

BEST OF CLARK COUNTY 2024

- ☆ **NOMINATIONS:** APRIL 1st - 30th
- ☆ **VOTING:** JUNE 3rd - 30th
- ☆ **WINNERS ANNOUNCED:** SEPT 14th & 16th

Nominate us at www.columbian.com/contests/bocc/
We have won Best Gym / Fitness Facility for the last 11 years. Please help us keep that streak going!

Spring Tea Social

Wednesday, May 1st
11:00am - 1:00PM

It is time for our annual Spring Tea Social! We will be serving hot and iced tea, and light snacks.



Sign up today at the Front Desk!

SENIOR MARATHON CHALLENGE

The Senior Marathon Challenge is coming back! Every time you walk or run at Lake Shore, make it down in the Challenge Binder (located at the Senior Check-in desk). When you hit 26.2 miles traveled, you win a LSAC Senior Marathon Challenge t-shirt!

Challenge kicks-off April 1st and runs through May 31st.
Sign up at Front Desk

FIT KIDZ

Our Fit Kidz Spring Session is off and running, but you can still sign up and join us!

These fun-filled 10-week programs include activities for all ages and interests. **Sign up today!**

Note: there are no Fit Kidz sessions during Vancouver School District Spring Break (April 1st - 5th)

Join us for an Easter egg hunt and a visit from the Easter Bunny!
Wednesday, March 27th - East Gym

Ages 0-2 10:00-10:30am
Ages 4-5 10:30-11:00am
Ages 3-5 11:00-11:30am

SIGN UP TODAY!



Fit Kidz Farm Day is back!

We will be hosting our annual Fit Kidz Farm Day on May 8th, and we can use your help.

If you have child-friendly animals, such as puppies, kittens, rabbits, goats, chicks, etc. that can join our petting zoo for the day, please contact Tammy at 360-574-1991.

Thank you!

Seated Massage | **Friday April 26th**
\$20/15 Minutes (+tax) | 10:00am - 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

No refunds on reservations canceled within 24 hours of appointment.

9 Tips for a Healthy Spring

Excerpt from Be Healthy Enough Article



- 1. Reset Your Sleep Schedule**
Try to start waking up earlier. You'll have so much more time to get your day started, freeing you up for more self care, like exercise.
- 2. Get More Steps In**
Walking is the perfect low-impact exercise that boosts your cardiovascular health without leaving you sore and out of breath.
- 3. Soak Up The Sun!**
Bright light exposure helps release serotonin in the body, which can boost your mood. It also helps the skin produce vitamin D, which is essential for bone health and other functions in the body!
- 4. Protect Your Skin and Eyes**
It is important to use appropriate sun protection, which includes wearing sunglasses, protective clothing, and sunscreen.
- 5. Eat Lots of Fresh Produce**
Eating lots of raw fruits and vegetables can speed up the detoxification process, leaving you feeling refreshed, fueled, and energized.
- 6. Spring Clean Your Body**
The secret to looking and feeling great this spring is to give your body a break from toxins and reclaim your health, even if just for a week.
- 7. Stay Hydrated!**
Spring is a great time to reevaluate your healthy habits and drinking enough water is one of the most important.
- 8. Clear the Clutter**
Surrounding yourself with clutter and mess can wreak havoc on your health. A clean home can prove to be more restful, restorative and less stressful.
- 9. Find Your Perfect Exercise Program**
One of the best wellness tips to keep in mind is this: find your favorite way to stay moving. Exercise benefits our bodies in so many ways, and spring is the perfect time to kick-start a new fitness routine.

KEY DATES

3/27	Fit Kidz Easter Egg Hunt	4/9	Group Swim Session #8 starts
4/1	Senior Marathon Challenge starts	4/23	Spring Basketball League kicks off
4/1-5	Vancouver Schools - Spring Break	4/26	Seated Massage
4/7	NCAA Championship Game	5/1	Spring Tea Social



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

AQUATICS ▶

Group Swim Lessons

Lessons are taught Tuesday and Thursday afternoons and evenings. Each session consists of 8, 30 minute lessons, except Parent N 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 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.



Starting April 9th,  we are excited to offer Evening Parent N Tot classes on Tuesday and Thursday nights!
 Sign up at Front Desk

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

SPORTS UPDATE ▶

Pickleball Drill Sessions Thursdays - April 4th, 11th, 18th, 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!

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**

Winter league is underway and will run through April 9th. Playoffs are April 11th and 16th. Finals are April 18th.

The Spring Season will start Tuesday, April 23rd. If you are not on a team, would like to change teams, or have questions, please email us at 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



MARCH MADNESS

The NCAA Men's National Basketball Tournament tipped off!

Good luck to all of the members that joined our Bracket Challenge! The Winner, who will receive a free month's dues, will be announced shortly after the Final game on April 7th.



YOU ARE INVITED!

All Lake Shore Athletic Club members and staff are welcome to shop at the Nike Company Store 3/9 through 4/7.

Additional details provided at the Front Desk

*Eligible members must be active prior to February 22nd, 2024

Let's stay connected.

Stay up to speed on upcoming events and club happenings.



@lsathleticclub



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