While we are a membership club, we do welcome guests to try us out, either for a work-out or for one session of most programs.

At LSF, our mission is to enhance our members’ quality of life by creating a vibrant community offering continuously improving world class service.

While Lakeshore has been a staple of the Lincoln Park community for over 45 years, a group of club members purchased and renovated the club starting in 2011. Since then, we have been hard at work re-establishing Lakeshore as a vibrant community center, continuously upgrading all elements of the building, adding and innovating our programming, hiring great staff and improving our service to take great care of our members. We have truly become Chicago’s #1 destination for sport, fitness and fun!

We make a commitment to our members to make sure they are completely taken care of: we are human however, so we may make mistakes, but you have our guarantee that we’ll fix them and make things right for you! We promise to continue to invest in our people and our building to take care of our members. It is our pleasure to provide you with great service!
Our members also gather, visit, read, dine and socialize at the 1320 Market, or on our spectacular rooftop. Our full service rooftop restaurant, Harvest, provides a relaxing indoor/outdoor space to enjoy dinner and a panoramic view of Chicago’s impressive skyline.

Lakeshore Sport & Fitness is Chicago’s #1 destination for sport, fitness and fun. Our Lincoln Park campus occupies over 3.5 acres, and offers more than 185,000 square feet of indoor/outdoor sport, fitness and social spaces.
Nothing keeps you motivated quite like working out in a group, and our Group Fitness programs balance that communal support with the benefit of individual instruction. Improve your endurance, flexibility and agility under the watchful eye of our skilled Group Fitness instructors, many of whom are world and nationally renowned. Whether you are looking to strengthen your core, take your cardiovascular routine to the next level, or just meet some likeminded fitness folk, our Group Fitness instructors will keep you focused on achieving goals, getting in shape and staying there. Our class schedule features everything from low impact to high impact workouts, from yoga to kickboxing, from dance to cycling and many programs that are custom to LSF.

We routinely change the schedule based on member feedback and utilization. Please let us know your thoughts on additions or changes you would like to see.

What really sets us apart is the focus on quality and training for our instructors which enables them to provide an unparalleled personalized experience in every class.

WHY GO FROM STUDIO TO STUDIO TO GET WHAT YOU ARE LOOKING FOR WHEN LSF HAS IT ALL IN ONE PLACE?

For information on our Group Fitness Program, contact LPGroupFitness@LakeshoreSF.com

Download our MyLSF App from your app store to get the most up-to-date group fitness schedule.
**PILETS**

Pilates is designed to improve overall posture, strength and flexibility. Use fundamental precise and controlled movements with an emphasis on connecting your breath to your “powerhouse” or core.

**MASSAGE**

Therapeutic massage is a critical component to maintaining your body’s equilibrium. We offer a staff of certified and experienced massage therapists.

**WINE DOWN WED YOGA**

During the summer months, we offer complimentary Wine Down Wednesday Yoga on our rooftop with great views of downtown Chicago and a glass of wine after class at our Harvest restaurant.

**SENIOR YOGA**

Custom designed for our older clients, these classes focus on flexibility and balance. We keep the core yoga practices in mind while strengthening your entire body.

**NUTRITION**

Eating well is one of the best things you can do for regular health maintenance in tandem with your fitness schedule. Learn the ins and outs of a proper daily diet to sustain your well-being and lifestyle.

**LAKESHORE PHYSICAL THERAPY**

Lakeshore Physical Therapy is a concierge physical therapy practice – no techs taking care of you. Instead you will spend your entire session with one of our highly experienced and licensed physical therapists. We have extensive clinical experience and focus on treatment techniques with a strong manual therapy approach. With an individually designed treatment program and one-on-one care, our clients are ready for their active life in the least amount of time! We offer free injury screenings.

Comprehensive evaluation and treatment of:

- Sports Injuries
- Neck/Back Rehabilitation
- Work Related Injuries
- Joint Pain/Muscle Strains
- Post Surgical Rehabilitation
- Overuse Syndromes
- Pain related to Pregnancy
- Arthritis
- Posture Retraining
- Running Injuries w/Gait Analysis

**MEMBER SERVICES**

MemberServices@LakeshoreSF.com

**INFO**

www.mcgrathacura.com
1301 North Elston Ave, Chicago 60642
773.336.6209

Info@Lakeshore-PT.com or 773.770.2419
LSF offers a variety of tennis programming on our 8 indoor and 3 outdoor courts. We have programming for adults and kids, for absolute beginners, for advanced tournament level players and everyone in between. With a staff of over 40 professionals, we’ve got just the right team-mate to get you hooked or elevate your game.

