



Youth aquatics, recreation and fitness programs run August 30 - December 9.

## AQUATICS

### One-on-one Services - Age 3 to 18

Private Swim Lessons and Personal Training:  
\$30/half hour; 6 sessions for \$162; 12 sessions for \$300

### 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 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

### Kid Power - Age 6 to 14

A land-based program featuring fun recreational and fitness games geared toward increasing endurance, strength, balance and motor skills.

### \*Fresh - Age 6 to 18

A land-based program promoting physical fitness through recreational activities and sports like yoga, cycling, climbing and more.

### \*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 such as relay races, team building activities, scooter boards, sports, cycling and more in a fun environment.

## ATHLETICS

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

### Prep Wheelchair Basketball - Age 6 to 13

*Begins September 14*

Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required.

### Varsity Wheelchair Basketball - Age 14 to 18

*Begins September 14*

Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required.

### Power Soccer - Age 6 to 18

*Begins October 4*

Competitive league for youth with a lower and upper body physical disability. Daily wheelchair use is not required.

### Swim Team - Age 6 to 18

*Begins August 30*

Competitive league for youth with all types of physical disabilities and siblings without a disability.

# 2021 FALL YOUTH SCHEDULE

	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		ACES 2
4:30-6:15 p.m.		Prep Wheelchair Basketball		Prep Wheelchair Basketball
4:30-5:45	Swim Team	Swim Team	Swim Team	Swim Team
4:45-5:30 p.m.	Learn to Swim G1		Learn to Swim G1	
	Kid Power		Kid Power	
5-5:45 p.m.		Learn to Swim G2		Learn to Swim G2
		FRESH		FRESH
5:30-7:30 p.m.		Varsity Wheelchair Basketball		Varsity Wheelchair Basketball
5:45-6:30 p.m.		Teen Swim		Teen Swim
		Advanced Swim		Advanced Swim

Updated August 20, 2021

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## Hours of Operation

Weekdays: 5:30 a.m. until 7:30 p.m.  
 Saturday: 7 a.m. until 3 p.m.  
 Sunday: Closed