Lake Shore ATHLETIC CLUB

THE SHORELINE

NOV 2026



As we enter the holiday season, we want to take a moment to express our heartfelt appreciation for our members. Your continued support, enthusiasm, and sense of community are what make Lake Shore such a special place.

We are truly grateful to have you as part of the Lake Shore family and wish you and your loved ones a wonderful Thanksgiving filled with happiness, health, and time together.

Happy Thanksgiving from all of us at Lake Shore Athletic Club!

Club will be closed on Thanksgiving Thursday, November 26th

Join the Lake Shore AC team!

We are now hiring...

Facility Maintenance Team Member

Experience : Entry Shift: Morning/Afternoon Afternoon/Evening

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.

LAKE SHORE ATHLETIC CLUB

craft fair

Join us for our 2nd annual LSAC Craft Fair!

Celebrate creativity at our second-ever Craft Fair, featuring handmade goods from our talented members! From unique gifts and decor to art and seasonal treasures, there's something for everyone.

Saturday, November 14th
12:00 - 3:00pm East Gym
Free Admission!

The event is open to the public so bring your friends and family and support our community of makers!

Please note that non-members will be required to sign a waiver prior to entry into LSAC. Thanks.

PARKING ETIQUETTE



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.

PLEASE DO NOT PARK IN THE SCHOOL LOT.

PLEASE DO NOT BLOCK ANY DRIVEWAYS AND GIVE MAILBOXES PLENTY OF ROOM.

Thank you for your awareness and understanding.

Remember to set your clocks back!

Daylight Saving Time ends at **2am Sunday November 1st 2026**



KEY DATES

11/01	Davlight Saving Time ends	11/26	Happy Thanksgiving! Club Closed
11/14	2nd Annual LSAC Craft Fair		
11/19	Swim Lessons Session #7 ends	11/21	Turkey Swim Challenge ends



Attention Turkey Swimmers

October 25 - November 21 (4 week challenge)

Remember to record your Turkey Swim progress on the Lap Swim Report (those choosing number of workouts, please indicate that at the bottom of the report) and deposit in the box located in the Indoor Pool hallway. Your progress will be posted on the Lap Swim Bulletin Board.

Keep on swimming towards your goal!
The challenge ends November 21st.

Gift Card Drawing will be held on Monday, Nov. 23rd. Prize Shirts will be available for pick up approx 2 weeks after Nov. 21st

Lap Swimming Etiquette Reminder

With the increase of swimmers in the pool for the challenge, it is important to remember a few things while lap swimming:

Share the lane
If someone is waiting, invite them in

Circle swim
Keep right and swim in a counter-clockwise pattern
(Lane Sharing example on back side of newsletter)

Match your speed
Choose a lane with swimmers at a similar pace

Pass respectfully
Be patient and pass at the wall

Rest to the side
Stop in the corner, not in the middle of the lane

Enter safely
Check for oncoming swimmers before pushing off

Be nice
Be courteous + friendly to everyone using the pool.

Thank you.

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

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 **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.

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

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.

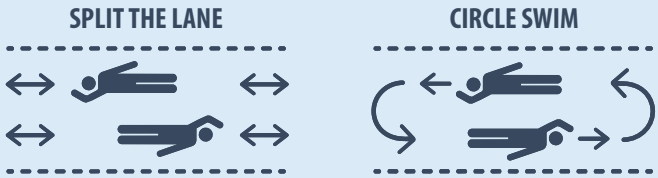
Questions? If you have any questions related to our aquatics program, stop by the Front Desk and we will be happy to help.

Visit our website https://lakeshoreac.com/aquatics
Email us at aquatics@lakeshoreac.com

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.

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 - Nov. 5,12, 19
• **Intermediate** (Level 3.0 - 3.5)	Tuesday @ 11:00am - Nov. 10 Thursday @ 1:00pm - Nov. 5, 12, 19
• ***Advanced** (Level 3.5+)	Tuesday @ 11:00am - Nov. 3, 17 **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.

Did you know? *There is a ping pong table in Court 4!*

All members and guests are welcome to play! Bring your own paddles and balls, or check out equipment at the Front Desk. Please share the table, be courteous to other players, and help keep the table and equipment clean and in good condition.



4-on-4 Basketball League

Fall League is underway and will run through November 5th. Playoffs begin November 10th. The Championship game will take place on November 17th.

Not currently playing but want to get on a team for next session?
Shoot us an email 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.

@lsathleticclub

Lakeshoreathleticclub

If you have any questions about the information included in this newsletter, please feel free to call us at (360) 574-1991