LAKESHORE

2025 FALL

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/membership** or call 205-313-7400 to learn more and become a member. Questions regarding a specific class or program? Contact youth@lakeshore.org.

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.

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

*Kid Zone - Ages 6 to 13

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.

Adaptive Cycling

Tuesday 9-11 a.m.
Thursday 5-7 p.m.
A family-friendly cycling program with opportunities to ride outdoors on trails and roads wtih a variety of bicycles.

*Mini Movers - Ages 3 to 6

Monday & Wednesday 3-3:45 p.m.
This play group introduces activities that improve socialization, strength, agility, and endurance with a goal to improve overall fine and gross motor skills and increased physical endurance.

*Splash N Dash - Ages 6 to 18

Land - Tuesday & Thursday 12-12:45 p.m.
Swim - Tuesday & Thursday 1-1:45 p.m.
A combination land and aquatics program designed for children who are homeschooled.

Fall Session 1: September 8 – October 10

Fall Session 2: October 20 – December 2

***Age-appropriate sibling(s) are welcome with registration and attendance of a child with a qualifying condition.**

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.

Power Soccer **

Ages 6 to 18 | October-June
Lakeshore Force: Monday & Wednesday 4:30-6 p.m. (October-June)
Lakeshore Charge: Tuesdays 4:30-6 p.m. (October-April)

*Swim Team

Ages 6 to adult | Year-round
Fall Season begins August 12
Monday-Thursday 4-6 p.m.

Wheelchair Basketball **

September 9-March 22
Prep Division - Ages 6 to 13
Tuesday 4:30-6:30 p.m.
Thursday 4:30-6 p.m.
Varsity Division - Ages 14 to 18
Tuesday & Thursday 5:30-7:30 p.m.

Wheelchair Tennis

Ages 6 to 18
Practices will be held weekly. Times TBD. For moreinformation, contact Cliff Cook at 205.313.7426 or cliffc@lakeshore.org.

****Daily wheelchair use is not required.**
***Age-appropriate sibling(s) are welcome with registration and attendance of a child with a qualifying condition.**

Camps & Events

Pre-registration required for activities below. Information & registration links will be sent in a separate email. Visit **lakeshore.org/fall2025** for more information about each event.

Little Hammies Bike Event

September 13
A race on a half-mile course for our youngest cyclists (ages 2-12). Contact Virginia Powell for more information at virginiap@lakeshore.org.

*Super Saturday: Ages 6 to 18

October 18
A fun-filled day designed to introduce kids to adapted sports, games and activities. Open to members and non-members.

Youth Spooktacular Trick or Treating

October 28
Dress in your favorite costumes and trick or treat throughout Lakeshore's fully accessible facility and grounds.

Family Fun Night

November 7
A fun evening of family-friendly games and activities with a little friendly competition thrown in.

Youth Holiday Party

December 3
Kick off the holiday season at Lakeshore with a variety of fun, holiday-inspired activities.

Jingle Bell Run (supporting the Arthritis Foundation)

December 6
Train for the event in our "couch to 5K" program ending with the race in Homewood's Patriot Park.

Homewood Christmas Parade

December 9
Join us on a Lakeshore-decorated float through downtown Homewood.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9-11 a.m.	Wet Tots (9:30-10:15)	Adaptive Cycling	Wet Tots (9:30-10:15)	
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
3-3:45 p.m.	Mini Movers	Tadpoles	Mini Movers	Tadpoles
4-6:30 p.m.	Learn to Swim (4-4:45 p.m.) Swim Team (4-6 p.m.) Force Power Soccer (4:30-6 p.m.) ACES (4:45-5 p.m.)	Advanced Swim (4-5 p.m.) Swim Team (4-6 p.m.) Charge Power Soccer (4-6:30 p.m.) Prep WC Basketball (4:30-6:30 p.m.)	Learn to Swim (4-4:45 p.m.) Swim Team (4-6 p.m.) Force Power Soccer (4:30-6 p.m.) ACES (4:45-5 p.m.)	Advanced Swim (4-5 p.m.) Swim Team (4-6 p.m.) Prep WC Basketball (4:30-6 p.m.)
5-7:30 p.m.		Varsity WC Basketball (5:30-7:30 p.m.)		Adaptive Cycling (5-7 p.m.) Varsity WC Basketball (5:30-7:30 p.m.)