



LSF LOOP

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



August 8, 2017

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Special Events

Paddle Meet & Greet: August 9th from 6-8PM and August 12th from 3-5PM

Whether you're new to the game or a veteran player, join us for some fun! We will have rotating games, quick intro lessons, shot challenges and more. This will be a great opportunity to network with others to partner up and play with and you will have the opportunity to sign-up for fall programming. Refreshments will be served. And it's all free! No RSVP needed. Rain or shine. Racquets will be provided. Contact Calvin with any questions at LPPaddle@LakeshoreSF.com for more information or to learn more about paddle opportunities at LSF.

Spend a Night Under the Stars at Our Family Camp Out on August 18th

Want to take your family camping but not quite ready for the true wilderness? Join us on the rooftop for a night of camping, Lakeshore style on August 18th. Dinner, games, songs, crafts, movie, snacks, swimming, breakfast and more are all included. Tents are available to rent. Adult beverages are available to purchase. Reserve your space today on myLSF.net or email us at KidEvents@LakeshoreSF.com. Cost is \$148 for one child & one adult. Additional adults are welcome for \$25 each and additional children are welcome for \$15 each.

Self Defense Seminar For Women: Saturday August 26th 1-3 PM

Learn how to throw off assailants, protect yourself against attackers, and escape from dangerous situations. You will learn throws, striking and true self defense! This class is more than words, you will get a work out too! Darrell Rachal has a military background and has taught Mixed Martial Arts to Marines. Available to all women aged high school to adult. Class meets in the main studio. Cost is \$60. For more information or to register, please contact PT360@LakeshoreSF.com.



August Member Summer Party: Sunday, August 27th from 2-4 PM

Summer Member parties are back at Lakeshore! The last one got rave reviews from your fellow members – for the band, the food and the kids’ activities! Join us for fun, games and music from “The Friendly Dance Band” on Sunday, August 27th from 2:00pm – 4:00pm on the rooftop at Lakeshore! We will have food, games, face painting and all kinds of activities for adults and kids to enjoy. There will be food served for the little ones on the kids’ side of the roof and an adult offering at Harvest including beer and wine. Come on out and enjoy a slice of Chicago summer on the rooftop at Lakeshore! Guests are welcome but need to be registered with the Membership team ahead of time. To register your guests, please contact Membership@LakeshoreSF.com.

Weekly Events

Wine Down Wednesday Yoga

Wine Down Wednesdays are in full swing this summer! Join us every Wednesday for yoga on our glorious rooftop. Then relax even further with a complimentary glass of wine afterwards. All levels and guests welcome. Stick around and enjoy dinner at our rooftop restaurant Harvest. In the event of inclement weather, we will head indoors to our yoga studio on the second floor. Guests are welcome – but must be registered with Membership@LakeshoreSF.com ahead of time.

Our Live Music Summer Series “Jammin’ on the Roof” Takes Place Every Thursday at Harvest!

Join us every week for an exciting evening of complimentary music on the roof while you dine at Harvest. We feature live music every Thursday night at Harvest from 5:30pm-8:30pm. The line-up features a wide variety of genre-defying music from jazz and pop, to country, oldies and top 40 hits. Reservations are recommended and remember that while dining at Harvest, childcare is free! Guests are welcome so bring your friends to the best rooftop restaurant in Chicago!

Saturday Night Rooftop Movies

With only three rooftop movies remaining this season, be sure to reserve one Saturday evening in August and enjoy a longstanding LSF summer tradition. Movies start when it gets dark enough, which is generally around 8-8:15pm. We show a family-friendly movie on our big screen and offer a gorgeous outdoor lawn to lounge around on. It’s perfect for kids 3-9 but, of course, all are welcome! Best of all, no reservations are required and admission is complementary. In the event of inclement weather, the movie will be moved indoors. Hot Dog cart will be available on the Kid’s Roof starting at 6 PM.

- August 12 – “Moana”
- August 19 - “Beauty & The Beast”

- August 26 – “Sing”

Camp Corner

Camp 48 Upcoming Themes Include Into The Wild, Future Leaders & Water Park Week!

We have the BEST summer line-up for 4th-8th graders in the city of Chicago! See more about our awesome weeks of Camp 48 [here](#) or email us at Camp48@LakeshoreSF.com.

Junior Tennis Camp has open availability!

Only a few weeks remain for Junior Tennis Camp which will be running daily until August 25th! We offer half-day and full-day options from 9am-2:30pm. For Full-Day campers, lunch will be served and we will have a swim option in the afternoons! Please contact LPRacquet@LakeshoreSF.com or call (773)-770-2470 for more information.

Aquatics Corner

New Kids' Swimming Classes Coming Soon!

We've been hard at work updating our swim lesson curriculum and staff development program to roll out this fall session - watch soon for updated class names, Learn to Swim in replacement of the Preschool classes, following suit with Levels 1, 2, and 3. We have enlisted the help of Olympic and collegiate swimmers to create the new curriculum. We are excited to offer a stronger experience with a progressive teaching approach that allows students to learn at a pace that is comfortable and individualized, while in a fun learning environment. Registration information will be available August 21st, with the fall session starting September 11th. For more information, email LPAquatics@LakeshoreSF.com.

