

Youth Programs & Camps

WINTER-SPRING | 2026



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

4:15-4:45pm Conference Room

9/9-5/19

Excludes 11/4, 11/25, 12/23, 12/30, 1/20, 2/17, 3/31, 5/5

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

9/9-5/19

Excludes 11/4, 11/25, 12/23, 12/30, 1/20, 2/17, 3/31, 5/5

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

9/10-6/10

Members only / Registration not required

Thursdays

10:30am-12pm Lagoon Activity Center

9/11-6/11

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

9/7-6/14

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



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Registration Dates

Session 5 & 6

Member

December 1, 2025
5:30 a.m.

Non-Member

December 15, 2025
5:30 a.m.

Session 7 & 8

Member

February 2, 2026
5:30 a.m.

Non-Member

February 16, 2026
5:30 a.m.

Session 9

Member

April 6, 2026
5:30 a.m.

Non-Member

April 20, 2026
5:30 a.m.



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

11/14, 2/20, 3/20, 4/17

Members only \$25

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



Adaptive Tennis & Adaptive Basketball

Ages 9+

Serving adults and children with disabilities, these programs advocate that tennis and basketball can be adapted so that everyone can play and enjoy the sports. Tennis classes will be led by Liberty Athletic Club's Head Tennis Professional, Dean Boodakian. Basketball classes will be led by Jamar Freeman. Register by calling Liberty Athletic Club at 734-665-3738, ext. 110. Members may register online or through the mobile app.

Cost: Free

Time: 6-6:45pm

Who: Ages 9+

Tennis Dates:

- Friday, December 5, 2025
- Friday, January 9, 2026
- Friday, February 6, 2026
- Friday, March 6, 2026
- Friday, April 10, 2026

Basketball Dates:

- Friday, November 14, 2025
- Friday, January 30, 2026
- Friday, February 27, 2026
- Friday, March 20, 2026
- Friday, April 24, 2026

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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; \$75 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



Harvest Day Camp November 26

Registration Date

September 29, 2025

Cancellation Date

November 12, 2025

Winter Break Camp December 22, 23, 26

Registration Date

September 29, 2025

Cancellation Dates

December 8 (for camp held on 12/22)

December 9 (for camp held on 12/23)

December 12 (for camp held on 12/26)

New Years Camp December 29, 30 & January 2

Registration Date

September 29, 2025

Cancellation Dates

December 15 (for camp held on 12/29)

December 16 (for camp held on 12/30)

December 19 (for camp held on 1/2)

MLK Break Camp January 19

Registration Date

December 1, 2025

Cancellation Date

January 5, 2026

Mid Winter Break Camp February 13, 16, 17

Registration Date

December 1, 2025

Cancellation Dates

January 30 (for camp held on 2/13)

February 2 (for camp held on 2/16)

February 3 (for camp held on 2/17)

Spring Break Camp March 30, 31 & April 1,2,3

Registration Date

February 2, 2026

Cancellation Dates

March 16 (for camp held on 3/30)

March 17 (for camp held on 3/31)

March 18 (for camp held on 4/1)

March 19 (for camp held on 4/2)

March 20 (for camp held on 4/3)