

# 45 years of serving the Lincoln Park community

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!

# CHECK OUT ALL WE HAVE TO OFFER

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DIRECTORY

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



**CARDIO ROOM**



**FAMILY POOL**



**CHILD CARE**



**WEIGHT ROOM**



**HARVEST ROOFTOP**



**CHILDREN'S ROOFTOP**



**OUTDOOR PATIO**



**BASKETBALL COURT**



**1320 MARKET**



**PADDLE TENNIS COURT**



**LAP SWIMMING POOL**



**YOGA STUDIO**



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.

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.





## GROUP FITNESS

# MORE THAN 125 CLASSES PER WEEK!

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?

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

## SAMPLE CLASSES

### STUDIO CYCLING

A cardiovascular class done on a cutting edge stationary bike. Classes can differ in style in that profiles can include hills, flat roads, interval training, RPM cueing, Wattage, Distance and more. Profiles are mapped out to music and can last from 45 minutes to 1 hour and 30 minutes. Cycling classes are open level and no experience is necessary.

### ATHLETE ZONE

Designed for the advanced participant in that all forms of movement, strength training and cardiovascular training are explored in a circuit setting. Five varying exercises are given in 3 rounds. Each exercise lasts 1 minute before a 10 second rotation to the next station. This is a full body work out for advanced levels only.

### YOGA SCULPT

A vinyasa inspired training class that generates heat and sweat by alternating between yoga flows and sculpting exercises using dumbbells. This yoga is considered A WORKOUT. All levels are encouraged to attend but expect to work hard.

For information on our Group Fitness Program, contact [LPGroupFitness@LakeshoreSF.com](mailto:LPGroupFitness@LakeshoreSF.com)



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## RING IN A NEW YEAR OF BEAUTY & WELLNESS

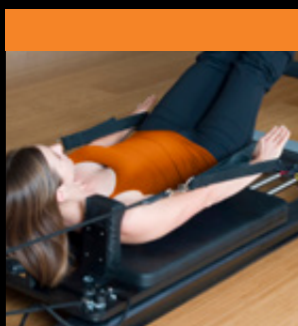




## MIND & BODY



**LAKE SHORE  
PHYSICAL  
THERAPY**



### PILATES

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.



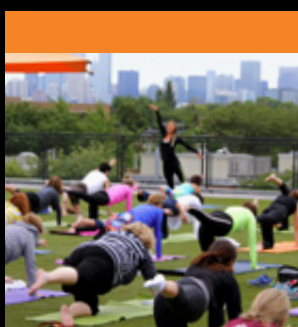
### NUTRITION

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



### 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 roof-top 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.

[MemberServices@LakeshoreSF.com](mailto:MemberServices@LakeshoreSF.com)

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**OF DOWNTOWN CHICAGO**



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1301 North Elston Ave, Chicago 60642  
773.336.6300



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

[Info@Lakeshore-PT.com](mailto:Info@Lakeshore-PT.com)  
or 773.770.2419

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**WE'RE PROUD TO BRING IT HOME.** As a company made in this area, for this area, Wintrust and its family of true community banks is dedicated to the unique neighborhoods each serves. For 25 years, we've been banks that invest in, give back to, and get to really know our communities and the people living in them. When you bank with a Wintrust Community Bank, you can be confident your money is going back into the things that matter most to you.





## RACQUET SPORTS

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.

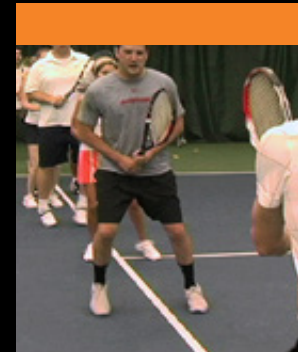
**For Adults** we offer private and group lessons, flex league, Friday Night social mixers, Sunday competitive play mixers, women's travelling teams, cardio tennis, men's competitive drill and play groups and more.

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.

