



AQUATICS & RECREATION CLASSES

Pre-registration is required for all aquatics & recreation

classes. Age appropriate siblings are welcome in classes where noted. To register for aquatics classes, contact Emily Mallard at 205-313-7467 or emilym@lakeshore.org. For recreation classes contact the listed staff member.

Session One: January 7 - March 21

Session Two: April 1 - May 9

One-on-one Services - Age 3 to 18

Private Swim Lessons: \$20/half hour or six lessons for \$100

Personal Training: \$25/half hour

Wet Tots - Age 6 months to 3 years

This is a parent/child class that focuses on strength, flexibility, and fine and gross motor skills. Advancement to further programs is subject to participant skill level and instructor recommendation.

Learn to Swim - Age 3 to 12

Based on the American Red Cross Swimming and Water Safety Program, all classes focus on basic water safety skills as well as developing the fundamentals of swimming in a fun environment. Siblings who meet the age requirement are welcome.

Tadpoles - Age 3 to 12

This program focuses on functional skills, balance, body awareness, fundamental movement patterns, and socialization in an aquatic environment while wearing a cervical flotation device. This program promotes independence as well as exposes participants to a variety of activities in which they can continue to do on their own. A parent/guardian may be required to participate depending on ability of the child.

ACES (Active Children Exercise & Swim) - Age 4 to 18

This program provides the opportunity to work on functional skills, balance, body awareness, and other fundamental movement patterns in an aquatic environment. A small group setting provides opportunities for socialization and functional play.

Splash N Dash - Age 6 to 12

This combination land and aquatics program is designed for children who are homeschooled. Splash N Dash Land promotes physical activity through recreational activities such as relay races, team building activities, scooter boards, sports, cycling and more in a fun environment. Splash N Dash Swim focuses on water safety skills, stroke development, endurance and more. It is open to all levels of swimmers. Siblings who meet the age requirement are welcome.

Youth Advanced Swim - Age 6 to 18

Based on the American Red Cross Swimming and Water Safety Program, classes focus on basic water safety skills as well as stroke refinement, speed and endurance. Siblings who meet the age requirement are welcome.

Teen Swim - Age 13 to 19

Based on the American Red Cross Swimming and Water Safety Program, this class focuses on basic water safety skills as well as developing the fundamentals of swimming in a fun environment. Siblings who meet the age requirement are welcome.

Mini Movers - Age 3 to 6

Monday, Wednesday: 4-4:45 p.m.

This play group introduces activities that improve socialization, strength, agility and endurance with a goal to enhance overall fine and gross motor skills and increase physical endurance. Participants will engage in a variety of land-based activities that include scooter boards, parachute, yoga, movement exploration, art, music and more. Siblings who meet the age requirement are welcome. Contact Lauren Cherney at laurenc@lakeshore.org or 205-313-7483.

Fish Out of Water - Age 6 to 14

Monday, Wednesday: 4:45-5:30 p.m.

A land-based program focusing on specific functional skills such as balance, flexibility, strength, cardiovascular endurance, fine and gross motor skills and body awareness in a fun and encouraging environment. Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

Fresh - Age 6 to 18

Tuesday, Thursday: 5-5:45 p.m.

A land-based program that promotes physical fitness through recreational activities such as relay races, team building activities, yoga, parachute, scooter boards, sports, cycling, climbing and more. Siblings who meet the age requirement are welcome. Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

Next Level Fitness - Age 14 to 19

Tuesday, Wednesday: 4:15-5 p.m.

An adapted weight training program for teens that promotes strength, mobility and endurance. This program teaches participants various fitness techniques to enhance their performance level. No previous experience in weight training is necessary and all ability levels are welcome. Workouts will be customized to each participant. Contact Peter Park at peterp@lakeshore.org or 205-313-7443.

Regions Climbing Wall

The Regions Climbing Wall is open to all ages multiple times each month from 3 to 5 p.m. Climbers must sign in by 4:30 p.m. Dates are listed at the climbing wall.

RECREATION EVENTS

Recreation events are open to Lakeshore members and non-members. To register

or for more information, contact Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

Youth Hunt - Age 6 to 18

January 25-27

Youth with a physical disability along with a parent will travel to the accessible hunting property at Camp ASCCA in Jackson Gap, AL. Lakeshore staff will provide assistance to hunters to and from the deer blind (by ATV) as well as guiding, tracking, and field dressing of harvested game.

