



# LAKESHORE

## Your Weekly Update

November 10, 2021

### Member News

Our hours of operation will remain as usual on Veterans Day, November 11. We encourage you to attend the National Veterans Day Parade downtown from 1:30-4:30 p.m. Lakeshore will have a float. View the parade [route](#).

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### USA Paratriathlon Camp at Lakeshore

Lakeshore is hosting two USA Paratriathlon camps November 9-13 and 16-20. During the camps some Aquatics Center and Fieldhouse access will be limited.

#### Aquatics Center

- Lap lanes will be unavailable during the following times. The open area of the Lap Pool will be available to members.
  - November 11, 3:30-5 p.m.
  - November 13, 8-9:45 a.m.
  - November 17-18, 7:30-9 a.m. and 10:30 a.m.-12 p.m.
  - November 19, 7:30-9 a.m.
- On **Saturday, November 20**, the entire Lap Pool will be closed and no classes will be offered in the Therapy or Lap Pools. Lap lanes will be taken down at 5 p.m. on Friday in preparation for Saturday.

#### Fieldhouse Track

- The track will be open but limited November 16, 4:30-6:30 p.m.
- The track will be **closed** November 17-18, 8:30-10 a.m. and 1:30-3 p.m.

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### Select Your New Membership Package

As a reminder, we are restructuring our membership packages, which will go into effect December 1, 2021. If you have not done so already, please select a new membership package by November 27, 2021. You may visit our [website](#) to view our new package options and fill out the [Membership Update Form](#). Or you may stop by the Member Services Desk and fill out a paper form.

Select Your New  
Membership

### Don't Miss the Turkey Spin!

Are you going to the Turkey Spin? Well, we think you should! Join us Monday, November 15 at 12:30 or 5:30 p.m. for a high-energy spin class. Choose from six different types of spin equipment, including arm and leg powered cycles, for a great cardio workout. It's open to all ages. Don't put it off any longer. Register today!

Register  
Now!



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## 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 15-20

In-person Fitness Classes November 8-13



### A Weekend of Lakeshore Athletics

It was a busy weekend for Lakeshore athletics as our youth wheelchair basketball and swim teams and adult wheelchair rugby team all competed across the Southeast. At the Queen City Classic wheelchair basketball tournament in Charlotte, the Sharks finished 2-2 and the Lakers finished 2-3. The Typhoons swim team competed in 20 events at the Cranberry Classic in Birmingham, setting 16 personal records. Demolition wheelchair rugby competed in the Shepherd Classic, their first tournament since January 2020, and went 2-2. A great start to a new season!



### Turn Your Passion Into Purpose

November is the perfect time to reflect on the generosity of our donors and say thank you! Donors like Fran Pearce of Selma, AL, who turned her family's passion for golf into greater access for people with disabilities to hit the green. Learn more about [Fran's story](#), and consider how you can turn your *Passion into Purpose* by giving to Lakeshore on #GivingTuesday, November 30.



### Disability Week of Action

Centers for Medicare & Medicaid Services has designated this week Disability Week of Action to encourage people with disabilities to review their health coverage for 2022 and determine if they need to make changes for the coming year. Visit [nationaldisabilitynavigator.org](https://nationaldisabilitynavigator.org) for more information and resources.

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## NCHPAD's Impact on Public Health

NCHPAD is an important part of our organization working to create more healthy and inclusive communities across the nation. Recently some members from the NCHPAD



team attended the American Public Health Association conference. Bob Lujano presented on community engagement and discussed the outcomes of three grants that were awarded to the Birmingham neighborhoods of Bush Hills, West Goldwire and Huffman.

Planning for Thanksgiving? Check out these [tips](#) for Safer Ways to Celebrate the Holidays from the CDC.

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.

Give  
Today

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