For Adults we offer private and group lessons, flex league, Friday Night social mixers, Sunday competitive play mixers, women’s travelling teams, cardio tennis, men’s competitive drill and play groups and more.

We use the NTRP rating system and we’ll be happy to help you find playing partners at your level.

For Kids, we offer future stars, kids groups, junior academy, junior match play, we know kids like to play with their friends, so we’re happy to make that happen. We use the most current technology (low compression balls, short courts, etc.) to make sure your kids develop the right technique and have fun because they can actually play! And you are more than welcome to hang out on the court with them during their lessons.

Class schedule varies seasonally, so please check with the Racquets department for more details on when your favorite class is offered, or let us help you create your own private group just for you and your friends.

Court Reservations, can be made up to 7 days ahead of time via our online portal or by calling the front desk, making it easy to get a court and not locking you into a fixed time. Should you find any challenges reserving courts, kindly contact the racquets department directly. We also have a ball machine available for rental.
Squash and Racquetball courts can be reserved in advance for a small fee, but walk-ons are free. Tennis courts always require a rental fee. Please check in with the front desk to ensure you have a great experience. For information, please email LPRaquets@LakeshoreSF.com or call 773.770.2470.

This program is the first step to introduce your future stars (ages 3&up) to the game of tennis. Using appropriately sized equipment and courts, your child will learn basic coordination, proper fundamentals of tennis and correct swing shape.

For the more competitive junior, LSF offers the Junior Academy which prepares juniors for match play and greater levels of competition. Juniors must qualify for this program.

LSF offers lessons for kids of all levels and ages. Our classes emphasize fun and the love of the game, while getting the kids to interact with each other via games, skill building, drills and competition.

Flex leagues, inter-squad matches and competition against other clubs are all arranged for juniors at different levels on a regular basis.

For the more competitive junior, LSF offers the Junior Academy which prepares juniors for match play and greater levels of competition. Juniors must qualify for this program.

Talk to Keith
Get Real Estate Results
- Lincoln Park resident since 1999
- Award Winning Top Producer
- Expertise in Chicago’s Premier Neighborhoods
- Single Family Home | Condo | New Construction
- Expect Exceptional Results!
Our PT360 training team focuses on a comprehensive approach to training. Let us help you achieve, excel, and enhance your body, health and spirit. For best results, we recommend seeing your trainer 3 times per week.
Lakeshore can help you stay fit and overcome physical discomfort during your pregnancy! We offer a wide range of programs and services for expecting mothers! Group classes are forming regularly. Guests are welcome to participate in these programs on a trial basis.

Yoga prepares your body for all of the changes it goes through during pregnancy, childbirth, and mothering. Yoga teaches strength and stamina, and helps with concentration and breath control which are invaluable tools during labor and birth.

Work one-on-one with one of our prenatal certified trainers certified to meet your personal fitness goal faster and safer. Customized workouts will help you manage the changes in your body during your pregnancy.

Massage is a great way to reduce stress & anxiety. It will also help you gain relief from muscle cramps, spasms and myofascial pain, especially in the lower back, neck, hips and legs, improve circulation and reduce swelling.

Eating well is one of the best things you can do for your growing baby. Health foods provide nutrients for your baby’s bones, heart, brain, and more. Eating well can also help keep your weight in check as well as aiding in your recovery after you give birth.

Feel rejuvenated while the water helps reduce bloating and stops gravity’s pull on the ever-increasing belly. Water aerobics classes improve cardiovascular conditioning and provides strengthening benefits.

Overcome low back pain during pregnancy with a program of proper body mechanics, posture education, manual therapy, stretching, and strengthening exercises. Other pre and postpartum issues such as body pains and dysfunctions are covered.

