



LSF LOOP

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



December 12, 2017

In this edition:

Club Info

- Holiday Hours
- Start Lowering Your Dues Today!
- Pound 4 Pound Results: One Person Lost 36 Pounds in 7 Weeks
- Santa Brunch Sunday December 17th
- Sculpt & Gulp Returns January 4th For Winter
- Skating Is Back!

Racquet's Corner

- Paddle In House League's Starting in Early January
- Green Dot Junior Tennis Tournament
- Specialty Shot Saturdays: January 6th from 3-4PM
- Pickleball Court Rentals Now Available
- Tennis Playing Partners Initiative
- Junior Academy Winter Break Training

Kid's Corner

- Winter Break Means Winter Camp!
- Dance Class for 3-10 Year Olds Starts January 8th!
- Basketball Class for 3-10 Year Olds Starts January 8th!
- Holiday Hours in Childcare
- Join our PeeWees for Music, Yoga, Swim Lessons & More!
- Gingerbread House Decorating is on December 13th & 14th - Few Spaces Left!
- New Group Swim Lesson Schedule Beginning 2018!

Club 48 Corner

- Program Overview

- **Club 48 Members Have a Voice!**

Tis the Season for Holiday Parties

- **Tips on Eating and Drinking**

Club Info

Holiday Hours

Enjoy your holidays! The Club will be open from 6AM to 3PM on Christmas Eve, 6 AM to 1 PM on Christmas Day, 6AM-3PM on New Year's Eve and 6 AM-10PM on New Year's Day. Please also note that the club will close early on Saturday January 6th for our employee holiday party.

Start Lowering Your Dues Today!

Referrals are the cornerstone of Lakeshore Sport & Fitness. Your referrals are both welcome and rewarded with \$10 off your monthly dues, every month, per referral, for as long as they are active members! The more friends you refer the more opportunities you have to lower your dues. Some of your fellow members are paying almost nothing for their membership! Contact your Membership Advisor at Membership@LakeshoreSF.com for more information or to share your referral.

Pound 4 Pound Results: One Person Lost 36 pounds in 7 weeks!

Congratulations to everyone who worked so hard during the Pound 4 Pound Program! Not only did we see some significant transformations on the scale, we were able to make a significant impact on our community. It is amazing how much success participants had in 7 weeks: the winner lost 34.6 pounds and was closely followed by number 2 who lost 30.6 pounds! In addition, we donated over 1,043 pounds of food and enough cash for 531 additional meals. Congratulations and Thank You!

Santa Brunch Sunday December 17th

Join us for a delicious brunch for adults and children alike, time with Santa for your little ones to share their holiday list and memorialize the experience with a photo and a special frame decorated by your child! Adult cocktails available for purchase. Seating times available at 10, 11 and 12. Cost is \$15 per child and \$30 per adult. Sign up now via email to LPEvents@LakeshoreSF.com.

Sculpt & Gulp Returns January 4th For Winter

Join Mikhaila Woodall and your fellow yogi's on Thursdays beginning January 4th, at 6PM in the main Yoga studio for Yoga Sculpt followed by a complimentary guilt-free, low-calorie beverage after class at 1320 Market Restaurant located on the 2nd floor. All levels and

guests are welcome. Afterwards, stick around and enjoy dinner with friends and the new 1320 Market menu by Chef Trevor. Namaste.

Skating Is Back!

The Skating Rink will be available shortly for open skating. It will once again be located on the kid's side of the roof and will be available for open skate on Saturday and Sunday afternoons from 1-3PM. The rink will be open subject to weather conditions, which means that if it has recently snowed or there is ice frozen on the surface, we will not be able to open the rink. Please do not walk on the synthetic ice with shoes as that will ruin the lubricant and make skating more difficult for others. Skates will be available for rent at the Front Desk. The Skating Rink will also be available for private rentals and special events. We will not be offering skating lessons this year. Contact LPSkating@LakeshoreSF.com to schedule or for more information.

