



LSF LOOP

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



July 9, 2019

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Rocking the Rooftop!

LSF Rooftop Party – Sunday, July 28th! 2-4pm

Invite your friends and family and join us for the best party of the summer! Sit back and enjoy complimentary food and drinks from Harvest while listening to live music on the Great Lawn, or hit the kid's side and let the family play, bounce and have fun with games and activities. There is something for everyone! Email Membership@LakeshoreSF.com to add your local guests – some restrictions apply.

Every Wednesday is Beer and Burger Night at Harvest!

Every Wednesday in July from 11am-close, Harvest will be offering the Harvest Burger and a Sweetwater Costa Kick Plastic Pilsner for \$15!

Harvest now Featuring Sunday Brunch!

Join us for Sunday Brunch at Harvest! Brunch will be served from 11am-2pm every Sunday. Check out some great menu items like the Crab Cakes Benedict, House made Chorizo Biscuit Breakfast Sandwiches, House made Bratwurst and of course Pancakes! Reservations are recommended for larger parties. For reservations email LPEvents@LakeshoreSF.com

July Instagram Contest – Earn a Free Dinner at Harvest!

Did you take a great pic while you were here at the club? If so share it on your personal Instagram account and tag us @lakeshoresf_lp! Whoever has the most likes at the end of the month will win a free dinner for 4 at Harvest! Give us your best yoga pose, fantastic backhand, a cool camp photo...the possibilities are endless. May the most likes win!

Movies on the Roof – Incredibles 2 on July 13th and Hotel Transylvania 3 on July 20th

Movies start when it gets dark enough (usually around 8-8:15pm at the beginning of summer). Harvest is now serving dinner and drinks to the kids' side and the lawn! Non-members welcome so please email Membership@LakeshoreSF.com to add your local guests. Some restrictions apply. See the summer line-up:

July 13th – Incredibles 2

July 20th – Hotel Transylvania 3: Summer Vacation

July 27th – The Lego Movie 2: The Second Part

August 3rd – How to Train Your Dragon: The Hidden World

August 10th – Wonder Park

August 17th – Dumbo

City Views and Networking at LSF on July 25th from 5:30-7:30 PM

Summer brings the return of one of the most exciting networking events of the season! Join us on the roof deck at Lakeshore Sport & Fitness for the 2019 Joint Chamber Networking event with the Lincoln Park, Lakeview, Lakeview East, Old Town, and Roscoe Village Chambers of Commerce. Connect with professionals from across the north side of Chicago while enjoying delicious bites, drinks, and breathtaking skyline views as you kick back and watch the sunset. Click here for more information

<https://www.lincolnparkchamber.com/event/jointnetworking19/>

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

Get your heart pumping with this fun, challenging, exciting rooftop circuit class led by Nicole Thomas! Timed stations, complex exercises and a bit of friendly competition will bring out the beast mode in you to get the most out of your hour long workout. Followed by food, drinks and socializing, you won't want to miss this incredible #WorkHardPlayHard event celebrating #FitFamLSF! \$25 per member, \$35 per non-member. Cost includes 1 hour Outdoor Athlete class, food and 2 drink tickets per participant. Register for the event on the MyLSF App or MyLSF.net For more information, contact LPEvents@LakeshoreSF.com

Free Childcare While Dining at Harvest!

Drop your little ones off while you enjoy dinner and drinks at Harvest. Please tell our childcare team when you check into childcare that you are eating at Harvest and your childcare is on us. Upon check-out, we'll simply ask to see your receipt. Email LSFChildcare@LakeshoreSF.com for more information.

Around the Club

Earn a \$25 Harvest Gift Card in July – Simply by Switching your Payment Method

Paying by credit card for your membership? Simply go online to myLSF.net or easily update your information on the myLSFapp to a checking account in July and earn a \$25 gift card to Harvest!

Lakeshore is the Place to be! – Guest Policy Reminders

Guests coming to Harvest: You are welcome to bring guests to Harvest at no charge.

Your guests will receive a Harvest Ticket from the front desk which welcomes them for 1.5 hours to drink/dine. Should they require more time to enjoy the Harvest experience, the guest is welcome to ask a Harvest Manager to extend their time. Upon exiting the club, the guest must return the ticket to the Front Desk accompanied by a receipt from Harvest showing at least one entrée or 3 adult beverages purchased per guest.

Guests under 18 years old: For all guests under 18 years old, an adult must remain in the building for the entirety of their visit. Members under 18 are not allowed to bring guests unless accompanied by a parent.

Guests in General: As a reminder, if you have not done so already, please stop by the membership office and pick up your guest passes. Each membership receives 5 passes per year beginning in June of each year. You must have them physically present when bringing in a guest to use the club. Do you have someone interested in membership? Contact Membership@LakeshoreSF.com to set up a trial and the pass is on us! Some restrictions apply. Guests are able to visit the club no more than 5 times per year or membership is required.

Children Must be Supervised

LSF is the best place around for kids and families! We love to be the place for children to not only take part in our great programs, but also be a place for them to exercise their independence. However, it is important to note that children under high school aged must be in a supervised program with LSF. Club 48 (4th-8th Graders with the Club 48 Membership) are only allowed to be in the club alone during Club 48 hours. All other children must be with a parent and supervised. Please talk with your children about behavior and etiquette as to not disturb other members trying to enjoy their experience.

