

## Doggie Dive 2023 was a splash!

Another tail-wagging Doggie Dive in the books! Thank you to everyone that came out and played. Over 50 dogs joined us this year and we had SO much fun! All of the event's proceeds have been donated to the Humane Society for Southwest Washington.

## Attention Turkey Swimmers

Remember to record your Turkey Swim progress on the Lap Swim Report (those choosing number of workouts, please indicate that at the bottom of the report) and deposit in the box located in the Indoor Pool hallway. Your progress will be posted on the Lap Swim Bulletin Board.

Keep on swimming towards your goal!

The challenge ends November 18th. Turkey prize drawing will be held November 21th.

## New Barre Class! Begins Monday, November 6, 11:00 - 11:45 AM.

Get ready for a 45-minute, varying level of intensity, low impact, muscular endurance workout. Using combinations of the best elements of Pilates, Yoga, and strength, this barre class aims to deliver a full body workout every time. Come and try the fun!

## Seated Massage

**Thursday November 16th, 11am - 1:30pm**

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 - Winter Session

With our fall session of Fit Kidz wrapping up, now is the time to register your kids for our Winter Session. These fun-filled 10-week 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.

## 5 WAYS TO HAVE A HEALTHIER THANKSGIVING

Excerpt from *Verywell Fit* article  
by Malia Frey, M.A.ACE-CHC, CPT



**Don't skip breakfast.** Eat a nutrient-rich breakfast full of proteins and fiber will help to keep your energy levels up and help you to feel fuller longer.

**Stay hydrated.** Like everyday, it is important that you drink plenty of water, as many dishes served on Thanksgiving are high in sodium. Stay hydrated to keep alert, energized and to avoid bloating.

**Try a new healthy recipe.** Consider adding a big salad or vegetable side dish to your table. Add shaved almond instead of fried onions to your bean dish, add Greek yogurt instead of butter and cream to your mashed potatoes...the options are endless. Get creative and stay healthy.

**Soft down and savor.** Eat slower and you'll consume fewer calories. If you eat too fast, you can easily eat past the point of fullness. However, eating slowly gives your brain time to signal from your stomach that it's full. Plus, you will have more time to really savor the flavor of your holiday favorites.

**Start a new active family tradition.** Introduce a family walk or backyard football game to your Thanksgiving schedule. Being active helps your digestive system and could even help to create new holiday memories as a family.

## Holiday Schedule Thursday, November 23rd CLOSED

## KEY DATES ►

10/25	Let's Play Halloween Party!
10/31	Happy Halloween!
11/02	Swim Lessons Session #3

11/16	Seated Massage
11/18	Turkey Swim Challenge Ends
11/23	Club Closed - Happy Thanksgiving!



## Set your clocks back!

Daylight Saving Time ends  
Sunday, November 5th



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(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 - 1:00pm
Sunday	2:00pm - 4:30pm

## AQUATICS ►

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 3 November 2 – 30**

**Session 4 December 5 – 14** (short session)

**Morning Pre 1 Swim Classes:** Begins November 2, every Tuesday and Thursday through November 30 (no class 11/24) 9:45 AM, 10:15 AM, 10:45 AM

**Wednesday morning Parent N Tot:** 4 Classes November 8, 15, 22, and 29 at 10:15 and 10:45 A

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

Parents **MUST** know correct swim level to register.  
**Level Testing:** Tuesdays 6pm, or by appointment.

Group Swim Lesson Rates:

**Member: \$ 75.00 + tax**

**Non-member: \$ 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.



### Attention Open Swimmers

#### Extended Open Swim hours:

November 22	1:00 - 3:30PM
November 24	1:00 - 5:30PM

**NO Open Swim on Halloween**  
Lap Swim only 12:15 - 8:45 PM

### 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.**

### Questions?

If you have any questions related to our aquatics program, **stop by the Front Desk** and we will be happy to help.

Visit our website <https://lakeshoreac.com/aquatics>

Email us at [aquatics@lakeshoreac.com](mailto:aquatics@lakeshoreac.com)

## SPORTS UPDATES ►

### Pickleball Drill Sessions

**Thursday November 9th, 16th, 30th**

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**

Looking to play more Pickleball?

We have open play times in East & West Gyms.

Suns out? All three of our outdoor tennis courts are lined for Pickleball!



### Open Play Volleyball

**Every Monday 6:30 - 9:00pm**

Feel free to drop in!

You can sign up at the Front Desk to be included on the Volleyball players list.

Emails will be sent out weekly to ensure there are enough players for games.

Beginners through advance players are welcome. **Ages 15+**



### 4-on-4 League Basketball

Fall League is going strong. The last regular season games are October 24th. Playoffs will be held on November 2nd and 7th, with the finals held on Thursday, November 9th.

If you are not on a team, you can still play in the league as a substitute - just drop in. Subs are used on a first come / first placed, as-needed basis.

Email any questions or requests to [basketball@lakeshoreac.com](mailto:basketball@lakeshoreac.com)



## PARDON OUR DUST!

**Roof Replacement Update:** As we wrap up our roof replacement project, we wanted to give a big THANK YOU to all of our members and visitors for your patience during the completion of these upgrades. We are excited to now be able to shift our focus to our facility interior and the areas in need of attention. Details of these upcoming projects will be communicated via The Shoreline Newsletter or posted signs.

**Tennis Court Resurface:** We are still on the list (which is estimated for an early 2024 start) for a complete repair, resurface, and line painting. This will include lining for additional pickleball courts.

### Let's stay connected.

Keep an eye on our social media accounts to stay up to speed on upcoming events and club happenings.



@Isathleticclub



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