

Lake Shore ATHLETIC CLUB

FIT KIDZ Fall '26

Let's Play

Included with membership / Non-members \$40 (+tax)

This is a program for preschoolers. Let's Play classes take place on Monday and Wednesday mornings. The 2 year olds meet Wednesdays only. Parents are required to attend with their 2 year olds. Children participate in activities relevant to the theme for the week. Activities are planned to develop large motor skills, coordination, and attention span while participating in a group.

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

Sept 7 & 9	Sept 14 & 16	Sept 21 & 23	Sept 28 & 30	Oct 5 & 7	Oct 12 & 14
Jump into Fall	Fall Sports	Musical Hula-Hoops	Harvest Days	Fire Safety	Blast Off into Space
Oct 19 & 21	Oct 26	Oct 28	Nov 2 & 4	Nov 9 & 11	Nov 16 & 18
Wild West	Pumpkin Games	Halloween Party!	Creative Days	Parachute Games	Turkey Games

Gym Kidz

This is a recreational gymnastics program. Children will participate on the bar, beam and floor. Gym Kidz classes take place on Tuesday morning and afternoon (based on age).

Gym Kidz - Tuesday Session

Pre-school (4-5) 10:30 - 11:00am

Pre-school (2-3) 11:00 - 11:30am

Parent-Tot

Beginning 1 (5-7) 3:45 - 4:30pm

Beginning 2 (8-12) 4:30 - 5:15pm

Register for Fit Kidz today!

Included with membership / Non-members \$40 (+tax)

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

- Swing by the Front Desk and sign up.

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

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
>> Sign up

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



FIT KIDZ

Fall '26

Sport Kidz

This 11-week program is designed to help your child learn sport specific skills and practice through games and drills. Come join the class to learn new games and have fun!

Sport Kidz (Mondays)

Age 5 -7 3:30 - 4:15pm

Age 8 - 12 4:15 - 5:00pm

Included with membership

Non-members \$40 (+tax)

Please make sure to send children in gym clothing and clean, non-marking shoes for all classes.

Sept 7	Sept 14	Sept 21	Sept 28	Oct 5	Oct 12
Tennis	Basketball	Creative Days	Four Corners	Volleyball Drills	Hula-Hoop Games
Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	
Dodgeball	Ghost Ghouls & Goblins	Soccer Relays	Capture The Flag	Wall Ball	

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