



LSF LOOP

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



April 10, 2018

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Club Info

F&B Save the Dates for Mother's Day, Chablis & Oysters and Scotch & Cigar Events

The Food and Beverage Department is hosting several events that you won't want to miss! Coming up we have our annual Mother's Day Brunch on Sunday, May 13th with 4 seating options available at 10:00 AM, 11:00 AM, 12:00 PM, and 1:00 PM. Our Harvest Rooftop Restaurant and Bar is officially open on Thursday, May 24th. Join us on the rooftop for Chablis and Oysters on Thursday, June 14th featuring William Fevre Premier and Grand Cru Chablis as well as oysters from the East and West coast. Still looking for the perfect Father's Day gift? Purchase tickets to our Scotch & Cigar event on Saturday, June 19th located downtown at the Illinois Center. RSVP to sign up for any of these events by sending an email to FB@lakeshoresf.com. Mark your calendars and stay posted for more information to come!

Please Bring a Water Bottle

We will be eliminating cups at the club in the near future – so please start bringing a water bottle now! We have already spent over \$15,000 putting in new water bottle filling stations and drinking fountains and have a few more to go in order to help solve this problem. For those wondering why we are doing this, it is because of the tremendous amount of unnecessary waste created by the cup program: we go through on average more than one cup per person who checks in each day at the club – despite the fact that about half of our members bring water bottles! For your convenience, you can get a water bottle at the Front Desk. Thanks for your help!

Just for Adults

L2W Participants Lost Over 336 Pounds

Eight weeks ago, members entered the 2018 Lose 2 Win Challenge and began a competition against each other to win \$1,000 cash and achieve amazing personal results! The trainers competed against each other for the opportunity to host a rooftop party for their

team. Each participant took part in weekly small group classes, nutrition seminars, and individual personal training sessions. The average participant lost 7 pounds and the winners lost 10-13% of their body weight! Total weight loss for the group was the equivalent of 1,288 Quarter Pounders with Cheese! Our top team for 2018 is team JANE! Our Top Female is, from team Desi, is Ashley Shultz! Our Top Male, from team Troy, is Justin Catches! Congratulations to all of the 2018 participants. For more information about weight loss programs or personal training, please contact PT360@LakeshoreSF.com.

Join The LSF Summer Shred!

Looking to lose those last few pounds by Memorial Day Weekend? Group Fitness Coordinator Matt Modleski and Personal Trainer Taylor Perry are teaming up to bring you a 30 day program like no other. Over the course of 4 weeks, you will learn about kettlebells, barbells, rowing technique and more. Group size is limited to 8 participants so register fast to save your spot! \$240 includes the following: 2 Small Group Training Sessions Per Week (Monday and Friday 9am-10am), an additional 2 workouts programmed per week, a personal E-Check in each week to keep you on track, a Group Ex, and Yoga class recommendation to help meet goals and a weekly newsletter with nutritional advice, tips and tricks, and a healthy recipe. For additional information, or to register, e-mail MatthewM@LakeshoreSF.com

Group Fitness Teacher Feature – Tracey Green

Tracey Green holds a Bachelor of Arts in Theatre from Northwestern University. Her passion for fitness stems from a long history of competitive athletic training in figure skating, martial arts, track and field, swimming, and dance. Her methodology as a group exercise instructor is heavily influenced by her artistic education and experience. Catch her on Sunday mornings at 8:30am for Tabata Fusion or at 11am for Meta Circuit!

New Class Alert! Yoga Sculpt with Mikhaila on Mondays and Fridays!

Yoga Sculpt is a fusion format that combines yoga movements with weights, and cardio intervals. The love for this format is contagious and is spreading through LSF. We are excited to bring you two new time slots! Yoga Sculpt will now be offered in the Group Fitness Main Studio on Mondays at 4:30pm and on Fridays at 10:30am with Mikhaila Woodall. See you there!