Stingray Swimmers Compete at State Finals

This past weekend the Stingrays Swim team competed at the Illinois State Long Course Swimming Championship. Between our two Stingray swimmers proudly representing Lakeshore, Reilly Martin and Regan McDonald, we saw some great racing with Reilly securing a tenth place finish in the 400M Freestyle. Congratulations to both swimmers on their performances.

With 43 Regional and 8 State cuts in this short summer season, along with some great additions to the team, we have great reasons to be excited and optimistic for the upcoming 2017-2018 Fall/Winter season. Fall season sign up is now open with the first practice on August 28th. If you have any questions about the Stingrays Swim Team, registration and any other swim team information please email us at Stingrays@LakeshoreSF.com.

Racquets Corner

2017 Fall Tennis Registration is Now Open

Our fall session of Tennis classes will start on Monday, August 28th and run until November 5th. It is a 10-week session, however Monday classes will run for 9 weeks due to the Labor Day holiday on Monday, September 4th. 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.

LSF Flex League is Looking for Some New Tennis Competitors

What better way to fit in some competitive match play this Fall than in LSF's very own Flex League? Groups are created with up to 10 players of the same level who then contact each other to schedule matches at a mutually convenient time (mornings, evenings, weekends, it's up to you!) At the end of the session awards are given out to the top 3 players in each level. Our Fall Session of Flex League will start on Monday, August 28th and will run for 10 weeks. We are currently looking for players of all levels. Contact Clara at (773)-770-2437 or LPRacquet@LakeshoreSF.com for more information.

Ladies Daytime Doubles Mixers Now Offering Multiple Levels!

The Racquet Sports Department is excited to announce the monthly Ladies Daytime Doubles mixers will now be offering a 2.6-3.0 and a 3.1-3.5 level! Come join us for some friendly competitive play in the morning or middle of your day on any of our August dates: Friday, August 11th from 11:30am-1pm, Tuesday, August 15th from 9:30-11am or Friday, August 25th from 9:30-11am. E-mail or call Charles Phelps to register at CharlesP@LakeshoreSF.com or (616)-308-1970.

Join us for Pickleball, the Fastest Growing Racquet Sport in America!

This super fun sport will leave you smiling. A mix between tennis and ping pong this game is addictive! It's also easier on the body and shoulders than other racquet sports. We offer private and group lessons. Racquets are provided and the intro course comes at a great price point. Note: During the summer months pickleball is played on the rooftop tennis courts, come this winter pickleball will be offered at certain times in the week on tennis courts 7 and 8. Contact LPRacquets@LakeshoreSF.com for more information.

Come Join us in Cardio Tennis!

Come out and join your fellow tennis players for some cardio tennis drills at the club! We offer options for every level during the week and on weekends. Cardio Tennis is a combination of feeding drills and live-ball action, all played with groups of the same level. You can join by session and we also offer drop-in options (with 24 hours' notice). For the

most up to date information on class options, session dates and times, please contact Scott Johnson at ScottJ@LakeshoreSF.com. We hope to see you there!

Physical Fitness Corner

What Can You Accomplish in 8 Weeks?

Recently a group of your fellow members spent 8 weeks to achieve their goals. We'll share some of the results in this section over the next couple of weeks as inspirational stories to you about what can be accomplished in a short period of time – real life stories from real members. Whether you choose to do it on your own, through one of our great programs or with one of our personal trainers, we hope you are inspired to Achieve Your Goals!

During the “One Goal” Program, Dana’s goal was to lose weight – she achieved 3% fat loss! Stacey’s goal was to run a mile in less than 12 minutes. She blew away her initial time of 12:48 by exactly 3 minutes, completing a mile in 9:48 at the end of the 8 weeks!

Get a Workout with One of Our Newest PT 360 Team Members

Taylor Perry is one of our newest PT 360 team members. Taylor is a NASM certified personal trainer, with specialties in Sports Performance, Weight Loss, Olympic Lifting, and Muay Thai. Taylor teaches all styles of striking in the Boxing Studio. She works with all ages and ability levels. Come join the fun! If you are interested in setting up a free fitness consultation, or a 1 on 1 private training session, contact Josh Vron dran at PT360@lakshoresf.com.

Lakeshore Physical Therapy Blog

The Lakeshore Physical Therapy monthly blog is a healthy and eclectic mixture of topics related to your well-being and fitness. New material is added on a regular basis from each of our staff members. Click here and enjoy! <http://lakeshore-pt.blogspot.com>

Local Business Partner

Bridgeview Bank Celebrates 20 Years of Local Service

Bridgeview Bank has been serving the community for 20 years at their branch at 1970 N. Halsted Street. In honor of this anniversary, they are offering a Money Market Special where you will earn 1.00% APY for 20 months. For more information, visit their website, www.BridgeviewBank.com or call 773.327.1515.



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