



LAKESHORE

Your Weekly Update

November 17, 2021

Member News

- We will be closed November 25 and 26 in observance of Thanksgiving.
- Next week, cycling will only be offered on Tuesday from 7 a.m. to 1 p.m. All Wednesday and Friday times are cancelled. To make a cycling reservation, contact carolineh@lakeshore.org.
- Lakeshore is seeking members for its 2022 Member Advisory Committee. The group, which will meet quarterly in 2022, will help us gather the best information we can from members about our services, policies and opportunities. If you are interested in joining the committee, please contact Jen Allred or Barrett Amato at membership@lakeshore.org or call 205-313-7400 and ask to speak to a member of the membership department. Please let us know of your interest by Monday, December 6. If you have previously served on a member advisory group we would value your participation again if interested. Your time and insights are incredibly important to us and we appreciate your consideration.
- Between November 17 and 20 some areas of the Aquatics Center and Fieldhouse will be closed or limited as we host a USA Paratriathlon training camp.
 - Lap lanes will be unavailable during the following times. The open area of the Lap Pool will be available to members.
 - November 18, 7:30-9 a.m. and 10:30 a.m.-12 p.m.
 - November 19, 7:30-9 a.m.
 - **Update:** Saturday, November 20, the entire Lap Pool will be closed **only** from 7:30-10 a.m. 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.
 - The Fieldhouse track will be **closed** November 18, 8:30-10 a.m. and 1:30-3 p.m.

Don't Forget to Select a New Member Package

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.

Bring Lakeshore with you wherever you go.



Are you traveling over the holidays? Well you can bring Lakeshore with you with [Lakeshore Online Fitness](#). This free member benefit allows you to attend your favorite Lakeshore fitness classes, like Zumba or Total Body Conditioning, live using your computer or mobile device. If you can't make a live class, you can try one of our on-demand exercise videos in our recorded video library.

It's easy to create an account. Just visit fitness.lakeshore.org to get started.

Your Weekly Reservations

No classes will be offered on November 25 and 26.



USAWR Names Joe Delagrave as Interim Head Coach

As the home of USA Wheelchair Rugby, Lakeshore is excited to welcome Joe Delagrave as the interim head coach of the USAWR national team. As a two-time Paralympic medalist, 13-time national team member, captain and co-captain, Joe brings his experience, knowledge and leadership to the program.



Pumpkin Ravioli

Looking for an autumn-inspired dish that is not your traditional Thanksgiving turkey and dressing? Try this [pumpkin ravioli](#) from Chef J and our Nutrition Lab.



Adult Power Soccer Is Back!

Our adult power soccer season has begun, and we are looking for more players. If you are an adult who uses a power wheelchair or have a lower and upper body disability, then power soccer could be just for you! Practice is every Wednesday from 2-4 p.m. in the Fieldhouse. Click the button below to register. For more information, please contact Coach Rob Welty at robw@lakeshore.org or 205-313-7457 or Team Manager Isia Jenkins at isij@lakeshore.org or 205-313-7446.

[Power Soccer Registration](#)

Turn Your Passion Into Purpose



Individual donors are not the only ones who turn their *Passion Into Purpose* by supporting our mission. Children's of Alabama is passionate about supporting children with disabilities and understands the vital role access to sport and physical activity plays in a child's health and wellness. That is why you'll find Children's at Lakeshore on our campus. This outpatient therapy clinic bridges the gap between Children's services and our youth aquatics, sports and recreation programs. Thank you, Children's of Alabama, for helping build a strong, supportive community where kids with disabilities can realize their full potential.

This #GivingTuesday, turn your passion for physical activity into a [purposeful gift](#) to Lakeshore so more kids can play and compete.

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. 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

