



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. To register your child, visit lakeshore.org/youthregistration. Registration for spring athletics will open in March.

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.

***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. Contact Lauren Perry at lauren@lakeshore.org.

Archery - Age 6 to 22

April through July

Competitive league for youth with a physical disability or visual impairment/low vision.

Swim Team - Age 6 to 18

Year round or seasonal

Competitive league for youth with a physical disability or visual impairment 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/low vision.

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.

	Monday	Tuesday	Wednesday	Thursday
9:30-10:15 a.m.	Wet Tots		Wet Tots	
3:30-4:15 p.m.		Tadpoles		Tadpoles
4-4:45 p.m.	ACES 1		ACES 1	
4:15-5 p.m.		ACES 2		ACES 2
4:30-6 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

*Start dates and practice times for archery and track & field are TBD.

Updated December 9, 2021

Visit lakeshore.org



Hours of Operation

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