



LSF LOOP

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



October 17, 2017

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Club Info

Elevator Work Underway

As a reminder, the elevator is being completely rehabbed with new controls and door operators as we speak. This means the elevator is not available: our contractor has promised that this work will be completed before the end of the month but as with any contractor, unforeseen circumstances may arise. In the meantime, we do have staff available to help navigate the club – please ask the front desk for assistance.

Guest Policy Reminder and Requirement for Waiver from Parents for Child Guests

As a members' only club, we do welcome guests to visit the club and encourage you to bring your friends who are interested in membership. Each member is entitled to bring five guests for free during the course of the year. In addition, each member is welcome to bring their friends to the club for \$17.50 per visit which is half off our normal guest fee of \$35. If you have a friend who is interested in membership, the membership team will be happy to host the guest on your behalf – please contact your membership advisor or email

Membership@LakeshoreSF.com to register your prospective member. Members who are younger than 16 are not allowed to bring in guests unless accompanied by an adult.

We are excited to welcome children guests but have a change in policy moving forward – for admittance to the club, non-member children will need to have a waiver executed by their adult parent or guardian. To make this as easy as possible, we have rolled out a new on-line waiver system that parents or guardians can complete remotely on their phones or computers. The waiver can be accessed online here: <https://waiver.fr/p-5KuUQ>

Courtesy Policy: Children, Cell Phones, Steam Rooms

After the last reminder about our courtesy policy, we received many emails asking us to remind our members about some other ways to behave courteously in the club.

- Please remember to supervise your children in the club – specifically, children younger than high school age should only use the 4th floor locker rooms and may not use the 3rd or 4th floor workout equipment unless they are certified and supervised by their parent. The club has many wonderful spaces for children to enjoy such as the 4th floor pool, the basketball court, Gilligan’s Game room, the Indoor Winter Playground (open seasonally) and the rooftop kids areas including the Amazing Maze. Please be considerate to other adult members by making sure your children are in the right spaces and behaving appropriately.
- In addition, we received many requests to remind members not to linger on equipment checking cell phones and “occupying” a piece of equipment while others are waiting. Please get off the piece of equipment when complete with a set and, if you need to, check your phone while out of the way of other members.
- Finally, please do not shave in the steam rooms – it leaves an unpleasant surprise for members coming in after you.

4th Floor Pool

Since we redid the 4th floor pool, some members may have experienced getting some white markings on their bathing suits. This is from a new sealant we put at the edges of the pool. We are working daily to clean this area so that it does not create marks on bathing suits, but please rest assured that the marks are not permanent, there is no health risk and they come off easily in the wash. To avoid them, please do not climb out of the pool on the edges and use the ladders instead. If you have any questions about this, please contact us at MemberServices@LakeshoreSF.com.

Club Events

Fall Fest Rescheduled for this Saturday October 21st from 3-5 PM

Join us for some Harvest fun! Challenge yourself and your family in our a-MAZE-ing rooftop maze! Crafts, games, races, pumpkin painting, special guest performances and more will make this a fun-filled day! Fall Festivities are from 3:00-5:00pm and will move inside this weekend if the weather is inclement. Members and guests are welcome. Cost is \$5 for non-member child or \$20 for each non-member family. Stay for dinner and a movie afterwards with the great new food offerings from 1320 Market. For more information, contact KidEvents@LakeshoreSF.com.

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

Join LSF for Chicago's best trick-or-treating event! We'll have a haunted house, games, candy, spooky science experiments, photo booth and much more! The Halloween fun will run from 5:00-7:00pm with a buffet and Halloween movie to follow! Save the date today!

Lincoln Park Pound 4 Pound Update

So far we have lost a combined 50 lbs in the first 10 days at the Lincoln Park location alone! Our contestants are seeing great results by following the prescribed workout program! Great job to all of our contestants. If you are looking to get a head start on your New Year's weight loss program, contact PT360@LakeshoreSF.com

Pound 4 Pound Food Drive Happening Now!

Congratulations to the participants who have started their 7 week journey towards achieving their goals while helping a great cause! In addition to the pounds of food that will be donated for the pounds of food lost during this contest, we welcome everyone to join in the food drive. You can drop donations off at the desk or the barrel located by the front desk from today through November 17th! Help the Greater Chicago Food Depository gear up for the holidays by helping out today. Non-perishable items only please. Thank you for your support!

