LAKESHORE

SUMMER 2025

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/summer2025** to register for programs, camps & events and visit **lakeshore.org/membership** to become a member.

Summer Session: May 27- July 31

Aquatics Programs

ACES - Ages 4 to 18
Monday 3:45-4:30 p.m. & Thursday 11:00-11:45 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 a.m.-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. 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.

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

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

Camps & Events

JAWS Camp: Ages 6 to 18
June 30 – July 3
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.

Contact: Lauren Perry at laurenp@lakeshore.org

Inclusion Camp: Ages 6 to 18
July 7-10
Inclusion Camp is designed 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 a new theme each year! 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.

Contact: Lori Watkins at loriw@lakeshore.org

Camp STRIVE
June 13-15 OR August 8-10
Children's Harbor, Alexander City, AL
Camp STRIVE is an overnight family camp for youth with a physical disability, chronic health condition, and/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.

Contact: Lori Watkins at loriw@lakeshore.org

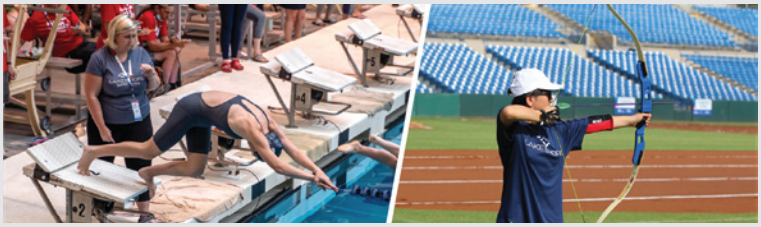
Adapted Sports

No previous athletic experience is required and equip.m.ent 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.

Archery and Shooting Team | February -July
Ages 6 to 20
Monday and Wednesday 5-7 p.m.; outdoor practices scheduled individually | Beginner to competitive program for youth with all types of physical disabilities.
Contact: Rob Welty at robw@lakeshore.org

Boccia | Year-round
Ages 6 to 18+
Mondays & Wednesdays 5-6:30 p.m. | Or by appointment
Contact: Jimmy Abraham at jimmya@lakeshore.org

***Swim Team | Year-round**
Ages 6 to 18
Monday-Thursday 4-6 p.m. | Beginning April 1, Tuesday practices will be held at the Birmingham Crossplex from 3-5 p.m.
Beginning May 30, optional practices held Fridays 8-10 a.m.
Contact: Emily Mallard at emilym@lakeshore.org



Track and Field | February -July
Ages 6 to 22
Tuesdays & Thursdays 5-7 p.m. | Or by appointment
Beginner to competitive program for youth with all types of physical disabilities (wheelchair, visual impairment and ambulatory).
Contact: Kris King at kristenk@lakeshore.org

Wheelchair Tennis | Year-round
Ages 6 to 18
Tuesday & Wednesday- 2:30-3:30 p.m. at the Lakeshore Tennis Center or Lakeshore Fieldhouse in inclement weather.
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

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

Youth Activities Schedule

Optional

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-10 a.m.					Swim Team
9:30-10:15 a.m.	Wet Tots		Wet Tots		
10-10:45 a.m.		Advanced Swim Tadpoles		Advanced Swim Tadpoles	
11-11:45 a.m.				ACES	
11:45 a.m.-12:30 p.m.				Learn to Swim	
2:30-3:30 p.m.		Wheelchair Tennis	Wheelchair Tennis		
3-3:45 p.m.	Learn to Swim				
3:45-4:30 p.m.	ACES				
4-6 p.m.	Swim Team	Swim Team (3-5 p.m.)	Swim Team	Swim Team	
5-6:30 p.m.	Boccia		Boccia		
5-7 p.m.	Archery and Shooting Team	Track and Field	Archery and Shooting Team	Track and Field	