Racquet's Corner

Paddle In House League's Starting in Early January

After the success of our fall / early winter Paddle In-House league, we are offering another set of leagues starting in early January. These leagues are great opportunities for newer players to experience the fun of the game without having to travel to the suburbs for matches. We will run for 8 weeks, but you will only pay for 6 sessions allowing for flexibility for vacations and travel. Of course, if you can make it for 8 sessions, we'd love to have you! The format is round robin play and we will keep track of score and will award prizes at the end of the season. We will have two different sessions running – Saturday afternoons from 3:30-5:30 and Monday evenings from 7-9 PM. Beer will be available for purchase. Members only and the price is \$140. For more information or to sign up, please contact LPPaddle@LakeshoreSF.com.

Green Dot Junior Tennis Tournament

The Racquet Sports Department is excited to announce Lakeshore will be hosting two in-house Junior Green Dot Tennis Tournaments over the holiday break. Open to intermediate and advanced junior players ages 8-11 kids can come out and compete in the singles tournament on Friday December 22nd from 4-7 PM and/or Saturday December 23rd from 10-2 PM. Early Bird registration (\$65.00) is now open until December 20th by contacting the Racquet Sports Department or emailing Charles Phelps at CharlesP@LakeshoreSF.com

Specialty Shot Saturdays: January 6th from 3-4PM

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 January 6th, Coach Basile will be hosting the serve (flat, slice/spin, kick)! Cost is \$24 for the hour. Please contact Danny McDermott at (773)-770-2470 or e-mail LPRacquet@LakeshoreSF.com to register.

Pickleball Court Rentals Now Available

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. Rent court #8 to play Pickleball at LSF today! (24-hour's notice required for court set up). 2 courts can be set up side to side on court #8. Cost is \$31/hour or \$41/hour during prime-time. Before the end of the year, we will also have permanent court lines painted down on this court. Contact LPRacquets@LakeshoreSF.com for more information!

Tennis Playing Partners Initiative

The Racquet Sports Department is working on creating a program that identifies members who would like to get together and play singles tennis with others of the same level! If you are interested in learning more or receiving information on this initiative please contact us at LPRacquet@LakeshoreSF.com.

Junior Academy Winter Break Training

The Junior Tennis Academy program will be presenting a comprehensive training opportunity during the Racquet Sports Department's Winter Break from December 19th-29th. Ideal candidates are players currently involved in the Junior Academy program or players with match play experience. The program consists of 2 hours of conditioning, technique and tactics. The final hour will focus on match play and applying the learnings from the first part of the clinic. The on-court training will be led by Coach Hayder who has been working in close association with the Junior Academy in efforts to expand what we have currently built with our players. We are looking forward to having Hayder as another positive building block for Junior Tennis here at LSF!

The program will run from the 19th-21st from 4-7 PM and on the 22nd and 27th-29th from 9AM-12PM. Please contact the Racquet Sports Department for enrollment and further inquiries at LPRacquet@LakeshoreSF.com. The member rate is \$75/day for members and \$135/day for guests.

Kid's Corner

Winter Break Means Winter Camp!

Join Lakeshore for School Day Out Camp Monday - Friday December 18th - January 5th. With the exception of Christmas Day and New Year's Day. We will be going on a different

field trip each week of camp! 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. For more information and the registration form [here](#).

Dance Class for 3-10 Year Olds Starts January 8th!

Join our dance instructor, Molly, for our Intro to Dance Class or for our Ballet & Tap Dance Class. Classes run from January 8th through February 23rd on Wednesdays at 4:00pm or 4:45pm. Cost per member is \$140. See more class information [here](#) or email us at KidEvents@LakeshoreSF.com for more information!

Basketball Class for 3-10 Year Olds Starts January 8th!

