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.

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.

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

Wheelchair Basketball - Age 6 to 18
Ends March 15
Competitive league for youth with a lower limb physical disability. Contact Lauren Perry at laurenp@lakeshore.org or 205-313-7454.

Power (Wheelchair) Soccer - Age 6 to 18
Ends 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.

Spring/Summer Sports (April-July)
Contact Lauren Perry at laurenp@lakeshore.org or 205-313-7454.
Track and Field - Age 6 to 22
Swimming - Age 6 to 22
Archery - Age 6 to 22
Youth events are open to Lakeshore members and non-members. To register, contact the listed staff member.

**Mini Super Saturday - Age 3 to 6**  
*February 8 & April 18: 9-11:30 a.m.*

**Super Saturday - Age 6 to 18**  
*February 8 & April 18: 9 a.m.-3 p.m.*  
A fun-filled day designed to introduce children to adapted sports, games and activities. Contact Lori Watkins at loriw@lakeshore.org or 205-313-7429.

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

**Paralympic Experience - Age 8 to 18**  
*Date: TBD*  
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.

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