

## Membership Information

### Vacation Option

Memberships have four (4) weeks of vacation per calendar year, taken in one-week blocks. Credit will be applied to your account just before the vacation is taken. Requests need to be signed at the Front Desk.

### Freeze Option

Memberships may be frozen for up to six months. Requests must be made in advance and in person at the Front Desk on our freeze form. There is a fee for this option, due at the time of the request, along with any unpaid balance. An account must be at the same level for 30 days to qualify for that rate. There must be 3 months activity on an account before another freeze can be requested.

### Drop Policy

Moving out of town? Need to drop? We're sorry to see you go, but there are a few things you need to know. All drops take effect at the end of the month. No need to give us advanced notice; just stop by the Front Desk and sign our drop form.

### Turning 60?

You qualify for a "Senior" membership. If you are a married couple, only one of the members needs to be over 60 to qualify as a "Senior Couple". Stop by the Front Desk and let us know.

*Please stop by the Front Desk if you have any questions about membership options available.*

### Seated Massage

\$20/15 Minutes (+tax)

### Friday March 8th

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.

**Sign up now at the Front Desk**



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

## FIT KIDZ

Our Fit Kidz Winter Session is wrapping up, so now is the time to register for our Spring Session, which begins March 11th.

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.*

## NCAA MARCH MADNESS

### The NCAA Men's National Basketball Tournament starts March 19th!

We are excited to once again host a bracket challenge (via ESPN), open to all active club members.

LSAC bracket details will be available at the Front Desk once the teams have been selected on March 17th.

### ENTER FOR A CHANCE TO WIN A FREE MONTHS DUES

[AT CURRENT MEMBERSHIP LEVEL]

### KEY DATES

2/27	Group Swim Session #7 begins	3/11	1st Day of Spring Fit Kidz
2/28	PUMPED UP STRENGTH starts	3/19	NCAA March Madness
3/10	Daylight Saving Time begins	4/1	Senior Marathon Challenge starts
3/8	Seated Massage	4/1-5	Vancouver Schools - Spring Break



## Tips for Making the Most of Your March Workouts

*Excerpt from Fitness 1440 Article*

As we head into March, it's time to focus on renewing commitment to our fitness goals. With the weather starting to warm up and summer around the corner, now is the perfect time to get back on track and start working towards the healthy, strong body you want.

**Set realistic goals:** It's important to set goals that are challenging, but also achievable. Instead of aiming to lose 10 pounds in a month, for example, focus on losing 1-2 pounds per week. This will help you stay motivated and avoid becoming discouraged, if you don't see immediate results.

**Mix up your workouts:** Doing the same routine can get boring and lead to a plateau in your progress. Mix up your workouts by trying different classes or activities, such as yoga, spinning, or dancercise. You might even discover a new favorite way to exercise!

**Fuel your body with healthy foods:** Eating a balanced, nutritious diet is key to reaching your fitness goals. Make sure to incorporate plenty of fruits, vegetables, lean proteins, and whole grains into your meals. And don't forget to stay hydrated by drinking plenty of water throughout the day.

**Get enough rest:** Getting enough sleep is crucial for recovery and muscle growth. Aim for at least seven hours of sleep per night to help your body repair and prepare for your next workout.

**Hold yourself accountable:** It's easy to make excuses when it comes to skipping a workout or indulging in unhealthy foods. Hold yourself accountable by keeping a workout journal or tracking your meals in a food diary. You can also find a workout buddy or hire a personal trainer to help keep you on track.

Remember, the key to reaching your fitness goals is consistency and dedication. Keep pushing yourself and don't give up — the results will be worth it!

**Let's make March a month of progress and success!**



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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 ►

### 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 & Thursdays 5:30pm, or by appointment.

**Session 6 - January 30 - February 22**

**Session 7 - February 27 - March 21**

**Session 8 - April 9 - May 2**

**Session 9 - May 7 - 30**

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](mailto:aquatics@lakeshoreac.com)

## SPORTS UPDATE ►

### Pickleball Drill Sessions Thursdays - March 7th, 14th, 21st, 28th

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!

## ATTENTION PICKLEBALLERS

**Please wear clean, non-marking gym shoes when playing on indoor courts.**

This will ensure the playing courts remain free of dust and debris & ready for action!

### 4-on-4 Basketball League

 **WINTER 2024**

Our Winter season is up and running! 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 to [basketball@lakeshoreac.com](mailto:basketball@lakeshoreac.com)

### 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.

Email any questions to [rball@lakeshoreac.com](mailto:rball@lakeshoreac.com)

## FITNESS UPDATE ►

### New Class Alert!

**We are excited to introduce PUMPED UP STRENGTH™**

A revolutionary new approach to group resistance training that will:

- Challenge your body in new ways
- Increase bone density
- Rev your metabolism
- Reduce risk of injury
- Build stronger muscles
- Increase caloric expenditure

Starting **Wednesday, February 28th @ 9AM**  
Pumped Up Strength will be replacing Intense Strength.

<MPR> L:3-4 **Instructor: Summer**

**PUMP UP THE MUSIC  
PUMP UP THE FUN!**



**GROUP FITNESS  
SCHEDULE TIME  
CHANGE NOTICE**

All 6:15AM Group EX classes  
(Monday - Thursday)  
will now start at **6:00AM**

**Let's stay connected.**

Stay up to speed on upcoming events and club happenings.



@lsathleticclub



@lsathleticclub



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