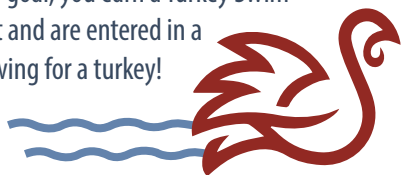


Annual Turkey Swim

October 16th- November 18th

All adult members are invited to participate. Challenge yourself to a certain number of laps per week or number of water workouts per week during allotted time. If you meet your goal, you earn a Turkey Swim shirt and are entered in a drawing for a turkey!



Doggie Dive!

We will be hosting our annual Doggie Dive in the outdoor pool on **Saturday,**

September 23rd 10am - 12pm.

Bring your pup for a quick dip and support a great cause. All proceeds go to the Humane Society. **\$10 per dog. Cash only.**

Outdoor to Indoor Pool

Thank you for making this summer so fun!

The last day for the outdoor pool is Friday, September 22nd.

11am Aquatics Class

The 11am Aqua Aerobics will be moving into the indoor pool starting Monday, September 25th.

Seated Massage

Friday, October 27th 9:30am - 12:00pm

Massage can be a powerful tool to help you with your health and wellbeing. It helps to reduce pain and heal injured muscles. Massages can also help improve sleep and reduce stress.

\$20/15 Minutes (+tax)

Sign up now
at the Front Desk



Let's Play Halloween Party!

Wednesday, October 25th @ 10am

Join us for crafts, snacks, fun games, a costume parade, and trick-or-treats!

Don't miss out on the festivities! Be sure to sign your child up at the Front Desk.

Fit Kidz - Fall Session

Our Fall session of Fit Kidz has started, but you still have time to join us! The 10-week program runs through mid-November. These fun-filled programs include activities for all ages and interests.

Let's Play (Monday & Wednesday)

Age 2-3 (Wed Only)	10:00 - 10:30am
Ages 4-5	10:30 - 11:00am
Ages 3-4	11:00 - 11:30am

Sport Kidz (Monday & Thursday)

Age 5-7	3:30 - 4:15pm
Ages 8-12	4:15 - 5:00pm

Gym Kidz (Tuesday)

Preschool Ages 4-5	10:30 - 11:00am
Parent/Tot Age 3	11:00 - 11:30am
Beginner Ages 5-7	3:45 - 4:30pm
Beginner Ages 8-12	4:30 - 5:15pm

Children must be registered to participate in our Fit Kidz programs. If you have any questions, please call Tammy at (360) 574-1991, or stop by the Front Desk to register.

KEY DATES ►

9/23	Doggie Dive	10/25	Let's Play Halloween Party
10/3	Swim Lessons Session #2	10/27	Seated Massage
10/16	Turkey Swim starts	10/31	Happy Halloween!

Tips for Getting a Better Night's Sleep

As published by the National Institutes of Health, part of the U.S. Department of Health and Human Services



Stick to a sleep schedule. Go to bed and wake up at the same time every day, even on the weekends.

Get some exercise every day. But not close to bedtime.

Go outside. Try to get natural sunlight for at least 30 minutes every day.

Avoid nicotine and caffeine. Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.

Don't take naps after mid-afternoon. And keep them short.

Avoid alcohol and large meals before bedtime. Both can prevent deep, restorative sleep.

Limit electronics before bed. Try reading a book, listening to soothing music, or another relaxing activity instead.

Create a good sleeping environment. Keep the temperature cool if possible. Get rid of sound and light distractions. Make it dark. Silence your cell phone.

Don't lie in bed awake. If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again



2401 NW 94th St.
Vancouver, WA 98665
(360) 574-1991
www.lakeshoreac.com

Club Hours:

Monday - Friday	6:00am - 9:00pm
Saturday	8:00am - 8:00pm
Sunday	11:00am - 6:00pm

Supervised Play Area Hours:

Monday - Friday	8:00am - 12:00pm, 3:30pm - 8:30pm
Saturday	9:00am - 3:00pm
Sunday	2:00am - 4:30pm

AQUATICS ►

Fall/Winter Swim Lessons

Lessons are taught Tuesday and Thursday afternoons and evenings. Each session consists of 8, 30 minute lessons, except Parent-Tot which consists of 4, 30 minute classes, taught once a week on Wednesdays.

Session 1 September 5 – 28

Session 2 October 3 – 26

Session 3 November 2 – 30

Session 4 December 5 – 14 (short session)

Classes are offered for children aged 6 months to 16 years old.

Parents MUST know correct swim level to register.

Level Testing is available on Tuesdays 6pm, or by appointment.

Group Swim Lesson Rates:

Member: \$ 75.00 + tax

Nonmember: \$ 85.00 + tax

Payment due at the Front Desk within 48 hours of sign up. Lessons are prorated if sessions are less than 8 lessons in length.

Open Swim - Reminder of Pool Rules

Open Swim is the time when any age may swim in the pool. **A lifeguard is on duty.** Please remember the following rules for a safe and enjoyable swim!

- Non-swimmers under the age of 6 **MUST** be accompanied by a responsible adult.
- Please remove shoes before entering the pool area and **shower before swimming.**
- Flotation devices **MUST** be U.S. Coast Guard approved.
- Diving in 9ft. area only. All divers **MUST** be able to recover to the side by themselves.
- Lap Lane available (except on Tuesday & Thursday evenings) for any age.
- Follow the directions of the lifeguard on duty.
- **Shower Before Swimming - EVERY time!** Not only is showering before entering any pool a matter of safety and courtesy; it is required by Washington state code. (WAC 246-260-131, 5a vi)



Adult Master's Swim Group

Every Monday 8:15 - 9:00pm

This includes stroke improvement, swim and timing drills, and a great workout! Our Adult Master's Swim Group is available for swimmers who wish to improve their swim stroke and gain endurance in a lap-swimming format. **Adults only. No fee.**

Aquatic Questions?

If you have any questions related to our swim lessons, open swim or anything else related to our aquatics program...

Please visit our website

<https://lakeshoreac.com/aquatics>

Email us at

aquatics@lakeshoreac.com

Stop by the Front Desk and we will be happy to help.

SPORTS UPDATES ►

Pickleball Drill Sessions

Thursdays, October 12th, 19th, 26th

Drill sessions will take place in the West Gym, with a limit of 8 players per session.

Times are separated by skill level.

Sign up now at the Front Desk

\$10/session

Fall Pickleball

There is still plenty of nice weather to get outside and play some pickleball. All 3 tennis courts have pickleball lines.

Want to play indoors? We have open play times in both East & West Gyms.



4-on-4 League Basketball

The league is off and running!

Still looking for a team, or want to pick up a game?

Stop by the front desk.

Email any questions or requests to

basketball@lakeshoreac.com

PARDON OUR DUST!

Roof Replacement Update: We are on the schedule for a tentative start of **October 2nd** to begin the removal and replacement of the roof above the Conditioning Room and Locker Rooms.

We will try to keep all areas open during the construction. A crane, dumpsters and trucks will block the southwest portion of the parking lot. Watch for signs and please excuse the noise and dust.

Tennis Court Resurface: We are still on the list for a complete repair, resurface, and line painting. This will include lining for additional pickleball courts.



YOU ARE INVITED!

All Members are welcome to shop at the Nike Company Store **9/23 through 10/15**

Keep an eye out for posted flyers in our lobby or give us a call for additional info.