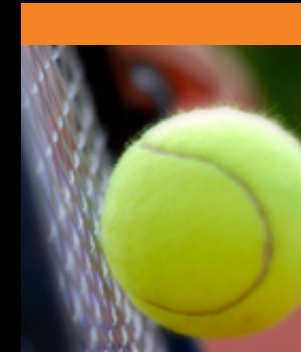
Class schedule varies seasonally, so please check with the Racquets department for more details on when your favorite class is offered, or let us help you create your own private group just for you and your friends.

**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.



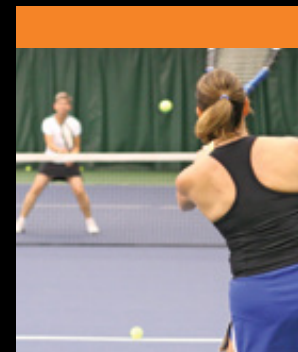
### CARDIO TENNIS

Get a great work-out in while having fun playing tennis. Drills incorporate feeding, games and sideline cardio blast in an energy infused atmosphere.



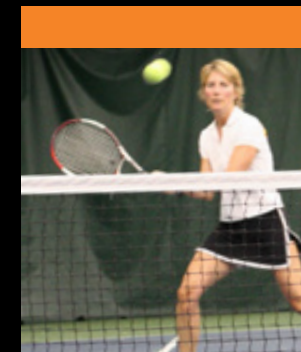
### INTRO TO TENNIS

Learn the basics of tennis! We'll get you hitting the ball in no time! We'll even provide the racquets.



### WOMEN'S LEAGUES

Compete on travel teams and develop long term friendships. LSF has leagues at multiple levels and competitiveness.



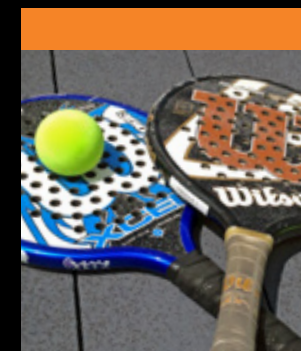
### FLEX LEAGUES

Compete weekly with new tennis friends at your level and on your schedule Prizes awarded!



### TENNIS MIXERS

Join your tennis-playing friends on Friday nights for a fun-packed night of doubles tennis and socializing at LSF. The Friday Night Tennis Mixer is a great way to kick-start your weekend. Includes beer/wine.



### PLATFORM TENNIS

Enjoy the great outdoors all winter long by playing one of the fastest growing sports around. Join us for lessons, leagues or open play.



### SQUASH|RACQUETBALL

Join us on our two squash courts for weekly mixers or private lessons for adults and kids. Or try out our racquetball court with your buddies. We are also happy to help you find other players of your ability.



### PICKLEBALL

Play a fun new game that combines many elements of tennis, badminton and table tennis. Pickleball is dynamic, easy to learn, fun and challenging for all ages and skill levels.





## KIDS' RACQUET SPORTS

### FUTURE STARS



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.

### JUNIOR ACADEMY



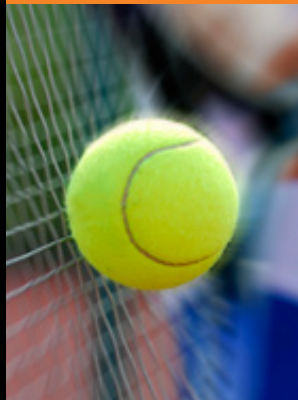
For the more competitive junior, LSF offers the Junior Academy which prepares juniors for match play and greater levels of competition. Juniors must qualify for this program.

### JUNIOR LESSONS



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.

### JUNIOR MATCHPLAY



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

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](mailto:LPRaquets@LakeshoreSF.com) or call 773.770.2470.

# MAKE THE RIGHT MOVE

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## PERSONAL TRAINING

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.