Handy Info for Hands-On Physical Therapy

At Lakeshore Physical Therapy, we pride ourselves in providing patients with “hands-on” treatment, but what does that exactly mean? Physical therapists are experts in human anatomy and movement. We are highly trained in manual techniques that promote quicker healing and rehabilitation. Manual therapy includes techniques such as joint mobilization and range of motion, specific massage/tissue manipulation, manual traction, and manual

graded resistive exercises. These techniques help P.T.'s identify asymmetry in tissues as well as promote normalized movement of joints and structures. There are some misconceptions about physical therapy and the techniques performed by licensed physical therapists. Some think that hands-on PT means general massage. This isn't exactly true. We perform different types of soft tissue manipulation but do so for a particular goal in mind that is different from relaxation. For instance, cross friction massage can break up scar tissue and promote blood flow to facilitate healing, retrograde massage to help reduce swelling through the lymphatic system, and ischemic compression and deep tissue massage to help relax muscles that are in spasm. All manual therapy treatment is followed up with proper strengthening, stretching, and home exercise programs for optimal recovery. If you feel manual techniques can be helpful for you, please contact us at: 773-770-2419 (Lincoln Park) and 312-801-8440 (Illinois Center).

Just for Kids

School Days Out Camp at Lakeshore This Week & Next! Sign Up Today!

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! Before Camp and After Camp options are also available if extended care is needed. See more information and the registration form [here](#).

It's Just About Summer Time -Sign Up Today for Summer Camp!

What good are summers without summer camp? Luckily for your child, LSF sports one of the best in all of Chicagoland! Based in our 185,000-square-foot athletic facility, our exciting day camps make use of the surrounding neighborhood parks and people! Sports, swimming, arts & crafts, theater, field games at local parks, and weekly Field Trips all figure heavily into the LSF camp experience. See more information on camp [here](#).

Plan Your Kids' Summer Birthday on our Rooftop Now!

Host your next birthday party at LSF – our staff will decorate, host, plan activities and clean up. You just have to show up! Book your birthday party today, which includes 2 hours of space rental, 3 LSF party hosts, decorations, tables, chairs, paper goods, activities, cake and ice cream. Food and drink packages available for purchase. Packages include tennis, swimming, sports, inflatable or custom party options. Contact us at KidEvents@LakeshoreSF.com for more information.

Club 48 Corner

Camp 48 Spots Are Filling Up Fast!

Camp 48 is Lakeshore's fieldtrip based specialty camp program for 4th-8th graders! These camps are designed to pique the interest of our LSF kids who feel they are ready to take on

new and exciting challenges, all summer long! Not only is the entire week designed to engage the older kids and keep them wanting more, but Camp 48 is also unique in that it is held almost entirely outside of the club. Most weeks will consist of a different field trip each day of the week - Water Park Week, Horseback Riding Week, Adrenaline 2.0 and so much more! See additional details in our camp brochure [here](#) or email us at LPCamp@LakeshoreSF.com.

NEW!! Born to Run Youth Training Program

Join LSF as we prepare young runners for 3Ks, 5Ks and even half marathons! Our team of high energy, fun, professional trainers will focus on individual progression tracking with each of our runners. Runners will learn how to breathe, focus on footwork and stride while being conditioned in a fun, social atmosphere. We'll utilize Lakeshore's 1/4 mile indoor track, training studios and equipment, outdoor rooftop and more to build progress. The session runs 10 weeks long but runners only pay for 8 as 2 weeks are built in as makeup days. If you can make it to all 10, please do! Dates run April 1st through June 8th, with practices taking place Mondays and Wednesdays from 4-6pm. Sessions are open for 8 through 14 year olds. We'll have a group participate in Run for the Zoo 5K/10K on June 3rd to culminate the training program with this race! Cost is \$299 for members or \$399 for non-members. See additional details [here](#). Please register with us via MyLSF.net or email us at KidEvents@LakeshoreSF.com.

Club 48 April Schedule - Wiffle Ball on the Roof, Cycling, Wall Ball & More!

Club 48 is exclusively for 4th through 8th grade members. Programming is offered Monday - Friday from 3:00 - 6:00 and weekends from 12:00 - 5:00 PM. No need to sign up, just drop in for the class! Check out April's Club 48 schedule [here](#). This schedule was built based on feedback from our Club 48 Leadership team, comprised of Club 48 members.

Mark your Calendar - Club 48 Leadership Meeting this Thursday, April 12th at 4:00pm

Club 48 Leadership Team meeting will be held on Thursday April 12th at 4:00 pm. If your child is interested in helping to plan the Club 48 May schedule please have them talk with Club 48 Staff member Justin by April 10th. We love to have Club 48 members provide input into the program. Our Club 48 Leadership is growing and we would like to have more members who want to take ownership over their club experience!

NEW! Club 48 Game Night - Virtual Reality, Swimming, Games & More!