For information on Lose2Win, please email PT360@LakeshoreSF.com or call 773.770.2441

Contact MemberServices@LakeshoreSF.com for more information or to register for private sessions

www.LakeshoreSF.com
Chicago Psychological Health Center provides therapy to individuals, couples, and families. We have male and female therapists that have a wide range of experience and we take most insurance plans as well as self-pay. Please contact us with any questions.

www.chicagophc.com - 773-469-6675 - tom@chicagophc.com

AQUATICS

PARENT-CHILD CLASSES
For the littlest (9-36 months) we offer parent & child classes with an emphasis on water acclimation, providing an excellent opportunity for parents to bond with their children through basic water skill instruction with some songs and interactive coaching.

GROUP LESSONS
Swimming is a great activity to build confidence, self-esteem and skills that last a lifetime. Our comprehensive programs are geared towards children 3+ years old. Group lessons follow a skill building progression from basic floating and face submersion to proper technique and distance swimming.

STINGRAYS SWIM TEAM
From social to competitive, Stingrays has multiple levels for your child’s needs and wants. Stingrays compete at Intersquad meets and at USA Swim meets. Monthly social events, dive clinics, gear packs and more make this the full swim team experience!

PRIVATE/SEMI PRIVATE LESSONS
Private and semi-private lessons are a great way to continue your child’s water acclimation and stroke development or to enhance their competitiveness. Most lessons meet weekly, but other schedules can be accommodated.

MASTER’S SWIM
Our Masters Swim program focuses on improving a swimmers’ skills, technique, speed, distance and ultimately time. These classes, taught by our talented US Masters swim coaches are open to swimmers of intermediate to advanced levels. No tryouts are required, participants need only be proficient in the freestyle stroke. Classes take place in the early morning and early evening. Meets are optional.

For information on Aquatics, please email LPAquatics@LakeshoreSF.com or call 773.770.2424

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For information on Aquatics, please email LPAquatics@LakeshoreSF.com or call 773.770.2424
LSF’s great basketball court is the perfect place to get in a game of pick up or just have fun with the family!

LSF offers the finest rooftop synthetic ice experience. Located on the 4th floor rooftop with an awesome panoramic view of downtown Chicago as a background. The ice is available for complimentary open skating as well as a variety of great lessons and skate programming.

Lessons range from Learn to Skate covering the basics of skating as well as Advanced Skills such as hockey stops and cross overs, to Hockey Skills classes. Private lessons as well as custom group options are also available.

**SKATE RENTAL:**
Youth skates are available for rental.

**ICE RENTAL:**
Design your special winter event or birthday party with a skating session. We can help plan everything to your specifications.

LSF’s staff organize and insure efficient and fair play during several scheduled open runs, including Monday after work and Saturday morning.

**OPEN PLAY**
The court is a perfect place for all ages and abilities to shoot around, play pick-up games and more.

**LEAGUES**
Teams compete on a weekly basis with certified referees and score keepers, including a season ending tournament and prizes for the championship team.

**KIDS CLASSES**
LSF coaches focus on developing hand eye coordination, team work and a sense of play while teaching the fundamentals of the game.

LSF’s great basketball court is the perfect place to get in a game of pick up or just have fun with the family!
LSF is the perfect place for the whole family. In the summer, our rooftop campus is the ideal place for both unstructured kids play as well as the enrolment of many activities such as movie, night, birthday parties, camps and more. In the winter, LSF is the perfect place to beat the winter blues, get outside of your home and get the kids’ jitters burnt off energy. Whether on the tennis courts, the basketball court, in the pool or on the ice rink, LSF has an option for your kid!

We offer an extensive range of programming for kids and are always innovating offerings. Whether you just want to play with your child independently or get them (and you!) involved in structured programs where you and they can meet new friends and learn new skills, we have many great options. The following pages provide a lot of details on our offerings and we are also thrilled to make new classes or activities for our members such as private playgroups, private basketball groups and more. Let us know how we can help you!

WHERE KIDS COME TO PLAY AND LEARN

KIDS (0-4 YEARS OLD)
Child Care  
Kids’ classes  
PeeWee and PeeWee camp  
Swimming and skating  
Special events  
Play with parents

KIDS (K - 3RD GRADE)
Child Care  
Kids’ classes  
Camp  
School Days Out Camp (SDOC)  
Skating lessons  
Special events  
Tennis Lessons  
Play with parents

KIDS (4TH-8TH GRADERS)
Club 48 and Camp 48  
Youth Training Certification  
Training classes  
Swim team  
Tennis Lessons  
Special events

www.LakeshoreSF.com
Good medical care for the entire family is key to maintaining a high quality way of life. At Park West Family Physicians, we offer a full range of family medical services, including newborn, pediatric, adolescent, adult and older adult medicine. Our physicians and staff work with each patient and family to ensure that their holistic needs – emotional, physical and medical – are met.

