

Valentine's Day Luncheon

Friday, February 13th
11:30am - 1:30pm

Join us for our annual Valentine's Day Luncheon, and enjoy lunch with your Lake Shore friends! Food will be served from 11:30am to 1:30pm, so please come and go as you please.

Pro Tip: Consider carpooling, as this event definitely draws a crowd and parking can be tricky.

Consider delaying your arrival to avoid the initial line for food and seats at 11:30am.

Hope to see you there!

Parking Safety - Reminder

Please do not leave valuables in your car. We have several secure storage options available for your belongings. Lockers are available in the locker rooms, and lock boxes for wallets, keys, etc. (we can also keep large purses) at the Front Desk.

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. ***Do not park in the clearly marked NO PARKING zones in LSAC lot.***



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

Aquacizers, we do have a wide offering of alternative classes (Level: S) to consider, while the indoor pool upgrades are being completed.

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!

Tips to help overcome the February Fitness Slump

Excerpt from Just You Fitness Blog

In February, many fitness enthusiasts experience a decline in motivation, with 80% abandoning their fitness resolutions. To help you stay on track, here are five actionable tips.

Lower the Effort: Avoid the misconception that workouts must be intense to count. Instead, aim for manageable activities that you enjoy, such as a light jog or a quick circuit workout.

Make It Fun: Treat exercise as an enjoyable activity rather than a chore. Explore various sports and classes to find what you genuinely enjoy, preventing boredom and maintaining commitment.

Create Short-Term Goals: Large, distant goals can be demotivating. Instead, set smaller, achievable milestones (like losing 5 pounds) that provide quicker results and positive reinforcement.

Focus on 'Being' vs 'Having': Transform your goals from "have" (like achieving a certain body) to "be" (such as becoming healthier). This mindset can help foster a deeper motivation to your fitness goal.

Utilize Accountability: Partner with a friend or join a class to enhance your commitment. Sharing goals with someone encourages consistency, and having a trainer can further provide personalized motivation and discipline.

By applying these tips, you can successfully navigate the February fitness slump and maintain your commitment throughout the year.

INDOOR POOL CLOSURE January 30th - March 2nd

As previously communicated, beginning **January 30**, our indoor pool will be closed to allow for the installation of a new pool liner, as well as additional aquatic facility improvements and repairs. The pool will remain closed through **March 2** to accommodate this work.

Our team will work diligently to minimize the duration of the closure and will provide updates as the project progresses. We appreciate your patience and understanding as we complete these enhancements.

Please note, hallway lockers will remain accessible during the closure.

Questions? Please feel free to stop by the Front Desk or email us at aquatics@lakeshoreac.com

KEY DATES ▶

1/30	Indoor Pool Closure	2/10	Basketball League tips-off
2/3	Feb Pickleball Drill Sessions start	2/13	Valentine's Day Luncheon
2/8	Super Bowl LX - Go Hawks!	3/2	Indoor Pool Reopens



Congrats to the Seattle Seahawks on winning the NFC Championship! Join us in cheering them on in the Super Bowl vs. the New England Patriots!

GO HAWKS!!

Super Bowl LX
Sunday, Feb 8th, 2026
3:30pm PST kick-off



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-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 - 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.

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

4-on-4 Basketball League WINTER 2026



The next session of league basketball starts **Tuesday, February 10th**. Sign up now!
 If you are not currently on a team and would like to play in the upcoming session, stop by the front desk to fill out a registration form or email us at basketball@lakeshoreac.com
(Please make sure to let us know if there is a specific team or player you would like to play with.)
 Email any questions or sign-ups to basketball@lakeshoreac.com

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.

Pickleball Drill Sessions

Indoor Courts, limit of 8 players per session.

Sign up at the Front Desk
\$15/session

Tuesday - Feb. 3rd & 17th

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

Tuesday - Feb. 10th & 24th

Session 1 @ 11:00am - 12:00pm Level 3.0 to 3.5 Intermediate

Thursdays - Feb. 5th, 12th, 19th, & 26th

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

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

During the winter months, 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.**



Another fun-filled season of Pee Wee Basketball wrapped up in January. Thank you to all of the players (over 70!) and parents that join us! We had SO much fun and can't wait until next year!

Open Play Volleyball Every Monday 6:30 - 9:00pm



Feel free to drop in! You can sign up at the Front Desk to be included on the Volleyball players list. Emails will be sent out weekly to ensure there are enough players for games. Beginners through advance players are welcome. **Ages 15+**

Let's stay connected.

Stay up to speed on upcoming events and club happenings.



@lsathleticclub



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