



LAKESHORE

Your Weekly Update

October 13, 2021

Member News

We will be hosting another USA Wheelchair Rugby development camp October 14-17. During camp, the Fieldhouse and track will be open and available to members, but we ask that everyone keep distance from the group while they are training on court three. Per COVID protocol, every training camp athlete must provide a negative COVID test 72 hours prior to departure to Birmingham, all athletes are tested the first day of camp, and masks are mandatory at all times.



Youth Wheelchair Basketball Kickoff Season

Lakeshore's Prep and Varsity wheelchair basketball teams started their season off last weekend at the Clemson Classic in Clemson, SC. Both teams performed well, with the Sharks taking 4th place and the Lakers finishing 2nd. Seth Horne and Jackson Horne were named to the Varsity All-Tournament team, while Madison Etheridge made the Prep All-Tournament team and Lily Dobson won the Sportsmanship award!

Cycling Season

Cycling is a great way to stay fit and improve your cardiovascular health. And there are so many ways to cycle at Lakeshore. Try one or all of these upcoming classes and events.



Bike-In Movie

We will be hosting a bike-in movie in the Fieldhouse on Friday, November 5 at 6 p.m for youth ages 10-18. This event will utilize our brand new virtual cycling equipment and the movie Cruella will be shown. [Register.](#)



Turkey Spin

There are Turkey Trots and even our annual Turkey Shoot. Now we are adding a Turkey Spin! Join us on November 15 at 12:30 or 5:30 p.m. for an inclusive cycling class. Choose your mode of spinning for a great cardio workout set to music with awesome instructors. Look for registration information next week.



Krank Class

Looking for a weekly high-energy cardio class? Give Krank class a try. This stationary arm bike class allows you to work at your own intensities, and with a removable seat, the Krankcycle® can be used while standing or sitting. Join the fun Tues/Thurs from 12:15-12:45. [Register.](#)



Fieldhouse Cycling

If stationary cycling is not your thing, then reserve a time to cycle in the Fieldhouse. Handcycles and foot-pedaled recumbent bikes are available to check out and ride Tuesdays, Wednesdays & Fridays. View full [schedule](#) & contact carolineh@lakeshore.org to make a reservation.

Your Weekly Reservations

The launch of **Lakeshore Online Fitness** does not change the way you register for in-person fitness classes. To register for a live online fitness class, visit fitness.lakeshore.org and create an account.

In-person Fitness Classes
October 18-23

In-person Fitness
Classes October 11-16

Wheelchair Tennis Clinic
October 20



New Helen Keller Documentary

American Masters: Becoming Helen Keller is a new documentary about the Alabama native and disability rights leader premiering on local PBS stations Tuesday, October 19 at 8 p.m. We invite you to register for a special virtual event on October 18 at 6 p.m. for a sneak peek of the documentary and conversation about Helen Keller's advocacy and the evolution of the disability rights movement. [Learn more and register.](#)



Share Your Mobility/Transport Experiences

The UAB Institute for Human Rights is looking for adults with a disability or chronic disease, caregivers or family members to share your experiences with transportation and mobility in the Birmingham area. All focus groups will be conducted over Zoom and responses will be kept confidential. Participants will receive a \$30 reloadable gift card. If you are interested in participating, contact Dr. Tina Kempin Reuter at tkreuter@uab.edu.



Hedrick House Informational Session

The Hedrick House is a soon-to-be-developed residential community in Birmingham for adults with a physical disability. An informational session for prospective residents, parents and caregivers will be held in Lakeshore's Multimedia Room Monday, November 15 from 5 to 7 p.m. Dinner will be served at no cost. Please RSVP to mgathings@briarwood.org or 205-478-8451.



A New Generation of Leaders

In the spring we began a #DisabledLeader social media series highlighting influential leaders and advocates inside and outside the competition arena. This summer we shared insight and perspective from people with disabilities on #DisabilityPride and how we can all be better allies. Now, this fall, we look to the future and the next generation of change makers - athletes, advocates and role models we can all listen to, learn from and support.

COVID-19 Reminders

We continue our commitment to providing an environment that is as safe as possible for you and your fellow members. Please remember the following guidelines for using the Lakeshore facility:

- Wear a mask that covers your nose and mouth at all times while in the building unless in the pool.
- Remain, at minimum, 6 feet apart from one another.
- Wash your hands frequently.
- If you become aware of a potential exposure to COVID or have a positive COVID diagnosis, please notify Debbie Smith, debbies@lakeshore.org. She will assist with next steps before you return to Lakeshore.
- Self-monitor, and do not come to Lakeshore if you have any known COVID symptoms or potential exposure.
- We encourage you to [get vaccinated](#) if you are able.

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