

FALL FAMILY EVENT



# Spooktacular

## TRUNK -OR- TREAT EVENT

OCTOBER **17** 1 PM - 3 PM

Families wear your costumes and boo-ckle up and get ready for a fun and eerie walk through our Liberty Athletic Club south parking lot, where there's no shortage of Halloween spirit! Your family will marvel at our decorated cars and tricked-out trunks, ghoulish games & activities, photo op, and plenty of treats!

### Open to Members & Their Immediate Family

*Children under 12 must be accompanied by an adult*

**Free to Members**

**\$12/Non-Member**

*(Parent, Grandparent, Child, Grandchild)*

**Registration Required by October, 11**

*48-Hour Cancellation Policy*

**Youth Programs**  
Fall 2021

*revised September 15, 2021*



**LIBERTY**  
ATHLETIC CLUB

2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
[www.libertyathletic.net](http://www.libertyathletic.net)

## 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*).

*There is a 5-day cancellation policy for camp programs.*



### Camp Pricing

#### Full Day

9:00am-5:00pm; \$70 (\$83) per day

#### Pre-Camp Option

8:00-9:00am; \$8 (\$10) per day

#### Post-Camp Option

5:00-6:00pm; \$8 (\$10) per day

## INFORMATION

Contact the Liberty Athletic Club Concierge, at [concierge@libertyathletic.net](mailto:concierge@libertyathletic.net) for more information.

## FREE 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.

<b>Sundays</b>	<b>11:15-11:45am</b> <i>Group Fitness Studio</i>
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9/12-10/31 Free - Members Only



### Kids Dance Fusion **Free Class**

**Ages 5-7**

This upbeat dance class will include a warm-up with stretching, dance cardio to get grooving, agility & coordination exercises to popular music across the dance floor and movement games! We strive to create a love of movement, appreciation of music & rhythm, grow self-confidence, and develop the ability to learn sequences, patterns and fun dance moves!

<b>Mondays</b>	<b>4:15-4:45pm</b> <i>Group Fitness Studio</i>
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9/27-12/20 Free - Members Only

### Kids Dance Fusion **Free Class**

**Ages 8-11**

Interested in improving agility and balance? Just want to move and jam to popular music after school? Interested in training your brain & body to pick up dance moves quickly? Join us! Class will include a warm-up, stretching & conditioning, body control isolations, across-the-floor patterns to introduce and master various dance moves that will test coordination and athleticism! This class is a perfect cross training opportunity for sports and theatre/performance arts alike!

<b>Mondays</b>	<b>4:45-5:30pm</b> <i>Group Fitness Studio</i>
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9/27-12/20 Free - Members Only

## FREE 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**

<b>Saturdays</b>	<b>11:00-11:30am</b> <i>Group Fitness Studio</i>
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9/11-10/30 Free to Members | \$10 for Non-Members

### 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**

<b>Saturdays</b>	<b>11:30am-12:00pm</b> <i>Mind Body Studio</i>
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9/11-10/30 Free to Members | \$10 for Non-Members

