

Thank You Doggie Divers!

This year, we welcomed over 85 dogs to our season-ending Doggie Dive in the Outdoor Pool. It was a joy to host our four-legged friends and watch them enjoy the water!

All proceeds from the event will be donated to the Southwest Washington Humane Society. Thank you to everyone who joined us and helped support this wonderful cause.

FIT KIDZ Fall '26

Our Fall session of Fit Kidz has started, but you still have time to join us! The 11-week program runs through mid-November. These fun-filled programs include activities for all ages & 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
Age 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



Members: No Charge!
Non-members \$40 (+tax)



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



JOIN US FOR A SPOOK-TACULAR TIME
WEDNESDAY, OCTOBER 28TH @ 10AM

Crafts, snacks, games, a costume parade, and trick-or-treats!

Don't miss out on the fun!
SIGN UP VIA APP OR FRONT DESK

***Registration for Fit Kidz programs/events are 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.



Turkey Swim Challenge is back!

October 25 - November 21 (4 week challenge)

*All adult members are invited to participate.
Registration opens October 12th.*

Challenge yourself to a certain # of laps per week, or # of water workouts per week over the challenge. If you meet your goal, you earn a Turkey Swim shirt and are entered in a drawing for a turkey gift card!

*Prize Drawing will be held on Monday, Nov. 23rd.
Prize Shirts will be available for pick up approx 2 weeks after the challenge concludes.*

Stop by the Front Desk to sign up + set your goal!

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

- **Facility Maintenance Team Member**
Experience : Entry Shift: Morning/Afternoon
- We are also looking for additional instructors for Aqua Aerobics, 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.

Attention LSAC Mobile App Users Push Notification Settings

Want to stay up to date on club hours and holiday schedules? Make sure to "allow" Push Notifications on the LSAC Mobile Application.

Here's How:

Open **Profile Tab** (bottom right corner)

Click on the **Setting Gear** (top right corner)

Select **Notifications** option

Toggle **Allow Push Notifications** to on.

*This may open device settings options on the user device - if so, select **Notifications** and set **Allow Notifications**.*

Questions?

Please email office@lakeshoreac.com

KEY DATES ►

9/28	Swim Lessons Session #6	10/27	The Scribblers Annual Event
10/08	Senior Lecture - See Flyer for Info.	10/28	Let's Play Halloween Party
10/25	Turkey Swim Challenge starts	10/31	Happy Halloween!
10/27	Swim Lessons Session #7		



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.

Attention Lap Swimmers ~ FRIENDLY REMINDER for LANE SHARING

Please alert other swimmers before entering a lane, and communicate whether you will split the lane or circle swim.

2 SWIMMERS, split the lane or circle swim.

3+ SWIMMERS must circle swim.

SPLIT THE LANE



CIRCLE SWIM



Most important - COMMUNICATE with other swimmers! Thank you.

October Pickleball Drill Sessions

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

- **Fundamentals** (Level 2.0 - 3.0) Thursday @ 11:45am - Oct. 1, 8, 22, 29
- **Intermediate** (Level 3.0 - 3.5) Tuesday @ 11:00am - Oct. 13, 27
Thursday @ 1:00pm - Oct. 1, 8, 22, 29
- ***Advanced** (Level 3.5+) Tuesday @ 11:00am - Oct. 6, 20
*Permission required

Sign up at the Front Desk \$15/session Players may sign up for 3 classes.

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.

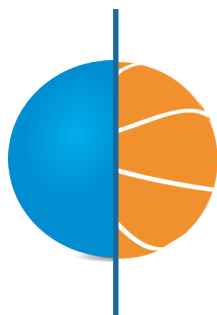
Racquetball League - ISO players

Fall Session Starts in October (TBD)

We are still in search of players to help complete our Fall 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 league is off and running!

Still looking for a team, or want to pick up a game? If you are not signed up for this season, feel free to drop by and play as a substitute. Subs are used on a first-come/as-needed basis.

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