Happy National Physical Therapy Month from Lakeshore Physical Therapy!

Maximize your movement. Participate in your recovery. Avoid opioids. Avoid surgery. Choose physical therapy! Two convenient locations within Lakeshore Sport & Fitness: Lincoln Park 773-770-2419 and Illinois Center 312-801-8440 or online www.lakeshore-pt.com.

Racquet's Corner

Winter Tennis Registration Starts Soon

Our Winter I session of Tennis classes will start on Monday, November 6th and run until January 28th. It is a 10-week session with 2 weeks off for Winter break between December

19th and January 1st. Thursday classes will run for 9 weeks due to the Thanksgiving holiday on Thursday, November 23rd. 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 including Intro to Tennis. 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 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 Winter I Session of Flex League starts on Monday, November 6th 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!

Adult Co-Ed Team Tennis: Starts November 11th

Adult Co-Ed Team Tennis: Get Your Team On! Matches take place on Saturday afternoons followed by complimentary food and beverages. Compose a team with a minimum of 3 Ladies & 3 Men or a maximum of 10 total players. The season will offer six regular season matches over the course of the Winter I programming session. Each team match will include six one set matches first six with no-ad scoring including Men's & Ladies Singles, Men's & Ladies Doubles and two separate sets of Mixed Doubles. All teams will have an opportunity to qualify for the playoffs and win the Team Cup. Sign-up as a team with a crafty team name and receive the team rate, or sign-up as a partial team/ individual and we will connect you to a team. Member Team: \$600 (5 LSF Members required), Guest Team: \$700 (fewer than 5 LSF members), Individuals: \$149 (member) \$209 (Guest). Registration Deadline is Friday October 20th. For more information contact CharlesP@LakeshoreSF.com or LPRacquets@LakeshoreSF.com or call 773.770.2470.

Drop-in Drill N' Play Tennis Now Available!

The tennis department is excited to offer an expanded option of high paced tennis drilling classes. These classes are designed to have our members sweating before the warm-up is over and ready for the work day after. These 60 minute offerings are drop-in registration with a 24 hour notice for players at the 3.0-4.0 level at \$24 a class. Classes will be offered weekly Monday 11-12 PM, Tuesday 7-8 AM, and twice monthly Friday 6-7 AM, Sunday 8-9 AM. To register please contact CharlesP@LakeshoreSF.com

Ladies Daytime Mixers in October!

Ladies Daytime Doubles Mixers are set for the month of October. If you are a 2.6-3.0 or 3.1-

3.5 rating level player, come out and enjoy some competitive and recreational round robin doubles on select days each week. Mixers run on different weekdays in the morning of each week. PLUS: Matinee Co-Ed Doubles Mixers are now being offered each week! Enjoy a social and competitive pairing of Men and Women at your corresponding rating level for \$19: includes 2 hours of court time, balls and fun. Mixers are Mondays 12-2 PM 3.6-4.0, Tuesdays 12-2 PM 2.6-3.0, Thursdays 12:30-2:30 PM 3.1-3.5 and Fridays 12-2 PM 3.6-4.0. To register contact CharlesP@LakeshoreSF.com or SeanC@LakeshoreSF.com

Paddle In-House Leagues Starting November 4th

Come check out the best way to get through winter in Chicago – Paddle Tennis! This great outdoor sport is played throughout the winter but don't worry, you won't get cold because you'll be moving so much and making great new friends. We are hosting 2 in house paddle leagues, on Monday evenings and Saturday afternoons. These leagues will play round-robin style and will have some coaching involved. Beer will be available for purchase but balls and paddles are included for \$140 for a six week session (taking a break for Thanksgiving). Only a few spots remain, so please contact LPPaddle@LakeshoreSF.com to register.

Kids' Corner

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

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

Kid Care Will Close at 3pm on Tuesday, October 31st

Kid Care will close at 3pm on Tuesday, October 31st so that our members can enjoy Halloween by coming to our special Halloween Event at 5pm!

