

# Youth Programs & Camps

FALL-SPRING | 2024/25



## 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

9/10-5/20

Excludes 11/5, 11/26, 12/24, 12/31, 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

9/10-5/20

Excludes 11/5, 11/26, 12/24, 12/31, 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

9/11-6/11

Members only / Registration not required

### Thursdays

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

9/12-6/12

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 5-9**

### Sundays

**11:15-11:45am** Mind Body Studio

9/8-12/29 (held in GFS on 9/8 & 9/22)

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

**Ages 10-14**

### Sundays

**11:45am-12:30pm** Mind Body Studio

9/8-12/29 (held in GFS on 9/8 & 9/22)

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



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## 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.

## 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**

9/20, 10/18, 11/15, 12/13

Members only \$25

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

## Youth Intro to Strength Training

**Ages 12-16**

Is your child interested in strength training for sports - or just for fitness?

Led by Liberty's certified personal trainers, this class will safely introduce young participants to the fundamental principles of strength training. The goal of the program is for each participant to understand and demonstrate proper technique and form in five foundational movement patterns: squatting, lifting, lunging, pushing, and pulling. All participants will begin by using their body weight and will progress to light dumbbells, bands, and medicine balls only after demonstrating proper technique.

Class meets in the Performance Training Area. Registration opens 30 days in advance of each class. *48-Hour Cancellation Policy*

**Tuesdays**

**5-6pm Mike Kellner**

9/3-12/17 \$20 per class  
Members Only

## Adaptive Basketball

**Ages 9+**

Serving adults and children with disabilities, this program advocates that basketball can be adapted so that everyone can play and enjoy the sport. Classes will be led by Liberty Athletic Club's Personal Trainer, Andrew Kearney. Register by calling Liberty Athletic Club at 734-665-3738, ext. 110. Members may register online or through the mobile app

Meets at the indoor basketball court.

**Cost:** Free

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

**Who:** Ages 9+

**When:**

- Friday, September 13, 2024
- Friday, October 11, 2024
- Friday, November 8, 2024
- Friday, December 13, 2024



# Youth Programs & Camps

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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



## Fall Break Camp October 14

**Registration Date**  
September 16, 2024

**Cancellation Date**  
September 30, 2024

## Election Day Camp November 5

**Registration Date**  
October 8, 2024

**Cancellation Date**  
October 22, 2024

## Harvest Day Camp November 27

**Registration Date**  
October 30, 2024

**Cancellation Date**  
November 13, 2024

## Winter Break Camp December 23, 26, 27

**Registration Date**  
November 25, 2024

**Cancellation Date**  
December 9, 2024

## New Years Camp December 30 January 2 & 3

**Registration Date**  
November 25, 2024

**Cancellation Date**  
December 9, 2024