



LAKESHORE

2025 WINTER/SPRING

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/winter-spring2025 to register for programs, camps & events and visit lakeshore.org/membership to become a member.

Winter/Spring Session 1: January 6 – March 6 | Winter/Spring Session 2: March 31 – May 8

Aquatics Programs

ACES - Ages 4 to 18

Monday & Wednesday 4:45-5:30 p.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 4-5 p.m.

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

***Learn to Swim - Ages 3 to 12**

Monday & Wednesday 4-4:45 p.m.

Tuesday & Thursday 1-1:45 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.

***Splash N Dash Swim - Ages 6 to 18**

Tuesday & Thursday 1-1:45 p.m.

Focuses on water safety skills, stroke development and endurance.

Tadpoles - Ages 3 to 12

Tuesday & Thursday 3-3:45 p.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

***Fresh - Ages 6 to 18**

Tuesday & Thursday 5:15-6 p.m.

A land-based program promoting physical fitness through recreational activities and games to encourage movement. Games will be PE style with adaptations as necessary.

Kid Power - Ages 6 to 14

Monday & Wednesday 4-4:45 p.m.

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

Mini Movers - Ages 3 to 6

Monday & Wednesday 3-3:45 p.m.

Features activities that improve socialization, strength, agility, and endurance with a goal to improve overall fine and gross motor skills and increased physical endurance. Participants will engage in a variety of land-based activities that may include scooter boards, parachutes, movement exploration, and more.

***Splash N Dash Land - Ages 6 to 18**

Tuesday & Thursday 12-12:45 p.m.

Promotes physical activity through recreational activities such as relay races, team building activities, scooter boards, sports, cycling and more in a fun environment. No previous athletic experience is required.

Please contact Emily Mallard at emilym@lakeshore.org for more information regarding youth aquatics and Lori Watkins at loriw@lakeshore.org for more information 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.

Boccia

Ages 6 to 18+ | Year-round

Mondays & Wednesdays 5-6:30 p.m. | Or by appointment

Contact: Jimmy Abraham at jimmya@lakeshore.org

Power Soccer **

Ages 6 to 18 | January 6 - June

Mondays & Wednesdays 4:30-6 p.m.

Contact: Lori Watkins at loriw@lakeshore.org

*Swim Team

Ages 6 to 18 | Year-round

Monday-Thursday 4-6 p.m. | Beginning April 1, Tuesday practices will be held at the Birmingham Crossplex from 3-5 p.m.

Contact: Emily Mallard at emilym@lakeshore.org

Track and Field, Archery, and Shooting Team

April - July

Tuesdays & Thursdays 4-7:30 p.m. | Or by appointment
Competitive track and field, archery, and shooting for youth and adults with all types of physical disabilities (wheelchair, visual impairment and ambulatory).

Contact: Kris King at kristenk@lakeshore.org for track and field or Rob Welty at robw@lakeshore.org for archery and shooting

Wheelchair Basketball **

September 10, 2024 - April 6, 2025

Prep Division - Ages 6 to 13

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

Varsity Division - Ages 14 to 18

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

Contact: Lauren Perry at lauren@lakeshore.org

Wheelchair Tennis

Ages 6 to 18 | Year-round

Wednesdays from 2:30-3:30 p.m.

Athletes who have lower limb impairment are invited to participate on our Youth Lakeshore Tennis team. Must be able to independently push their chair and consistently make contact with a ball using a racket.

Contact: Cliff Cook at cliffc@lakeshore.org



Camps & Events

Pre-registration required for activities below. A separate registration email will be sent for each event listed below. Contact Lori Watkins for more information at loriw@lakeshore.org or 205.313.7429.



Youth Hunting Weekend: Ages 6 to 18

January 24-26 | Location: Outdoor Friends Forever – Kellyton, AL

Open to youth with a physical disability and a parent/guardian. The hunt will be on the accessible property of Outdoor Friends Forever in Kellyton, Alabama. Weekend includes 4 hunts, shooting competition, and other activities. Space is limited and will be on a first-come, first-served basis.

*Super Saturday: Ages 6 to 18

February 22 | 9-3 p.m.

A day filled with adapted sports, games, and activities. Participation is open to members and non-members with a qualifying condition, but each participant must be able to function independently in a group setting.

Family Fishing Day: Ages 6 to 18

April 5 | Location: Outdoor Friends Forever – Kellyton, AL

Open to youth with a physical disability and a parent/guardian. This event is in collaboration with Outdoor Friends Forever in Kellyton, Alabama. The day includes fishing, lunch, and fishing competitions. Space is limited and will be on a first-come, first-served basis.

Family Fun Night: Ages 6 to 18

April 11 | 5-8 p.m.

Family Fun nights are designed for the whole family to participate together in a variety of games and activities that encourage movement. Games may include family versus family match ups or kids versus parents in PE-style games with some friendly competition!

Easter Egg Hunt

April 13 | 2-4 p.m.

Open to all youth with a physical disability. Accessible family egg hunt. Eggs will be hidden throughout the Lakeshore Commons in locations reachable to all.



Paralympic Sports Challenge Day: Ages 6 to 18

May 10 | 9-3 p.m.

A day full of learning and play focused around Paralympic sport and activity. This will be an event with entry-level instruction, guidance, and fun!

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

****Daily wheelchair use is not required.**



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Youth ACTIVITIES — SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30 - 10:15 a.m.	Wet Tots		Wet Tots	
12 - 12:45 p.m.		Splash N Dash Land		Splash N Dash Land
1 - 1:45 p.m.		Learn to Swim Splash N Dash Swim		Learn to Swim Splash N Dash Swim
2:30 - 3:30 p.m.			WC Tennis	
3 - 3:45 p.m.		Tadpoles Mini Movers		Tadpoles Mini Movers
4 - 5 p.m.	Learn to Swim Kid Power (4:00-4:45 p.m.)	Advanced Swim	Learn to Swim Kid Power (4:00-4:45 p.m.)	Advanced Swim
4 - 6 p.m.	Swim Team	*Swim Team	Swim Team	Swim Team
4:30 - 6:30 p.m.	Power Soccer (4:30-6:00 p.m.)	WC Basketball Prep	Power Soccer (4:30-6:00 p.m.)	WC Basketball Prep
4:45 - 5:30 p.m.	ACES		ACES	
4 - 7:30 p.m.		Track and Field, Archery, and Shooting		Track and Field, Archery, and Shooting
5 :15 - 6 p.m.		Fresh		Fresh
5 - 6:30 p.m.	Boccia		Boccia	
5:30 -7:30 p.m.		WC Basketball Varsity		WC Basketball Varsity

* Beginning April 1, Tuesday practices will be held at the Birmingham Crossplex from 3-5 p.m.