



LSF LOOP

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



October 31, 2017

In this edition:

Club Info

- Trick or Treat INSIDE Tonight at LSF and Stay Warm!
- Courtesy Policy Reminder – Children in Locker Rooms
- Guest Policy Update – Guest Children Need Waiver Signed by Their Parent
- Elevator Mechanical Work Completed
- 4th floor Pool Update
- Pound 4 Pound – It's Not Too Late to Donate!

Just for Kids

- Drone Flying Events for Families are on November 17th & December 8th!
- PeeWee Playschool Registration is Open! Schedule your Free Trial Day Today!
- The November Club 48 Activity Schedule is Available Now!
- Nerf War Returns - Back by Popular Demand!
- Do You Have a Need for Speed? Race Car Events Are Coming November 11th & December 2nd!
- Kids' Basketball & Dance Classes Start TODAY - Registration Now Open!
- School Days Out Camp is This Thursday & Friday!
- Our Indoor Winter Play Ground Opens Today!

Racquets Corner

- Winter Tennis Registration Now Open!
- LSF Flex League is Looking for New Competitors!

Physical Therapy and Personal Training Corner

- **Tips for a Healthy Low Back**
- **Incorporating Flexibility & Mobility into Your Workout**

Community Corner

- **Bridgeview Bank**

Club Info

Trick or Treat INSIDE Tonight at LSF and Stay Warm!

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 runs from 5:00-7:00pm with a buffet and Halloween movie to follow! Guests are welcome to join for \$5 per child. To secure your space for dinner, please email FB@LakeshoreSF.com. Happy Halloween!

Courtesy Policy Reminder – Children in Locker Rooms

While we are a club that welcomes and loves having children use our facilities, we do need to remind members that the 2nd floor locker rooms are reserved for those in high school and older. Younger children should use the bathrooms on the 2nd floor or the locker rooms on the 4th floor. The only exception to this policy is for the Stingray's swim team members who are allowed to use the 2nd floor locker rooms while supervised by their coaches or the parent-chaperones. Please help us ensure a great and comfortable place for all of our members by adhering to this policy and showing your children where they should go. Should you have any questions or concerns, please contact us at MemberServices@LakeshoreSF.com.

Guest Policy Update – Guest Children Need Waiver Signed by Their Parent

Our insurance company and lawyers have advised us that we need to get waivers for minors signed by their parents or legal guardian. As a result, we have created an on-line waiver form that parents who are not present can execute for their children to use the club. The waiver can be found here: <https://waiver.fr/p-5KuUQ>. If you are planning to bring a friend's child with you, please make sure to get the waiver executed ahead of time to make your arrival experience more efficient. Thanks for your understanding and compliance with this program. Should you have any questions or concerns, please contact us at MemberServices@LakeshoreSF.com.

Elevator Mechanical Work Completed

We are pleased that our contractor completed the mechanical and systems work on our elevator in a timely fashion so the elevator is back in service. We are now going to be

undertaking some cosmetic upgrades to the elevator which should be able to be completed with minimal interruption to your daily usage. Should you have any questions or concerns, please contact us at MemberServices@LakeshoreSF.com.

4th floor Pool Update

Thanks to all of you who have written or called expressing continued concerns about the marking coming from the 4th floor pool. As mentioned in the last Loop, the caulk has not cured properly despite this being its designated use. While the manufacturer assured us the marking would end as the caulk cured, that has obviously not happened yet. As a result, we are planning to remove the caulk over-night later this week. In the meantime, we apologize for the inconvenience and want to assure you that there are no health risks to you or your loved ones from this caulk. Should you have any questions or concerns, please contact us at MemberServices@LakeshoreSF.com.

Pound 4 Pound – It's Not Too Late to Donate!

Company-wide, we are up to 300 pounds of food on the way to 1,000 pounds in support of the Greater Chicago Food Depository. How can you support? You can drop non-perishable items in the bin located by the front desk, or for your convenience, we are also accepting cash donations at the front desk. Thank you for your support!

Just for Kids

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. The cost is \$49 per drone if you are bringing your own or \$89 per drone if you would like to use ours. Only 6 spaces are available, so reserve your spot today by emailing KidEvents@LakeshoreSF.com or register at MyLSF.net.

PeeWee Playschool 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](#).

The November Club 48 Activity Schedule is Available Now!

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](#).

Nerf War Returns - Back by Popular Demand!

