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, 9-11:30 a.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.**
ATHLETICS

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.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>9:30-10:15 a.m.</td>
<td>Wet Tots</td>
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<td>1-1:45 p.m.</td>
<td>Learn to Swim</td>
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<td>3:30-4:15 p.m.</td>
<td>Tadpoles</td>
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<td>ACES</td>
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<td>4-5:45 p.m.</td>
<td>Swim Team</td>
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<td>4:15-5 p.m.</td>
<td>Advanced Swim</td>
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<tr>
<td>4:30-6</td>
<td>Power Soccer</td>
<td>PreWheelchair Basketball (4:30-6:30)</td>
<td>Power Soccer</td>
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<td>4:45-5:30</td>
<td>Learn to Swim</td>
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<td>5-5:45 p.m.</td>
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<td>Kid Power</td>
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<td>FRESH</td>
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<td>5:30-7:30 p.m.</td>
<td>Varsity Wheelchair Basketball</td>
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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