Lakeshore Foundation offers a wide range of weekly recreation programs and competitive sports for adult members. Check out what we have to offer this fall. Not a Lakeshore member? Visit lakeshore.org/membership or call 205-313-7400 to learn more and become a member.

**RECREATION**

**Air Rifle Shooting/Archery**
*Wednesdays 9 a.m.-1 p.m.*
*September 7-December 7*
Shooting and archery take place in Lakeshore’s Shooting Range in the hall past the Fitness Center. Participants are briefed on shooting safety and receive basic shooting instruction. No personal equipment or registration is necessary.

**Bocchia**
*Tuesdays 10-11 a.m. & Wednesdays 11 a.m.-12 p.m.*
*September 6-December 7*
Bocchia, similar to lawn bowling, is played in the Fieldhouse. Throwing techniques, strategy and rules of the game are covered each week along with fun competition. No registration is necessary.

**Cycling**
*Mondays & Tuesdays, 9 a.m.-1 p.m.*
*September 6-December 6*
Cycling allows members to check out handcycles and recumbent bikes and ride in the Fieldhouse. Participants are given a briefing on bike safety and operation. Appointments are required. Contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443.

**Table Tennis**
*Mondays 5:30-7:30 p.m.*
*August 29-September 26*
Come learn the sport of table tennis led by U.S. Paralympic table tennis coach Keith Evans. You will be introduced to the basics of the sport and play weekly friendly matches. No equipment or experience is necessary. Registration is required. Visit lakeshore.org/adultrec.

**Community in Motion**
*Wednesdays 6-7:30 p.m.*
*September 7-October 26*
Need a little motivation to reach your health and fitness goals? Join other Lakeshore members and staff in the Fieldhouse each week for a time of socializing. Then walk, run or push around the track together or at your own pace. Lakeshore staff will be available to provide guidance and accountability on reaching your goals. No registration is necessary.

**Rec Hour**
*Thursdays 9:30-10:30 a.m.*
*September 8-December 8*
Even adults need time to play. Join us in the Fieldhouse for a time of unstructured recreation. Sports and activities like pickleball and badminton will be available to play. No registration is necessary.

**Recreation Power Soccer**
*Mondays 6-7:30 p.m.*
*November 7-28*
Try out the exciting sport of power soccer in this introductory program. Participants get to use a Lakeshore power soccer chair and experience the skill and precision of the sport. Power soccer is played on a basketball court, and the objective is to use a specially designed power wheelchair to knock an oversized soccer ball into the goal at the end of the court. No experience is required, and participants do not need to use a wheelchair in everyday life. All equipment is provided.
ADULT ATHLETICS SCHEDULE

ATHLETICS

Power Soccer (Lakeshore Power)
*Wednesdays 1:30-4 p.m.*
*October 5-June*
Power soccer is a sport for individuals with a physical disability governed by the U.S. Power Soccer Association. Athletes use power wheelchairs in this four-on-four indoor version of soccer. Daily power wheelchair use is not a requirement. In addition to weekly practices, athletes compete in home, regional and national tournaments. To join the team, contact Rob Welty at robw@lakeshore.org or 205-313-7457.

Co-ed DIII Wheelchair Basketball (Lakeshore Storm)
*Tuesdays & Thursdays, 6:15-8:15 p.m.*
*September 20-April*
Wheelchair basketball is a sport for individuals with a lower body disability who meet the National Wheelchair Basketball Association (NWBA) classification criteria. In addition to weekly practices, athletes compete in home, regional and national tournaments. To join the team, contact Rob Welty at robw@lakeshore.org or 205-313-7457.

Women’s Wheelchair Basketball (Lakeshore Lightning)
*Saturdays, Dates & Times TBD*
*Fall 2022-Spring 2023*
Women’s wheelchair basketball is for women age 12 and up with a lower body disability who meet the National Wheelchair Basketball Association (NWBA) classification criteria. In addition to weekly practices, athletes compete in home, regional and national tournaments. To join the team, contact Rob Welty at robw@lakeshore.org or 205-313-7457.

Co-ed Wheelchair Rugby (Lakeshore Demolition)
*Mondays & Thursdays (optional), 6-8 p.m.*
*October 3-April 30*
Wheelchair rugby is a sport for individuals with a disability in all four limbs. The sport is sanctioned by the United States Wheelchair Rugby Association (USWRA). In addition to weekly practices, the team competes in home, regional and national tournaments. To join the team, contact Kris King at kristenk@lakeshore.org or 205-313-7435.

LEARN MORE
Visit lakeshore.org or call 205-313-7400 for more information and a membership application.

FOLLOW US

HOURS OF OPERATION

Weekdays: 5:30 a.m. until 7:30 p.m.
Saturday: 7 a.m. until 3 p.m.
Sunday: Closed

4000 Ridgeway Drive
Birmingham, AL 35209