EVENT GUIDE

lakeshore SPORT & FITNESS

EVENTS RE-IMAGINED

WELCOME TO

lake shore ILLINOIS CENTER SF

lakeshore SPORT&FITNESS

Chicago's #1 Destination for Sport, Fitness & Fun

Take advantage of LSF's extensive facilities to make your next meeting, team-building event or group activity special and unique. Break down barriers across departments or between junior and senior staff through sport and fitness activities. Build your team morale and energy, promote health and wellness, enhance your camaraderie and push your team's boundaries!

BREAK-OUT FROM THE ORDINARY WITH OUR UNIQUE EVENTS

05 ... ROOFTOP PARTY
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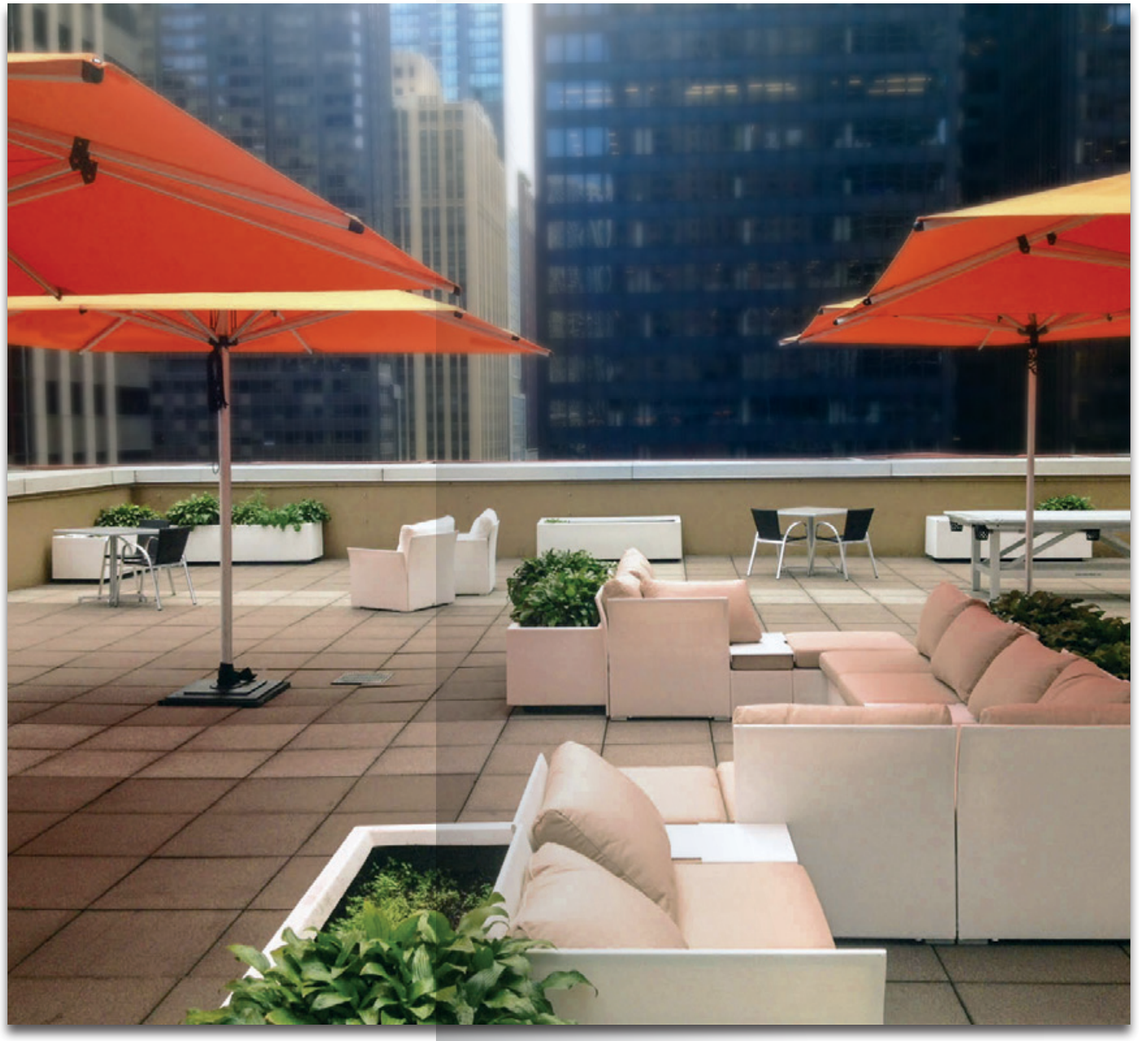
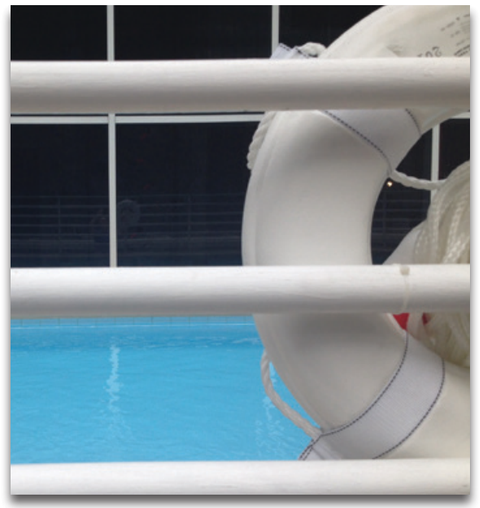
ROOF TOP PARTY

