

Valentine's Day Luncheon

Friday, February 9th
11:30am - 1:30pm

Join us for our annual Valentine's Day Luncheon, and enjoy lunch with your Lake Shore friends! Food will be served from 11:30am to 1:30pm, so please come and go as you please.

Pro Tip: Consider carpooling, as this event definitely draws a crowd and parking can be tricky.

Consider delaying your arrival to avoid the initial line for food and seats at 11:30am.

Hope to see you there!

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.

For the most up-to-date information. Please call us at (360)574-1991



Parking Safety - Reminder

Please do not leave valuables in your car.

We have several secure storage options available for your belongings. Lockers are available in the locker rooms, and lock boxes for wallets, keys, etc. (we can also keep large purses) at the Front Desk.

During our busy times, it is not uncommon to need to park on the streets surrounding the club.

When this is the case, please be considerate of our neighbors - do not block any driveways and give mailboxes plenty of room. Thank you.



6 Basic Rules for Gym Etiquette

Excerpt from Healthline Article

Pick up after yourself.

This is listed first for a reason. Even if you do nothing else right, please, at the very least, put your stuff away.

Wipe down equipment when done.

Even if you don't leave a puddle of sweat, you still sweat and leave germs behind on equipment. Everyone does.

Keep your tunes to yourself.

Don't be that person playing their phone out loud - whether you're listening to music, a podcast or watching videos

Don't talk on your phone.

For your own privacy and to show respect to the other patrons, please do not talk on the phone while you're working out. It is rude, it makes people uncomfortable, and you're 100% talking louder than you think you are.

Dress the part.

Wear appropriate clothes to exercise. You can look as cute or comfortable as you want, but be safe and be respectful of others.

Give people space.

This goes for both physical and emotional space. Stand far enough away from your fellow exercisers to give them room to move safely and to feel at ease in their personal space.



**CELL PHONE USE
IS PROHIBITED
IN LOCKER ROOMS.**

KEY DATES

1/30	Group Swim Session #6 begins	2/13	4-on-4 Bball League starts
2/6	Racquetball League starts	2/14	Valentine's Day
2/9	Valentine's Day Luncheon	2/16	Seated Massage
2/11	Superbowl Sunday	2/27	Group Swim Session #7 begins

FIT KIDZ

Our Fit Kidz Winter Session in full swing but there is still time to register and join in the fun!!!

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.

Seated Massage

Friday February 16th, 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**



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	2:00pm - 4:30pm

SPORTS UPDATE ►

4-on-4 Basketball League

WINTER 2024

The next session of league basketball starts **Tuesday, February 13th**. Sign up now!

If you are not currently on a team and would like to play in the upcoming session, stop by the front desk to fill out a registration form or email* us at basketball@lakeshoreac.com

(Please make sure to let us know if there is a specific team or player you would like to play with.)

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

starts back up February 6th!

From the novice to tournament players, we have a league for you. Also, our Racquetball League is included in your membership, so give it a try.

Matches are held on Tuesdays, beginning@ 5:30pm
All courts are reserved for league play during this time.

Swing by the Front Desk or email us at rball@lakeshoreac.com to sign up today!

Senior Racquetball @ 10am

Mondays, Wednesdays, and Fridays

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.

Pickleball Drill Sessions

Thursdays - February 1st, 8th, 22nd, 29th

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+**



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.



Please Remember...

- Arrive no more than 15 minutes before your swimming lesson begins.
- Shower before entering the pool. *(Required by WA State Code WAC 246-260-131, 5a vi)*
- Please limit the time in locker rooms as there are always others waiting for the space.
- All swimming lessons will be held in a designated area of the pool.
- You must provide your own towel, goggles and hair ties or swim caps.
- Personal swim bags and shoes remain in either the locker room or outside of the pool deck area.

Adult Master's Swim Group

Every Monday 8:00 - 8:45pm

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

Let's stay connected.

Stay up to speed on upcoming events and club happenings.



@lsathleticclub



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