Member News

- Lakeshore continues to monitor the number of COVID-19 cases in our area and CDC and local health department recommendations and guidelines. With the new guidance released by the CDC yesterday, Lakeshore is now strongly encouraging all members and staff to wear masks while in the building regardless of vaccination status. Currently, the vaccination rate for Lakeshore staff is 84%, well above our state average.

We also strongly encourage you to practice social distancing, wash your hands frequently, and get vaccinated if you are able. These are simple and effective steps in protecting you and others from COVID-19. For information on vaccination sites visit vaccines.gov.

Our Recovery Team continues to meet weekly to discuss next steps in the Recovery Plan and are prepared to make changes to our plan when needed. Our equipment arrangement and programs continue to be planned to allow for social distancing. We encourage you to attend our online fitness classes and plan your visit to Lakeshore, if you are able, for the afternoon or evening when the facility is less crowded.

- Why Not Rhino’s food truck will be at Lakeshore Wednesday, August 4 from 11 a.m. to 1:30 p.m. Make plans for lunch at Lakeshore.

- On Monday, August 2, no aquatics classes will be offered. This is due to our Aquatics staff working our Camp Strive family camp.

- This is the final week of cycling until August 17. An updated fall schedule is coming soon.

- The Lakeshore youth swim team will take a break from practice until August 24. This should open up additional lap lanes in the afternoon and evening.

A Special Musical Performance

Need a new hype song to add to your workout playlist? We highly suggest "Rising Phoenix" from the Netflix documentary Rising Phoenix about the Paralympic Movement.

We are excited that Rising Phoenix co-writer and rapper Keith Jones will be the musical guest during our Celebration of Champions pre-show. Just one more reason to attend this FREE, can't miss event on August 12 at noon!

Get Tickets

Your Weekly Reservations

- July 26-31 Fitness Classes
- August 2-7 Fitness Classes
Beginning Monday, August 2, our online (Zoom) fitness class schedule will change slightly. We encourage you to try a class. Use the same fitness class registration form, simply select “Online via Zoom” after you select your class.

**Mondays:** ABCs of Balance at 1 p.m.
**Wednesdays:** ABCs of Balance at 9:45 a.m.
**Thursdays:** Seated Yoga at 9:45 a.m.
**Fridays:** Upper Body Basics at 9:45 a.m.

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### Lakeshore Athletes Shine at Nationals

Lakeshore youth swimming and track & field athletes had a great performance at the Move United Junior Nationals in Denver, Colorado. The team brought home 26 gold, 8 silver and 2 bronze medals in addition to 6 national records.

Our women’s wheelchair basketball team also excelled at the NWBA Women’s Wheelchair Basketball National Championship in Dallas, Texas. Jian Jackson was named tournament MVP and Lauren Perry made the 2nd All-Tournament Team.

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### #DisabilityPride: Let’s talk about Allyship

Disability pride can be difficult to develop, especially when self-advocacy feels like a daily necessity. That is why allyship is so important. Here is what people with disabilities have to say about it.

"It’s important to learn about the different models of disability. Have a willingness to learn why accessibility matters. Recognize that every person is different and there are a variety of ways disability is experienced. Listen to each story and understand that not everyone has the same views and preferences. Understand that you will make mistakes but know that it is better to be an imperfect ally, than nothing at all." - Rebe, Mental Health Advocate and Artist

"Non-disabled people can amplify disabled people’s voices on a topic; do research on the access and accessibility of events and venues so people with disabilities don’t have to; and speak up when ableism happens. Disabled people must acknowledge other marginalizations that people experience. Black disabled people exist. LGBTQIAQP+ disabled people exist. People with invisible disabilities exist. We need to be aware of how these intersections affect people, and we need to listen. We also need to recognize how prevalent ableist language is and do our best to curtail such language, especially regarding mental health and intellectual disabilities." - Phillip, Disabled Activist and Grad Student

"We must invite our disabled peers to our platforms, spaces and opportunities. As a disabled film maker and keynote speaker, I hired a director and crew behind the scenes with disabilities for my film. I refer ASL translators for all my speaking engagements and ask my clients to offer various forms of accessible communications for the events I am speaking at. I use my social media platform to share my disabled peers’ work and life experiences. Disability allyship can fuel our sparks of disability pride." - Cara, Keynote Speaker

**How can you be a better disability ally?**
- Educate yourself on disability related issues. Read about the disability rights movement and explore local & national disability rights issues.
- Examine your own discomfort & bias and take accountability of past ableist actions.
- Listen to disabled stories and experiences and learn how you can best support social change.
- Join the disability community in challenging institutions, societal norms and the narrative of disability to create a more equitable world.

Check out this [article on allyship](#) from Disability Rights and Resources and this [disability ally toolkit](#) from CDC.

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