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

Do You Have a Need for Speed? Race Car Events Are Coming November 11th & December 2nd!

Start your engines! Bring your own race care 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 enough batteries) or \$79 if you rent a LSF car. Register via MyLSF.net under Program registration or email KidEvents@LakeshoreSF.com.

Kids' Basketball & Dance Classes Start TODAY - Registration Now Open!

Our new LSF Academy session starts November 6th and will 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!

School Days Out Camp is This Thursday & Friday!

School Days Out Camp is LSF's September-to-May camp option when school is not in session. We offer a full day of engaging and recreational programming that makes full use of our facility, neighborhood and all-star staff. The cost is \$99 per day for members and \$129 for guests. See more information and the registration form [here](#).

Our Indoor Winter Play Ground Opens Today!

Caley's Corner is open for play this winter season! We'll have a climbing rope, trampolines, blocks and more out for families to stay and play together. The space is open from 1-3pm and 6pm-close weekdays and 7am-close on weekends. All children must be accompanied by an adult. Come check it out!

Racquets Corner

Winter Tennis Registration Now Open!

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 New Competitors!

What better way to fit in some competitive match play than in LSF's very own Flex League? Groups will be 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 will start 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!

Physical Therapy and Personal Training Corner

Tips for a Healthy Low Back

Winter is coming. The back pain you've been complaining about all summer likely isn't going to disappear into thin air like Chicago fall weather. Between family duties, work, and an influx of new Netflix shows calling you to the couch, time is a valuable commodity. The good news is that back pain is rarely one catastrophic event and can be improved by altering some seemingly insignificant and often overlooked everyday tasks.

- **Get moving.** Studies show that 40% of people become less active after low back pain, which is likely making your symptoms worse. You have a gym membership, so use it! Even walking can help alleviate low back pain in the short term.
- **Put your old mattress to rest.** Studies show that mattress should be replaced every 5-7 years. A study by Oklahoma State University found that a new bed can effect low back pain, stiffness, sleep quality, and sleep efficiency.
- **Your entire life is in your bag.** We are consistently lecturing our kids on backpack heaviness, and our own bags/purses are no different. The lighter the bag, the less stress is placed through your spine.
- **Check your feet.** Feet are our foundation. Unsupportive or worn down shoes can alter joint mechanics and lead to increased stress in knees, hips, and lower back. High heels force you to arch your back, causing your spinal musculature to overwork.
- **Call to Lakeshore Physical Therapy.** Studies show that both physical therapy and yoga are far superior to an education control group in terms of pain, activity limitation, and quality of life. Early intervention is important for favorable outcomes and a quicker

recovery. (www.lakeshore-pt.com)

Saper RB, Lemaster C, Delitto A, et al. Yoga, physical therapy, or education for chronic low back pain: a randomized controlled noninferiority trial. *Annals of Internal Medicine*. June 19, 2017.

Incorporating Flexibility & Mobility into Your Workout

A critical component of your overall fitness and preventative objectives is often the most often overlooked and neglected. Training joints through range mobility, and soft tissue through flexibility will increase your range of motion, prevent injury, enhance performance, mitigate chronic pain, expedite recovery, and enhance overall sense of well-being. Whether the workout begins with cardio or lifting, begin with a "Dynamic Warm-Up" for 10 minutes. Protocols include moving joints in specific ranges/angles guiding the joint through fluid motion to enhance its range and induce circulation to the joint and associated musculature. Do not static stretch in a cold state to begin your workout, research has shown this can increase the likelihood of strains and sprains. Save the static stretching, (which is soft tissue focused, and includes isometric positions) for the end of the workout when the musculature is pliable and circulated with blood flow. The dynamic warm-up and cool down static stretching are also a great way to incorporate additional "corrective" exercise to address chronic pain in the lower/upper back, shoulders, neck, and knees - in addition to addressing different types of poor postures.

Community Corner

A promotional graphic for Bridgeview Bank Group's 20th anniversary. It features a gold seal with a scalloped edge containing the text "CELEBRATING OUR 20th ANNIVERSARY" and a blue ribbon. Below the seal, on a dark blue background, is the text "MONEY MARKET SPECIAL" and "Earn 1.25% APY for 20 Months!".

MONEY MARKET SPECIAL

**Earn 1.25% APY
for 20 Months!**

BRIDGEVIEW BANK GROUP – Lincoln Park Member FDIC
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