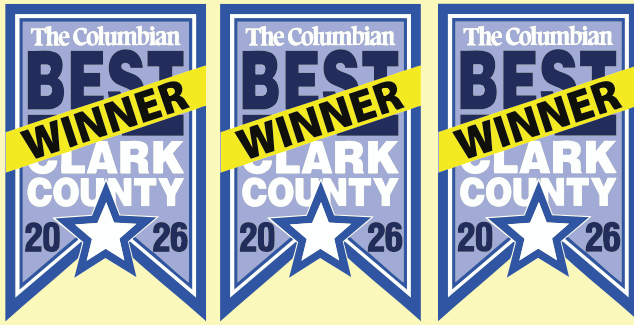




Voted Best of Clark County in *THREE* Categories!

We are incredibly honored to be recognized in Clark County (by vote) as **Best Fitness Club/Gym, Best Fitness Class, and Best Pool/Swim Lessons!**

As a locally owned and operated athletic club since 1958, this recognition means so much. Thank you to our incredible staff for their commitment to service, our members for their continued support, and our community for voting for us.

We're proud to serve Clark County and so grateful to celebrate these awards with all of you, our members! **Thank you! Thank you! Thank you!**



MONDAY, SEPTEMBER 7TH

HOLIDAY SCHEDULE

CLUB HOURS **6:00AM - 4:00PM**

SUPERVISED PLAY AREA **8:00AM - 12:00PM**

Holiday Fitness schedule posted in facility and online.

PARKING ETIQUETTE



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 driveways and give mailboxes plenty of room.**

Thank you for your cooperation.



Our Fall Session starts the week of **September 7th.**

These fun-filled 11 week programs include activities for all ages and interests.

(No afternoon classes held on Sept. 7th - Labor Day)

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

Join the Lake Shore AC team! We are now hiring...

- **Facility Maintenance Team Member**
Experience: Entry Shift: Morning/Afternoon
- **Aqua Aerobics Instructor**
Senior exercise program experience preferred
- We are also looking for additional instructors for Pilates, Strength, and Cycle classes.
Interested in becoming a Fitness Instructor but need some direction in getting certified?
Email us at contact@lakeshoreac.com

Full Job Descriptions are posted in facility and available on website Employment page.



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 an amazing turnout and we are grateful for all of those who joined in on 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!

We can't wait until next year!

KEY DATES ►

9/1	Swim Lessons Session #5	9/18	Outdoor Pool closes
9/7	Labor Day - Holiday Hours	9/19	Doggie Dive!
9/8	Fit Kidz - Fall Session start	9/29	Swim Lessons Sessions #6
9/15	4-on-4 Basketball League	9/TBD	Fall Racquetball League



Register for Fit Kidz today!

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

Registration is 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

Questions? Stop by or call Front Desk



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

Fall / Winter Group Swim Lesson Registration is now open!

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

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. 1 - 24
Session 6	Sept. 29 - Oct. 22
Session 7	Oct. 27 - Nov. 19
Session 8	Dec. 1 - 17 (3 weeks)

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

Payment due within 48 hours of registration.

Lessons are prorated if sessions are less than 8 lessons in length.



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

Outdoor Pool - Season Transition Information

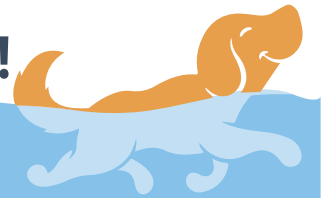
Thank you for making this summer at the pool a fun one!
The **Outdoor Pool will remain open through Sept 18th** (weather permitting), so there's still plenty of time to enjoy a few more sunny days in the pool.

Our 11:00am Aqua Aerobics class will also continue to be held outdoors through September 18 as well. *Enjoy the last few weeks of outdoor swimming!*

Doggie Dive is BACK!

Saturday, September 19th
10:00am - 12:00pm

All proceeds will go to the Humane Society. \$10 per dog. Cash only.
Bring your doggies and help us wrap up the summer season with a splash!



September Pickleball Drill Sessions

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

- **Fundamentals** (Level 2.0 - 3.0) Thursday @ 11:45am - Sept. 3, 10, 17
- **Intermediate** (Level 3.0 - 3.5) Tuesday @ 11:00am - Sept. 8, 22
Thursday @ 1:00pm - Sept. 3, 10, 17
- **Advanced** (Level 3.5+) Tuesday @ 1:00pm - Sept. 1, 15

Sign up at the Front Desk \$15/session



ATTENTION PICKLEBALLERS

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.

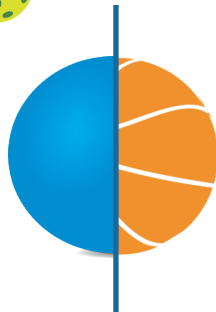
Looking for more Pickleball? We have open play times in East & West Gyms.
Suns out? Our outdoor tennis courts are lined with EIGHT Pickleball courts.

Racquetball League - ISO players

Fall Session Starts in September (TBD)

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

Racquetball Questions? Email us at rball@lakeshoreac.com



4-on-4 Basketball League

Fall Season Starts September 15th!

Due to school sports starting, we will be updating team rosters.
No shows will be dropped from the upcoming season.
If you would like to play, or need any team changes, please let us know.

Basketball Questions? Email us at basketball@lakeshoreac.com

Let's stay connected. Stay up to date on upcoming events and club happenings.



Download the Lake Shore AC mobile app (Health & Fitness) Available on iOS and Android.



@Isathleticclub



Lakeshoreathleticclub