

## YOUTH PROGRAMS

### Camps

**Register for one day or for all of them!**

If you are looking for fun during school vacations, Liberty is the place to be! Kids will be participating in sports, activities, crafts, free swim, rockwall climbing, organized games and 3-story play park. Lunch will be provided each day to full and morning half day campers. Liberty will also provide two snacks to full day campers and one snack to half day campers. Camps meet in the Conference Room. Every camper must have a current emergency form on file. *48-Hour cancellation policy applies to each day of Camp*

### Tailgate Camp

**September 12 & 19**

### Election Day Camp

**November 3**

### Thanksgiving Camp

**November 25 & 27**

### Holiday Camp

**December 21, 22, 23, 28, 29, 30**

### Camp Pricing

#### Half Day Camp Ages 5-7 & 8-12

AM Half Day 9:00am-1:00pm \$40 (\$48) per day

PM Half Day 1:00am-5:00pm \$40 (\$48) per day

#### Full Day Camp Ages 5-7 & 8-12

Full Day Camp 9:00am-5:00pm \$66 (\$79) per day

#### Pre & Post Camp Options Ages 5-7 & 8-12

Pre Camp 8:00-9:00am \$5 (\$6) per day

Post Camp 5:00-6:00am \$5 (\$6) per day

### Pre-School Camp Ages 3-5

If you are looking for an exciting introduction to Pre-School Camp, Liberty is the place to be every third Tuesday of the month! Kids will be participating in different theme camps each month while engaging in activities that help form basic motor skills, social skills, crafts and more! Liberty will provide a snack to each camper. Meets in the Birthday Party Room.

*48-Hour cancellation policy applies*

| Tuesdays | 9:00am-12:00pm |
|----------|----------------|
|----------|----------------|

9/15 1mtg \$24 (\$28) 11/17 1mtg \$24 (\$28)

10/20 1mtg \$24 (\$28) 12/15 1mtg \$24 (\$28)

## YOUTH PROGRAMS

### SEASONAL SPECIALTIES

## FREAKY FUN FAMILY FITNESS DAY!

**Sunday, October 18<sup>th</sup>  
2:30pm-5:00pm**

Open to Members & their Immediate Family  
Members are **Free** / Registration Required  
\$12 for Non-Member Parent or Child  
Registration Begins Oct. 1st - 14th  
*48-Hour Cancellation Policy*



### Trick or Treat at LAC Ages up to 5 Years

**Friday, October 30 from 10:30-11:00am**

*Sign up sheet will be in the Tree House in October!*

Dress up your itty-bitty and bring them to the Tree House for this festive FREE event! The kids will parade through the club, stopping at various departments to receive fun treats and trinkets. Parents are encouraged to dress up too, or simply wear orange and black!

# Youth Programs

## Fall 2015

*revised August 11, 2015*



**LIBERTY  
ATHLETIC  
CLUB**  
LIVE LIFE WELL

2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
www.libertyathletic.net

## FREE YOUTH PROGRAMS

### Shake-Rattle-Roll

**FREE!**

**Ages 2-4**

This playtime is designed to include a variety of activities for children ages 2-4. Parachute games, ball games, obstacle courses and tumbling will all help to improve strength, flexibility and coordination. If your child is in the Tree House we can escort them to and from class! For members only. *24-Hour Cancellation Policy*

|                |  |
|----------------|--|
| <b>Mondays</b> | <b>9:45-10:30am</b> Lagoon Activity Center |
| <b>Fridays</b> | <b>9:45-10:30am</b> Lagoon Activity Center |

9/11-12/18 **FREE Registration is required.** \*Excludes 11/27

### Kid Fit

**FREE!**

**Ages 4-6**

Kid Fit introduces sports, conditioning, obstacle play and more to children ages 4-6. With different activities each week, it's sure to keep them moving. If your child is in the Tree House we can escort them to and from class! For members only. *24-Hour Cancellation Policy*

|                 |   |
|-----------------|---|
| <b>Tuesdays</b> | <b>6:30-7:15pm</b> Lagoon Activity Center |
|-----------------|---|

9/8-12/15 **FREE Registration is required.**

### Tween Fit

**FREE!**

**Ages 7-11**

Tween Fit introduces sports, conditioning, obstacle play and more to children ages 7-11. With different activities each week, it's sure to keep them moving. For members only. *24-Hour Cancellation Policy*

|                  |   |
|------------------|---|
| <b>Thursdays</b> | <b>6:30-7:15pm</b> Lagoon Activity Center |
|------------------|---|

9/10-12/17 **FREE Registration is required.** \*Excludes 11/26

### Family Yoga

**For kids ages 5 & up, & their parents**

**FREE!**

This class will teach basic yoga poses to help improve focus, relaxation and self-awareness. Parents are encouraged to participate with their children, but are not required to do so. For members only. *24-Hour Cancellation Policy*

|                  |   |
|------------------|---|
| <b>Saturdays</b> | <b>11:30-12:15pm</b> Group Fitness Studio |
|------------------|---|