Join our basketball coach, Zach, for our Intro, Level 1 & Level 2 Basketball Classes. Classes run from January 8th through February 23rd on Wednesdays at 4:00pm or 4:45pm. Cost per member is \$140. See more class information [here](#) or email us at KidEvents@LakeshoreSF.com for more information!

Holiday Hours in Childcare

Our Holidays hours in childcare are as follows; Sunday, December 24th from 7:45am-3:00pm, Monday, December 25th, we are closed for Christmas, Sunday, December 31st from 7:45am-3:00pm, Monday, January 1st, we are closed for New Years. Happy Holidays from our Childcare team!

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 - Few Spaces Left!

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. Full dinner service available in 1320 Market to make an easy night at LSF! Cost is \$30 per house and the event runs from 5-7pm on December 13th and December 14th. RSVP online at myLSF.net or via email to KidEvents@LakeshoreSF.com.

New Group Swim Lesson Schedule Beginning 2018!

Start off 2017 with Kid's Group Swimming Classes! Check out our updated schedule for the

Winter II Session beginning the week of January 8th. Classes focus on safety and comfort in and around the water while building the basics of proper stroke technique in all four competitive strokes. Classes are available 7 days a week in a more convenient new schedule. [Click here for details.](#)

Club 48 Corner

Club 48 is exclusively for 4th through 8th graders. Programming is offered Monday - Friday from 3:00 - 6:00PM and on weekend afternoons. Programming includes a quiet, supervised space for homework, open gym, dodgeball, cycling, yoga, learn to DJ class, and many more programs throughout the week! No need to sign up, just drop in for the class! We also offer periodic specialty programs for Club48ers for free and for fee, including movies on the roof, 3-on-3 basketball tournaments, nerf wars and more.

Club 48 schedule will be adjusted for winter break and will run 12:00 - 5:00 Monday - Friday December 18th - January 5th, with the exception of Christmas Day and New Years Day. The schedule will run as usual for Saturday and Sundays. For more information, contact Club48@LakeshoreSF.com. See more information about Club 48 and the December Club 48 Schedule [here](#).

Club 48 Members Have a Voice!

Do you have a 4th - 8th grader who likes to be a part of making things happen and wants a voice as a Lakeshore member? We would like to invite them to attend our Club 48 Leadership team meeting on Friday December 15th at 6:00 pm in the Igloo.

Tis the Season for Holiday Parties Tips on Eating and Drinking

It is okay to enjoy your holiday season, but keep in mind a few factors relating to drinking and staying fit. Reasonable Alcohol consumption (1-4 drinks) is not unhealthy, and will not lead to weight gain unless accompanied by poor nutritional habits. Drinking more than 1-4 beverages in combination with sugar, carbohydrate, and excess fat content is the real issue.

The two factors contributing to composition challenges with alcohol is that the liver metabolizes one thing at a time, it takes one hour to metabolize one a 1 oz. shot, 4 oz wine, or 12oz beer. The liver will prioritize the metabolic process toward the toxin, the fat burning and glucose producing functions will discontinue until the alcohol has been metabolized.

Four hours of fat metabolism has been lost, now add the implications of lowered inhibitions toward pizza, wings, burgers, sandwiches, fries, etc.

Why is it so hard to eat reasonably while drinking? Mental inhibition is not the real culprit, after your first drink, your blood sugar will drop, again due to the liver prioritizing producing glucose production to metabolizing the alcohol. Blood sugar can be affected for 16 hours after drinking, which is why reasonable nutritional habits are so challenging during and after drinking. The loss of fat metabolism and strong hunger bouts due to blood sugar deregulation are the main causes of weight gain. Stick to 1-3 drinks and eat meat and veggies a few hours before, some during, and a few hours after (or the next morning) to keep the balance in your favor.

LAKESHORE SF | 1320 W. FULLERTON | WWW.LAKESHORES.F.COM



[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

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

[Read](#) the VerticalResponse marketing policy.