PeeWee Preschool is a drop-off program for 2-4 year olds that focuses on socialization, creativity, learning, and most of all, fun! PeeWees participate in arts & crafts, music, yoga, and learning activities that stimulate your child’s creativity and prepare them for school. There is plenty of playtime, whether outdoor at our rooftop play-lot or indoors on the basketball court.

Days include 30-min instructional group swim lessons with our certified aquatics department so that your little one will be more comfortable in the water and learn foundational swimming skills.

We recommend registering for at least two or three days per week to help your child gain familiarity with the program which will enhance their experience. Pre-registration is required.

For information on childcare, please email LSFChildcare@LakeshoreSF.com or call 773.770.2422

For information on PeeWee Preschool, please email PeeWee@LakeshoreSF.com or call 773.770.2421
KIDS SPECIAL EVENTS

FAMILY FUN FAIRS
Free monthly winter/spring carnivals with games, art projects and more.

SANTA BRUNCH
Visit with Santa, get your photo taken, participate in a craft project and enjoy a great brunch.

EASTER BRUNCH
Hang out with the Easter Bunny, do an art project and hunt for Easter eggs and then enjoy a great brunch at Harvest.

GINGERBREAD DECORATING
Decorate cookies with all the fixings, enjoy holiday music and partake in some special beverages.

HALLOWEEN
Spooktacular event with games, haunted decorations, and indoor trick-or-treating (no fee).

ROOFTOP MOVIES
Most Saturday nights during the summer we feature a great movie and complimentary popcorn (no fee).

LSF HOOPS
Each week players practice new basketball skills and play games while learning the importance of teamwork and sportsmanship. This class focuses on ball-handling, passing, shooting, layups, defense and rules of the game.

SPORTS OF ALL SORTS
Participants will get a chance to try a different sport each week. Your child will learn basic skills rules all while having a great time running around with friends. This is a great way to introduce your little one to the world of sports.

FAMILY NIGHT OUT
Drop your kids off for a night of fun, while you have the night to yourself! The kids will splash around in the pool, play games, and eat pizza.

NERF WAR
Battle it out, “winner-take-all” event against your friends. Including a celebratory pizza party!

MOTHER’S DAY BRUNCH
Great food, kids art project and a special touch for mom. Bring the whole family!

SUMMER SLEEP-OVER
Family sleep-over on the roof, late night swimming, movies, dinner, snacks and breakfast!

Chicago’s Premiere Event Space in Lincoln Park

Have any questions or an idea for an activity or event, email KidEvents@LakeshoreSF.com.

For information on LSFAcademy, please email KidEvents@LakeshoreSF.com or call 773.770.241
Custom designed for our members in the 4th - 8th grades - with no adults or little kids allowed! Club 48 offers kids the opportunity to sample a variety of classes and use the club like our older members. On a weekly basis, we offer over 20 classes available on a drop in basis.

Classes range from dodgeball, dance, hang out time, gaga ball, playing games in Gilligan’s Game Room, to Yoga and much more!

Classes meet on weekday afternoons and on the weekends. Our class schedules change monthly so check our LSF website for the latest offerings. Have an idea for a new program of class offering? Let us know!

MONTHLY ACTIVITIES
3-on-3 basketball, dodgeball tournaments, skating, dance parties, movie nights and more! Registration is free as long as it is done in advance. Guests are welcome for a small fee.

SCHOOL DAYS OFF
On days school is out, Club 48 arranges special field trips including Laser Tag, trampoline parks, Museum of Science & Industry and more! Space is very limited for these special trips and fees apply.

