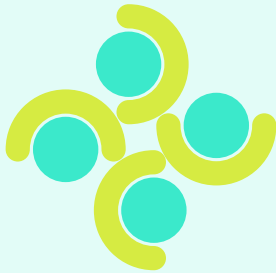


Youth Programs & Camps

WINTER-SPRING | 2025



Youth Programs

Children are a big part of our fitness community and the reason we've created so many special programs and facilities just for them. Our entire staff goes out of their way to make children of all ages feel welcome.

Complimentary Classes

Member only complimentary classes open 2-days in advance of each class.



Mini Movers **Free Class**

Ages 1-2

This class welcomes our littlest members! Designed for toddlers aged 1-2 years old who are eager to move, explore, and learn, participants will practice gross motor movement and socialization through music, dance, and play. Adults must be present for the duration of this class.

Tuesdays

10:30-11am Conference Room

1/7-5/20

Excludes 1/21, 3/25

Members only / Registration opens 7 days in advance of each class.

Shake, Rattle & Roll **Free Class**

Ages 3-5

This class is designed to enhance 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. Parents may sign their child up for a Tree House visit before or after class, and our Tree House staff will escort them to and/or from class.

Tuesdays

9:45-10:15am Conference Room

5-5:30pm Conference Room

1/7-5/20

Excludes 1/21, 3/25

Members only / Registration opens 7 days in advance of each class.

Preschool Playdays **Free Class**

Ages 4-5

Join us for Preschool Playdays in our Lagoon Activity Center play structure! Parents must be present in the Lagoon Activity Center, and children must be toilet-trained to participate. Please note that at all other times, children must be 5 years of age to enter the structure.

Wednesdays

10:30am-12pm Lagoon Activity Center

1/8-6/11

Members only / Registration not required

Thursdays

10:30am-12pm Lagoon Activity Center

1/2-6/12

Members only / Registration not required

Youth Yoga **Free Class**

This class introduces children to mindfulness, yoga, and breathwork through the utilization of games and playful movement. Differentiating instruction to meet the individual developmental needs of all participants, the instructor will support students in building confidence and greater awareness of themselves and the world around them. Children are encouraged, but not required, to attend on their own.

Ages 5-12

Sundays

11:15-11:45am Mind Body Studio

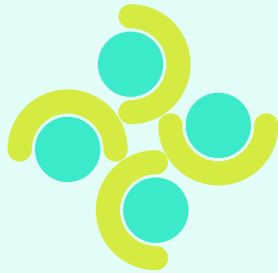
1/5-6/8

Members only / Registration opens 2-days in advance of each class.



Youth Programs & Camps

WINTER-SPRING | 2025



Registration Dates

Session 1 & 2

Member

August 5, 2024
5:30 a.m.

Non-Member

August 19, 2024
5:30 a.m.

Session 3 & 4

Member

September 30, 2024
5:30 a.m.

Non-Member

October 14, 2024
5:30 a.m.

Session 5 & 6

Member

December 2, 2024
5:30 a.m.

Non-Member

December 16, 2024
5:30 a.m.

Session 7 & 8

Member

February 3, 2025
5:30 a.m.

Non-Member

February 17, 2025
5:30 a.m.



Bounce House Days **Free**

Ages 3+

Our inflatable bounce house will be available to children 3+ -- and an inflatable obstacle course will be set up for those 40" and taller to enjoy. Please note that children 8 and under must be accompanied by an adult.

Sundays

1:30-3:30pm Adult Basketball Court

12/15, 1/26, 2/16, 3/16

Members only / Registration not required

Adaptive Tennis & Adaptive Basketball **Free**

Ages 9+

These free programs serve adults and children with disabilities. Adaptive tennis classes will be led by Liberty Athletic Club's Tennis Professional, Dean Boodakian. Adaptive basketball classes will be led by Liberty Athletic Club's Personal Trainer, Andrew Kearney. Register by calling us at 734-665-3738, ext.110. Members may also register online or through the mobile app

Time: 6-6:45pm

Tennis Dates:

- Friday, January 24, 2025
- Friday, February 7, 2025
- Friday, March 7, 2025
- Friday, April 4, 2025
- Friday, May 2, 2025

Basketball Dates:

- Friday, January 17, 2025
- Friday, February 21, 2025
- Friday, March 21, 2025
- Friday, April 18, 2025
- Friday, May 16, 2025



Kids Night Out!