9/12-12/12 **FREE Registration is required.**



## YOUTH PROGRAMS

### Youth Soccer

**Ages 4-5 & 6-7**

This program is a basic introduction to the sport of soccer through learning the fundamentals of dribbling, passing and ball handling. At the end of the session, kids will have the opportunity to play in a game! Meets on the grassy area by the outdoor tennis courts. *48-Hour Cancellation Policy*



|                   |                             |
|-------------------|-----------------------------|
| <b>Wednesdays</b> | <b>4:30-5:15pm</b> Ages 4-5 |
|-------------------|-----------------------------|

9/16-10/7 4mtgs \$32 (\$39)

|                   |                             |
|-------------------|-----------------------------|
| <b>Wednesdays</b> | <b>5:30-6:15pm</b> Ages 6-7 |
|-------------------|-----------------------------|

9/16-10/7 4mtgs \$32 (\$39)

### Youth Dodgeball

**Ages 5-7 & 8-12**

Come join your friends for a friendly game of dodgeball at Liberty. Safe, sting-free balls that are easy to catch will be used. Each week a new variation of dodgeball will be played with new teams. *48-Hour Cancellation Policy*



|                   |                             |
|-------------------|-----------------------------|
| <b>Wednesdays</b> | <b>4:30-5:15pm</b> Ages 5-7 |
|-------------------|-----------------------------|

10/21-11/11 4mtgs \$32 (\$39)

|                   |                              |
|-------------------|------------------------------|
| <b>Wednesdays</b> | <b>5:30-6:15pm</b> Ages 8-12 |
|-------------------|------------------------------|

10/21-11/11 4mtgs \$32 (\$39)

### Hip Hop

**Ages 5-7 & 8-12**

Have a blast learning the latest dance moves to popular music. This 45 minute class encourages creativity and self expression while teaching beat and rhythm. Short dance routines will be taught each session, as well as floor tricks and stalls. Please wear tennis shoes. Meets in the Group Fitness Studio. *48-Hour Cancellation Policy*



|                |                             |
|----------------|-----------------------------|
| <b>Sundays</b> | <b>2:30-3:15pm</b> Ages 5-7 |
|----------------|-----------------------------|

10/4-10/25 3mtgs \$24 (\$29) \*Excludes 10/18

11/22-12/13 3mtgs \$24 (\$29) \*Excludes 11/29

|                |                              |
|----------------|------------------------------|
| <b>Sundays</b> | <b>3:30-4:15pm</b> Ages 8-12 |
|----------------|------------------------------|

10/4-10/25 3mtgs \$24 (\$29) \*Excludes 10/18

11/22-12/13 3mtgs \$24 (\$29) \*Excludes 11/29

## YOUTH PROGRAMS

### Ballet

**Ages 3-5 & 5-7**

This 45 minute class will focus on the fundamentals of classical ballet technique. Each class focuses on proper posture, positions, and alignment as well as flexibility and strength. Your child will learn basic ballet vocabulary and cultivate self-confidence while having fun and making new friends. Leotards, tights and ballet slippers are required. Meets in the Group Fit room. *48-Hour Cancellation Policy*



|                |                             |
|----------------|-----------------------------|
| <b>Sundays</b> | <b>2:30-3:15pm</b> Ages 5-7 |
|----------------|-----------------------------|

9/13-9/27 3mtgs \$24 (\$29)

11/1-11/15 3mtgs \$24 (\$29)

|                |                             |
|----------------|-----------------------------|
| <b>Sundays</b> | <b>3:30-4:15pm</b> Ages 3-5 |
|----------------|-----------------------------|

9/13-9/27 3mtgs \$24 (\$29)

11/1-11/15 3mtgs \$24 (\$29)

### Parents Afternoon Out

**Ages 1-1/2 - 12**

Enjoy an afternoon out while your children ages 1-1/2 to 4 enjoy the Tree House, and your children ages 5-12 enjoy games, gym time, rockwall and more! The Lagoon Play Structure is for ages 5-up only. Children must be a minimum of 45 lbs. to climb the rockwall. Please be prompt when picking up your child(ren) from this event. A late pick-up fee of \$20 will be assessed after 5:45pm.

*Members only. 24-Hour cancellation policy applies*

|                 |                                   |
|-----------------|-----------------------------------|
| <b>Saturday</b> | <b>2:30-5:30pm</b> Tree House/LAC |
|-----------------|-----------------------------------|

12/12 1mtg \$15

### Parents Evening Out

**Ages 5-12**

Join us for a fun night filled with activities, rockwall climbing, play structure and more! Pizza and lemonade will be served at 6:00pm. Bring your swimsuit and beach towels along with some comfy dry clothes to change into at the end of the night. Must be 45 lbs. to climb the rockwall. Meets in the conference room.

*Members only. 24-Hour cancellation policy applies*

|                |                    |
|----------------|--------------------|
| <b>Fridays</b> | <b>6:00-9:00pm</b> |
|----------------|--------------------|

9/18 1mtg \$15

10/16 1mtg \$15

11/20 1mtg \$15