CAMP 48
Summer week long specialty camps for Club 48 members, including archery, horseback riding, Adrenaline Camp, and many others. These camps are self-directed by the Club 48 members. Fees do apply.
Lakeshore Day Camps offer fun, exercise, and growth for children ages 3½-12. Based in our 185,000 square-foot athletic facility, the day camps make use of the surrounding neighborhood’s parks, as well as many exciting locations in the Chicagoland area. Sports, Swimming, Arts & Crafts, Theater, Special Days, and weekly Field Trips all figure into the Lakeshore Day Camp experience. Lakeshore Day Camps stress values like cooperation, sportsmanship, responsibility, and acceptance. It is our mission to create a safe environment where creativity is valued, friendships are formed, and growth of character is nourished. The physical and emotional safety of the campers is our highest priority.

Campers in all Lakeshore Day Camps experience a great deal of variety in programming and activities throughout the summer. Each week’s activities and projects are colored by our weekly theme. On Wednesdays the entire camp gathers for a Special Day that reflects the week’s theme. Ranging from beach luaus to talent shows, Special Days are a time for everyone to come together for a good time. Each week, buses arrive at Lakeshore to take campers to Chicagoland’s most interesting locations. Children’s museums, water parks, Wrigley Field, and Foster Beach are a few examples of field trips we’ve taken in the past.

PEEWEE [ages 2-4]
Drop-off program that focuses on learning, social growth, creativity and fun. Please join us for our summer camp edition which includes extra time outside, summer camp activities, and swimming lessons everyday.

HALF DAY CAMP [ages 3½-5]
For campers who may not be ready for a full day of camp, the Half Day Camp program is the perfect “taste of camp.” Swimming, arts & crafts, theater, music, and free play make up a typical day. All campers must be completely potty trained to attend.

JUNIOR CAMP [ages 3½-5]
Junior campers enjoy a high counselor-to-camper ratio, with lots of physical activity and exploration. This program emphasizes safety, cooperation, group play, and outdoor fun!

FUN N SUN CAMP [ages 5-8]
Our most popular program! Fun N Sun campers enjoy a classic day camp experience. With an emphasis on creativity, friendship, and self-esteem, Fun N Sun campers develop social skills and character while having a fantastic time.

ADVENTURE CAMP [ages 9-12]
Physical activity and social engagement are the hallmarks of Adventure Camp. Campers enjoy the greatest variety in daily activities, special events, and two field trips per week. Personal growth and responsibility are stressed in this program, as campers are expected to take on a leadership role with the younger group.

JR. TENNIS CAMP [ages 5-13]
Designed for the novice, intermediate, and accelerated level player. Our team of tennis professionals and counselors will focus on improving the child’s technique, movement and knowledge of tennis strategy. We offer a mix of instruction, drills, conditioning, and games.

BULLS CAMP [ages 5-13]
This summer let the Chicago Bulls teach you how to play like a Champion. The Bulls Academy creates a fun, safe and invigorating environment, teaching the games of basketball, maximizing the skills and building of self-esteem of each boy and girl with whom they have contact.

For information on camps, please email LPcamp@LakeshoreSF.com or call 773.770.2422

www.LakeshoreSF.com
Why not leave all the planning, decorating and shopping to LSF? We’ll plan your next party and make it an event to remember because we throw great parties for kids of all ages!

We have a range of great party packages to choose from, or you can make your own!

All parties include 2 hours of fun, cake, ice cream, kids drinks and our great birthday party staff. Adult beverages and food can be added and your party can be customized in many ways including extending the time, increasing the number of people, adding entertainment and more. Check with our team for more details...

**Party packages:**
- Swimming
- Dance
- Retro Recess
- Olympics
- Tennis
- Dodgeball
- NERF Skating*
- Inflatable
- Basketball
- Adventure
- Mommy & Me
- Amazing Maze**
- Build Your Own

All parties include 2 hours of fun, cake, ice cream, kids drinks and our great birthday party staff. Adult beverages and food can be added and your party can be customized in many ways including extending the time, increasing the number of people, adding entertainment and more. Check with our team for more details...

* Seasonally available during the winter
** Seasonally available during October

As a family friendly facility, we are pleased to offer all of these spaces and more for families to play in for no extra charge. Generally, these spaces are not supervised, which means that parents need to supervise their children for everyone’s safety and enjoyment. Please check the schedules for each space to understand when they may not be available for open play.