**WE SET GOALS.  
WE ACHIEVE THEM.**

### A 360° APPROACH TO WHERE YOU ARE:

The program begins with an initial fitness consultation where you share your fitness objectives, history and any physical limitations. Together with your trainer, you will develop fitness goals. Whether you just need to get in shape to live a healthier and happier life, or need to drop 10 pounds before an important event, this session draws a line in the sand and sets you on a course to achieving the fitness level and body type you want.

The PT360 consultation allows the trainer to appropriately create a comprehensive program and track results going forward. The consultation includes Functional Motion Screening (FMS) and an Inbody scan. An Inbody scan compares your body composition to an ideal composition and identifies imbalances that need to be corrected. It identifies the ratio of lean body mass to fat mass in the entire body.

### A 360° APPROACH TO WHERE YOU WANT TO BE:

LSF trainers employ the principles of periodization and progression to keep you from hitting a fitness plateau and burning out. PT360 trainers have the most innovative technologies and techniques from the fields of sports medicine and strength and conditioning practices to keep your fitness on track.

### A 360° APPROACH TO KEEPING YOU WHERE YOU WANT TO BE:

Unlike a lot of personal training programs that end once fitness goals are achieved, PT360 is designed to put you on the path to better sport and fitness for life. A major component of the 360 approach is ongoing PT360 check-ins on a quarterly basis using the same FMS and Inbody tools to ensure your fitness is in line with your training plan.

For information on Personal Training, please email [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com) or call 773.770.2441





## LOSE 2 WIN



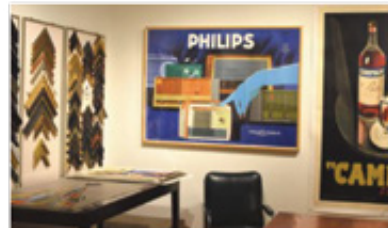
### ACHIEVE YOUR GOALS WITH A FUN 8 WEEK WEIGHT LOSS CHALLENGE

"Lose 2 Win" is an inspiring, motivating, social and fun 8 week weight loss challenge designed to help members meet their fitness/weight loss goals and offers built in accountability, nutrition education and a certified professional trainer as the coach captain of your weight loss team.

For information on Lose2Win, please email [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com) or call 773.770.2441



a sneak peek at our gallery



### Chicago Center For The Print

A fine art gallery specializing in original mid-century (1920s-1960s) European and American posters, contemporary prints, restoration, linen backing & custom framing est.1979

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[lincolnparkframing.com](http://lincolnparkframing.com)



## PRENATAL PROGRAMS

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.

### PRENATAL YOGA



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.

### PRENATAL MASSAGE



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.

### PRENATAL AQUATICS



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.

### PRENATAL PERSONAL TRAINING



Work one-on-one with one of our pre-natal certified trainer certified to meet your personal fitness goal faster and safer. Customized work-outs will help you manage the changes in your body during your pregnancy.

### PRENATAL NUTRITION



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.

### PHYSICAL THERAPY



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 disfunctions are covered.

Contact [MemberServices@LakeshoreSF.com](mailto:MemberServices@LakeshoreSF.com) for more information or to register for private sessions



# 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.

## 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.

## 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!

## 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.



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](http://WWW.CHICAGOPHC.COM) - 773-469-6675 - [TOM@CHICAGOPHC.COM](mailto:TOM@CHICAGOPHC.COM)

For information on Aquatics, please email [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com) or call 773.770.2424





## BASKETBALL



### ADULT OPEN RUNS

LSF 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.

[LPBasketball@LakeshoreSF.com](mailto:LPBasketball@LakeshoreSF.com)

LSF's great basketball court is the perfect place to get in a game of pick up or just have fun with the family!



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## SKATING



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.

