

# Youth Programs & Camps

SESSIONS 5-9 | 2023/24



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

**Tuesdays** \*Excludes 3/26

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

1/9-5/28

**Tuesdays** \*Excludes 3/26

**5:53-6pm** Conference Room

2/6-5/28

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 Tree House visit before or after class and we will escort them to and/or from class!

**Tuesdays**

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

1/9-1/30

**Tuesdays** \*Excludes 3/26

**9:45-10:15am** Conference Room

**5:45-6:15pm** Conference Room

2/6-5/28

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-12pm** Lagoon Activity Center

9/13-6/5

Members only / Registration not required

**Thursdays**

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

9/14-6/6

Members only / Registration not required

## 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

9/10-6/9

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

## 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**

**2-4pm** Adult Basketball Court

1/21, 2/18, 3/10, 4/14

Members only / Registration not required

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## Registration Dates

### Session 5 & 6

#### Member

December 4, 2023

#### Non-Member

December 18, 2023

### Session 7 & 8

#### Member

February 5, 2024

#### Non-Member

February 19, 2024

### Session 9

#### Member

April 1, 2024

#### Non-Member

April 15, 2024

## Martial Arts Classes

Registration opens 30-days in advance of each class.

## Kids Night Out! **New Class**

**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, rock-climbing (45+ lbs.), and lifeguarded swimming. We will end the night by preparing for bedtime with a late-night snack and a PBS Kids show. Drop off is in the conference room and pick up is in the LAC. Children must be potty-trained to attend this event.

### Fridays (monthly)

**5:30-8pm** Conference Room

2/16, 3/15, 4/12, 5/10

Members only \$25

Registration opens 4 weeks in advance of each class. **48-Hour Cancellation Policy**

## 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 \*Excludes 11/4, 1/13

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

9/9-6/8

Free to Members | \$10 for Non-Members

### Registration Required

**24-Hour Cancellation Policy**

## 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 \*Excludes 11/4, 1/13

**11:30am-12pm** Group Fitness Studio

9/9-6/8

Free to Members | \$10 for Non-Members

### Registration Required

**24-Hour Cancellation Policy**



## 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

**5-5:45pm** Andrew Kearney

1/8-2/5	5 mtgs	\$75 (\$92)	Session 5
2/19-3/18	5 mtgs	\$75 (\$92)	Session 6
4/1-4/22	4 mtgs	\$60 (\$75)	Session 8
4/29-5/20	4 mtgs	\$60 (\$75)	Session 9

## Adaptive Basketball

**Ages 9+**

This free program serves adults and children with disabilities, led by our own talented and enthusiastic Andrew Kearney. Register by calling us at 734-665-3738, extension 110. Members may register on-line or through the mobile app

Meets at the indoor basketball court.

**Cost:** Free

**Time:** 6-6:45pm

**Who:** Ages 9+

**When:**

- Friday, January 19, 2024
- Friday, February 16, 2024
- Friday, March 15, 2024
- Friday, April 19, 2024
- Friday, May 17, 2024



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## Registration Dates

### Session 5 & 6

#### Member

December 4, 2023

#### Non-Member

December 18, 2023

### Session 7 & 8

#### Member

February 5, 2024

#### Non-Member

February 19, 2024

### Session 9

#### Member

April 1, 2024

#### Non-Member

April 15, 2024

## Summer Camp Registration

#### Member

February 12, 2024

#### Non-Member

February 26, 2024

## Camps

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

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).

### Camp Pricing

#### Full Day

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

## Spring Break Camp

March 25, 26, 27

### Registration Dates:

#### Member

February 5, 2024

#### Non-Member

February 19, 2024

### Spring Camp Cancellation

March 17, 2024

