Member News

Don't Miss the Action

Last night USA Wheelchair Rugby kicked off its Paralympic campaign with an emphatic 63-35 win over New Zealand. Tonight they face heated rival Canada at 9:30 p.m. Tune in to NBCSN, NBCOlympics.com or the NBC Sports app. Not able to watch the coverage live? That’s ok. You can watch replays of all the events on NBCOlympics.com and the NBC Sports app.

PVA Wheelchair Basketball Camp

Lakeshore is proud to host a Paralyzed Veterans of America wheelchair basketball camp August 26-28. The athletes will train on Courts 2 & 3 in the Fieldhouse, but the Fieldhouse will remain open for member use. All camp participants will adhere to Lakeshore’s COVID-19 guidelines.

Adult Athletics Meeting

If you are interested in competing on Lakeshore’s adult power soccer, wheelchair basketball or wheelchair rugby team, don’t forget to RSVP to the adult athletics meeting August 31 at 6 p.m.

Give It a Try!

We have several new recreation programs beginning next week. Check them out!

Air Rifle Shooting and Archery

Mondays and Wednesdays, 12-2 p.m.
Shooting and archery take place in the Shooting Range in the hall past the Fitness Center. You will be briefed on shooting/archery safety and receive basic shooting/archery instruction. No personal equipment or registration is necessary.

Wheelchair Tennis

Wednesdays, 6-8 p.m.
We are excited to offer wheelchair tennis clinics each Wednesday from 6 to 8 p.m. beginning September 1. Clinics are open to members age 6 and up and of all skill levels. Each week will focus on specific skills and also include match play. Daily wheelchair use is not a requirement and sports wheelchairs are available. Registration is required. For any questions contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443.

Boccia

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

Cycling

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.
Appointments are required. Contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443.

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
Youth Program Registration

Registration is now open for all fall youth aquatics, recreation and athletics programs. View our fall schedule and register your kids today.

Youth Aquatics and Recreation Registration
Youth Athletics Registration (wheelchair basketball, power soccer, swim team)

#WeThe15

To coincide with the start of the Paralympic Games, #WeThe15 campaign was launched with the goal to initiate change over the next decade by bringing together the biggest coalition ever of international organizations from the world of sport, human rights, policy, communications, business, arts and entertainment. WeThe15 will shine a light on the 15% of the world’s population living with a disability. It will build greater knowledge of the barriers and discrimination people with disabilities face on a daily basis so we can break down barriers and all disabled people can fulfill their potential and be active and visible members of an inclusive society. Learn more

Staff Spotlight: Meet Bob Lujano

In honor of the Paralympic Games, meet one of Lakeshore’s staff members who is also a Paralympic bronze medalist. Meet NCHPAD Inclusion Specialist Bob Lujano and learn more about his athletic accomplishments.