[LPSkating@LakeshoreSF.com](mailto:LPSkating@LakeshoreSF.com)

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Consumer accounts and new money only. Coin-only deposits are permitted. No rolled coins, cash, check, or electronic deposits are allowed. Withdrawal Limitations: 6 free per month \$3.00 per withdrawal thereafter. Annual Percentage Yield (APY) for Pennywise Savings is 5.00% for balances up to \$3,000.00; 1.00% for balances \$3,000.01 - \$10,000.00; and 0.10% for \$10,000.01 and above. APY is accurate as of 12/12/16. Your interest rate and APY may change at any time. Interest will be compounded and credited to your account every month. If you close your account before interest is credited, you will not receive the accrued interest. We use the daily balance method to calculate the interest on your account. This method applies a daily periodic rate to the principal in the account each day. Offer not available to those who have closed savings or money market accounts within 90 days. Fees may reduce earnings. Offer subject to change, is non-transferable, and cannot be combined with any other offer. Account opening is subject to approval.





# WHERE KIDS COME TO PLAY AND LEARN



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 home 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 little ones to burn 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!

### 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)
- Kids Night Out (KNO)
- 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
- Skating lessons
- Tennis Lessons
- Special events





## CHILD CARE

6 wks  
-to-  
12 yrs



### OUR OFFERINGS

Playroom: for little ones from 6 weeks to 2 years old. Babies will have an opportunity to interact with staff members while reading stories, playing with toys and singing songs.

Kids Corner: for 2+ years old. Here, children will spend time playing, reading stories, completing craft projects and socializing with other kids their age.

Ted's Treehouse: for kids 40+ inches tall, children can climb, play and use their imagination. We also offer 2 computers with appropriate child filters.

Kid's Roofdeck: During seasonally permitting times of the year, child care takes advantage of the roofdeck spaces for activities that are more fun in the sun.

### DETAILS

No food or toys permitted. Staff will change diapers. Diapers must be provided by parent. Parent must stay in the building and only an authorized guardian may check the child out

### OPTIONS

One off visits, 15 pack pass and Unlimited Monthly passes are available. Reservations are not required.

For information on childcare, please email [LSFChildcare@LakeshoreSF.com](mailto:LSFChildcare@LakeshoreSF.com) or call 773.770.2422



## PEEWEE PRESCHOOL

2-4  
years



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 PeeWee Preschool, please email [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com) or call 773.770.2421

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.



[www.parkwestfp.com](http://www.parkwestfp.com) | P: 773.281.3563 | F: 773.880.6107 | 830 W Diversey 2nd Floor, Chicago IL 60614





**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.



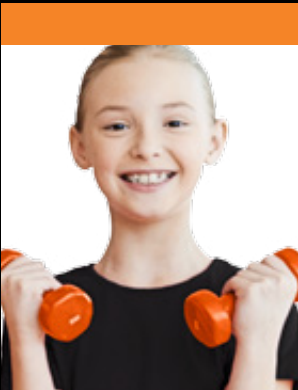
**SPORTS OF ALL SORTS**  
Participants will get a chance to try a different sport each week. Your child will learn basic skills rules all while having a great time running around with friends. This is a great way to introduce your little one to the world of sports.



**DANCE & MOVEMENT**  
We offer a range of dance and movement classes from Fancy Feet (an introductory class for kiddos to learn the foundations of basic dance) to Ballerina Storytime (a high energy class designed for blooming ballerinas) and more!



**YOGA**  
A range of yoga classes for kids of all ages, from Baby & Me Yoga (for pre-crawlers with caregiver) to Yoga for Sports & Athletes and more!



**JUNIOR CERTIFICATION & YOUTH TRAINING**  
Our Junior Fitness Certification program qualifies children in the 4th – 8th grades in the use of cardio equipment, light free weights, and the running track. In addition, children learn basic information about cardiovascular, strength and flexibility training. During the course, kids learn the cardio floor rules, how to use the appropriate equipment as well as basic gym etiquette.  
*Children that are certified may use the workout areas as long as they are supervised by an adult.*

