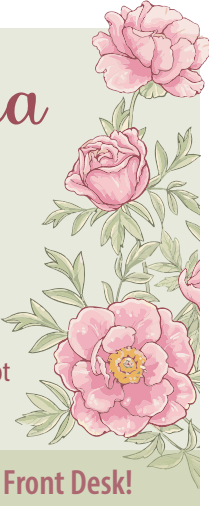


## Spring Tea Social

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!

## FIT KIDZ FARM DAY

Wednesday, May 8th  
10:00-11:30am

Delight in the smiles of our youngest members as they interact with the cutest farm animals, at our annual Fit Kidz Farm Day. Located on the Tennis Court lawn, Farm Day is open to all ages. Parents must attend with their children.

Sign up today at the Front Desk

## May is Mental Health Awareness Month



Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it's essential to your overall health and quality of life.

Here are a few tips for caring for your mental health:  
*Excerpt from National Institute of Mental Health (NIH) Article*

**Get regular exercise.** Just 30 minutes of light exercise every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged, just stick with it.

**Eat healthy and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being.

**Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure before bedtime.

**Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as music, reading, spending time in nature, and engaging in low-stress hobbies.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

**Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

**Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

## BEST OF CLARK COUNTY 2024

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

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

## Fit Kidz Summer Sign-ups

The Spring Session is wrapping up May 15th. The Summer Session of Fit Kidz starts June 24th, so now is the time to get registered - stop by the Front Desk and get your kiddos signed up today



## Summer Swim & Dive Lesson Sign-ups

Sign-ups open Saturday, May 25th

Register early...space is limited, and classes fill up fast! (Payment due within 48 hours)

Class times and dates are listed on the back page. If you have any questions, please stop by the Front Desk or email us at [aquatics@lakeshoreac.com](mailto:aquatics@lakeshoreac.com)

## MEMORIAL DAY

Monday, May 27th

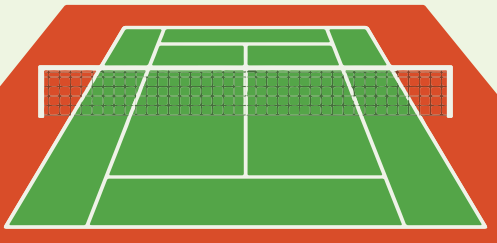
Club Closes @ 6:00pm

Extended Open Swim 1:00 - 5:30pm  
(Lap Lane Available)

## TENNIS COURT RESURFACING

Starting Monday, May 13th, all outdoor tennis courts will be closed for repair and resurfacing. Courts will reopen for play on Friday, May 17th.

Please stop by the Front Desk if you have any questions. Thank you for your patience.



## KEY DATES

4/30	BOCC Nominations close	5/13-17	Tennis Court Resurfacing
5/1	Spring Tea Social	5/25	Summer Swim & Dive Sign-ups open
5/7	Group Swim Session 9 starts	5/27	Memorial Day - Club Closes @ 6:00pm
5/8	Fit Kidz Farm Day!	5/31	Senior Marathon Challenge ends



2401 NW 94th St.  
Vancouver, WA 98665  
(360) 574-1991  
[www.lakeshoreac.com](http://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.

**Session 8 - April 9 - May 2      Session 9 - May 7 - 30**

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.

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.



## Summer Swim & Dive Lesson Sign-ups open on Saturday, May 25th.



REGISTER EARLY  
Space is limited, and classes fill up fast!

**Summer Swim Lessons**

Each 2-week session consists of 8, 30 minute lessons.  
Monday - Thursday 9:30am-12:00pm / 12:30-2:30pm

**Session 1 June 24 - July 3** (7 classes - prorated)

**Session 2 July 8 - 18**

**Session 3 July 22 - Aug 1**

**Session 4 Aug 5 - 15**

**Summer Dive Lessons**

Each session consists of 4, 60 minute lessons. Monday - Thursday.  
Ages 9+ @ 9:30-10:30am | Ages 5-8 @ 10:30-11:30am

Students must be a Lake Shore AC Level 3+ swimmer and comfortable in deep water to register/participate.

**Session 1 July 8 - 11      Session 2 August 5 - 8**

**Parent N Tot Lessons**

Each session consists of 4, 30 minute lessons.

Monday - Thursday @ 11:30am

**Session 1 July 8 - 11**

**Session 2 August 5 - 8**

**Shower Before Swimming - EVERY time!** "I'm clean, I don't need to shower." Everything on your body - make-up, lotions, sweat, oils, etc. all end up in the pool. Please help us keep our pools clean and safe for everyone to enjoy. Not only is showering before entering any pool a matter of safety and courtesy; it is required by WA State Code WAC 246-260-131, *5a vi*

**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)

**Pickleball Drill Sessions Thursdays - May 2nd, 9th, 23rd, 30th**

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

**Session 1 @ 11:45am -12:45pm** Level 2.0 to 3.0 Fundamental

**Session 2 @ 1:00 - 2:00pm** Level 3.0 to 3.5 Intermediate

**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!

To keep the playing courts free of dust and debris & ready for action!

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

Thank you.

**4-on-4 Basketball League SPRING 2024**

The Spring Season started Tuesday, April 23rd.

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.

Questions? Please email us at [basketball@lakeshoreac.com](mailto:basketball@lakeshoreac.com)

**Lifeguard Certification Course**

**May 10th 6:30 - 7:30pm** 100-yard Swim Test

**May 11th & 12th 8:00am - 5:00pm** Classroom, CPR/AED, Pool Sections

**Cost: \$ 275** payable to the instructor on day of class.

Instructor accepts cash, checks, and credit cards - VISA and Mastercard

**Lifeguards are in high demand, and we are looking to hire!**

**This course is a great opportunity to get certified.**

Registration info coming soon. Interested in registering or have questions, please email [aquatics@lakeshoreac.com](mailto:aquatics@lakeshoreac.com)

**Zumba Instructor Certification Class**

**Jump Start Gold Sunday, May 19th 8:00am - 6:00pm**



Included with Session:

- Electronic Instructor Manuals
- The Ultimate Music & Choreo Video Collection
- Certificate of Completion
- Fitness Certification Credits (varies by country)
- Online Videos to Review Basic Steps
- ACE CEC's AFAA CEU's

Register online today.

Visit [www.Zumba.com/en-US/training/register#](http://www.Zumba.com/en-US/training/register#)

Let's stay connected.

Stay up to speed on upcoming events and club happenings.



@lsathleticclub



@lsathleticclub



Lakeshoreathleticclub