

## YOUTH PROGRAMS

### 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*

Mondays	5:00pm-5:45pm	Andrew Kearney
10/9-11/6	5 mtgs	\$75 (\$92) Session 1
11/3-12/15	5 mtgs	\$75 (\$92) Session 3



## 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 August 14th for members and August 28th for non-members.

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



### Camp Pricing

**Full Day**  
9:00am-5:00pm; \$75 (\$88) per day

# Youth Programs

2023/2024

*Revised August 30, 2023*



## REGISTRATION DATES

### Session 1 & 2

**Member**  
August 14, 2023

**Non-Member**  
August 28, 2023

### Session 3 & 4

**Member**  
October 2, 2023

**Non-Member**  
October 16, 2023

Complimentary classes open 2-days in advance of each class. Martial Arts classes open 30-days in advance of each class.



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[www.libertyathletic.net](http://www.libertyathletic.net)

## FREE YOUTH PROGRAMS



### Mini Movers **Free Class**

**Ages 1-2**

Mini Movers is designed for children eager to move, explore, and learn! Children will practice gross motor movement, and socialization through music, dance and play. Adults are encouraged to join in the fun with their child.

**Tuesdays** 10:30am-11:00am *Conference Room*

9/12-12/19 *Excludes 11/21*  
Members only / Registration opens  
2-days in advance of each class.

### Shake-Rattle-Roll **Free Class**

**Ages 3-5**

This class is designed to enhance your child's coordination, balance, and social skills, through a variety of gross motor and fine motor activities. Children will play and learn using obstacle courses, ball activities, music, dramatic play, and dance. You can sign your child up for a Treehouse visit before or after class and we will escort them to and/or from class!

**Tuesdays** 10:00am-10:30am *Conference Room*

9/12-12/19 *Excludes 11/21*  
Members only / Registration opens  
2-days in advance of each class.

**Wednesdays** 10:00am-10:30am *Conference Room*

9/13-12/20 *Excludes 11/22*  
Members only / Registration opens  
2-days in advance of each class.

## FREE YOUTH PROGRAMS



### Youth Yoga **Free Class**

**Ages 5-10**

This class will introduce children ages 5-10 to mindfulness, yoga, and breath work. 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*

9/10-12/17 Members only / Registration opens  
2-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.

**Wednesdays** 10:30am-12:00pm *Lagoon Activity Center*

9/13-12/21 For members only / Registration not required

**Thursdays** 10:30am-12:00pm *Lagoon Activity Center*

9/14-12/22 For members only Registration not required

## 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.

**Saturdays** 11:00-11:30am *Group Fitness Studio*

9/9-6/8 Free to Members | \$10 for Non-Members  
Registration opens 30-days in advance of  
each class.

### 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*

9/9-6/8 Free to Members | \$10 for Non-Members  
Registration opens 30-days in advance of  
each class.