

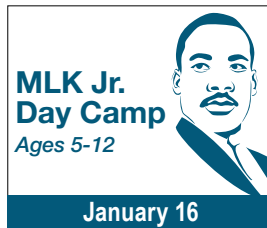
CAMPS

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).

Registration is open 30 days before each camp.
There is a 5-day cancellation policy for camp programs.



Camp Pricing

Full Day

9:00am-5:00pm; \$74 (\$87) per day

Youth Programs

Fall 2022

revised August 3, 2022



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

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.

Sundays	11:15-11:45am Group Fitness Studio
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9/11-12/18 Free - Members Only **Registration Required**

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.

Saturdays	11:00-11:30am Group Fitness Studio
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9/10-12/17 Free to Members | \$10 for Non-Members
*Excludes 11/26 **Registration Required**

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.

Saturdays	11:30am-12:00pm MInd Body Studio
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9/10-12/17 Free to Members | \$10 for Non-Members
*Excludes 11/26 **Registration Required**

YOUTH PROGRAMS

Intro to Basketball Fundamentals Ages 7-8

The Intro to Basketball Fundamentals class teaches kids the basic skills and rules needed to play basketball. The class will introduce the techniques of shooting, dribbling, passing, rebounding, and defense. The class will include active games to keep kids moving and teach teamwork. 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
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9/14-10/19	6 mtgs	\$90 (\$110)
11/2-12/7	6 mtgs	\$90 (\$110)

Basketball Fundamentals Ages 9-11

The Basketball Fundamentals class will work on furthering skills and basic strategies of the sport. The class will help players increase their shooting, dribbling, passing, rebounding, and defensive skills. The class will include active games to keep kids moving and teach teamwork. 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

Thursdays	5:00pm-5:45pm Andrew Kearney
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9/15-10/20	6 mtgs	\$90 (\$110)
11/3-12/15	6 mtgs	\$90 (\$110) *Excludes 11/24



YOUTH PROGRAMS



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
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9/20-10/4	3 mtgs	\$45 (\$54)
10/11-10/25	3 mtgs	\$45 (\$54)
11/1-11/15	3 mtgs	\$45 (\$54)