



# LSF LOOP

What's **New** and **News** at Lakeshore SF



October 3, 2017

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### **Club Info**

#### **Courtesy Policy Reminders**

As the seasons change, we see members shifting up their routines and are frequently asked to remind fellow members about our courtesy policy to make sure we have a civil and pleasant experience for all. We are also often asked to put up more signs, but have learned that more signs just mean more clutter that people ignore so it is best to have face-to-face conversations to explain policies.

So we would like to take this opportunity to remind you on several policies such as cell phone conversations can be particularly annoying to people around you, so please do not make cell phone calls on the cardio floor or in the locker rooms. It may seem obvious, but please do not use video chat or facetime functions in the locker rooms. Please shower before entering pools and please do not shave in the steam rooms. Please re-rack weights after using them and let others work in with you so you do not "hog" equipment.

If you find that someone is violating these policies or not showing common courtesy to others, please feel free to ask for one of our Managers on Duty (MOD) so that they can come address the issue. If you have suggestions of other reminders or improvements to the club, please email us at [MemberServices@LakeshoreSF.com](mailto:MemberServices@LakeshoreSF.com) Thanks for your help in creating a wonderful environment for all of our members!

#### **Elevator Work Delayed**

Our elevator contractor had an unexpected change in their schedule so the work to completely refurbish all of the controls and operations of our elevator is delayed. We are working with them to reschedule this work and hope to see it started (and completed!) shortly. We will post announcements as our contractor commits to a new schedule.

#### **Family Fun at Fall Fest on October 14th at 3:00pm!**

Join us for some Harvest fun! Challenge yourself and your family in our a-MAZE-ing rooftop maze! Crafts, games, races, pumpkin painting, special guest performances and more will make this a fun-filled day! Fall Festivities are from 3:00-5:00pm. Stay afterwards for a fall themed buffet and a Halloween movie. Members and guests are welcome. Cost is

\$5 for non-member child or \$20 for each non-member family. Buffet is \$12 for kids and \$25 for adults who RSVP 48 hours ahead of time. Prices at the door are \$17 for kids and \$30 for adults. RSVP to dinner & movie by emailing [FB@LakeshoreSF.com](mailto:FB@LakeshoreSF.com).

### **Save the Date for Trick or Treating at Lakeshore on Tuesday, October 31st!**

Join LSF for Chicago's best trick-or-treating event! We'll have a haunted house, games, candy, spooky science experiments, photo booth and much more! The Halloween fun will run from 5:00-7:00pm with a buffet and Halloween movie to follow! To secure your place for dinner, please email [FB@LakeshoreSF.com](mailto:FB@LakeshoreSF.com). Save the date today!

### **Don't Fall Off The Wagon! 2 Tips To Maintain A Healthy Workout!**

**Plan your workouts ahead of time!** Know exactly what you are going to accomplish before starting your workout. Don't want waste time between exercises figuring out what machine you're going to jump onto or what muscle you feel like pumping up next.

**Schedule your workouts!** Look at your calendar days, weeks, and months in advance. When can you make time to get to Lakeshore? Seeing it on your schedule will keep you more accountable and on track. Don't cancel on yourself!

For more advice or guidance to help you get in the best shape of your life, email [PT360@lakeshoresf.com](mailto:PT360@lakeshoresf.com).

## **Food & Beverage Corner**

### **Now Serving La Colombe Coffee!**

LSF has partnered with local coffee roasters at La Colombe to bring you their house blend "Corsica." In addition, we now serve Pure Black Cold Brew Coffee on draft. Iced coffee is finally here!! La Colombe is a Chicago favorite, taking pride in their bean selection and careful handling of grounds, in and outside of their stores around the city. Come over to 1320 Market to enjoy the flavors of La Colombe coffee!

### **Last Week to Enjoy Harvest Rooftop Restaurant!!**

Harvest will be closing for the season after service on Sunday, October 8th. Come enjoy Chef Trevor's delectable dishes before the close of the season! Have no fears, the culinary team is hard at work to bring you an amazing new menu and robust offerings at 1320 Market! Stay tuned...

## **Kids' Corner**

**Spend Columbus Day at our School Days Out Camp! Reserve Your Spot now!**

School Days Out Camp is LSF's September-to-May camp option when school is not in session. We offer a full day of engaging and recreational programming that makes full use of our facility, neighborhood and all-star staff. Swimming and lunch included! The cost is \$99 per day for members and \$149 for guests. See more information and the registration form [here](#).

### **PeeWee Playschool Fall Registration is Open! Schedule your Free Trial Day Today!**

PeeWee Preschool is a drop-off program for 2-4 year olds that focuses on socialization, creativity, learning, and most of all, fun! The program includes circle time, art, music, yoga, gross motor play, a 30 minute swim lesson, snack and more! See more information and the registration form [here](#).

## **Club 48 Corner**

### **Rock Band, Karaoke, Cycling, 3 on 3 Tournaments and More - Check out the New Club 48 Calendar!**

The kids spoke and we heard them! Our Club 48 Leadership team has created an amazing line up of activities and offerings for our 4th-8th graders. Check out the full schedule [here](#).

### **Open Volleyball Night for 4th-8th Grade Girls on October 13th from 6-8pm**

Join other 4th-8th Grade girls for a night of volleyball and pizza from 6-8pm. \$20 per member; members only. Register at [MyLSF.net](http://MyLSF.net) or email us at [Club48@LakeshoreSF.com](mailto:Club48@LakeshoreSF.com).

