



2022 SUMMER YOUTH ACTIVITIES

Lakeshore Foundation offers some of the nation's best adapted recreation, aquatic and athletics programs for children with physical disabilities. During the summer we offer day camps, sports teams and aquatics programs. Check out all we have to offer this summer, and register your child at lakeshore.org/summer2022. Not a Lakeshore member? Get started by visiting lakeshore.org/membership.

Summer Camps & Events

Lakeshore summer camps are open to Lakeshore members and non-members with a physical disability. Age appropriate siblings or a friend without a disability are welcome at camps and events where noted. **Summer camp registration opens Wednesday, March 23.** Visit lakeshore.org/summer2022 to register your child.



Super & Mini Super Saturday Ages 3-18

Saturday April 23, 9 a.m.-3 p.m.
Super and Mini Super Saturday is a fun-filled day of adapted sports and activities. Each child with a physical disability may invite an age appropriate friend or sibling(s).



Camp Strive - Ages 4 to 19 June 17-19 or August 5-7

This family overnight camp offers a weekend of outdoor activities including swimming, adapted water skiing, tubing, fishing and kayaking. Camp is held at Children's Harbor in Lake Martin, AL.



Inclusion Camp - Ages 6 to 16 June 6-9, 9 a.m.-3 p.m.

Inclusion Camp is all about movement! From recreation and games to rhythm and music, campers have a blast moving together. Each child with a physical disability may invite an age appropriate friend or sibling(s).



Camp Ignite - Ages 8 to 16 June 27-29, 9 a.m.-3 p.m.

Our newest camp, Camp Ignite offers a variety of indoor and outdoor sport and recreation activities. From tennis and cycling to camping and geocaching, campers learn and develop new skills in a fun and welcoming environment.

Spring/Summer Sports

Lakeshore spring/summer youth sports are open to children with a physical disability or visual impairment. No previous athletic experience is required and equipment is provided. Each sport has weekly practices, and athletes may travel to regional and national competitions. Visit lakeshore.org/summer2022 to register your child. Questions? Contact Lauren Perry lauren@lakeshore.org (archery/track & field) or Emily Mallard emily@lakeshore.org (swim team).



Archery - Ages 6 to 22
April 18-July 13
Mondays & Wednesdays
4:30-5:30 p.m.



Swim Team - Ages 6 to 18
April 18-July 13
Monday-Thursday 4-5:45 p.m.
Tuesday/Thursday 3-4 p.m. (optional session)



Track & Field - Ages 6 to 22
April 19-July 14
Tuesdays & Thursdays
4:30-6:30 p.m.

Lakeshore's swim team is open to children with a physical disability or visual impairment as well as age appropriate siblings without a disability. Spring/summer season competitions are only for athletes with a physical disability, while fall/winter competitions are for athletes with and without a disability.



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Summer Aquatics Programs

Lakeshore youth aquatics programs are for Lakeshore members with a physical disability. *Age appropriate siblings without a disability are welcome in classes where noted. Registration is required for all classes. Summer registration opens Wednesday, March 23. Visit lakeshore.org/summer2022 to register your child.

Summer Aquatics Session is May 31-August 5.

Youth One-on-one Services - Ages 3 to 18

Private Swim lessons or Personal Training: \$30/half hour; 6 sessions \$162; 12 sessions \$300

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

ACES 1: Mondays & Wednesdays 3-3:45 p.m.

ACES 2: Tuesdays & Thursdays 10:45-11:30 a.m.

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

*Advanced Swim - Ages 6 to 18

Tuesdays & Thursdays 9-9:45 a.m.

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

*Learn to Swim - Ages 3 to 12

LTS 1: Mondays & Wednesdays 3:45-4:30 p.m.

LTS 2: Tuesdays & Thursdays 11:30 a.m.-12:15 p.m.

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

Wet Tots - Ages 6 months to 3 years

Mondays & Wednesdays 9:30-10:15 a.m.

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

Tadpoles - Ages 3 to 12

Tuesdays & Thursdays 9:45-10:30 a.m.

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 the ability of the child.

*Teen Swim - Ages 13 to 19

Tuesdays & Thursdays 9-9:45 a.m.

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

[Learn More](#)

Visit lakeshore.org or call **205-313-7400** for more information, a membership application or to schedule a tour.

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