



Lakeshore Foundation offers aquatic, recreation, fitness and athletic programs to children and youth with a physical disability or chronic health condition as well as the whole family. Check out all we have to offer this fall, and register your child by visiting lakeshore.org/fall2022. Not a Lakeshore member? Visit lakeshore.org/membership or call 205-313-7400 to get started.

AQUATICS

Session 1: August 29 – October 13

Session 2: October 24 – December 8

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

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

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

***Learn to Swim - Age 3 to 12**

Mondays & Wednesdays, 4:45-5:30 p.m.

Tuesdays & Thursdays, 1-1:45 p.m.

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

Tadpoles - Age 3 to 12

Tuesdays & Thursdays, 3:30-4:15 p.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 ability of the child.

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

Mondays & Wednesdays, 4-4:45 p.m.

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**

Tuesdays & Thursdays, 4:15-5 p.m.

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

*Age appropriate sibling(s) are welcome.

RECREATION & FITNESS

Session 1: September 6 – October 13

Session 2: October 24 – December 8

***Kid Power - Age 6 to 14**

Wednesdays, 5-5:45 p.m.

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

***Kid Power Archery - Age 6 to 14**

Fourth Wednesday of each month, 5-7 p.m.

On the fourth Wednesday of each month Kid Power is replaced with archery instruction in Lakeshore's shooting/archery range. If your child is only interested in archery days, they still need to register for Kid Power.

***Fresh - Age 6 to 18**

Tuesdays, 5:15-6 p.m.

A land based program promoting movement through recreational activities, games and sports in a fun environment.

EVENTS

****Mini Super Saturday - Age 3 to 6**

October 1, 9-11:30a.m.

****Super Saturday - Age 6 to 18**

October 1, 9 a.m.-3 p.m.

A camp-style day filled with adapted sports, games and activities.

****Winterpalooza - Age 6 to 18**

December 16, 4-7:30 pm

An evening of winter themed games and activities to celebrate the holiday season.

**Age appropriate friend or sibling(s) are welcome.

Wheelchair Basketball (Prep & Varsity Divisions)

September 13 - April

Competitive league for youth with a lower limb physical disability. Daily wheelchair use is not required. In addition to weekly practices, teams compete in home, regional and national tournaments throughout the season.

Prep Division - Age 6 to 13

Tuesdays, 4:30-6:30 p.m. & Thursdays, 4:30-6 p.m.

Varsity Division - Age 14 to 18

Tuesdays & Thursdays, 5:30-7:30 p.m.

Power Soccer - Age 6 to 18

Mondays & Wednesdays, 4:30-6 p.m., October 3 - March

Competitive league for youth with all types of physical disabilities. Power soccer players do not have to use a power wheelchair in daily life to participate. In addition to weekly practices, the team competes at home tournaments during the season.

Swim Team - Age 6 to 18

Monday - Thursday, 4-5:45 p.m., year round or seasonal

Competitive league for youth with all types of physical disabilities and siblings without a disability. In addition to weekly practices, athletes may compete at local, regional and national meets.

	Monday	Tuesday	Wednesday	Thursday
9:30-10:15 a.m.	Wet Tots		Wet Tots	
1-1:45 p.m.		Learn to Swim		Learn to Swim
3:30-4:15 p.m.		Tadpoles		Tadpoles
4-4:45 p.m.	ACES		ACES	
4-5:45 p.m.	Swim Team	Swim Team	Swim Team	Swim Team
4:15-5 p.m.		Advanced Swim		Advanced Swim
4:30-6	Power Soccer	Prep Wheelchair Basketball (4:30-6:30)	Power Soccer	Prep Wheelchair Basketball
4:45-5:30	Learn to Swim		Learn to Swim	
5-5:45 p.m.			Kid Power	
5:15-6 p.m.		FRESH		
5:30-7:30 p.m.		Varsity Wheelchair Basketball		Varsity Wheelchair Basketball

LEARN MORE



Hours of Operation

Weekdays: 5:30 a.m. until 7:30 p.m.

Saturday: 7 a.m. until 3 p.m.

Sunday: Closed