



# LSF LOOP

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



November 28, 2017

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## Club Info

### Join us for Our Holiday Cocktail Party: December 7<sup>th</sup> from 6-8PM

Celebrate the season with friends at our complimentary annual holiday cocktail party! Our culinary team will certainly wow you with their amazing treats while our beverage department will have some spectacular wines, beers and other libations that will all be available for purchase for your holiday parties. We will also have live music and a silent auction with some great prizes including golf outings, dinners and brunches around town and more – all proceeds will benefit World Sport Chicago.

World Sport Chicago takes action to connect kids to the caring mentors, safe spaces, and supportive networks that help them thrive. By advocating for investment in neighborhood sport and directing collaboration across community stakeholders, public agencies, and existing sport assets World Sport Chicago supports greater resiliency and builds a stronger Chicago.

This event is free for members and local guests. To register your guests, please contact [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com). Please note that this event is for those 21 and older only and 1320Market will close early on December 7<sup>th</sup> in preparation for this event.

### Last Days to Earn a \$150 Gift card to Amazon, Lulu, Nike or Other Great Retailers

Get a great stocking stuffer for that special person or buy yourself the holiday gift you want! Simply get a friend to join Lakeshore this month and you will receive your choice of a holiday gift card to Lululemon Athletica, Dick's Sporting Goods, Best Buy, Amazon, Victoria's Secret, ToysRUs or Nike. Limited supplies available – so get your friends or family to join now! This special offer is in addition to our normal membership referral program where you get \$10 off of your membership every month that your referrals are dues paying members. Contact your membership advisor for more information or email [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com).

### Guest Policy Update: State ID's Required

As part of our continued efforts to improve the security of your experience, we are strictly enforcing our rule requiring all guests to show state ID before entering the club. Kindly inform your guests of this requirement to facilitate their entry into your club.

### Pool Closure Update

Thanks for everyone who shared their concerns about the pool closure over Christmas. As a result of this feedback, we will NOT be closing the pool over Christmas and instead will be doing this work in August of next year. Go Stingrays!

## **New Adult Programs**

### **Game On! Sign up for the Winter Basketball Leagues**

Winter Basketball League will start on January 23, 2018 running weekly on Tuesdays starting at 5:30pm. The league features certified referees and game stats sent out to each team after each game. After the championship week, we will host an All-Star game. Each week, the winning team will enjoy two complimentary pitchers of beer in the 1320 Market.

Teams will play a minimum of 9 games. Individuals must be at least 18 to participate.

Teams will need a minimum roster of 7 players. Register as a team or individual.

Member team fee is \$825 or \$119 per player. Non-members are \$925 or \$149. Full payment due by January 15<sup>th</sup>. For more info or register a team, contact Bob Good at 847-226-8382 or [BobG@LakeshoreSF.com](mailto:BobG@LakeshoreSF.com)

### **Get in Shape for Ski Season!**

Do you want to have the best ski season of your life? Or are you one of the millions of skiers who hit the slopes hard only to hobble around for the first few days afterward? LSF has the solution for you! Our new Ski Conditioning Program will help prepare your body for the entire season.

This class focuses solely on conditioning for the slopes. Each class includes circuit training that targets the legs, shoulders, and core. Our goal is to help you have as much fun as possible on your ski trip while avoiding unnecessary soreness or injury.

This class is offered Thursday mornings at 7am in our main group fitness studio and will run throughout ski season. Our first session starts on December 7<sup>th</sup> and runs for 6 weeks. The price is \$180 for members. Email [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com) for more details.

### **Join us Monday Evenings for Fun Runs lead by Universal Sole!**

For close to 20 years, Universal Sole has been getting a group of runners together every Monday night to enjoy a fun run in Lincoln Park that includes everybody! These fun runs are open to all and all paces are welcome. We will head down Wrightwood to the lakefront and go various distances. Runs will end back at Lakeshore Sport & Fitness. Runs start at 6:30 every Monday night. All paces welcome and you can chose the distance you run.

