



# LSF LOOP

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



January 4, 2018

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## **Club Information**

### **Early Closing this Saturday Evening**

LSF at Lincoln Park will close at 6 PM this Saturday evening for our annual employee holiday party. Regularly scheduled Team Tennis Matches will occur as usual but the club overall will close at 6 PM. We appreciate your understanding and apologize for any inconvenience.

### **Win \$1,000 in Lose2Win – LSF's Comprehensive Weight Loss Challenge**

Lose 2 Win is back! Lose 2 Win is an inspiring, motivating, social and fun 8 week weight loss challenge designed to help members meet their fitness/weight loss goals and offers built in accountability, nutrition education and a certified personal trainer as the weight loss coach captain of your weight loss team. For \$299 each member receives 3 private training sessions, 8 weekly small group training sessions, discounts on personal training, and nutritional training as well as a participating program t-shirt, coaching, comradery and more! For more information contact [L2W@LakeshoreSF.com](mailto:L2W@LakeshoreSF.com)

### **Start 2018 Injury Free**

Returning to the gym or amping up your workouts is one of the most common New Year's resolutions each year. Lakeshore Physical Therapy wants to remind you to stay safe and avoid some of the common return-to-exercise injuries. The clinic offers complimentary injury screenings with an experienced orthopedic physical therapist. During the assessment, you will have the chance to meet with a P.T. who will perform specific manual tests based on your injury. The physical therapist will offer tips to improve any deficits and provide recommendations for a safe recovery. Please call either of our locations to schedule an appointment: Lincoln Park 773-770-2419, Illinois Center 312-801-8440.

[www.lakeshore-pt.com](http://www.lakeshore-pt.com)

### **Space Highlight: Power Lifting Studio**

As you know, LSF is a big building with many different rooms and offerings. While we do have some big open rooms that people are familiar with, we also have a series of smaller rooms and offerings that provide great options for a huge variety of activities from smaller work-out rooms to places to play with your kids.

This week we are focusing on the Power Lifting Studio, located on the first floor immediately behind the Front Desk. This turf floored room features 2 squat racks, dumb-bells, kettlebells and more. This room is available for members only who are over 18 years old – no personal trainers are allowed to use this room making sure that it is available. It is designed for a studio feel, so if you find the lifting or functional motion floor too crowded or open, this room

is perfect for you!

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

Winter Basketball League will start on January 30, 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 an 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)

## **Just for Kids**

### **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](mailto: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](mailto:KidEvents@LakeshoreSF.com) for more information!

### **New Group Swim Lesson Schedule Begins January 8th - Register Today!**

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.](#)

### **Join our PeeWees for Music, Yoga, Swim Lessons & More for a Free Trial Day!**

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](#) or email us

at [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com).

### **Nerf War Returns on Sunday, January 21st!**

Back by popular demand! Join us on Sunday, January 21<sup>st</sup> as we transform LSF's tennis courts 7 & 8 into a maze of obstacles, bunkers and secret ammo stockpiles. Coed teams of 2nd & 3rd graders will go head to head in a variety of missions from 2-4pm, while 4th-8th graders will jump in the bunkers from 4-7pm! Will you be able to find the other teams' secret treasure? Will you survive against a growing gang of zombies? Find out at this epic battle! At the end of the battle, all teams will be united with a "Mission Accomplished" pizza party! Cost is \$49 per member and \$59 per guest. Register at [MyLSF.net](http://MyLSF.net) under "Program Registration". For more information, email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **Let LSF Do the Planning for Your Next Birthday Party!**

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](mailto:KidEvents@LakeshoreSF.com) for more information.

### **Kids' Night Out is Back! Join us January 19th for a *Frozen* Themed Night!**

Join us for one of our favorite monthly events - Kids' Night Out, for a fun-filled night of swimming, pizza, games and a movie. The program runs Friday, January 19th from 6-10pm. The featured movie this month is *Frozen*. Four hours of babysitting with dinner included while you hit the town - it doesn't get much better than that! The cost is \$30 for members and \$45 for non-members. Save your child's space today by registering via [MyLSF.net](http://MyLSF.net) under "Program Registration". For more information, e-mail [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

## **Club 48 Corner**

### **Club 48 Leadership Team Meeting – January 11<sup>th</sup> at 4:30 PM**

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 Thursday January 11<sup>th</sup> at 4:30 pm in the Igloo.

Club 48 is our drop in program exclusively for 4<sup>th</sup> through 8<sup>th</sup> graders. Programming is offered Monday - Friday from 3:00 - 6:00 and on the weekends. Programming includes a quiet space for homework, open gym, dodgeball, cycling, Yoga, learn to DJ class, and many more programs throughout the week! See more information about Club 48 and checkout the schedules [here](#).

### **Club 48 5 on 5 Basketball Tournament!**

Lace up and get your teams together! Enter your team in our Club 48 5 on 5 basketball tournament! We will have a full afternoon of full court play and music. Pizza and drinks will be included. \$25 per player to join. The tournament will run on Sunday January 14th from 12-5. To enter please send an email to [Club48@LakeshoreSF.com](mailto:Club48@LakeshoreSF.com) which includes your child's name and their team name. We look forward to getting into the March madness spirit a bit early with everyone!

### **Drone Flying on January 19th!**

Have you ever been interested in learning how to fly a drone? Come join us on Friday, January 19th 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).

### **Do you have a Need for Speed? Race Car Event for Club 48 Kids is January 27th!**

Start your engines! Bring your own race car or rent ours to test out LSF's race track! Test your skills to get a driver's license on our practice course and work your way to an advanced course throughout the evening. Dinner is included. Spaces are limited, so reserve your spot today. The cost is \$49 if you use your own car 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).

## **Racquets Corner**

### **Specialty Shot Saturdays: Serving Clinic on Saturday January 6<sup>th</sup>**

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 6<sup>th</sup>, 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](mailto:LPRacquet@LakeshoreSF.com) to register.

### **Last Call for Paddle In-House Leagues Starting Next Week**

A few spots remain in our second round of leagues starting January 8<sup>th</sup>. These leagues are great opportunities for newer players to experience the fun of the game without having to travel to the suburbs for matches. The leagues run for 8 weeks, but you 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 award prizes at the end of the season. We will have two different sessions running – Saturday afternoons from 3:00-5:00 and Monday evenings from 7-9 PM. Beer will

be available for purchase. Members only and the price is \$140. Drop-in lessons will also be available from 2-3 PM on Saturdays and 6-7 PM on Mondays. We only have a few spots left so email [LPPaddle@LakeshoreSF.com](mailto:LPPaddle@LakeshoreSF.com) ASAP to reserve your spot!

### **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! Over the holidays, we painted down permanent court lines to make it easier to set-up and play Pickleball on court #8. Cost is \$31/hour or \$41/hour during prime-time. Contact [LPRacquets@LakeshoreSF.com](mailto:LPRacquets@LakeshoreSF.com) for more information!

### **Winter II Tennis Enrollment**

Our Winter II session of Tennis classes will start on Monday, January 29<sup>th</sup> and run until April 8<sup>th</sup>. It is a 10-week pre-paid session. We offer 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).

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



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