Lakeshore’s 2022 winter/spring youth aquatics, recreation and fitness programs run January 3 through May 12. Aquatics programs begin January 3 and recreation programs begin January 10.

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.

*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.

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.

*Mini Super Saturday - Age 3 to 6
Feb (TBD) and April 23, 9-11:30 a.m.

*Super Saturday - Age 6 to 18
Feb (TBD) and April 23, 9 a.m.-3 p.m.
A day filled with adapted sports, games and activities.

* Age appropriate sibling(s) are welcome.

ATHLETICS

No previous athletic experience is required. Lakeshore will provide equipment and sports wheelchairs if necessary.

Archery - Age 6 to 22
April through July
Competitive league for youth with a physical disability or visual impairment.

Swim Team - Age 6 to 18
Year round or seasonal
Competitive league for youth with all types of physical disabilities and siblings without a disability.

Track & Field - Age 6 to 22
April through July
Competitive league for youth with a physical disability or visual impairment.

Prep Wheelchair Basketball - Age 6 to 13
September through March
Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required.

Varsity Wheelchair Basketball - Age 14 to 18
September through March
Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required.
# 2022 Winter/Spring Youth Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:30-10:15 a.m.</td>
<td>Wet Tots</td>
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<td>Tadpoles</td>
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<td>3:30-4:15 p.m.</td>
<td>Tadpoles</td>
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<tr>
<td>4-4:45 p.m.</td>
<td>ACES 1</td>
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<td>4:15-5 p.m.</td>
<td>ACES 2</td>
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<tr>
<td>4:30-6 p.m.</td>
<td>Prep Wheelchair Basketball</td>
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<tr>
<td>4:30-5:45</td>
<td>Swim Team</td>
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<tr>
<td>4:45-5:30 p.m.</td>
<td>Learn to Swim G1</td>
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<td>Kid Power</td>
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<td>5-5:45 p.m.</td>
<td>Learn to Swim G2</td>
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<td>FRESH</td>
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<tr>
<td>5:30-7:30 p.m.</td>
<td>Varsity Wheelchair Basketball</td>
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<td>Varsity Wheelchair Basketball</td>
<td>Varsity Wheelchair Basketball</td>
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<tr>
<td>5:45-6:30 p.m.</td>
<td>Teen Swim</td>
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<td>Advanced Swim</td>
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*Start dates and practice times for archery and track & field are TBD.*

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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

*Updated December 9, 2021*