cancellation Policy*

Tuesdays	10:30am-12:00pm	<i>Lagoon Activity Center</i>
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9/11-12/18 For members only / Registration not required *Excludes 11/6*

Thursdays	10:30am-12:00pm	<i>Lagoon Activity Center</i>
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9/13-12/20 For members only / Registration not required *Excludes 11/22*

Dance Fit **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*

Saturdays	2:15-3:00pm	<i>Group Fit Studio</i>
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9/22, 10/20 & 11/10 For 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. If your child is in the Treehouse we can escort them to and from class! *24-Hour Cancellation Policy*

Tuesdays	6:30-7:15pm	<i>Lagoon Activity Center</i>
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9/11-12/11 For 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*

Thursdays	6:30-7:15pm	<i>Lagoon Activity Center</i>
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9/13-12/13 For members only / Registration opens 6 days in advance of each class. *Excludes 11/22*

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.

Saturday	2:00-4:00pm	<i>Adult Basketball Court</i>
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9/29, 11/17 & 12/15 For members only

LIBERTY MARTIAL ARTS

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

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

Wednesdays	5:00-5:30pm	<i>Mind Body Studio</i>
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9/5-12/19 Free to Members / \$10 for Non-Members
Registration is required **Excludes 10/17, 11/21*

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

Thursdays	5:00-5:30pm	<i>Mind Body Studio</i>
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9/6-12/20 Free to Members / \$7 for Non-Members
Registration is required **Excludes 11/22*

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

Thursdays	5:30-6:00pm	<i>Mind Body Studio</i>
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9/6-12/20 Free to Members / \$7 for Non-Members
Registration is required **Excludes 11/22*

YOUTH PROGRAMS

Homeschool Fit Ages 8-12

Homeschool Fit introduces sports, conditioning, group games and more! With different activities each week, it's sure to keep them moving. For members and non-members. *48-Hour Cancellation Policy*

Wednesdays	1:00-2:00pm	<i>Lagoon Activity Center</i>
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11/7-12/12 \$5 (\$8) per class **Excludes 11/21*
Registration required in advance per day.

Youth Dodgeball Ages 8-12

Come join your friends for a friendly game of dodgeball at Liberty. We use safe, sting-free Gator Skin balls that are easy to catch. You will learn a new variation of dodgeball each week and play with different players. *48-Hour Cancellation Policy*

Wednesdays	6:30-7:15pm	<i>Adult Basketball Court</i>
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9/19-10/10 4mtgs \$20 (\$24)

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. *24-Hour Cancellation Policy*

Fridays	5:00-8:00pm	<i>Conference Room</i>
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9/28 \$24 (\$30)
10/26 \$24 (\$30)
11/16 \$24 (\$30)

Registration is required

Parents Afternoon Out Ages 1 ½-12

Enjoy an afternoon out while your children ages 1-1/2 to 4 enjoy the Treehouse, and your children ages 5-12 enjoy games, gym time, rockwall and more! The Lagoon Play Structure is for ages 5-up only. Children must be a minimum of 45 lbs. to climb the rockwall. Please be prompt when picking up your child(ren) from this event. A late pick-up fee of \$20 will be assessed after 5:45pm. *24-Hour Cancellation Policy*

Saturday	2:30-5:30pm	<i>Treehouse</i>
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12/15 \$15

For members only / Registration is required

INFORMATION

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