

## HAPPY 4 2024 NEW YEAR!

As we close the door on 2023, we would like to take this opportunity to thank our members for all of your continued support. After 65 years in business, it remains our privilege to provide our members and the community with a safe place for family fitness. We look forward to another fun-filled, fitness-focused year in 2024!

### 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.*

### Membership Dues 2024 Increase

In order to ensure the high level of service you deserve, to continue with planned improvements, and to offset historic increasing costs, it is necessary for us to adjust our dues. Rates will raise approximately \$3-\$5, depending on level. Joining members will see the new rates as of January 1st. Current members' dues will not go up until the February billing.

Thank you for your support and understanding.

## FIT KIDZ

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.

#### 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)

|           |               |
|-----------|---------------|
| 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. Swing by the Front Desk and sign up today!

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

### How to Achieve Your New Year's Fitness Resolution

*Excerpt from Teeter Article*

#### Focus on Daily Habits Rather Than End Results

Work backwards from your end fitness goal and get granular to define what you need to do every day to reach your goal. Taking small steps consistently will help you bridge the gap from where you are, to where you want to be.

#### Write Out Your Goal & Place It Somewhere You'll See Every Day

Take a moment to write out your resolution and place it somewhere you will see first thing in the morning. This is an effective way to keep your goal front of mind as you start each day and reaffirm why you're making positive daily lifestyle changes.

#### Be Realistic & Start Small

Set a smaller, more attainable goal that won't overwhelm you. Studies show it takes 66 days on average to form a habit. So, if you stick with your smaller goals for 2-3 months, it will be much easier to keep it going and accomplish bigger goals.

#### Find an Accountability Buddy or Join a Group

Surrounding yourself with people working towards similar goals will help keep you motivated and disciplined. If you don't have someone in your circle of friends or family who will hold you accountable, consider joining a fitness class or group.

#### Reward Your Small Accomplishments

Keep yourself motivated to achieve your fitness resolution by deciding on a reward for small accomplishments along the way. If your goal is to lose 10 pounds, reward yourself for every 2 pounds you lose with something fun, but that won't set you back.

New Year's fitness resolutions can be an amazing way to set intentions for your year, reset your priorities, and achieve your goals. If you start with a clear action plan, a strong community, and a positive mindset, you're off to a great start on your journey!

### KEY DATES ►

|       |                               |      |                              |
|-------|-------------------------------|------|------------------------------|
| 12/31 | Club Closes @ 4pm             | 1/6  | Pee Wee Basketball starts    |
| 1/1   | Club Closed - Happy New Year! | 1/19 | Seated Massage               |
| 1/2   | Winter Fit Kidz starts        | 1/30 | Group Swim Session #6 begins |
| 1/2   | Group Swim Session #5 begins  |      |                              |



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#### 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 ►

## 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 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 Pool Hours

|                      |  |
|----------------------|--|
| <b>December 24th</b> | Afternoon Open Swim 1:00 - 3:30pm (Lap Lane Available) |
| <b>December 25th</b> | Club Closed - Merry Christmas!                         |
| <b>December 31st</b> | Afternoon Open Swim 1:00-3:30pm (Lap Lane Available)   |
| <b>January 1st</b>   | Club Closed - Happy New Year!                          |

### 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 UPDATE ►



### Pee Wee Basketball - 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!

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

**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!*

### Pickleball Drill Sessions - Thursdays - January 4th, 11th, 18th and 25th

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

**Session 1 @ 11:50am - 12:50pm | Session 2 @ 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!



### 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+**

**\*Holiday Schedule Update - Volleyball Open Gym will be held Wednesday 6:30 - 9:00pm, December 27th and January 3rd only.**

### Seated Massage

**Friday January 19th, 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**



### Women's Small Group Fitness

Designed specifically for women, this new fitness opportunity focuses on building strength and flexibility in a small group setting.

**4 Week Program (January 10th - 31st)**

**Limited Available (4 spots)**

**Instructor: Becky K.**

**Price: \$80**

Space is limited, so stop by the Front Desk to sign up today!

### 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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