LSF's rooftop can set the stage for any party or event. Touting breathtaking 360-degree panoramic views of Downtown Chicago, LSF's rooftop offers a chic retreat from the busy day. Enjoy the sun or gentle breeze amongst the surrounding skyscrapers while lounging around the rooftop pool, playing pool, giant jenga or just hanging out. Customize your experience with an unparalleled food and beverage selection. Great for groups of all sizes to socialize in a unique setting.



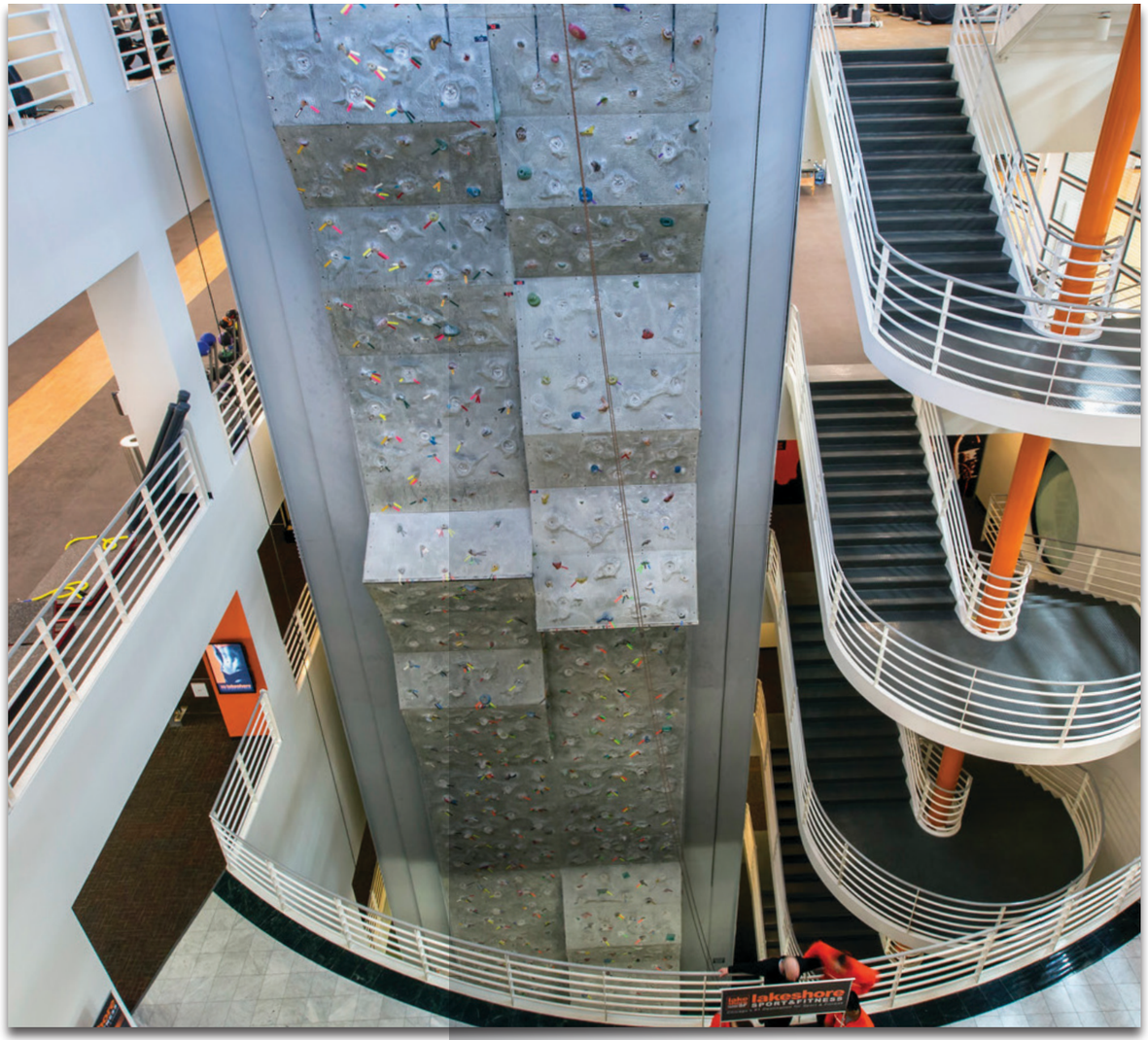


GOLF OUTING AND MEMBER'S LOUNGE

Enjoy our state of the art golf simulator and Members' Lounge for groups of up to 30. Our event concierge will lead your group through different skill challenges and games for all ability levels. When not on the green, you will have access to our putting green and billiards table. Choose your food and beverage from our catering menu to complete the experience.