Running is more fun with a friend! So please bring a friend as a guest runner and they will need to just please fill out a waiver upon arrival or pre-sign the waiver on-line here to save some time <https://app.waiverforever.com/pending/c15JEdTCwu1506382474>

**LSF@IC Indoor Triathlon & Brunch – February 24<sup>th</sup>, 2018**

Swim, Bike, and Run your way to achieving your New Year's resolution during our Indoor Triathlon – Miles and Mimosas event. Challenge yourself in these three disciplines, and then treat yourself with a delicious brunch and complimentary mimosa at LSF's Illinois Center location. Each participant will receive an LSF drawstring bag filled with goodies and awards will be given to the top three athletes in each category.

Worried about parking? LSF @ IC is easily accessible via the Red & Blue Lines and a short walk through the pedway. Parking is also offered at Park Millennium Garage on 221 N. Stetson at \$6 for 2 hours, \$9 for 3 hours, and \$12 for 8 hours.

For details or to register: [www.indoortriandbrunch-milesandmimosas.eventbrite.com](http://www.indoortriandbrunch-milesandmimosas.eventbrite.com)

Questions or interested in training for the event: [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com)

## **Kid's Corner**

### **Winter Break School Days Out Camp is Right Around the Corner**

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. Camp includes a hot lunch, afternoon snack, and daily swimming! The cost is \$99 per day for members and \$149 for guests. Before Camp and After Camp options are also available if extended care is needed. See more information and the registration form [here](#).

### **Drone Flying Events for Families is on 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](mailto:KidEvents@LakeshoreSF.com) or register at [MyLSF.net](http://MyLSF.net).

### **Club 48 - Check out Open Jam Class, DJ Class, Cycling, Yoga & More!**

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](#).

### **Come Play in Our Indoor Winter Playground!**

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!

### **Do you have a Need for Speed? Race Car Event for Club 48 Kids is December 2nd!**

Start your engines! Bring your own race car or rent ours to test out LSF's race track! The last group of kids who participated had a great experience on our course complete with jumps, twists, rumble strips and more – and they shared some great improvements for the course for next time! Dinner is included. Spaces are limited, so reserve your spot today. The cost is \$49 if you use your own car (bring your extra batteries and charger) or \$79 if you rent a LSF car. Register via [MyLSF.net](http://MyLSF.net) under Program registration or email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **Join our PeeWees for Music, Yoga, Swim Lessons & More!**

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! Our registration offers very flexible options for families. See more information and the registration form [here](#).

### **Gingerbread House Decorating is on December 13th & 14th - Reserve Your House Today!**

Create a delicious gingerbread house at LSF - complete with candy cane fences, gumdrop pathways and frosting everywhere! We'll provide all of the supplies and clean up the mess. We expect to sell out - reserve your house today! Full dinner service available in 1320 Market to make an easy night at LSF! Cost is \$30 per house (as always adult beverages available for purchase) and the event runs from 5-7pm on December 13th and December 14th. RSVP online at [myLSF.net](http://myLSF.net) or via email to [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

## **Racquet's Corner**

### **A Few Spots Remain for Winter Tennis Classes!**

We still have a few spots available in our Winter I session of tennis classes which will run until January 28th. There will be 2 weeks off for Winter break between December 19<sup>th</sup> and January 1<sup>st</sup>. 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](mailto:LPRacquet@LakeshoreSF.com).

### **Specialty Shot Saturdays: Forehand Clinic on December 2<sup>nd</sup> from 3-4 PM**

The Racquet Sports Department is excited to announce Specialty Shot Saturdays! On the first Saturday of each month we will be offering a focused hour of instruction on the Specialty Shot of the month from 3-4pm. On December 2<sup>nd</sup> Coach Yulia will be hosting the Forehand! Cost is \$24 for the hour. Please contact Danny McDermott at (773)-770-2470 or e-mail [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) to register.

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

This super fun sport will leave you smiling. A mix between tennis and ping pong-- this game is addictive! It's also easier on the body and shoulders than other racquet sports. We offer private and group lessons as well as open play every Sunday from 1-3pm! Contact [LPRacquets@LakeshoreSF.com](mailto:LPRacquets@LakeshoreSF.com) for more information.

LAKESHORE SF | 1320 W. FULLERTON | [WWW.LAKESHORESFCOM](http://WWW.LAKESHORESFCOM)



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