



**LAKESHORE**

# BECOME A LAKESHORE MEMBER

**Lakeshore Foundation** was created specifically for people with physical disabilities and chronic health conditions to live active, healthy lifestyles. As a Lakeshore member, you have access to world-class programs and facilities, cutting edge research and advocacy resources.

## You may qualify for a free membership.

Our Lima Foxtrot Operation Endurance program, funded in part by a grant from the United States Department of Veterans Affairs, provides a free Lakeshore membership to servicemen and women who have sustained an injury or illness during active duty or have a service-connected injury or illness resulting in a physical disability, regardless of when you served.



To get started, visit [lakeshore.org/membership](https://lakeshore.org/membership), and fill out a membership application. If applying for Operation Endurance, you must provide a copy of your DD214 and VA disability compensation rating breakdown. For questions call 205-313-7400.



### Fitness & Aquatics

Work with a member of our staff to set your fitness goals and choose from a diverse range of classes each week.



### Military Programs

Meet other veterans and learn new skills at one of our Lima Foxtrot sports and recreation camps or clinics.



### Online Classes

Participate in weekly live online classes and watch on-demand videos with Lakeshore Online Fitness.



### Recreation & Athletics

Compete or just play for fun with sports like wheelchair basketball, football or rugby, golf, cycling & more.

## Our Facility

- Fieldhouse with three-court gym and 200-meter Mondo surface track
- Indoor Aquatics Center, featuring two heated pools
- 6,000 square foot Fitness Center with strength training, cardio machines, group exercise and Kranking® studios
- Indoor shooting and archery range
- Research Addition with Movement & Mindfulness studios, Telesuites and Culinary Lab
- Outdoor gathering and activity areas including Campus Commons, Woodland Trail and Contemplative Garden



## Learn More

Visit [lakeshore.org](https://lakeshore.org) or call 205-313-7400.



## 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  
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 205-313-7400