<b>FAMILY FUN FAIRS</b> Free monthly winter/spring carnivals with games, art projects and more.	<b>SUMMER SLEEP-OVER</b> Family sleep-over on the roof, late night swimming, movies, dinner, snacks and breakfast!	<b>KIDS NIGHT OUT</b> 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.	<b>NERF WAR</b> Battle it out, “winner-take-all” event against your friends. Including a celebratory pizza party!	<b>MOTHER’S DAY BRUNCH</b> Great food, kids art project and a special touch for mom. Bring the whole family!
<b>SANTA BRUNCH</b> Visit with Santa, get your photo taken, participate in a craft project and enjoy a great brunch.	<b>EASTER BRUNCH</b> Hang out with the Easter Bunny, do an art project and hunt for easter eggs and then enjoy the great brunch at Harvest.	<b>GINGERBREAD DECORATING</b> Decorate cookies with all the fixings, enjoy holiday music and partake in some special beverages.	<b>HALLOWEEN</b> Spooktacular event with games haunted decorations, and indoor trick-or-treating (no fee).	<b>ROOFTOP MOVIES</b> Most Saturday nights during the summer we feature a great movie and complimentary popcorn (no fee).

Have any questions or an idea for an activity or event, email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

CHICAGO’S PREMIERE EVENT SPACE IN LINCOLN PARK

**CONCORD FIFTY+FIVE**  
*...where great things happen*

1355 W Concord Place, Chicago 60642 • 773.698.7290 • [concord55.com](http://concord55.com) • [info@concord55.com](mailto:info@concord55.com)





CLUB 48

4th-8th  
grades



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!

[Club48@LakeshoreSF.com](mailto:Club48@LakeshoreSF.com)

EVERYTHING YOU CAN IMAGINE IS REAL



V E S T A  
OF HEARTH AND HOME

LEICHT PLAIN & FANCY  
ECOSMART MISUREAEMME

[www.vestachicago.com](http://www.vestachicago.com)

1357 W Concord Place Chicago IL 60642 773 252 7300

#### 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.

[Camp48@LakeshoreSF.com](mailto:Camp48@LakeshoreSF.com)





## CAMPS!

2-13  
years

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, sports, 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](mailto:LPcamp@LakeshoreSF.com) or call 773.770.2422





## BIRTHDAY PARTIES

all  
ages



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!

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

## FAMILY PLAYSPACES

### ROOFTOP PLAYGROUND



### INDOOR PLAYGROUND



### KID'S POOL



### GILLIGAN'S GAME ROOM



### BASKETBALL COURT



### IGLOO



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](mailto:KidEvents@LakeshoreSF.com) or call 773.770.2421

For information on space rentals, please email [MemberServices@LakeshoreSF.com](mailto: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 over looking 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.

### Share or Mine

**GUACAMOLE + CHIPS**  
housemade everything  
12

**QUESADILLA**  
rotisserie chicken - chihuahua cheese - poblano - salsa verde  
10

**CHICK PEA FRIES**  
preserved lemon mayo  
9

**CALAMARI**  
grilled - cherry tomato-feta salad - oregano vinaigrette  
14

**BEETS**  
roasted - ricotta - rosemary syrup - herb focaccia  
11

**MUSSELS**  
blue bay - garlic - thyme - reisling - charred brioche  
14

**SOUP OF YESTERDAY**  
you know it's better the next day  
8

### Salads

**BABY LOCAL LETTUCES**  
cherry tomatoes - fresh mozzarella - cucumbers sherry vinaigrette  
9

**KALE CAESAR SALMON**  
verlasso salmon - kale, romaine - farro - roasted sweet potato  
creamy parmesan-black pepper dressing  
16

**FALL CHOPPED CHICKEN**  
mixed greens, apple, roasted butternut squash, caramelized califlower,  
marinated feta, grilled chicken, red wine vinaigrette  
14