Ages 5-13

Kid's night out... and parents' night off! Enjoy an evening away while your kids experience a safe and exciting night out at Liberty! Registration includes dinner, games/crafts, and lifeguarded swimming. We will end the night by preparing for bedtime with a late-night snack and a short kids show. Drop off and pick up is in the Conference Room. Children must be potty-trained to attend this event.

Fridays (members only)

5:30-8pm Conference Room

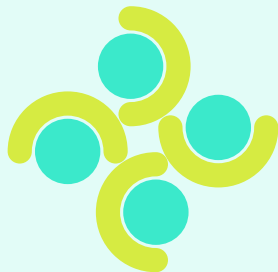
1/17, 2/21, 3/14

Members only \$25

Registration opens 28 days in advance of each class. *48-Hour Cancellation Policy*

Youth Programs & Camps

WINTER-SPRING | 2025



Registration Dates

Session 1 & 2

Member
August 5, 2024
5:30 a.m.

Non-Member
August 19, 2024
5:30 a.m.

Session 3 & 4

Member
September 30, 2024
5:30 a.m.

Non-Member
October 14, 2024
5:30 a.m.

Session 5 & 6

Member
December 2, 2024
5:30 a.m.

Non-Member
December 16, 2024
5:30 a.m.

Session 7 & 8

Member
February 3, 2025
5:30 a.m.

Non-Member
February 17, 2025
5:30 a.m.

Basketball Fundamentals **New Class**

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

5-5:45pm Andrew Kearney

1/6-2/3 5 mtgs \$75 (\$90)
2/17-3/17 5 mtgs \$75 (\$90)



Youth Plyometrics & Agility **New Class**

Ages 8-14

Do you have a young athlete in your family who is looking to increase their strength and power, enhance their coordination and balance, and boost their cardiovascular fitness – all while becoming more a more confident individual athlete and a more effective team player?

Check out our new Youth Plyometrics and Agility training class!

Geared toward 8-14-year-olds, Youth Plyometrics and Agility is a dynamic class designed to enhance athletic performance and build foundational movement skills on the field or on the court by focusing on improving participants' speed, strength, and coordination through fun and engaging exercises.

The class incorporates the following components:

Plyometric Training that incorporates explosive movements such as jumps, bounds, and hops to develop power and speed.

Agility Drills that challenge participants to navigate various obstacle courses and ladder drills to improve quickness and agility on the field or court.

Teamwork that promotes engagement in fun group challenges and games while simultaneously honing physical skills.

Skill Development that focuses on practicing proper technique and body mechanics to reduce the risk of injury and improve overall performance.

Class meets in the Performance Training Area.

Tuesdays

5-5:45pm Mike Kellner

1/7-1/21 3 mtgs \$45 (\$54)
2/4-2/18 3 mtgs \$45 (\$54)
3/4-3/18 3 mtgs \$45 (\$54)

Youth Programs & Camps

WINTER-SPRING | 2025



Camps

Young 5's - Fifth Grade (current grade level)

If you are looking for a fun-filled, healthy way to spend school vacations, Liberty is the place to be! Liberty campers will spend the day engaging in sports, organized games & activities, and crafts – and will also enjoy the opportunity to free swim, rockwall climb, and play in our 3-story play park. Lunch and two snacks will be provided. This program is for children in young 5s through fifth grade (current grade level). Meets in the conference room.

Camp Pricing

Full Day

8:30am-4:30pm; \$79 per day

Camp Registration

- Members only
- Register online or through the mobile app starting at midnight on each registration date
- Registration will not be available at the front desk or by phone

Mid Winter Break Camp

February 14, 17, 18

Registration Date

January 18, 2025

Cancellation Dates

February 7,10,11 2025

Spring Break Camp

March 24, 25, 26, 27

Registration Date

February 22, 2025

Cancellation Date

March 19, 2025