For information on birthday parties, please email KidEvents@LakeshoreSF.com or call 773.770.2421

For information on space rentals, please email MemberServices@LakeshoreSF.com
Harvest offers great gourmet fare year round! During the summer, enjoy the delightful rooftop oasis boasting a spectacular panoramic view of downtown Chicago. Family friendly with an over 21 section so that adults aren’t crowded out by the families. Harvest also offers an ALL DAY BRUNCH EVERY SUNDAY (11am-6pm). In the winter, Harvest offers the same great food and beverage options in an intimate setting overlooking our ice rink. Year round, Harvest offers a robust range of premium cocktails, wines, champagne, and beers, including special member pricing on marquee brands like Dom Perignon and Johnny Walker Blue.

Sample Harvest menu enhanced seasonally
WINTER FAMILY FUN FAIRS
Carnival games, giant slide, bounce house, craft projects, big wheel grand prix and more! Have a great time indoors during cold, cooped up winter days. Hang out with friends, enjoy some time out of the house and let the kids burn off some extra energy. Free of charge with food and beverages available for purchase. Monthly during the winter.

MEMBER COCKTAIL PARTIES
Complimentary adult cocktail parties for the holidays with an opportunity to sample a variety of adult beverages and our culinary team’s pairings. Each event also features special entertainment such as live music or a dance performance. Wine, champagne and spirits are available for purchase at discounted pricing.

SUMMER MEMBER PARTIES
For adults, the summer member parties feature great food and sampling of a range of adult beverages, bags, bocce ball, live music and more. For kids, the summer member parties feature all sorts of activities ranging from speed pitch, face-painting, tie-dying t-shirts, arts and crafts projects, and much more! These events are free of charge.

SPECIAL EVENTS
Throughout the year, LSF hosts a variety of special events both in the club and off-site. These include our marathon viewing party, wine and beer tasting classes, Wine Down Wednesday Yoga (yoga followed by a complimentary glass of wine), nutrition counseling classes, cooking classes and more.

HOST YOUR SPECIAL EVENT AT LSF! We routinely host events for members and guests with our great food and beverage offerings throughout the club; whether a small cocktail party for your husband’s birthday, a special surprise anniversary party for your wife, a wedding shower on the roof, or a corporate picnic including all sorts of games, we have a range of options for parties of all varieties. To start planning your event, contact us at FB@LakeshoreSF.com.

For information on our Food & Beverage offerings or special events, please email FB@LakeshoreSF.com
COURTESY POLICY

We developed our Courtesy Policy as a guideline to help members interact with each other and keep our club as comfortable as possible for everyone. While the following lists out a bunch of specific items that may be obvious, the basic idea is that we are a community of people and each has responsibilities to others to help ensure the experience of others is not harmed and help us create a great environment for all. Please help us help you by exercising courtesy to your fellow members and our staff members!

Please pick up after yourself, supervise your children, observe proper tennis etiquette, only allow the water to run when using it, use fewer towels, wipe down equipment after use to prevent the spread of germs. Please return equipment to where you got it from, and clean up after yourself by throwing out your cups and placing used towels in the appropriate receptacles.

Please use gender appropriate locker rooms for kids over the age of 2, or use the family changing rooms on the 4th floor.

Please use lockers to store your personal items and do not leave them on the floor. Please be aware of those around you particularly when doing kettle bell swings, jumping rope or other activities which may interfere with others use of the same space. Please shower before entering any pool or whirlpool.

Please do not use your cell phones in the cardio or strength training areas as conversations often are loud and end up disturbing those around you. In addition, talking on a cell phone while working out can be unsafe to yourself and others around you.

Help keep everyone healthy – please use the hand sanitizers and sanitizer towels regularly to reduce the likelihood of passing or picking up germs. If you are sick, please do not join other members in confined spaces like the steam or sauna rooms where you are likely to infect others.

In the event of an emergency, ask for any employee to help you. All of our staff is trained on how to handle emergency situations. If you call 911, instead of asking our team to do so, please let us know so that we can help get the first responders to the right place.

NO OUTSIDE FOOD PERMITTED

Because we have 2 food service outlets, complete catering capabilities and are regulated by the City of Chicago for food service, members are not allowed to bring in outside food to the club. Please enjoy the great food from Harvest or 1320 Market or contact FB@LakeshoreSF.com to cater your activities in the club.

SUPERVISION OF CHILDREN

While we are a club that welcomes and embraces children, we also know that not all spaces are child friendly and sometimes kids behave like kids resulting in experiences that some adults do not enjoy.

