LAKESHORE

2024 SUMMER

YOUTH ACTIVITIES

About Us

Lakeshore Foundation offers aquatics, recreation, fitness and athletic programs for children and youth with a physical disability or chronic health condition. Lakeshore also provides physical activity opportunities for the whole family. Visit **lakeshore.org/summer2024** to register for programs, camps & events and visit **lakeshore.org/membership** to become a member.

Summer Session: May 28 - August 1

Aquatics Programs

ACES - Ages 4 to 18

Monday 3:45-4:30 p.m. & Thursday 11-11:45 a.m.
Active Children Exercise & Swim focuses on functional skills, balance, body awareness and other fundamental movement patterns incorporating socialization and functional play.

*Advanced Swim - Ages 6 to 18

Tuesday & Thursday 10-10:45 a.m.
Focuses on basic water safety skills as well as stroke refinement, speed and endurance.

*Learn to Swim - Ages 3 to 12

Monday 3-3:45 p.m. & Thursday 11:45-12:30 p.m.
Focuses on basic water safety skills as well as developing the fundamentals of swimming in a fun environment.

One-on-one Services - Ages 3 to 18

Private Swim Lessons and Personal Training:
$36/half hour; 6 sessions for $195; 12 sessions for $360.

Tadpoles - Ages 3 to 12

Tuesday & Thursday 10-10:45 a.m.
Focuses on developing functional skills and independence in the water. Participants may wear a cervical flotation device, and a parent/guardian may be required to participate.

Wet Tots - Ages 6 months to 3 years

Monday & Wednesday 9:30-10:15 a.m.
A parent/child class focusing on strength, flexibility and fine and gross motor skills.

Recreation & Fitness Programs

*Power Hour - Ages 5 to 12

Tuesday 9-9:45 a.m. & Wednesday 4:30-5:15 p.m.
Power Hour promotes physical activity through recreational games and activities such as relay races, team building, scooter boards, sports, cycling, fitness and more in a fun environment. Lakeshore will provide all necessary equipment.

For more information, please contact Emily Mallard at emilym@lakeshore.org regarding youth aquatics & Lori Watkins at loriw@lakeshore.org regarding recreation programs.

***Age-appropriate sibling(s) are welcome.**

Adapted Sports

No previous athletic experience is required and equipment is provided. Each sport has weekly practices, and athletes may travel to regional and national competitions. Youth athletics participants must join or be current Lakeshore members.

*Swim Team

Ages 6 to 18 | Year-round

Monday, Wednesday & Thursday 4-6 p.m.
Tuesday 3-5 p.m. at the Birmingham Crossplex

Optional beginning May 30

Dry land Monday & Wednesday 3-3:45 p.m.
Friday 8-10 a.m.

Track and Field

Beginner to Competitive | April - July

Tuesday & Thursday 5-7 p.m. or one-on-one sessions are available upon scheduling.

Archery & Shooting

Beginner to Competitive | April - July

Monday & Wednesday 5-7 p.m.

Wheelchair Tennis

Ages 13 and up | Year-round

Monday 6:30-8:30 p.m. & Friday 6-8 p.m.
Must be able to independently push a manual chair and consistently make contact with a ball using a racket

Have questions about our sports programs?

Contact Rob Welty at robw@lakeshore.org for Archery & Shooting, Emily Mallard at emilym@lakeshore.org for Swim Team, Kris King at KristenK@lakeshore.org for Track and Field, & Cliff Cook at cliffc@lakeshore.org for Wheelchair Tennis.

Camps & Events

Pre-registration required for activities below. Register at **lakeshore.org/summer2024.**

JAWS Camp - Ages 6 to 18

June 3-6

JAWS Camp is a fun and exciting way to get introductory level instruction on a variety of adapted sports which may include wheelchair basketball, tennis, sitting volleyball, power soccer, and swimming. All skill levels welcome and any necessary equipment will be provided.

Inclusion Camp - Ages 6 to 18

June 24-27

This camp is for youth with a physical disability, chronic health condition, and/or visual impairment and their siblings or a friend. Activities include adapted games, field trips, arts and crafts, and more! Camp will end with our Annual 1K Fun Dash. Participants must be able to function independently in a group setting. Activities will be adapted to the skill level of the participant.

Camp STRIVE

June 14-16 OR August 2-4 | Children's Harbor, Alexander City, AL

Camp STRIVE is an overnight family camp for youth with a physical disability, chronic health condition or visual impairment and their immediate family (those living in their household). The weekend camp is held at Children's Harbor on Lake Martin, and will include adapted water skiing, tubing, fishing, kayaking, boat rides, mini golf and lake or pool swimming.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 10:00 am					Swim Team
9:00 - 9:45 am		Power Hour			
9:30 - 10:15 am	Wet Tots		Wet Tots		
10:00 - 10:45 am		Advanced Swim Tadpoles		Advanced Swim Tadpoles	
11:00 - 11:45 am				ACES	
11:45 -12:30 pm				Learn to Swim	
3:00 - 3:45 pm	Learn to Swim				
3:00 - 3:45 pm	Dry-land Swim Practice		Dry-land Swim Practice		
3:00 - 5:00 pm		Swim Team @ Crossplex			
3:45 - 4:30 pm	ACES				
4:00 - 6:00 pm	Swim Team		Swim Team	Swim Team	
4:30 - 5:15 pm			Power Hour		
5:00 - 7:00 pm	Archery/Shooting	Track and Field	Archery/Shooting	Track and Field	
6:00 - 8:30 pm	Wheelchair Tennis (6:30 - 8:30)				Wheelchair Tennis (6 - 8)
					Optional Practice