

Youth Programs & Camps

FALL-SPRING | 2026/27



Youth Programs

Children are an important part of the Liberty community. That's why we've created a wide variety of programs and spaces designed just for them. From our youngest members to teens, our caring staff is dedicated to creating a fun, welcoming, and supportive environment where every child can learn, grow, and thrive.

Complimentary Classes

Complimentary member classes open for registration 2 days before each class.



Move With Me **Free Class**

Ages 1-2

Every little step sparks a new adventure as toddlers and their parent or caregiver sing, dance, play, and explore together. Through music, movement, and imaginative play, little ones build coordination, confidence, and early social skills while creating joyful moments together.

A parent or caregiver must remain with their child for the duration of class.

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

Tuesdays

10:30-11am Conference Room

9/8-5/18

Excludes 11/3, 11/24, 12/22, 12/29, 1/19, 2/16, 3/30, 5/4

Sundays

10-10:30am Conference Room

9/13-5/23

Excludes 11/22, 11/29, 12/20, 12/27, 1/3, 1/17, 2/14, 3/28, 4/4

Wiggle & Flow Family Yoga **Free Class**

Ages 4-up

Designed for kids and their grown-ups, Wiggle & Flow Family Yoga combines imaginative movement with simple yoga poses to help families stretch, breathe, play, and connect. Partner poses, gentle challenges, and moments of calm encourage confidence, coordination, and meaningful time together. No previous yoga experience is required.

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

Sundays

11:45am-12:15pm Mind Body Studio

9/13-1/3

Move & Groove **Free Class**

Ages 3-5

Big smiles, busy feet, and lots of movement set the stage for every Move & Groove class. Children explore obstacle courses, ball activities, music, dance, dramatic play, and hands-on games while building coordination, balance, motor skills, and social confidence.

Parents may register their child for a Tree House visit before or after class, and our Tree House staff will escort them to and from class.

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

Sundays

9:15-9:45am Conference Room

9/13-5/23

Excludes 11/22, 11/29, 12/20, 12/27, 1/3, 1/17, 2/14, 3/28, 4/4

Tuesdays

5-5:30pm Conference Room

9/8-5/18

Excludes 11/3, 11/24, 12/22, 12/29, 1/19, 2/16, 3/30, 5/4

Little Climbers **Free**

Ages 4-5

Big fun reaches new heights during Little Climbers, where preschoolers enjoy special access to Liberty's Lagoon Activity Center Play Structure. Children climb, crawl, slide, and explore while building confidence, coordination, and friendships through active play. Parents or caregivers must remain with their child, and participants must be potty-trained. The play structure is reserved for children ages 5 and older at all other times.

Members only / Registration not required

Wednesdays

10:30am-12pm Lagoon Activity Center

9/9-6/9

Thursdays

10:30am-12pm Lagoon Activity Center

9/10-6/10

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Registration Dates

Session 1 & 2

Member

August 3, 2026
5:30 a.m.

Non-Member

August 17, 2026
5:30 a.m.

Session 3

Member

October 5, 2026
5:30 a.m.

Non-Member

October 19, 2026
5:30 a.m.

Kids' Night Out!

Ages 5-13

An evening packed with fun from start to finish begins with games, crafts, and dinner before making a splash during supervised swim time. The night winds down with a late-night snack and a kid-friendly show, giving children the chance to laugh, play, and make new friends in a safe, welcoming environment. Children must be potty-trained to attend. Drop off and pick up is in the Conference Room.

Fridays (members only)

5:30-8pm Conference Room

11/13

Members only \$25

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

Youth Yoga **Free Class**

Ages 5-12

Created especially for children, Youth Yoga introduces mindfulness, yoga, and breathwork through games, books, and playful movement. Activities are tailored to each child's developmental level while building confidence, coordination, and self-awareness. Independent attendance is encouraged but not required.

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

Sundays

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

9/13-1/3

Liberty Adaptive Sports

Ages 9+

Inclusive sports. Confident athletes. Lifelong opportunities.

Sports are for everyone. Liberty Adaptive Sports provides basketball and tennis programs where children and adults with disabilities can learn, grow, and enjoy the game in a welcoming, supportive environment. Instruction is adapted to each participant's individual abilities while encouraging confidence, friendships, and a love of movement.

Tennis

Led by Liberty's Head Tennis Professional, Dean Boodakian.

Basketball

Led by Liberty Fitness Floor Manager Jamar Freeman.

Register by calling Liberty Athletic Club at 734-665-3738, ext. 110. Members may also register online or through the Liberty mobile app.

Cost: Free

Time: 6-6:45pm

Who: Ages 9+

Tennis Dates: 9/11, 10/2, 11/13, 12/4

Basketball Dates: TBD

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Camps

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

No school means more time for fun! School's Out at Liberty fills the day with themed crafts, gym games, swimming, play structure fun, lunch & snacks, and free play in a safe, welcoming environment. Children enjoy active days, creative projects, and time with friends while making the most of every school break. 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

Need Additional Information?

Contact Amanda Hutcheon, Youth Services Director, at amanda.hutcheon@libertyathletic.net for more information.

Fall Break Camp

October 12

Registration Date

August 3, 2026

Cancellation Date

September 28, 2026

Election Day Camp

November 3

Registration Date

October 5, 2026

Cancellation Date

October 20, 2026

Harvest Day Camp

November 25

Registration Date

October 5, 2026

Cancellation Date

November 11, 2026

Winter Break Camp

December 21, 22, 23

Registration Date

October 5, 2026

Cancellation Date

December 7, 2026

New Years Camp

December 28, 29, 30

Registration Date

October 5, 2026

Cancellation Date

December 14, 2026