

May 13, 2019

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Club Happenings

Memorial Day Holiday Hours

Club Hours Monday, May 27th – 6am-3pm. Check the app for the Holiday Group Fitness schedule.

Karaoke under the Stars – June 6th at Harvest

Introducing Rooftop Karaoke this year at Harvest at LSF!!! Save the date for our first event and invite your karaoke loving friends to sing under the stars at our beautiful rooftop bar! Drink Specials - Prizes - Rooftop Fun! 7:30pm-10pm Thursday, June 6th

Save the Date for 2 Great Events!

Father’s Day Cocktail Creations Class

Give dad a fun gift for Father’s Day! Thursday, June 13th, invite dad to join expert cocktail creator for a night of mixology! Dad will learn to craft some cool cocktails and walk away with his own cocktail kit to replicate his creations and home.

Oysters & Chablis/Burgers & Burgundy

Pick your poison! Featuring both an Oyster and Chablis showcase on one side and a Burger and Burgundy spread on the other, this event is sure to please everyone! Save the date, for Thursday, June 20th on the Great Lawn! For more information on these events, contact FB@LakeshoreSF.com.

Share your LSF this Summer!

Summer is almost here! Everyone has friends and family members who will be looking for something to do. Why not connect them to Lakeshore? Remember, you receive \$10 off your dues every month for as long as they remain active members. If you can think of anyone who may like to try us out this month, email Membership@LakeshoreSF.com and ask about our 2-week friends and family pass for May. Some restrictions apply, guests must live locally to qualify.

Summer is almost here! Host your event on the beautiful LSF Rooftop!

Summer is right around the corner and we have the perfect venue for hosting your upcoming birthday party or event. Our rooftop has been home to many birthday and other celebrations and what better way to enjoy fresh air and sunshine than with us. We have plenty of birthday and catering packages to choose from, so if you have a birthday or event during the summer season, email KidEvents@LakeshoreSF.com for Kid’s Parties, or LPEvents@LakeshoreSF.com for all other event inquiries. Ask about adding our Inflatable Bull to your pool party!

Club Improvement Update!

A Note From our Lighting Experts, SportsInteriors – dramatic difference!

After a successful tennis court lighting transition, our vendor and installer, SportsInteriors, followed up with us to let us know that in our first reading, we showed a 42% increase in light level readings. They were quoted as saying the following:

“With this conversion, we can safely say Lakeshore has the highest quality tennis lighting of any club in Chicago. The results were at or above expectations. Besides the dramatic increase in light levels, you will also see a very nice decrease in light variance. This shows that the new lights have a much better lumen distribution providing a higher quality of even lighting throughout the court. Another benefit is the quality of light, while that is not captured on the light meter, your players will all experience a much cleaner, whiter light quality that will further enhance the perception of light level increases. This quality increase allows players to pick up the ball easier and improve their playing experience.”

New Furniture at Harvest Restaurant on the Roof!

Take a peek at the brand new dining room and bar furniture for Harvest! We can't wait to see you and yours enjoying dinner and some sunshine with the best views of Chicago!

4th Floor Pool Closure

The pool on the 4th floor will be closed from May 27th-June 2nd. During this time, we will deep clean, paint and perform annual maintenance projects to get the pool summertime ready!

All Things Strings

LSF Women's Teams Sweep the Region! 3.0, 3.5, 4.5 Champions!

The 3.0 LSF Travel Team seals victory vs CPAC (E) in CITA league play!

It was a tight final with both teams very evenly matched. The matches in the final were so close it only took a few points at the crucial moments to take the title.



LSF 3.5 Woman's CITA travel team has won the League Championship!

In an outstanding effort in the play-off and regular season our players were the team to beat and had a challenge on their hands as the top team. After a close semi-final, winning it with a tie-breaker, LSF moved into the finals on 5/8 at host site Glenbrook Racquet Club against River Trails Tennis Center. With some extremely exciting and hard fought matches LSF wins the league Championship CUP!



The 4.5 LSF Woman's travel team WON what most of the city calls “The Fullerton Classic.”

This is when Lakeshore competes against Midtown in CITA league play.

It was an ultra-competitive final, with both teams neck and neck all the way through. As the matches progressed, LSF eventually came out with the victory after 2 1/2 hours. The final score being 4 matches to 2 matches to win the Championship Cup!



Congratulations to the entire 2018-19 roster and to Head Coach, Scott Johnson!

It Pays to Pre-Pay! Summer Pre-Paid Programming Perks

This summer session, June 24th-September 2nd, enroll in a prepaid program and get 10 sessions for the price of 9. In addition, if you are enrolled in our 10 week summer session, you will have complimentary court time if you book a reservation on the app. Reservations taken up to 24 hours in advance. It pays to Pre-Pay!

May Mixer Madness! 7-9pm Every Friday in May

Calling all 2.6-4.0 Tennis players! Every Friday in May, Coach Mark Johnson is hosting our May Mixer Madness Series. 2 hours of fun, social and casual tennis followed by some socializing over beer, wine and pizza. Members \$39 - Guests \$50. Sign up on the App under Programs -> Tennis

Sunday Doubles Mixers – 5-7pm Every Sunday

4.0 and higher welcomed! Every Sunday from 5-7pm, join us for competitive doubles play. \$29 for members, \$40 for guests. Sign up on the App under Programs -> Tennis

Squash Mixers – 2 times a week!