Club 48 is hosting a game night on the 4th floor for Club 48 members only on Friday, April 13th from 6:00-8:00pm! This party includes Reality Bytes virtual reality company, swimming, ping pong, Xbox tournament and more! Pizza, chips and drinks are included. Cost is \$30 for members and \$40 for guests. RSVP today by emailing Club48@LakeshoreSF.com.

Club 48 3 on 3 Basketball Tournament - April 22nd from 12:00-5:00pm

Show off your shots, defense, game face and more by entering your team in our Club 48 3 on 3 basketball tournament! Join us for a full afternoon of tournament play on Sunday, April 22nd. Pizza and drinks included. Cost is \$25 per player. Email us your player's name, grade and team name at Club48@LakeshoreSF.com.

Club 48 Members are Welcome to Bring Guests - Skip the Line & Fill Out the Waiver Online!

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 online waiver system that parents or guardians can complete remotely on their phones or computers. The waiver can be accessed online [here](#).

Aquatics Lane

Stingrays Swim Team Summer Season Has Begun!

Our 18 week season is underway, join us and take part in weekly practices, USA Swim meets, inter-squad meets, team socials, dive clinics and so much more! See the pricing and additional information on the team [here](#). To register for the summer season, complete this [form](#). Swimmers may join at any time in the season, so please come in for a free try out by reaching out to us at Stingrays@LakeshoreSF.com.

Stingrays Swim Team Summer Camp Registration is Now Open!

The Lakeshore Stingrays are happy to announce we will be hosting three swim camps this summer! Camps are six-days each and are open to competitive swimmers of all ages and abilities who are currently on a USA Club Swim Team. Each session will focus on the development of strokes, starts, turns, and relay exchanges, team building activities, coaching from three time Olympian Sebastian Rousseau as well as experienced USA Swim coaches, dryland training, visualization training, race strategy review, nutrition discussion and so much more! See additional details [here](#) or email us at Stingrays@LakeshoreSF.com.

Day Time Private Swim Lessons Are Available Now!

Our professional, knowledgeable and fun swim instructors are available for morning and early afternoon private swim lessons. Your child will gain confidence, improve swimming skills and keep moving in our family friendly pool. See our package deals here and email us at LPAquatics@LakeshoreSF.com to schedule a lesson today!

Group Swim Registration is OPEN for our Spring Session! Sign Up Today!

Join our Spring 2 Session of lessons, which runs April 23rd through May 20th. Class

offerings and times can be found [here](#). Additionally, we have instructors available for private lessons throughout the week, so please contact us today at LPAquatics@LakeshoreSF.com to set up a lesson to keep your skills strong!

Racquet's Corner

New Men's Excellence Tennis Group

Calling all 4.5+ male tennis players! We have a group forming just for you. Join us on Mondays from 7-830 pm with Coach Katie Hosting – the former Number 1 player at Indiana University who was a 3 time All Big Ten Player. This class will run for 9 weeks, and take a week off for Memorial Day. For more information or to register, please contact LPRacquets@LakeshoreSF.com.

Avoid Increased Tennis Court Rental Price

Good news! You can avoid the coming price increase for renting tennis courts by booking your own court on line (www.mylsf.net) or via the app. Starting on June 1st, the cost of renting a tennis court will increase by \$5 for any reservation made by contacting the Front Desk. Of course, if you are in a pre-paid summer group, you will still get free court reservations during the summer, so long as you reserve on the app or on line. If you need help using the app, please contact MemberServices@LakeshoreSF.com. If you have any questions, please contact LPRacquets@LakeshoreSF.com.

Join One of Our Travelling Tennis Teams

We have several travelling tennis teams that are looking for new players including both our Women's 4.0 team and our Mixed 9.0 team. Weekly practices and competition are a great way to keep the camaraderie and competition up! If you are interested in learning more about these teams, please contact LPRacquets@LakeshoreSF.com.

Summer Adult Team Tennis

The Racquet Sports Department is excited to announce we are continuing our popular Adult Co-Ed Team Tennis this summer! The season starts June 9th and will run through mid-August. Matches will take place on weeknights as well as weekends. Matches will include Men's and Ladies Doubles, two Mixed Doubles and 1 Singles match on 2 courts spanning 2 hours. Cost for this program is \$229 member, \$279 per guest including 8 matches and complimentary beer/wine/pizza after every match making for an interactive, social, and fun opportunity. The deadline to register is May 23rd. If interested please contact Charles Phelps CharlesP@LakeshoreSF.com



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Lakeshore Sport & Fitness
1320 W. Fullerton
Chicago, Illinois 60614
US

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