



## What's Happening this summer!

### **1/2 Off One Guest**

Members, bring a guest to Liberty! After 11:00am on select Fridays, enjoy half off guest fees for one guest per membership.

### **Boats & Floats**

Bring the family for boat races in the lap pool and complimentary root beer floats while supplies last.

### **Breath Workshop - The Key to Mindfulness** (ages 15+)

Jen Sprague, Liberty Wellness Coach and Yoga Instructor will lead you through a complimentary workshop, focusing on the benefits of conscious breathing practice.

### **Dance Party** (ages 12+)

Dance your way fit! Come hang with Justin and Lisa for this blast of a class!

### **Family Yoga** (ages 5+)

Join Irina, Liberty Athletic Club Group Fitness Instructor, for a yoga class perfect for the whole family.

### **Friends & Family Friday - Bring a Family for \$25**

Bring a guest family on Friday, August 5. One per membership, one day only.

### **Member Appreciation**

We have organized an entire month of fun, because we love our members!

### **Pizza Night**

Purchase slices of pizza for \$1

### **Pool Party** (ages 12+)

Stay cool in the pool! Join Lea for some rockin' tunes, dancing, and an energetic work out! Registration required.



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LIBERTY ATHLETIC CLUB  
**SUMMER 2022**  
EVENTS

# SUMMER EVENTS 2022

## MAY

5/28 SAT **Opening weekend**  
10am-8:30pm | Outdoor Facility  
1pm-4pm | Bounce House Outdoors

5/29 SUN **Opening weekend**  
10am-8:30pm | Outdoor Facility  
**Complimentary Freezer Pops**  
2pm-4pm | Splash Café  
(while supplies last)

5/30 MON **Opening Weekend - Memorial Day**  
10am-6pm | Outdoor Facility  
1pm-3pm | Youth Games Outdoors

## JUNE

6/17 FRI **Family Yoga with Irina** (ages 5+)  
5:30pm-6:30pm | Group Fitness Studio  
Registration Required

6/24 FRI **1/2 Off One Guest**  
(one per membership)  
11am-Close | Check-In (indoors or outdoors)

**Pizza Night**  
(\$1 Slices of Pizza for Sale)  
4pm-7pm | Splash Café

6/26 SUN **Boats & Floats**  
5pm-7pm | Outdoor Lap Pool  
(Root beer floats while supplies last)

6/29 WED **Swim Team Mid-Season Party**  
Outdoors reserved from 6:30pm-Close



## JULY

7/1-7/31 **Member Appreciation!**

7/1 FRI **Dance Party with Justin & Lisa** (ages 12+)  
5:30-7:00pm | Group Fitness Studio  
Registration Required

7/3 SUN **Bounce House**  
1pm-4pm | Outdoor Facility

7/4 MON **July 4th**  
10am-6pm | Outdoor Facility  
1pm-3pm | Youth Games Outdoors

7/10 SUN **Complimentary 15-Minute Chair Massage**  
1pm-2:30pm | Lobby (ages 18+)

7/13 WED **Surge Fit - Team Taught with Libby & Anna**  
9:30-10:30am | Basketball Court (ages 12+)  
Registration Required

7/15 FRI **Family Yoga with Irina** (ages 5+)  
5:30pm-6:30pm | Group Fitness Studio  
Registration Required

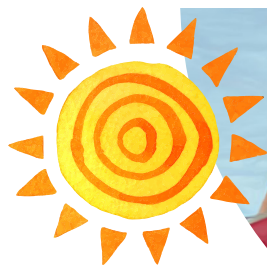
**1/2 Off One Guest** (one per membership)  
11am-Close | Check-In (indoors or outdoors)

7/17 SUN **National Ice Cream Day - Ben & Jerry's**  
1pm-3pm | Outdoor Facility  
(free ice cream cups while supplies last)

7/22 FRI **Pool Party with Lea** (ages 12+)  
5:30-6:30pm | Adult Indoor Lap Pool  
Registration Required

7/28 THU **Breath/Wellness Workshop with Jen**  
12pm-12:45pm | MBS (ages 15+)  
Complimentary | Registration Required

7/29 FRI **Complimentary 15-Minute Chair Massage**  
6pm-7:30pm | Lobby (ages 18+)



## JULY *continued*

7/29 FRI **Swim Team Banquet**  
Outdoors reserved from 6pm-Close

## AUGUST

8/5 FRI **Friends & Family Friday**  
**Bring a Family for \$25**  
(one per membership)  
Open-Close | Valid One Day Only 8/5

**Bounce House**  
1pm-4pm | Outdoor Facility

8/17 WED **Boats & Floats**  
5pm-7pm | Outdoor Lap Pool  
(Root beer floats while supplies last)

8/19 FRI **1/2 Off One Guest**  
(one per membership)  
11am-Close | Check-In (indoors or outdoors)

## SEPT

9/3 SAT **Bounce House**  
1pm-4pm | Outdoor Facility

9/5 MON **Labor Day**  
10am-6pm | Outdoor Facility  
1pm-3pm | Youth Games Outdoors