Mini Super Saturday - Age 3 to 6

February 23 and May 4: 9-11:30 a.m.

Super Saturday - Age 6 to 18

February 23 and May 4: 9 a.m.-3 p.m.

Super and Mini Super Saturday is a fun-filled day designed to introduce kids to adapted sports, games, and activities. Participants must be able to function independently in a group setting. Each child with a physical disability may invite one age appropriate sibling or friend to attend.

Spring Break Camp - Age 6 to 18

March 25-27

A fun-filled three-day, day camp for kids with a physical disability and a sibling or friend. Each year brings a different theme and includes recreational games and activities, crafts, sports and field trips around the Birmingham area.

MONDAY

9:30-10:15 a.m. - Wet Tots

4-4:45 p.m. - ACES 1

4-4:45 p.m. - Mini Movers

4-5:30 p.m. - Power Soccer (ends March 10)

4:45-5:30 p.m. - Learn to Swim (Group 1)

4:45-5:30 p.m. - Fish Out of Water

5:30-6:15 p.m. - Learn to Swim (Group 2)

5:30-6:30 p.m. - Swim Team (April 15-July 10)

TUESDAY

1-1:45 p.m. - Splash N Dash Swim

3:30-4:15 p.m. - Tadpoles

4:15-5 p.m. - ACES 2

4:15-5 p.m. - Learn to Swim (Group 3)

4:15-5 p.m. - Youth Advanced Swim

4:15-5 p.m. - Next Level Fitness

4:45-6 p.m. - Prep Wheelchair Basketball (ends March 26)

5-5:45 p.m. - Learn to Swim (Group 4)

5-5:45 p.m. - FRESH

5-7 p.m. - Track & Field (April 16-July 11)

5:30-7:30 p.m. - 10' Varsity Wheelchair Basketball (ends March 26)

5:45-6:30 p.m. - Teen Swim

6:30-7:30 p.m. - Archery (April 16-July 11)

LEARN MORE

Visit lakeshore.org or call 205-313-7400 for more information and a membership application.

FOLLOW US



Paralympic Experience - Age 8 to 18

April 13, 11 a.m.-1:30 p.m.

Paralympic Experience is a day of learning and play focused on Paralympic sports and ideals. Participants receive entry-level instruction and skill development.

ATHLETICS

Participants must be Lakeshore members to join an athletic team. No prior athletic experience is

required. To register, contact Lauren Perry at laurenpl@lakeshore.org or 205-313-7454.

Wheelchair Basketball (ends March 26) - Tues/Thurs:

4:45-6 p.m. (Prep) 5:30-7:30 p.m. (10' Varsity)

Power Soccer (ends March 10) - Mon: 4-5:30 p.m.

Archery (April 16-July 11) - Tues/Thurs: 6:30-7:30 p.m.

Swim Team (April 15-July 10) - Mon/Wed: 5:30-6:30 p.m.

Track & Field (April 16-July 11) - Tues/Thurs: 5-7 p.m.

Home Tournaments:

NWBA Southeastern Junior Division Conference

Championship: March 2-3

Power Soccer League Day: March 9-10

WEDNESDAY

9:30-10:15 a.m. - Wet Tots

4-4:45 p.m. - ACES 1

4-4:45 p.m. - Mini Movers

4:15-5 p.m. - Next Level Fitness

4:45-5:30 p.m. - Learn to Swim (Group 1)

4:45-5:30 p.m. - Fish Out of Water

5:30-6:15 p.m. - Learn to Swim (Group 2)

5:30-6:30 p.m. - Swim Team (April 15-July 10)

THURSDAY

12-12:45 p.m. - Splash N Dash Land

1-1:45 p.m. - Splash N Dash Swim

3:30-4:15 p.m. - Tadpoles

4:15-5 p.m. - ACES 2

4:15-5 p.m. - Learn to Swim (Group 3)

4:15-5 p.m. - Youth Advanced Swim

4:45-6 p.m. - Prep Wheelchair Basketball (ends March 26)

5-5:45 p.m. - Learn to Swim (Group 4)

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Updated December 2018

HOURS OF OPERATION

Weekdays: 5:30 a.m. until 8:30 p.m.

Saturday: 8 a.m. until 4 p.m.

Sunday: Closed

4000 Ridgeway Drive
Birmingham, AL 35209