Children not yet in high school must be accompanied by an adult to enter the club unless they are pre-registered in a program or participating in a Club48 class. Children are not permitted on the 3rd or 4th floor fitness areas unless they are supervised and certified through our youth certification program to use the equipment. In the common areas of the club, such as the restaurant or walking to and from areas, please supervise your children so that they are well-behaved; in general this means no running, playing, shouting, bouncing basketballs etc. in common areas.

The second floor locker rooms are intended for adults. Children not yet in high school need to be accompanied in these areas and should behave appropriately. The 4th floor locker rooms and the family changing rooms are intended for children and their families.

CONTACT GUIDE

General questions: MemberServices@LakeshoreSF.com
Billing issue: Billing@LakeshoreSF.com
Raquet Sports: LRaquets@LakeshoreSF.com
Personal Training: PT360@LakeshoreSF.com
Aquatics: LPAquatics@LakeshoreSF.com
Camps: LPCamp@LakeshoreSF.com
Kids Programming: KidEvents@LakeshoreSF.com
Club48: Club48@LakeshoreSF.com

STAY INFORMED

Stay in the loop about all of our special events, program offerings and more by subscribing to the Loop. Visit www.LakeshoreSF.com and then click on the “Club Info” to sign up. Don’t worry, we won’t spam you with emails!

Check out our Facebook page for important club updates including holiday hours.

SUGGESTIONS

Do you have any suggestions or ideas to make our club a better experience? Is something not working?
Let us know!
Email: MemberServices@LakeshoreSF.com
Text: 773.980.9440.
CLUB ACCESS AND THE FRONT DESK

Parking: We have three parking lots with over 200 spots. Parking is reserved for members with parking stickers only from 9AM-12PM seven days a week. Guests are welcome to park in the lots after these hours if they register their car at the Front Desk. Others will be towed! There is ample street parking on Fullerton, Altgeld and Southport for non-members.

Please use your Membership Card to scan in at the front desk and have your photo on file. This enables us to ensure proper security for the building, speed up access to the club and create a more secure and safe environment for all.

At the Front Desk, you can check out basketballs and ping-pong paddles with a valid ID. You may also rent racquets (tennis, paddle, squash) and purchase small necessities you may have forgotten such as goggles, socks, tennis balls, etc.

For Nannys, we have two options. They can either be on your account as a member for a marginal additional fee and have full membership access to the facility or if they are just going to be picking up and dropping your child off in programming and not using the facilities by themselves or with your child, then as a nanny for no additional charge.

GUEST POLICY

Non-members are welcome to use the club for 5 visits whether accompanied by a member, multiple members or independently. Alternatively, non-members are allowed to participate in one program session per year. Thereafter, they must become members.

Members are welcome to bring guests. All memberships are automatically loaded with 5 free guest visits per year. Once these guest visits are used, members may bring guests in at a discount off of our normal day use price.

Guests are welcome to dine with us at Harvest or 1320 Market for no additional fee and without limitation on frequency.

CANCELLATION POLICY FOR RESERVATIONS & PROGRAMS

For all of our offerings, rentals, and reservations, we require 24 hours notice to cancel without a charge.

CROSS-CLUB UTILIZATION

Lakeshore Sport & Fitness has two other locations. Members are welcome to check out the other clubs for free, but if you want to use the club more than once, you’ll need to add multi-club access to your account for a small additional monthly charge. For multiple club access, please contact Membership@LakeshoreSF.com.

LSF@IC

211 N Stetson Ave
Chicago, Illinois 60601
312.856.1111

Our Illinois Center campus is located in the heart of the vibrant East Loop and features over 120,000 square feet of indoor/outdoor sport and fitness space, including an indoor pool, outdoor pool & rooftop deck, basketball court, multiple studios, 5 squash courts, climbing wall, golf simulator and more. LSF@IC has all of the fitness and dining amenities you can imagine!

LSFVERGE

1934 W North Ave
Chicago, Illinois 60622
773.394.5900

Centered in the Bucktown / Wicker Park neighborhood, we offer a state-of-the-art facility with all the equipment and amenities you would expect and the best group fitness program around. Verge Fitness is the perfect neighborhood club to get a great weight, cardio or group fitness work-out.