Join us every Monday and Thursday on the Squash Courts from 5-8pm. Cost is \$9 for members. Sign up on the App under Programs - > Squash

Focus on Your Fitness This Summer!

“1 Goal” Challenge is Back – Registration is going on NOW!

1 GOAL is a motivating, inspiring, social and fun 8 week challenge designed to help members meet their **1 GOAL**. This program offers built in accountability, and a certified personal trainer as a coach and captain of your “One Goal Crew”! Step 1) Choose your Goal, Step 2) Achieve it, Step 3) Win cool prizes! For \$399, you receive 4 one-on-one personal training sessions and 8 small group training sessions focusing specifically on your goal! For more information or to register, please email PT360@LakeshoreSF.com.

FitFabFun Rooftop Special Event Series!

We have been counting down the days until rooftop season and we are excited to announce we'll be offering more rooftop fitness events than ever this summer! Group Fitness and Harvest are partnering up to present **FitFabFun** rooftop special events, pairing outdoor fitness experiences with food and drinks to celebrate the season and the famously, fabulously fun LSF lifestyle. You won't want to miss out! Each event will cost just \$25 for members, \$35 for non-members. Event will include class, dinner and drinks. Register for events on the MyLSF App. For more information, contact LPEvents@LakeshoreSF.com Check out the fantastic line up of **FitFabFun** events below and save the dates!

Friday, May 31st at 6:30pm - Rooftop Zumba Party with Natalia

Friday, June 14th at 6:30pm - Sunset FreeFLOW with Mikhaila

Saturday, June 29th at 11am - “Daybreaker” DJ Yoga Dance Party with Mikhaila

Friday, July 12th at 6:30pm - Outdoor Athlete with Nicole

Wednesday, July 24th at 6:30pm -DJ Wine Down & Wine Tasting with Mikhaila

Friday, August 16th at 6:30pm - Rooftop Kickboxing with Mikhaila

Triathlon Training – You're One Stroke Away from Setting a Personal Best!

Triathlon season is upon us! Did you know we offer 1 hour adult one-on-one swim sessions (\$75 for members and \$110 for guest) as well as 1 hour triathlon level swim sessions (\$90 for members and \$130 for guest)? Use these lessons as an opportunity to improve technique, conditioning and reach your goals with a customized workout just for you. Contact our aquatics department at LPAquatics@LakeshoreSF.com for availability.

Kid's Corner

Nerf War is This Saturday!!

Join us on Saturday, May 18th as we transform LSF's tennis courts 7 & 8 into a maze of obstacles, bunkers and secret ammo stockpiles. Coed teams of 3rd-8th graders will go head to head in a variety of missions from 6:30-9:00pm. Will you be able to find the other team's' secret treasure? Will you survive against a growing gang of zombies? Cost is \$29 per member or \$39 per non-member. Food available for purchase. Register on the App under Programs -> Children's Programs -> Special Event. For more information, email KidEvents@LakeshoreSF.com.

Conquer the Summer Camp Swim Test This Year – Book Your Lesson Today

Sleep Away Camp and Summer Camp are right around the corner and we have the perfect solution for getting your child ready for the swim test! We believe it's vital for children to be equipped with the top-notch swim skills needed to enjoy their time at camp this summer. We offer a variety of days and times for private lessons and or group classes. For more information or to get your child connected now, email us at LPAquatics@LakeshoreSF.com.

Parents Night Presents: Emoji Extravaganza on Saturday, June 13th

Our 6th installment of Parents' Night Out for 2019 features Emoji Extravaganza! Drop your kids off for a night of fun, while you have the night to yourself! Plan a date night, go shopping, or simply relax while the kids have the chance to play games, swim in an emoji filled pool, enjoy our delicious house-made pizza for dinner and wind down with a movie in their PJ's! The evening runs from 6:00-10:00 pm. Cost is \$30 per member and \$45 per non-member. Register online via the App! Contact KidEvents@LakeshoreSF.com with questions.

Camps Fill Fast at Camp Lakeshore!

Be sure to register for summer camp today, as some camps have already filled up! Don't miss your chance to sign your child up for Sports of All Sorts, Edible Engineering, Water Park Week, and many more! After all, there's less than a month until the summer camp season begins, and adventure awaits! Email LPCamp@LakeshoreSF.com for more information.

Click here to see the full [Camp Brochure](#).

Countdown to Club 48 Late Night – Friday, June 7th

Join us for Club 48 Late Night on Friday, June 7th. All 4th-8th graders can stay at Lakeshore until 9 AM as they swim, play Fortnite, and compete in a club wide scavenger hunt. Kids will have all the independence of Club 48 during this late night special event! Dinner and snacks are available for purchase at the 1320 Market. \$15/members and \$25/guests. Register on the app or at MyLSF.net.

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