Kids' Basketball & Dance Classes Start November 6th - Registration Now Open!

Our new LSF Academy session starts November 6th and feature three levels of basketball instruction and two levels of dance instruction. LSF Academy is open to all 3 through 10 year olds. Cost per member is \$140. See the class information [here](#) or email us at KidEvents@LakeshoreSF.com for more information!

Nerf War Returns – For 2nd and 3rd graders on Saturday November 4th

Join us on Saturday, November 4th as we transform tennis courts into a maze of obstacles, bunkers and secret ammo stockpiles. Coed team will go head to head in a variety of missions! At the end of the night, all teams will be united with a "Mission Accomplished"

pizza party. Cost is \$49 for members and \$79 for non-members. All supplies are provided. 2nd-3rd grade missions take place from 4:00-6:00pm; 4th-8th grade missions take place from 6:00-9:00pm. Register at MyLSF.net or email KidEvents@LakeshoreSF.com.

Club 48 Corner

Club 48 Favorites From This Week - Archery, Cycling, DJ Class and 3 on 3 Tournaments!

The kids spoke and we heard them! Our Club 48 Leadership team has updated the activities and offerings for our 4th-8th graders. See the schedule [here](#).

Club 48 Maze Runner Event is October 20th

Run through our outdoor rooftop maze playing Capture the Flag, Infection, Pacman and more on Friday, October 20th from 6:00-8:00pm. Free event for all Club 48 kids who RSVP 48 hours or more in advance. Cost is \$25 for those who register late or walk in and no shows will also be charged \$25. Only 50 spots available. Pizza is included. Reserve your spot today at MyLSF.net or email us at Club48@LakeshoreSF.com.

Save the Date - Next Drone Flying Events for Families are on November 17th & December 8th!

Have you ever been interested in learning how to fly a drone? Come join us on Friday, November 17th and/or Friday, December 8th from 7-9pm to learn how to fly a drone. All participants must be in 4th grade or older – parents and families are encouraged to come and play together! The cost is \$89 per family and includes using our drones and lots and lots of batteries! Only 6 spaces are available, so reserve your spot today by emailing KidEvents@LakeshoreSF.com or register at MyLSF.net.

No Club 48 Classes on Tuesday, October 31st

Club 48 classes will not be held on Tuesday, October 31st. The gym will be transformed for our awesome Halloween Event, starting at 12:00pm. Join us for the event at 5:00pm!

Do you have a Need for Speed? Race Car Events are coming up on November 11th & December 2nd!

Start your engines! Bring your own race car or rent ours to test out LSF's race track! Test your skills to get a driver's license on our practice course and work your way to an advanced course throughout the evening. Dinner is included. Spaces are limited, so reserve your spot today. The cost is \$49 if you use your own car (make sure you have plenty of batteries!) or \$79 if you rent an LSF car. Register via MyLSF.net under Program Registration or email KidEvents@LakeshoreSF.com.

Nerf War Returns – Back by Popular Demand on Saturday November 4th

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

Aquatics Lane

Group Swimming Lessons Begin November 6th!

Our winter group swim lessons for all ages begin on November 6th. Classes are offered for children from 9 months and up. Our instructors follow a curriculum designed by Olympic swimmers that builds comfort and confidence in the water while they teach the foundations of proper stroke technique and of course leave some time for fun! Classes are 30-45 minutes depending on the instruction level and are offered throughout the week and weekend. Reach out to LPaquatics@lakeshoresf.com to schedule a free 15 minute assessment. [Online registration is open now](#). Register before October 31st to get 10% off your class!

Stingrays Swim Team Competes at Meets

This past weekend the Stingrays Swim Team participated in their first USA meet of the fall season which took place in Aurora, IL. All swimmers performed well and are further ahead than expected for this point in the season. We had a number of heat and event winners. For four of our swimmers this was their first meet ever, two of them coming away with 1st place finishes. Our team's next meet will be held on the 21-22nd October. With USA team attendance at its highest point ever, we are excited for what is looking to be another successful season in the pool. If you would like to know more about the team please email Stingrays@lakeshoresf.com.

LAKESHORE SF | 1320 W. FULLERTON | WWW.LAKESHORES.F.COM



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