### Soothe the Soul

**RAMEN**  
ginger chicken broth - roast chicken thigh - asian vegetables  
6 minute egg  
17

**CHICKEN**  
harrison farms - sous vide/pan-crisped - kale - roast carrots  
natural jus  
19

**BEEF**  
skirt steak - grilled - fingerling potato - chimichurri  
24

**PASTA**  
shrimp "scampi" - pappardelle - tarragon evoo - parmesan  
23

**SALMON**  
verlasso farm patagonian - sous vide/plancha - lentil stew  
red wine-mustard dressing  
24

### Burgers - Tacos - Sandwiches

*petite salad or 1320Market fries w/ burger or sandwich*

**CLASSIC DOUBLE**  
all-beef - wisconsin colby cheese - peppered bacon - shredded lettuce onion - thousand island  
16

**VEGGIE BURGER**  
housemade - melted colby - grilled tomato - jalapeno mayo - pretzel bun  
13

**SOUTHSIDE SINGLE**  
all-beef - grilled pepperoni - provolone  
13

**MARCO'S CARNITAS TACOS**  
queso fresco - salsa verde - pinto beans  
16

**CARNE ASADA TACOS**  
skirt steak - melted chihuahua cheese - caramelized onions - avocado salsa - cilantro  
16

**SUPER CHICKEN**  
double chicken breast - peppered bacon - wild rice gouda - chipotle mayo - multigrain  
15

### Daily Specials

**MONDAY**  
meatloaf - ketchup glaze -  
mash potatoes - gravy  
16

**TUESDAY**  
chicken pot pie - rotisserie  
chicken - flaky crust  
16

**WEDNESDAY**  
fried chicken - baked beans  
- buttermilk biscuit  
18

**THURSDAY**  
baby back ribs - mac &  
cheese - cornbread  
25

**FRIDAY**  
fish fry - lake superior trout  
cottage fries - slaw  
21

**SATURDAY**  
cdk farms pot roast  
winter veg - potato  
23

Sample Harvest menu enhanced seasonally





1320 Market is our 2nd floor marketplace where you can fuel after a workout or take home dinner for the family. It features prepared salads, wraps, entrees, snacks, and a made-to-order smoothie bar. Monday - Saturday you can start your day off right with a healthy 1320 Market hot breakfast meal.

Both our dining venues are open to non-members with no guest fee. We only accept credit/debit cards and membership charges (no cash) at these venues.

For information on our Food & Beverage offerings or special events, please email [FB@LakeshoreSF.com](mailto:FB@LakeshoreSF.com)

## SPECIAL EVENTS

### 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.

### 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-dyeing t-shirts, arts and crafts projects, and much more! These events are free of charge.

### 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.

### 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](mailto:FB@LakeshoreSF.com).



# GENERAL INFORMATION AND CLUB GUIDELINES

## 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](mailto: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](mailto:MemberServices@LakeshoreSF.com)

Billing issue: [Billing@LakeshoreSF.com](mailto:Billing@LakeshoreSF.com)

Raquet Sports: [LPRaquets@LakeshoreSF.com](mailto:LPRaquets@LakeshoreSF.com)

Personal Training: [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)

Aquatics: [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com)

Camps: [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com)

Kids Programming: [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com)

Club48: [Club48@LakeshoreSF.com](mailto: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](http://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](mailto: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 maginal 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](mailto: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 a indoor pool, outdoor pool & roofdeck, 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.



# MEMBER TO MEMBER DIRECTORY

## BUSINESS SERVICES

**Fifth Third Bank**  
[www.53.com](http://www.53.com)  
773.267.2052  
davidrodrig0070@yahoo.com

**Lynn Hazan & Associates**  
**Executive Recruiters**  
[www.lhazan.com](http://www.lhazan.com)  
312.863.5401  
lynn@lhazan.com

**ADP - Small Business  
Solutions**  
847.610.0689  
Angie.Podulka@adp.com

**Raise the Bar Consulting**  
[www.raisebar.co](http://www.raisebar.co)  
Aaron@RaiseBar.co  
847.971.5596

**HP Products**  
**Office Supplies**  
[www.hpproducts.com](http://www.hpproducts.com)  
customers@hpproducts.com  
312.450.9800

**Mariah Howington**  
**Graphic Design**  
[www.mariahhowington.com](http://www.mariahhowington.com)  
mhowington@gmail.com  
904.556.7188

