

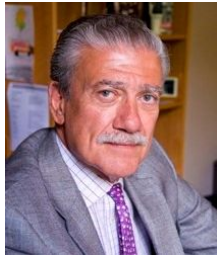


# LAKESHORE

## Your Weekly Update

November 3, 2021

### Member News



#### Welcome John Kemp!

We are excited to welcome our new president & CEO, John D. Kemp, to Lakeshore. John brings a wealth of knowledge and decades of experience as a leader in the disability community on the national level, having previously served in executive leadership roles with Easterseals and United Cerebral Palsy and co-founding the American Association of People with Disabilities. Learn more about his experience by visiting our [website](#).

### Lakeshore to Host Para Sport Training Camps

As a U.S. Olympic & Paralympic Training Site, Lakeshore will host three training camps in November. Per COVID protocol, every training camp athlete and staff member must provide a negative COVID test 72 hours prior to departure to Birmingham, and masks are mandatory at all times unless in the pool.

**USA Wheelchair Rugby:** November 4-6

**USA Paratriathlon:** November 9-13 and 16-20

During the Paratriathlon camp, lap lanes will be open but limited during the following days and times.

- November 10, 1-2:45 p.m.
- November 11, 3:30-5 p.m.
- November 13, 8-9:45 a.m.

### Join our Veterans Day Float

Any Lakeshore member who is a veteran is invited to join our float for the National Veterans Day in Birmingham Parade. The parade starts at 1:30 p.m. on Thursday, November 11. If you are interested in signing up, please fill out this [form](#).

## New Membership Packages

As a reminder, we are restructuring our membership packages to better meet member preferences. Beginning **December 1, 2021**, our new membership packages will go into effect. All current Lakeshore members need to review and select a new membership package by **November 27, 2021**.

Membership Types and Benefits (Based on individual membership)	NEW			
	Virtual Membership	Standard Membership	Premier Membership	Youth & Athlete Membership
Monthly Cost	\$15	\$50	\$65	\$55
Lakeshore Online Fitness Live and On-Demand Classes	✓	✓	✓	✓
Fitness Center		✓	✓	✓
In-Person Fitness Classes		✓	✓	✓
Fieldhouse		✓	✓	✓
Recreation Programs		✓	✓	✓
Aquatics Center			✓	✓
In-Person Aquatics Classes			✓	✓
Athletic Programs			✓	✓
Aquatics Center Guest Pass Facility Guest Pass	\$10 each guest visit			
Additional Household Members		\$25/month for each adult \$20/month for each child		

#### Virtual Membership \$15/month

Includes access to Lakeshore Online Fitness Live and On-Demand Classes.

#### Standard Membership \$50/month

Includes access to Lakeshore Online Fitness, Lakeshore facility, classes and programs, **excluding** the Aquatics Center & aquatics classes.

#### Premier Membership \$65/month

Includes access to Lakeshore Online Fitness and Lakeshore facility, classes and programs, **including** the Aquatics Center & aquatics classes.

#### Youth & Athlete Membership \$55/month

Includes access to Lakeshore Online Fitness and Lakeshore facility, classes and programs, **including** the Aquatics Center & aquatics classes.

You may select a package by filling out the [Membership Update Form](#) online or stopping by the Member Services Desk and filling out a paper form.

[Membership Update Form](#)

### Have questions or need assistance?

Visit our Membership Update [webpage](#) for additional details. Staff are located in the Lobby and available to answer any questions you may have regarding membership changes. You may also call Member Services at 205-313-7437 or email [membership@lakeshore.org](mailto:membership@lakeshore.org).

## So Many Ways to Turkey Spin

We are taking the phrase "give it a spin" to a whole new level with our Turkey Spin on Monday, November 15 at 12:30 and 5:30 p.m.

Choose from six different types of spin equipment, including arm and leg powered cycles, for a great cardio workout to upbeat music with awesome instructors and fellow Lakeshore members. It's open to all ages!

- Choose from:
- Adult Leg-Powered Spin Bike
  - Arm-Powered Handcycle on Rollers
  - Leg-Powered Recumbent Trike on Rollers
  - Arm-Powered Krankcycle
  - Kids Leg-Powered Spin Bike
  - Wheelchair Rollers

Space is limited, so register today!



[Register Now!](#)

## Your Weekly Reservations

Want to attend one of our fitness classes from the comfort of your home? Then login or create your [Lakeshore Online Fitness](#) account and get moving at home and at Lakeshore.

[In-person Fitness Classes November 8-13](#)

[In-person Fitness Classes November 1-6](#)

### Don't Forget!



#### Seeking Video Gamers

The UAB/Lakeshore Research Collaborative [RecTech](#) team is currently recruiting individuals between the ages of 18 and 75 with a lower body mobility disability to participate in a study testing adapted video game controllers. Participants should be able to visit Lakeshore for a 1.5-2 hour gaming session. If interested, contact Amy Belcher at [amybel@lakeshore.org](mailto:amybel@lakeshore.org) or 205-



### Apply to be a NextGen Leader

Applications are now open to be a [Disability:IN NextGen Leader](#). NextGen Leaders are college students and recent graduates with disabilities. Students are matched one-on-one with mentors from Disability:IN Corporate Partners across all industries like Google, JPMorgan Chase, Microsoft, Boeing, and Pfizer. [Learn more and apply.](#)



### Smile While You Shop

Have you started your holiday shopping, and does it include Amazon? Then make sure to shop through [Amazon Smile](#) and select Lakeshore as your organization. Just click the [link](#), shop, and Amazon will donate 0.5% of your eligible purchase price to Lakeshore.

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### 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](mailto: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.



Lakeshore Foundation | [lakeshore.org](http://lakeshore.org)

