



LAKESHORE

Your Weekly Update

December 22, 2021

Member News

Holiday Hours of Operation

Lakeshore will be closed December 24-25. We will be open Friday, December 31 from 8 a.m. to 1 p.m. and closed on Saturday, January 1.

The Fieldhouse will be closed December 20 through January 3 as we resurface the hardwood courts.

Remember: A Mask Covering Your Nose and Mouth Is Required

Thank you for continuing to do your part to make Lakeshore as safe as possible during the spread of the COVID Omicron variant. Wearing a mask over your nose **and** mouth continues to be a primary way to reduce the spread of COVID, and is required in our buildings. You should bring your mask with you each time you visit. Masks are available at the front desks if you forget yours, but are not intended to routinely replace your own mask. You may find more information on masks on the CDC [website](https://www.cdc.gov).

Choosing a Mask: Dos and Donts

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask



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DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Your Weekly Reservations

Lakeshore will be closed December 24-25, and no fitness classes on will be offered.

In-person Fitness Classes December 27-31

In-person Fitness Classes December 20-23



Youth Winter/Spring Registration Open

2022 is almost here, and that means a new season of youth aquatics and recreation programs. Visit our [website](#) to view all of our offerings and register your children. Aquatics classes will begin January 3 and recreation classes will begin January 10.



Season of Giving

This holiday season, [giving a gift](#) to Lakeshore is great, but did you know you can also leave a legacy? Through our planned giving program you can support future generations of Lakeshore members achieve their health and wellness goals. Visit our [website](#) to learn more.



Lakeshore Athletics News

Wheelchair Basketball Champs

On Friday two new national championship banners were added to the Fieldhouse collection with the unveiling of the 2021 NWBA National Championship banners for our Prep (6-13 year olds) and DIII (adult co-ed) wheelchair basketball teams.



U.S. Para Swimming Nationals

Over the weekend Lakeshore youth swim team member, Adele, competed at the 2021 U.S. Para Swimming National Championships. She set seven new personal records, qualified to two event finals, and got to race against Tokyo 2020 Paralympians.



Staff Spotlight: Emily Mallard

Meet Lakeshore Aquatics Coordinator and Swim Team Coach Emily Mallard in this month's Staff Spotlight. Find out how Emily got her start at Lakeshore, what has surprised her the most about working here, and how she likes to unwind after a busy day in the Aquatics Center.

Have you received your COVID-19 booster yet? The [CDC recommends](#) everyone ages 18 and older should get a booster shot. Visit [vaccines.gov](#) to find a booster near you.

We continue our commitment to providing an environment that is as safe as possible for you and your fellow members. As we have done since the beginning of the pandemic, our Recovery Team meets, now bi-weekly, to review the latest COVID-19 statistics and consider our next steps. 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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Today

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