### **Club 48 Maze Runner Event is October 20th**

Run through our outdoor rooftop maze playing Capture the Flag, Infection, Pacman and more on Friday, October 20th from 6:00-8:00pm. Free event for all Club 48 kids who RSVP 48 hours or more in advance. Cost is \$25 for those who register late or walk in. Only 50 spots available. Pizza is included. Reserve your spot today at [MyLSF.net](http://MyLSF.net) or email us at [Club48@LakeshoreSF.com](mailto:Club48@LakeshoreSF.com).

### **Nerf War Returns - Back on November 4<sup>th</sup> by Popular Demand!**

Join us on Saturday, November 4th as we transform tennis courts into a maze of obstacles, bunkers and secret ammo stockpiles. Coed team will go head to head in a variety of missions! At the end of the night, all teams will be united with a "Mission Accomplished" pizza party. Cost is \$49 for members and \$79 for non-members. All supplies are provided. 2nd-3rd grade missions take place from 4:00-6:00pm; 4th-8th grade missions take place from 6:00-9:00pm. Register at [MyLSF.net](http://MyLSF.net) or email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **Save the Date - Next Drone Flying Events for Families: November 17th & December 8th!**

Are you interested in learning how to fly a drone? Come join us on Friday, November 17th and/or Friday, December 8th from 7-9pm to learn how to fly a drone. All participants must be in 4th grade or older. The cost is \$49 per drone if you are bringing your own (but make sure you have plenty of batteries to fly for 2 hours!) or \$89 per drone if you would like to use ours. Only 6 spaces are available, so reserve your spot today by emailing [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) or register at [MyLSF.net](http://MyLSF.net). Parents are more than welcome to stay and participate in this program but drop off is certainly fine as well.

## **Racquet's Corner**

### **2017 Fall Tennis Registration Is Still Open!**

Our fall session of Tennis classes which runs until November 5<sup>th</sup> still has openings in adult and junior classes of all levels! We offer pre-paid private and semi-private lessons and many group classes including Future Stars (3+ years), Under 8, Under 10, Under 12, Under 14, Under 16, Junior Academy and Adult Group classes. For more information, please contact the Racquet Sports Department at [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com).

### **Adult Co-Ed Team Tennis: Get Your Team On!**

The LSF Tennis Department is now offering Adult Co-Ed Team Tennis starting November 11, 2017! Matches take place on Saturday afternoons followed by complimentary food and beverages. Compose a team with a minimum of 3 Ladies & 3 Men or a maximum of 10 total players. The season will offer six regular season matches over the course of the Winter I programming session. Each team match will include six one set matches first six with no-ad scoring including Men's & Ladies Singles, Men's & Ladies Doubles and two separate sets of Mixed Doubles

All teams will have an opportunity to qualify for the playoffs and win the Team Cup Sign-up as a team with a crafty team name and receive the team rate, or sign-up as a partial team/ individual and we will connect you to a team. Member Team: \$600 (5 LSF Members required), Guest Team: \$700 (fewer than 5 LSF members), Individuals: \$149 (member) \$209 (Guest). For more information: Contact [CharlesP@LakeshoreSF.com](mailto:CharlesP@LakeshoreSF.com) or [DannyM@LakeshoreSF.com](mailto:DannyM@LakeshoreSF.com) or call 773.770.2470

### **Drill N' Play Tennis Now Available!**

The tennis department is excited to offer an expanded option of high paced tennis drilling classes. These classes are designed to have our members sweating before the warm-up is over and ready for the work day after. These 60 minute offerings are drop-in registration with a 24 hour notice for players at the 3.0-4.0 level at \$24 a class. Classes will be offered weekly Monday 11-12 PM, Tuesday 7-8 AM and Thursday 7-8 AM weekly

## Join the Women's Paddle Team This Season

The time for Paddle is upon us! As we kick off the Paddle season here at Lakeshore our Series 8 Ladies Paddle team is still accepting recruits! If you are a tennis player level 3.6-4.0 or above and are interested in joining in the Paddle League please contact [LPPaddle@LakeshoreSF.com](mailto:LPPaddle@LakeshoreSF.com) or (773)-770-2470 for more information!

## Paddle In House Co-Ed League Starts November 4<sup>th</sup>

LSF is excited to announce a new in-house, co-ed league forming now. Round robin matches will take place on Saturday afternoons from 3-5 PM. Whether you have previous experience playing paddle or are new to the game, this is a great way to enjoy the camaraderie and competitive play of a team without having to travel! Some instruction and coaching will be provided. The league will start on Saturday November 4<sup>th</sup>, will take a break for Thanksgiving and continue until December 16<sup>th</sup>. For 6 weeks of matches and fun play, balls and paddles, the cost is \$140 for members. Beer will be available for purchase. Enrollment is limited, so email [LPPaddle@LakeshoreSF.com](mailto:LPPaddle@LakeshoreSF.com) to register now!

## Neighborhood Activities

### Lincoln Park Uncorked: A Lincoln Avenue Wine Stroll October 5th from 6-9 PM

Reach out to your favorite group of people and head over to [Lincoln Park Uncorked: A Lincoln Avenue Wine Stroll](#) on Thursday, October 5 from 6:00 – 9:00 pm. Catch up, shoot the breeze and enjoy a night of great wine and food. You know the best part? It's cheaper to bring a group and - let's face it - a lot more fun. Enjoy red and white wine samples from local wine shop Bodega Ramos paired with bites from neighborhood restaurants, while strolling through some of the most distinctive businesses in Lincoln Park. Guest Check-In at Burnt City Brewing (2747 N. Lincoln) \$49 General Admission, \$34 Groups of 5 or more

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