



Session One: August 26 - October 10
Session Two: October 21 - December 10



Pre-registration is required for all programs. To register for aquatics classes, contact Emily Mallard at 205-313-7467 or emilym@lakeshore.org. For recreation, fitness and athletic programs, contact the listed staff member.

AQUATICS

One-on-one Services - Age 3 to 18

Private Swim Lessons: \$20/half hour; six lessons for \$100
 Personal Training: \$25/half hour

Wet Tots - Age 6 months to 3 years

A parent/child class focusing on strength, flexibility and fine and gross motor skills.

*Learn to Swim - Age 3 to 12

Focuses on basic water safety skills as well as developing the fundamentals of swimming in a fun environment.

Tadpoles - Age 3 to 12

Focuses on functional skills, balance, body awareness, fundamental movement patterns and socialization in an aquatic environment while wearing a cervical flotation device. A parent/guardian may be required to participate depending on ability of the child.

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

Focuses on functional skills, balance, body awareness and other fundamental movement patterns in an aquatic environment incorporating socialization and functional play.

*Splash N Dash - Age 6 to 12

A combination land and aquatics program designed for children who are homeschooled. Splash N Dash Land promotes physical activity through recreational activities and sports. Splash N Dash Swim focuses on water safety skills, stroke development and endurance.

*Advanced Swim - Age 6 to 18

Focuses on basic water safety skills as well as stroke refinement, speed and endurance.

*Teen Swim - Age 13 to 19

Focuses on basic water safety skills as well as developing the fundamentals of swimming in a fun environment.

*Age appropriate sibling(s) are welcome.

RECREATION & FITNESS

Fish Out of Water - Age 6 to 14

A land-based program focusing on balance, flexibility, strength, cardiovascular endurance, motor skills and body awareness. Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

*Fresh - Age 6 to 18

A land-based program promoting physical fitness through recreational activities and sports like yoga, cycling, climbing and more. Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

Next Level Fitness - Age 14 to 19

An adapted weight training program for teens that promotes strength, mobility and endurance. Contact John Gautsch at johng@lakeshore.org or 205-313-7446.

ATHLETICS

No previous athletic experience is required. Lakeshore will provide a sports wheelchair if necessary.

Prep Wheelchair Basketball - Age 6 to 12

September 3 - March 10

Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required. Contact Lauren Perry at laurenp@lakeshore.org or 205-313-7454.

Varsity Wheelchair Basketball - Age 13 to 18

September 3 - March 10

Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required. Contact Lauren Perry at laurenp@lakeshore.org or 205-313-7454.

Power Soccer - Age 6 to 18

October 7 - March 29

Competitive league for youth with a lower and upper body physical disability. Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

EVENTS

Youth events are open to Lakeshore members and non-members. To register, contact the listed staff member.

Paralympic Experience - Age 8 to 18

September 28

A day of learning and play focused on Paralympic sports and ideals. Participants receive entry-level instruction and skill development. Contact Rob Welty at robw@lakeshore.org or 205-313-7457.

*Mini Super Saturday - Age 3 to 6

October 12: 9-11:30 a.m.

*Super Saturday - Age 6 to 18

October 12: 9 a.m.-3 p.m.

A fun-filled day designed to introduce children to adapted sports, games and activities.

*Each child with a physical disability may invite one age appropriate sibling or friend to attend.

NEW! Family Fun Night

November 8: 5-8 p.m.

Families are invited to an evening of dinner and recreational activities. Contact Lori Watkins loriw@lakeshore.org or 205-313-7429.

*Winterpalooza

December 20: 4-8 p.m.

An evening of holiday-themed recreational games and activities. Contact Lauren Cherney at laurenc@lakeshore.org.

Youth Hunt - Age 6 to 18

January 17-19

A weekend of hunting for youth and a parent/guardian at Camp ASCCA's accessible hunting grounds in Jackson Gap, AL. Contact Lauren Cherney at laurenc@lakeshore.org or 205-313-7483.

	Monday	Tuesday	Wednesday	Thursday
9:30-10:15 a.m.	Wet Tots		Wet Tots	
12-12:45 p.m.		Splash N Dash Land		Splash N Dash Land
1-1:45 p.m.		Splash N Dash Swim		Splash N Dash Swim
3:30-4:15 p.m.		Tadpoles		Tadpoles
4-5:30 p.m.	Power Soccer			
4-4:45 p.m.	ACES 1		ACES 1	
4:15-5 p.m.		ACES 2	Next Level Fitness	ACES 2
		Learn to Swim G3		Learn to Swim G3
		Advanced Swim		Advanced Swim
		Next Level Fitness		
4:30-6 p.m.		Prep Wheelchair Basketball		Prep Wheelchair Basketball
4:45-5:30 p.m.	Learn to Swim G1		Learn to Swim G1	
	Fish Out of Water		Fish Out of Water	
5-5:45 p.m.		Learn to Swim G4		Learn to Swim G4
		FRESH		FRESH
5:30-6:15 p.m.	Learn to Swim G2		Learn to Swim G2	
5:30-7:30 p.m.		Varsity Wheelchair Basketball		Varsity Wheelchair Basketball
5:45-6:30 p.m.		Teen Swim		Teen Swim

LEARN MORE

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