

HAPPY HOLIDAYS

From all of us at Lake Shore Athletic Club,
we would like to wish you all a very
happy and healthy holiday season!

Annual Holiday Social

Wednesday, December 6th 6am - 1pm

Come celebrate the season with all of your Lake
Shore friends, at our Annual Holiday Social!

We will be serving breakfast and refreshments
until 1pm, so feel free to stop on by anytime.
Seating available in the Game Room and Lobby.

We are happy to present **Songs of the Season!**
Join us at the social from 9:15 - 9:45am and
enjoy some holiday classics, sung by the
talented students from Lake Shore Elementary.

Give the gift of fitness!

Need a gift idea for friends or family?
Gift certificates are available to purchase for
Swim Lessons, Seated Massage, Memberships
and a variety of Personal Training Packages
(Individuals, Couples or Small Group).

Swing by the Front Desk for additional informa-
tion, or to purchase a certificate today.

Holiday Schedule

Christmas Eve & New Year's Eve

11:00am - 4:00pm

Christmas Day & New Year's Day - CLOSED

Supervised Play Area

Christmas Eve 12/24 - CLOSED

New Year's Eve 12/31 - 2:00 - 4:00pm

6 Ways to Stay Fit

During the Holiday Season

Excerpt from Edward-Elmhurst Health article

1. Schedule time to work out. Let's be honest, the holiday season is very busy. Just as you would schedule time for a meeting at work or holiday shopping, review your week ahead and figure out the most practical times to exercise.

2. Find creative ways to be active. There are ways to squeeze in fitness outside of the traditional workout. Park a bit farther away. Take the stairs instead of the elevator. Bundle up and take a walk with your family to look at the lights. Build physical activity into your holiday traditions.

3. Some activity, is better than none. If you can't find time to hit the gym, don't skip exercising altogether. A quick workout is better than no workout. Try to incorporate even just 10 minutes of physical activity a day. High-intensity interval training is a great way to get in a quick and effective workout.

4. Work out with a friend. Staying motivated is one of the hardest parts about committing to fitness- especially in the winter and around the holidays. Get a friend involved in your fitness journey, it can help you stick with it.

5. Hydrate and eat sensibly. Eating well is part of staying fit. You don't have abstain completely from your favorite seasonal treats, just watch your portion sizes. Drink plenty of water, especially alongside alcohol. Eat something small before you head to that holiday party so you won't arrive on an empty stomach.

6. Set goals, track your progress and have rewards. Thanks to advancements in technology, including fitness trackers and calorie counters, keeping track of your progress is easier than ever. Setting goals and challenges, along with a reward system, will hold you accountable and ensure your fitness success.

KEY DATES

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|-------|-------------------------------|-------|------------------------------|
| 11/23 | Club Closed - Thanksgiving | 12/12 | Racquetball League begins |
| 11/28 | Basketball League begins | 12/13 | Fit Kidz Christmas Party! |
| 12/5 | Group Swim - Session 4 begins | 12/25 | Club Closed - Christmas |
| 12/6 | Annual Holiday Social! | 1/1 | Club Closed - New Year's Day |

Fit Kidz

HOLIDAY PARTY!

Wednesday, December 13th @ 10am

Join us in the East Gym for holiday games,
crafts and snacks! Also, Santa will
be coming to town!

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



Fit Kidz - Winter Session

Now is the time to register your kids for
the Winter Session of our Fit Kidz programs,
which begins Tuesday, January 2nd.
These fun-filled 10-week programs include
activities for all ages and interests.

Children must be registered to participate in
our Fit Kidz programs. Sign up today at our
Front Desk.

If you have any questions,
please call Tammy at (360) 574-1991,
or stop by the Front Desk.

Great Job Turkey Swimmers!

Our Turkey Swim challenge is finished and
the numbers are quite impressive!
In total, the registered swimmers (as of
11/15) completed 158 water aerobic
workouts and swam more than 17,950
lengths of the pool - that is over 574,400
yards of swimming!!! Great job to all who
participated this year.

Please stop by the front desk to pick up
your t-shirt today! Prizes have been drawn
and the winners will be contacted.



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

AQUATICS ►

Group 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.

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.

Session 4 - December 5 – 14 (short session)

Session 5 - January 2 - 25

Session 6 - January 30 - February 22

Session 7 - February 27 - March 21

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**
Holiday Break - Open Swim hours:

Week of December 18th - Monday, Wednesday, Friday 1:00 - 5:30pm

Week of December 25th - Monday (Closed), Wednesday, Friday 1:00 - 5:30pm

Adult Master's Swim Group Mondays 8:15 - 9:00pm

Stroke improvement, swim and timing drills, and a great workout! **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

Attention Senior Members

Does your new Medicare Supplement Health Insurance plan make you eligible for SilverSneakers or Silver&Fit in 2024?

If so, please stop by the Front Desk to:

- 1) Drop your current paid membership, effective Jan 1st, 2024.
- 2) Pick up an enrollment packet to join SilverSneakers or Silver&Fit.
- 3) Complete the packet at your convenience and return to the Front Desk.

We will check your insurance card for eligibility, and make sure that you have a check-in card to use each time you visit the club.

If you have any questions, please stop by the Front Desk and we will be happy to assist.

**Winter Weather
Policy - Reminder**

Lake Shore inclement weather policy states that when Vancouver Public Schools are closed, group fitness classes will be canceled. If the schools are delayed, there will be no morning classes. If the weather clears, afternoon classes may be held - please call us at (360)574-1991 for the most up-to-date information. Thanks.



SPORTS UPDATES ►

Pickleball Drill Sessions - Thursdays - December 7th, 14th, 21st

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

Beginner 11:50am - 12:50pm | Intermediate/Advanced 1:00 - 2:00pm

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!



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|-------------------|-----------------|
| 6 - 7 years old | 9:00 - 9:50am |
| 8 - 9 years old | 10:30 - 10:50am |
| 10 - 12 years old | 11:00 - 11:50am |

Saturdays - January 6th, 13th, 20th, 27th

Our Pee Wee Basketball program focuses on developing the FUNdamentals in a basketball practice format. We do drills, relay races, play games and above all, have fun!

Members: Free! | Non-member: \$ 40.00 + tax

Children aged 6+ who are not included on their parent's account will be charge the non-member rate. Sign up today!

4-on-4 Basketball League - Winter League starts November 28th

There is still time to sign up! 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 sign-ups to basketball@lakeshoreac.com


Racquetball League - League starts back up December 12th

From the novice to tournament players, we have a league for you. Our Racquetball League is included in your membership. Swing by the Front Desk to sign up!

Senior Racquetball - Mondays, Wednesdays, and Fridays 10am

We've got a great group of players who meet every week, to socialize and play some racquetball! No need to sign up, just drop on by.

Email any racquetball questions or sign-ups to rball@lakeshoreac.com

