



Event Descriptions

Bootcamp (ages 12-up) *Registration Required*

A fun and high-energy workout which combines cardiovascular and functional training. Bootcamp caters to all fitness levels from beginner to advanced.

Dancefit (ages 10-up) *Registration Required*

A fun, high energy class that combines the hit music you love with easy to learn dance styles like swing, hip hop, and salsa.

Dodge Ball (ages -12) *Registration Required*

Duck, dip, dive and dodge your way to a great time using safe, sting-free Gator Skin balls that are easy to catch and throw.

Float Night

There's no resisting our starfish, crab, frog, turtle and jelly fish pool floats. These cute and colorful creatures are huggably soft, extremely buoyant and are sure to excite the kids when they join in the pool races on Float Night! For safety reasons, no other floats are allowed. Life jackets or puddle jumpers are required for non-swimmers.

Hula/Tahitian Dance Lessons (all ages)

From ocean waves to palm tree sways, your hips and feet will move to the rhythm of the music when you join instructor Melanee Hirvela to learn Hula and Tahitian Dance. Melanee has trained in Polynesian dancing for over 30 years and is excited to bring it to Liberty this summer!

Old School Games (all ages)

Traditional children's games including pop drop, relay races, duck-duck goose, freeze tag, and a candy hunt

Zone Yoga (girls & women 10-up) *registration required*

Get in the "Zone" with this yoga class specifically created for women and girls, 10 and up



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LIBERTY ATHLETIC CLUB
SUMMER 2018
EVENTS

LIBERTY ATHLETIC CLUB | SUMMER EVENTS 2018

MAY

- 5/26 SAT **Bounce House**
12pm-3pm | Outdoor Facility
- 5/27 SUN **Poolside DJ**
2pm-5pm | Outdoor Facility
- 5/28 MON **Old School Games (all ages)**
1pm-4pm | Outdoor Facility

JUNE

- 6/15 FRI **Poolside DJ**
1pm-4pm | Outdoor Facility
- 6/20 WED **Float Night (see description)**
6pm-8pm | Outdoor Lap Pool
- Root Beer Floats For Sale**
6pm-8pm | Splash Café
- 6/22 FRI **1/2 Off One Guest (one per membership)**
11am-Close | Check-In
- Dancefit* (Ages 10-up)**
12pm-1pm | Group Fitness Studio
- 6/29 FRI **Petting Zoo (all ages)**
4:30pm-5:30pm | Outdoor Facility



JULY

- 7/4 WED **Old School Games (all ages)**
1pm-4pm | Outdoor Facility
- 7/7 SAT **Hula/Tahitian Dance Lessons (all ages)**
3pm-5pm | Outdoor Facility
- 7/8 SUN **Chair Massage (ages 18+)**
1pm-2:30pm | Outdoor Facility
- 7/13 FRI **1/2 Off One Guest (one per membership)**
11am-Close | Check-In
- Dodge Ball* (ages 7-12)**
1:30pm-2:30pm | Indoor Basketball Court
- 7/15 SUN **National Ice Cream Day**
(Free Bars while supplies last)
2pm-4pm | Splash Café
- 7/17 TUE **Chair Massage (ages 18+)**
12pm-1:30pm | Outdoor Facility
- 7/18 WED **Float Night (see description)**
6pm-8pm | Outdoor Lap Pool
- Root Beer Floats for Sale**
6pm-8pm | Splash Café
- 7/26 THU **Chair Massage (ages 18+)**
5:30pm-7pm | Outdoor Facility
- 7/31 TUE **Chair Massage (ages 18+)**
12pm-1:30pm | Outdoor Facility



* Registration Required for Dancefit, Dodge Ball, Zone Yoga and Bootcamp



AUGUST

- 8/3 FRI **1/2 Off One Guest (one per membership)**
11am-Close | Check-In
- ZONE Yoga* (Women & Girls 10-up)**
12pm-1pm | Mind Body Studio
- National Watermelon Day**
(Free Melon while supplies last)
2pm-4pm | Outdoor Tent
- 8/11 SAT **Hula/Tahitian Dance Lessons (all ages)**
1pm-3pm | Outdoor Facility
- 8/15 WED **Float Night (see description)**
6pm-8pm | Outdoor Lap Pool
- Root Beer Floats For Sale**
6pm-8pm | Splash Café
- 8/17 FRI **1/2 Off One Guest (one per membership)**
11am-Close | Check-In
- Balloons by Gordo**
12pm-2pm | Outdoor Facility
- Bootcamp* (ages 12-up)**
1pm-2pm | Indoor Basketball Court
- 8/19 SUN **Bounce House**
11am-2pm | Outdoor Facility
- Poolside DJ**
2pm-5pm | Outdoor Facility

SEPT

- 9/1 SAT **Bounce House**
12pm-3pm | Outdoor Facility
- 9/2 SUN **Poolside DJ**
2pm-5pm | Outdoor Facility
- 9/3 MON **Old School Games (all ages)**
1pm-4pm | Outdoor Facility