

HAPPY 6 2026 NEW YEAR!

Happy New Year to all of our amazing members!

As we say goodbye to 2025, we want to thank you for being such an incredible part of our community.

Your continued support means the world to us, and it's truly our privilege to provide a safe, welcoming place for family fitness. Here's to an exciting 2026 filled with health, happiness, strength, and new goals. *We can't wait to move into the new year with you!*

Upcoming Indoor Pool Closure

We will be installing a new indoor pool liner and completing additional aquatic facility improvements beginning in late January. To complete this work, the pool will be closed from **January 29 through March 2.**

We will be working diligently to minimize the length of the closure and will share updates as the project progresses. Thank you for your patience and understanding as we complete these improvements.

Aquacizers, we do have a wide offering of alternative classes (Level: S) to consider, while the indoor pool is closed.

SilverSneakers® - Mon / Wed @ 9am & 10am (W Gym)
Please note: Capacity Limit 65 participants per class.

Seated Yoga/Pilates - Tuesday @ 12pm (E Gym)

Seated Tai Chi - Thursday @ 11:30am (E Gym)

Our Conditioning Room offers a wide range of low-impact fitness equipment. Need help using a new machine? Our staff is always ready to assist!

FIT KIDZ* *Winter'26

Now is the time to register your kids for the Winter Session of our Fit Kidz programs, which begins Monday, January 5th.

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 2-3	11:00 - 11:30am
Beginner Ages 5-7	3:45 - 4:30pm
Beginner Ages 8-12	4:30 - 5:15pm

Register for Fit Kidz today!

Included with Membership / Non-Members \$40

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.

If you have any questions, please call us at (360) 574-1991, or stop by the Front Desk.

Let's get S.M.A.R.T. with Fitness Goals for the New Year!

A new year is a chance for a fresh start and a great time to set goals for healthier habits. Setting **SMART** goals Specific, Measurable, Achievable, Relevant, and Time-bound—helps turn intentions into results and keeps you motivated and on track in 2026.

Specific: Clearly define what you want to do.

Vague: "Exercise more."

Specific: "Walk briskly or jog on a treadmill."

Measurable:

Quantify your goal to track progress.

Vague: "Get stronger."

Measurable: "Increase my squat weight by 10 lbs."

Achievable (Attainable):

Set realistic goals based on your current fitness level.

Unrealistic: "Run a marathon next month."

Achievable: "Run 1 mile without stopping in 4 weeks."

Relevant (Realistic):

Connect to your deeper "why".

Irrelevant: "Lift weights because my friend does."

Relevant: "Strength train to improve bone density and daily function as I age."

Time-Bound (Timely):

Give yourself a deadline to stay accountable.

No deadline: "I'll work on my fitness someday."

Time-bound: "I will complete this goal by the end of the first March."

Looking for some help getting started? We have Personal Trainers available to support your fitness goals. Stop by the Front Desk or fill out a PT request form online. lakeshoreac.com/personal-training-request/



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 - please check the mobile app, social media or call us at (360) 574-1991 for the most up-to-date information.

KEY DATES ▶

12/31	Club Closes @ 4pm	1/10	Pee Wee Basketball starts
1/1	Club Closed - Happy New Year!	1/6	Group Swim Session #5 begins
1/5	Winter Fit Kidz starts	1/8	Pickleball Drill Sessions start



2401 NW 94th St.
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(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-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 - January 6 - 29, 2026**
- Session 6 - Pool Closure (details on front)**
- Session 7 - March 3 - 26, 2026**
- Session 8 - April 14 - May 7, 2026**
- Session 9 - May 12 - June 4, 2026**



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

Group swim lesson registration can now be found online, through the member portal & LSAC app!
 Payment is due at the time of registration. *No refunds will be issues for swim lesson registration.*

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.

New Year Holiday - Open Swim Dates:

- Wednesday, December 31: 1:00 - 3:30PM
- Thursday, January 1: CLOSED
- Friday, January 2: 1- 4PM / 6:30 - 8:30PM
- Saturday, January 3: 1:00 - 5:30PM

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

Pickleball Drill Sessions Outdoor/Indoor Courts (weather pending), limit of 8 players per session.

Thursdays - Jan. 8th, 15th, 22nd & 29th

Session 1 @ 11:45am -12:45pm Level 2.0 to 3.0 Fundamentals
Session 2 @ 1pm - 2pm Level 3.0 to 3.5 Intermediate

Tuesday - Jan. 6th & 20th

Session 1 @ 11:00am -12:00pm Level 3.5+ Advanced



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

As the weather turns and the leaves fall, please help us to keep the playing courts free of dust, dirt and debris & ready for action!

Please make sure to wear clean, non-marking gym shoes when playing on indoor courts. Thank you.



Sign up and let's play!

Pee Wee Basketball - Saturdays - January 10th, 17th, 24th, 31st

Our Pee Wee Basketball program focuses on developing the FUNdamentals in a basketball practice format. We do drills, relay races, play games and above all, have fun!

- 6 - 7 years old 9:00 - 9:50am
- 8 - 9 years old 10:00 - 10:50am
- 10 - 12 years old 11:00 - 11:50am

Members: Free! | Non-member: \$ 40.00 + tax
Children aged 6+ who are not included on their parent's account will be charge the non-member rate.

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 Pee Wee Bball class + age group you desire >> Sign up

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

Let's stay connected.

Stay up to speed on upcoming events and club happenings.



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