Member News

Beginning in September we will unveil new online member platforms to make it easier for you to manage your membership and participate virtually. We are excited to offer you new membership enhancements. Watch for more details next week!

Boccia and Cycling Are Back!

Cycling Schedule
Tuesdays from 7 a.m. - 1 p.m. and 4-6 p.m.
Wednesdays from 11 a.m. - 1 p.m.
Fridays from 7-10 a.m.
To make an appointment contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443.

Boccia Schedule
Tuesdays from 10-11 a.m. and Wednesdays from 12-1 p.m.
No registration required. Just come and play!

Youth Parent Meeting
August 23, 6 p.m.

School is back in session, which means a new season of youth activities at Lakeshore! Parents, make plans to attend our virtual parent meeting next Monday, August 23 at 6 p.m. You will learn about all of our fall aquatics, athletics, and recreation programs and be able to register your child(ren) following the meeting. Click the register button to receive your meeting link.

COVID-19 Resources

We continue to take many precautions to keep members and staff as safe as possible amidst the ongoing COVID-19 pandemic. We strongly encourage you to get a vaccine, if you are able, and to continue taking steps that have proven to reduce the likelihood of transmitting or getting COVID-19: wearing a well-fitting mask over your nose and mouth, washing your hands frequently, maintaining social distance, and staying home if you have COVID-19 symptoms, have a potential exposure or test positive.

Staying well-informed is key to staying healthy. To support you, we’ve compiled a few of the most recent resources below.

- On August 18 the U.S. Department of Health and Human Services (HHS) released this statement on the Administration’s plan for COVID-19 booster shots for the American people.
- For information on the prevention of COVID-19, vaccine information and where to get a vaccination, as well as...
COVID-19 information for people with disabilities.

Join the Alliance for Health Policy this Thursday, August 19 at 12 p.m. ET for a policy briefing focused on the growing mental health crisis in America. The panel of experts will explore how mental health has been shaped by the COVID-19 pandemic and potential policy options to move the country forward. This briefing is the final event in Part 1 of the 2021 Signature Series focusing on health and the economy.

The CDC and Prevention’s (CDC) National Center on Birth Defects and Developmental Disabilities have developed a new suite of COVID-19 materials - including free videos, posters, social stories, and interactive activities - specifically designed for people with IDD who have extreme low literacy and their caregivers.

Find a COVID-19 vaccination near you.

You Can Still Join the Celebration of Champions!

We are so glad many of you were able to join our Celebration of Champions last week. If you missed it, don't worry, you can still be a part! Watch for details on how to view the program.

To support our Paralympians and future Paralympians, go to the Celebration of Champions secure website hosted by Swell.

Your Weekly Reservations

Don't forget! Seated Zumba has been added to our in-person fitness schedule Tuesdays from 12-12:30 in the Group Fitness Room. View fitness schedule.

Hammerfest Success

Thanks to everyone who participated in Hammerfest's inaugural handcycle division and inclusive Hammer Ride! This successful event not only supported Lakeshore but paved the way for more accessible and inclusive cycling events in Birmingham.

Watch the Tokyo 2020 Paralympics

The Tokyo Paralympics are almost here! You can watch all of the action on the networks of NBC, NBCOlympics.com, NBC Sports app and Peacock. View the full schedule and learn how you can watch. We've also put together a handy guide to watching!

All of USA Wheelchair Rugby's pool play games, listed below, will be broadcast live on NBCSN and the NBC Sports app. Make plans to tune in!

8/24 at 10:30 p.m. ET
USA vs. New Zealand
8/25 at 10:30 p.m. ET
Canada vs. USA

8/27 at 4:30 a.m. ET
USA vs. Great Britain