

Lakeshore Foundation Volunteer Opportunities

All volunteers must complete a Criminal Background Check.
The volunteer is responsible for the \$25 processing fee.



Learn to Swim: Monday -Thursday 3:30-4:15 PM & 4:30-5:15 PM

(Ages 2 ½ - 12) Class focuses on basic water safety skills as well as developing the fundamentals of swimming in a fun environment. Children must be able to work in a small group setting and follow basic instructions. Siblings are welcome. This class runs on an 8-week on, one week off schedule.



Splash-n-Dash: Monday & Wednesday 3:30-4:15 PM

(Ages 2 ½ - 12) A program to compliment Learn to Swim that will focus on strength, endurance, stretching as well as fine and gross motor skills. Participants will engage in a variety of activities outside of the pool that include scooter boards, parachute, dance, yoga, movement exploration and more. This class runs on an 8-week on, one week off schedule.



FRESH Fitness Recreation Education Sports Health: Tuesday & Thursday 4:30-6:00 PM

(Ages 13 - 18) A program focused on fitness and recreation skills that include cardiovascular activities, weight training, circuit training, archery, sled hockey, tennis, handcycling, marksmanship, rock climbing and more. As well, FRESH will include a daily swimming activity. This class runs on an 8-week on, one week off schedule.

All volunteers must complete an orientation, be willing to follow instructions and help foster independence of our participants.

For more information please call Laurie Berenotto at (205) 313-7440 or
visit our website at www.lakeshore.org



LAKESHORE
F O U N D A T I O N

Lakeshore Foundation is dedicated to enabling people with physical disability and chronic health conditions to lead healthy, active and independent lifestyles through physical activity, sport, recreation and research.