

CAMPS

Camps

Register for one day or for all of them!

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*).

There is a 5-day cancellation policy for camp programs.



Camp Pricing

Full Day

9:00am-5:00pm; \$70 (\$83) per day

Pre-Camp Option

8:00-9:00am; \$8 (\$10) per day

Post-Camp Option

5:00-6:00pm; \$8 (\$10) per day

INFORMATION

Contact the Liberty Athletic Club Concierge, at concierge@libertyathletic.net for more information.

FREE YOUTH PROGRAMS

Youth Yoga **Free Class**

Ages 5-10

This class will introduce children ages 5-10 to mindfulness, yoga, and breathwork. 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*

9/12-10/31 Free - Members Only



Kids Dance Fusion **Free Class**

Ages 5-7

This upbeat dance class will include a warm-up with stretching, dance cardio to get grooving, agility & coordination exercises to popular music across the dance floor and movement games! We strive to create a love of movement, appreciation of music & rhythm, grow self-confidence, and develop the ability to learn sequences, patterns and fun dance moves!

Mondays 4:15-4:45pm *Group Fitness Studio*

9/27-12/20 Free - Members Only

Kids Dance Fusion **Free Class**

Ages 8-11

Interested in improving agility and balance? Just want to move and jam to popular music after school? Interested in training your brain & body to pick up dance moves quickly? Join us! Class will include a warm-up, stretching & conditioning, body control isolations, across-the-floor patterns to introduce and master various dance moves that will test coordination and athleticism! This class is a perfect cross training opportunity for sports and theatre/performance arts alike!

Mondays 4:45-5:30pm *Group Fitness Studio*

9/27-12/20 Free - Members Only

FREE YOUTH PROGRAMS

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.

Registration Required

Saturdays 11:00-11:30am *Group Fitness Studio*

9/11-10/30 Free to Members | \$10 for Non-Members

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.

Registration Required

Saturdays 11:30am-12:00pm *MInd Body Studio*

9/11-10/30 Free to Members | \$10 for Non-Members



FALL FAMILY EVENT



Spooktacular

TRUNK - OR - TREAT EVENT

OCTOBER **17**

1 PM - 3 PM

Families wear your costumes and boo-ckle up and get ready for a fun and eerie walk through our Liberty Athletic Club south parking lot, where there's no shortage of Halloween spirit! Your family will marvel at our decorated cars and tricked-out trunks, ghoulish games & activities, photo op, and plenty of treats!

Open to Members & Their Immediate Family

Children under 12 must be accompanied by an adult

Free to Members

\$12/Non-Member

(Parent, Grandparent, Child, Grandchild)

Registration Required by October, 11

48-Hour Cancellation Policy



revised September 15, 2021



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