**Loop Network**  
**Business IT**  
[www.loopnetworksllc.com](http://www.loopnetworksllc.com)  
[www.loopnetworksllc.com/contact.html](http://www.loopnetworksllc.com/contact.html)  
312.329.8789

**Fannrini Law Group**  
[www.windycitylawfirm.com](http://www.windycitylawfirm.com)  
312.496.3131

**Palladinetti and Associates  
Law Firm**  
[www.palladinetti.com](http://www.palladinetti.com)  
carlo@palladinetti.com  
773.685.9500

**P 2 Enterpirses**  
**Business Training**  
[www.p2enterprises.com](http://www.p2enterprises.com)  
peesquared@aol.com  
773.404.8960

**Fitch Even**  
**IP Law Firm**  
[www.fitcheven.com](http://www.fitcheven.com)  
mail@fitcheven.com  
202.740.1165

**Bridgeview Bank**  
dave.grzenia@bridgeviewbank.com  
773.975.5311

Let me help you with your  
commercial loan needs

## CAR DEALERSHIP

**McGrath Acura of Downtown  
Chicago**  
[www.mcgrathacurachicago.com](http://www.mcgrathacurachicago.com)  
berlenbach@mcgrathacurachicago.com  
773.336.6300  
**Chicago's First and Only  
Acura Dealership**

## EVENT SPACE

**Concord Fifty + Five**  
[www.concord55.com](http://www.concord55.com)  
773.698.7240  
**Concord Fifty + Five is Chicago's  
Premier Event space located in  
Lincoln Park... Where great  
things happen!**

## FOR KIDS

**Test Prep Chicago**  
[www.testprepchicago.com](http://www.testprepchicago.com)  
872.221.0175  
**Test Prep Chicago prepares 7th and  
8th grade students for Chicago's  
high school entrance exams**

**Bright Horizons Clybourn**  
[www.brighthorizons.com/clybourn](http://www.brighthorizons.com/clybourn)  
clybourn@brighthorizons.com  
312.867.7100

**Tender Life Infant Care**  
[www.tenderlife.com](http://www.tenderlife.com)  
contact@tenderlife.com  
847.212.4273  
**Flexible in-home infant care and  
postpartum support provided by  
Registered Nurses and Certified  
Lactation Consultants**

## FOR YOUR PETS

**Furry Adventures Chicago**  
[www.rover.com/sit/robbyandnikki](http://www.rover.com/sit/robbyandnikki)  
furryadventureschicago@gmail.com  
312.975.6861  
**Giving you peace of mind. Giving  
your dog the adventure of a lifetime.**

## GIFTS

**Debbie's Designs Handmade  
Silver Jewelry**  
beetky@hotmail.com  
773.472.7405

## HEALTH AND WELLNESS

**Maryann Price: Rodan + Fields  
Independent Consultant**  
[www.maryannprice.myrandf.com](http://www.maryannprice.myrandf.com)  
maryannbprice@yahoo.com  
773.968.7987  
**Providing life-changing skincare  
products to help you love your skin  
again, guaranteed!**

**CryoBar**  
[www.TheCryoBar.com](http://www.TheCryoBar.com)  
info@thecryobar.com  
773.360.1729  
**Step into the chill and experience  
the amazing benefits of cryotherapy  
for your health & wellness**

## HOME SERVICES

**STACEY DOMBAR @  
PROPERTIES**  
[www.atproperties.com/staceydombar](http://www.atproperties.com/staceydombar)  
stacey.dombar@atproperties.com  
312.593.6649

**Sabrina Harrigan Chicago at  
Coldwell Banker**  
sabrina.harrigan@cbexchange.com  
617.823.2283

**Ellen Rosner -  
Baird & Warner**  
Ellen.Rosner@gmail.com  
773.562.4783

**Stephen's Electric Service**  
stephen-electric@msn.com  
773.852.7995  
**Licensed Chicago electrical  
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