Rooftop Pool Hours Are in Full Effect

What better way to spend the summer than relaxing on our rooftop. The rooftop pool is open and available for members during normal business hours. Due to the high demand, pool occupancy varies daily. To view the complete pool schedule, please visit our website under "programs and schedules" or email us at LPAquatics@LakeshoreSF.com for a copy.

LSF & Clearbrook Brew & Views Charity Event Recap

On June 7th we hosted a fun charity event called Brews & Views for the Clearbrook's with our friends at Gluntz Beers. Thanks to many of our members and our guests we were able to help raise \$7,000 to support individuals with disabilities! If you are interested in learning more about Clearbrook and the individuals we serve, you can visit our website at www.clearbrook.org

SKIP THE SCRIPT! Simply Call Lakeshore Physical Therapy for an Evaluation

Did you know that you no longer need a referral from a doctor for physical therapy? As of August 2018, our Illinois state law allows patients to directly schedule a physical therapy appointment without having to see their doctor first. This will save you valuable time and money on your road to recovery. If you are experiencing limitations in mobility, pain with your regular activities, or an injury preventing you from continuing your daily routine, call to schedule an evaluation with one of our experienced orthopedic specialists today! Lincoln Park: 773-770-2419. Illinois Center: 312-801-8440. No need to wait! #GetPT1st

All Things Strings

Spots still available for Tennis Camp!

Tennis Camp is in full swing, but we are still accepting registrations for all days this summer! Our Tennis Camp is geared toward beginner and intermediate players ages 4-13. We offer flexible registration options including both half-day and full-day camp. Sign-up by the day or week! Our online registration is available on our website or through <https://lakeshoresf.campintouch.com/ui/forms/application/camper/App>. We hope to see you on court this summer!

Welcome Home Coach Hayder!

The Racquet Sports Department at Lakeshore is lucky to have Coach Hayder back on our team! Hayder has been playing tennis since he was 5 years old. He was a national team tennis player and played in the Davis cup with the Iraqi team! If you are interested in booking lessons with Coach Hayder, please contact LPRacquet@LakeshoreSF.com.

Summer Session Registration Still Open!

We are still accepting registrations for our summer session of Tennis classes which runs until Sunday, September 1st! Summer session offerings include Future Stars classes (for ages 3-5), Under 8, Under 10, and Under 12 junior classes as well as adult classes of all levels and private lessons! Contact us at LPRaquet@LakeshoreSF.com for more information. Get complimentary court reservations this summer when you enroll in a pre-paid summer program!

Next Session of Team Tennis Starts Tomorrow!

Our next session of Team Tennis will begin this Wednesday, July 10th! If you are interested in tennis match play in a co-ed team format, Team Tennis is for you! Contact us at LPRacquet@LakeshoreSF.com to learn more.

Kid's Corner

Family Overnight Campout on the LSF Rooftop – July 19-20th and August 16-17th

Want to take your family camping but not quite ready for the true wilderness? Join us on the rooftop for a night of camping, Lakeshore style. Dinner, games, songs, crafts, movie, snacks, swimming, breakfast and more all included! Tents available for rent. Adult beverages available for purchase. \$149 for 1 child and 1 adult, \$25 for each additional adult and \$15 for each additional child. Reserve your space today on myLSF.net, on the myLSF app or email us at KidEvents@LakeshoreSF.com

Camp Lakeshore is Picture Perfect!

Want a sneak peek into a day of summer camp? Now you can see pictures of your campers at Camp Lakeshore with the click of a button! Just click on the “Photos” icon in your Parent Portal! Email LPCamp@LakeshoreSF.com for more information!

Summer Camp: Updated Late Fee Policy – Making it More Convenient for You!

We've made it even more convenient to add on camp days! Just register for camp at least 24 hours in advance to avoid the last-minute convenience fee of \$25 per child. With half day and full day camps as well as daily and weekly registrations, we promise to have the perfect program for you and your family! With half of the summer left, don't miss out on your chance to join in on the fun! For more information, email LPCamp@LakeshoreSF.com

Come Use Your Creativity with PeeWee Camp

PeeWee's use their creativity and imagination by participating in different themed weeks! Recently, campers had a building themed week where Campers used their imagination and created their own “pop up playground.” This is where children use recycled items to create objects such as; boats, tunnels, binoculars, keyboards, etc. Come have your child, ages 2-4, put use their creativity by participating in a free day trial if your child is interested in enrolling! Email PeeWee@LakeshoreSF.com for more information.

Our Very First Basketball Camp was a Hit!

This summer we launched our first basketball camp for kids 6-13 years old, led by Coach Velvet and Coach Julius. The week long camp focused on development and strengthening each camper's basketball skills through fun games and drills, NBA skills challenge and of course, scrimmages. As a result, each camper left the week better than when they arrived. Campers also had an opportunity to design their own basketball shoe, swim daily and build lasting friendships. Our next basketball camp will be held July 29th - August 2nd. For more information or to enroll, email LPCamp@LakeshoreSF.com

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