



THANK YOU!

We would like to express our appreciation to all of the members, friends, neighbors and guests who attended this year's Splash Day! It was once again a record turnout and we are grateful for all of those who joined us in the fun.

Splash Day is one of the highlights of the Summer season here at Lake Shore and this year we were blown away by the support

Thank you! Thank you! Thank you!



Please note - with school now back in session, our members are no longer allowed to use Lake Shore Elementary School parking lots.

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 for your cooperation.

Outdoor Pool - Season Transition Information

The Outdoor Pool will remain open until Sept 19th (weather permitting). The 11am Aqua Aerobics will continue to be held in the outdoor pool as well, until the scheduled pool closure (Sept 19th).

KEY DATES ▶

9/1	Labor Day - Holiday Hours	9/9	4-on-4 Basketball League tips off
9/1	Fitness Schedule Updates	9/19	Outdoor Pool closes
9/2	Swim Lessons Session #5 begins	9/20	Doggie Dive!
9/8	Fit Kidz - Fall Session starts	9/30	Swim Lessons Sessions #6 begins

FIT KIDZ Fall '25

Our Fall Session of Fit Kidz starts **September 8th**
These fun-filled 11 week programs include activities for all ages and interests. **Sign up today!**

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

Members: No Charge!
Non-members \$40 (+tax)

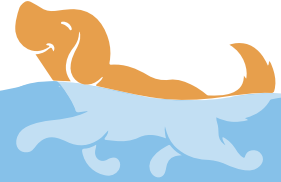
Register for Fit Kidz today!

Children must be registered to participate in our Fit Kidz programs.

***Registration is now available through the member portal or on our LSAC mobile app.**

Under Programs Tab >> Select "Gym" as Category
Click Show Programs >> Select the class + age group you desire >> Sign up

*or stop by the Front Desk and we can assist in getting your kids registered.



Doggie Dive is BACK!

Saturday, September 20th
10:00am - 12:00pm

Bring your doggie and help us wrap up the summer season with a splash!

All proceeds will go to the Humane Society.
\$10 per dog. Cash only.

Attention LSAC Mobile App Users Push Notification Settings

Want to stay up to date on club hours and holiday schedules? Make sure to "allow" Push Notifications on the LSAC Mobile Application.

Here's How:

Open **Profile** Tab (bottom right corner)

Click on the **Setting Gear** (top right corner)

Select **Notifications** option

* Toggle **Allow Push Notifications** to on.

* This may open device settings options on the user device - if so, select **Notifications** and set **Allow Notifications**.

Questions?

Please email office@lakeshoreac or stop by the Front Desk.



HOLIDAY SCHEDULE

CLUB HOURS 6:00AM - 4:00PM
SUPERVISED PLAY AREA 8:00AM - 12:00PM

Holiday Fitness schedule posted in facility and online.



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

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 5 - Sept 2 - Sept 25

Session 6 - Sept 30 - Oct 23

Session 7 - Oct 28 - Nov 20

Session 4 - December 2 - 18 (6 classes)

Group Swim Lesson Rates: **Member: \$ 85.00 + tax / Non-member: \$ 95.00 + 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.

Swim lesson registration can now be found online, through the member portal & LSAC app!

ADULT Beginner (Ages 18+)

This group swim lesson focus on basic swimming and safety skills for the adult beginner. Open to levels 1 and 2. Offered at 7:30PM Two classes will be offered and it will be taught 1x a week for 8 weeks. Classes taught on either Tues or Thurs. Option to sign up for both is available.

Looking to learn basic swimming strokes?

Contact our Aquatics Director at aquatics@lakeshoreac.com , or stop by the Front Desk and leave a note. We will follow up!

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.

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

FITNESS SCHEDULE CHANGES

Effective September 1st, the following changes will be made to our group fitness schedule.



Monday SilverSneakers® Current Time: 9:30am / **New Time: 10:00am**

Restorative Yoga Current Time: 11:30am / **New Time: 11:45am**

Low Impact/Strength Current Time: 1:00pm / **New Time: 12:00pm**

Pickleball Drill Sessions Thursdays - Sept. 4th, 11th 18th, 25th

Outdoor Courts (weather permitting), limit of 8 players per session.

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

Session 2 @ 1pm - 2pm Level 3.0 to 3.5 Intermediate



Sign up now at the Front Desk \$15/session

Looking for more Pickleball? We have open play times in East & West Gyms.
Suns out? Our outdoor tennis courts are now lined with EIGHT Pickleball courts.

4-on-4 Basketball League

Fall Season Starts September 9th!



The Fall season of our in-house basketball league is scheduled to kick off on Tuesday, September 9th. With players dropping out due to school sports starting, we will be updating the team rosters. No shows will be dropped from the upcoming season. If you would like to play, or need any team changes, let us know. **Sign up at the Front Desk.**

Email any questions to basketball@lakeshoreac.com

Fall Racquetball League - ISO players

We are in search of players for our upcoming racquetball league, scheduled to start in September. If you are interested in playing or have any questions, please email us at rball@lakeshoreac.com .

Senior Racquetball @ 10am Mondays, Wednesdays, & 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.

Let's stay connected.

Stay up to speed on upcoming events and club happenings.



@lsathleticclub



@lsathleticclub



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