

Attention Members:

Check-In Now Required for Club Entry

To ensure everyone's safety and the security of our facility, all members and guests are required to check in at the Front Desk before entering.

To help reduce wait times, guests are encouraged to download the LSAC mobile app and use the access card feature for quick self-scan entry. Alternative check-in options include presenting a valid ID or providing your name for a system lookup.

We understand this may cause a slight delay and appreciate your patience and understanding as we streamline our new entry process.

If you have any questions, please email us at contact@lakeshoreac.com

FIT KIDZ

Our Fit Kidz Winter Session is wrapping up, so now is the time to register for our Spring Session, which begins **March 16th**.

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 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 will be available through the member portal or on our LSAC mobile app starting Wednesday, March 4th.**

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.



The NCAA Men's National Basketball Tournament starts March 20th!

We are excited to once again host a bracket challenge (via ESPN), open to all active club members.

LSAC bracket details will be available at the Front Desk once the teams have been selected on March 15th.

Enter for a chance to win a free months dues.

at current membership level



Bracket Hosted by
ESPN Tournament Challenge
Group - Lake Shore Athletic Club

HOW TO ENTER

- Go to ESPN.com > Fantasy > Men's Tournament Challenge
- Join a Group > Group Name: Lake Shore Athletic Club
- Password: lakeshore [One entry per member]

Healthy Gym Reminder Personal Hygiene Etiquette



For the comfort, safety, and health of everyone using our facility, please remember to follow these basic personal hygiene guidelines:

Arrive clean - Shower regularly and wear clean workout clothes. Strong body odor can be distracting and uncomfortable for others.

Use deodorant (but go light on fragrance) - Deodorant is encouraged. Heavy cologne or perfume isn't, as many people are sensitive to strong scents.

Wipe down equipment after use - Always clean machines, benches, mats, and free weights after use with the provided disinfectant wipes or spray.

Wash hands frequently - Wash or sanitize your hands before and after workouts, and after using shared equipment.

Cover your mouth and nose - Use your elbow or a tissue when coughing or sneezing. Dispose of tissues properly and sanitize your hands afterward.

Wear appropriate footwear - Closed-toe athletic shoes are required in workout areas. No barefoot training unless explicitly permitted.

Keep personal items clean - Gym bags, gloves, wraps, and water bottles should be cleaned regularly.

Handle sweat responsibly - Excessive sweating is normal - leaving it behind is not. Please clean any surfaces affected.

Stay home if you're sick - If you're feeling unwell or have symptoms of illness, please rest and return when you're better.

Thank you for your help in keeping LSAC a safe and comfortable place for fitness.

KEY DATES

3/3	Indoor Pool Reopens ~ thank you for your support during the closure.		
3/3	Group Swim Session #7 begins	3/16	Spring Fit Kidz kicks off!
3/8	Daylight Saving Time starts	3/20	March Madness Bracket Challenge

Daylight Savings Starts Sunday, March 8th

Remember to turn your clocks forward 1 hour at 2:00am.



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 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 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

Welcome back Swimmers!
INDOOR POOL OPEN
TUESDAY, MARCH 3RD

We're excited to announce that our indoor pool will reopen on March 3rd! During the closure, we installed a new pool liner, resurfaced the entire deck, and completed several additional repairs and improvements.

We sincerely appreciate the patience and support of our members and guests throughout this project. We look forward to welcoming everyone back to the pool!

If you have any questions about the improvements or our aquatics schedule, please contact us at aquatics@lakeshore.com

Now Hiring: Lifeguards



We are looking for certified, dependable lifeguards to join our aquatics team!

If you enjoy working in a positive, community-focused environment, we'd love to hear from you.

Apply today! Email your application to aquatics@lakeshoreac.com or drop your application off at the Front Desk (Attention - Aquatics)

Requirements:

- Must hold a current **Lifeguard Certification**
- **Deep Water Certification** required
- Strong communication and teamwork skills
- Friendly, professional attitude

Questions - please email aquatics@lakeshoreac.com

Pickleball Drill Sessions

Indoor Courts, limit of 8 players per session. **Sign up at the Front Desk \$15/session**

Tuesday - March 3, 17 & 31

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

Tuesday - March 10 & 24

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

Thursdays - March 5, 12, 19 & 26

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

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



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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