CLIMBING WALL

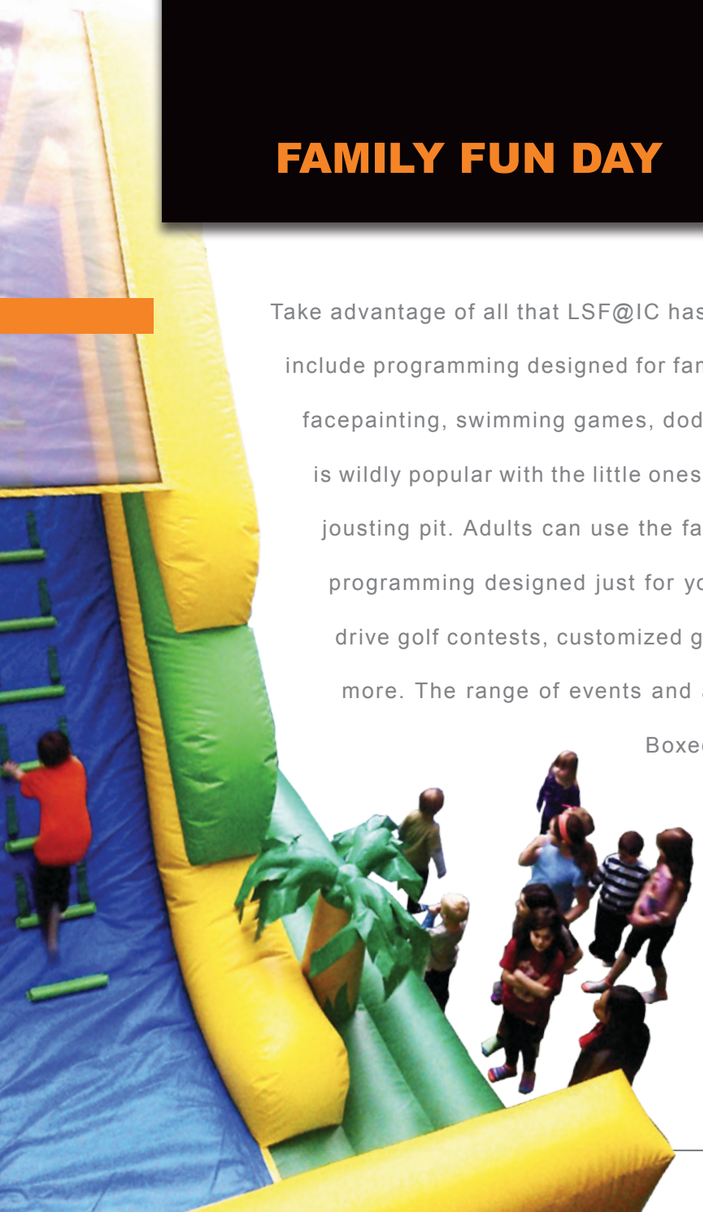
Book the tallest climbing wall in North America for your next outing and you will have exclusive access to the wall, climbing staff to train your participants and supervision to insure everyone's safety and fun. During your event, your team will first learn how to safely harness up and climb the wall. Then participants will have the opportunity to climb – challenge your team to see who can go the highest, or for the advanced, who can get to the top fastest! Just as some of your team runs out of energy, we will provide libations and food. Great for up to 20 people who want to challenge themselves, breakdown barriers and learn a new skill.



CUSTOMIZED TEAM-BUILDING COMPETITION

Based on our popular Color Clash competition, your group will divide into teams and participate in a series of activities and challenges ranging from relay races, group plank walks, speed challenges, contests and more that will build connections across participants and create new energy and excitement within your team. Events will be customized ahead of time based on your objectives. This event is best suited for at least 20 people and can be paired with exclusive usage of our Members' Lounge for food and beverage.

FAMILY FUN DAY



Take advantage of all that LSF@IC has to offer for a day of family fun. Your day can include programming designed for families such as scooter races, story-time yoga, facepainting, swimming games, dodgeball, and more. Our 45 foot inflatable slide is wildly popular with the little ones. Adults and kids alike will enjoy our inflatable jousting pit. Adults can use the facility as a whole or participate in specialized programming designed just for your group such as 3-on-3 tournaments, long-drive golf contests, customized group boot camp classes, chair massages and more. The range of events and activities is only limited by your imagination.

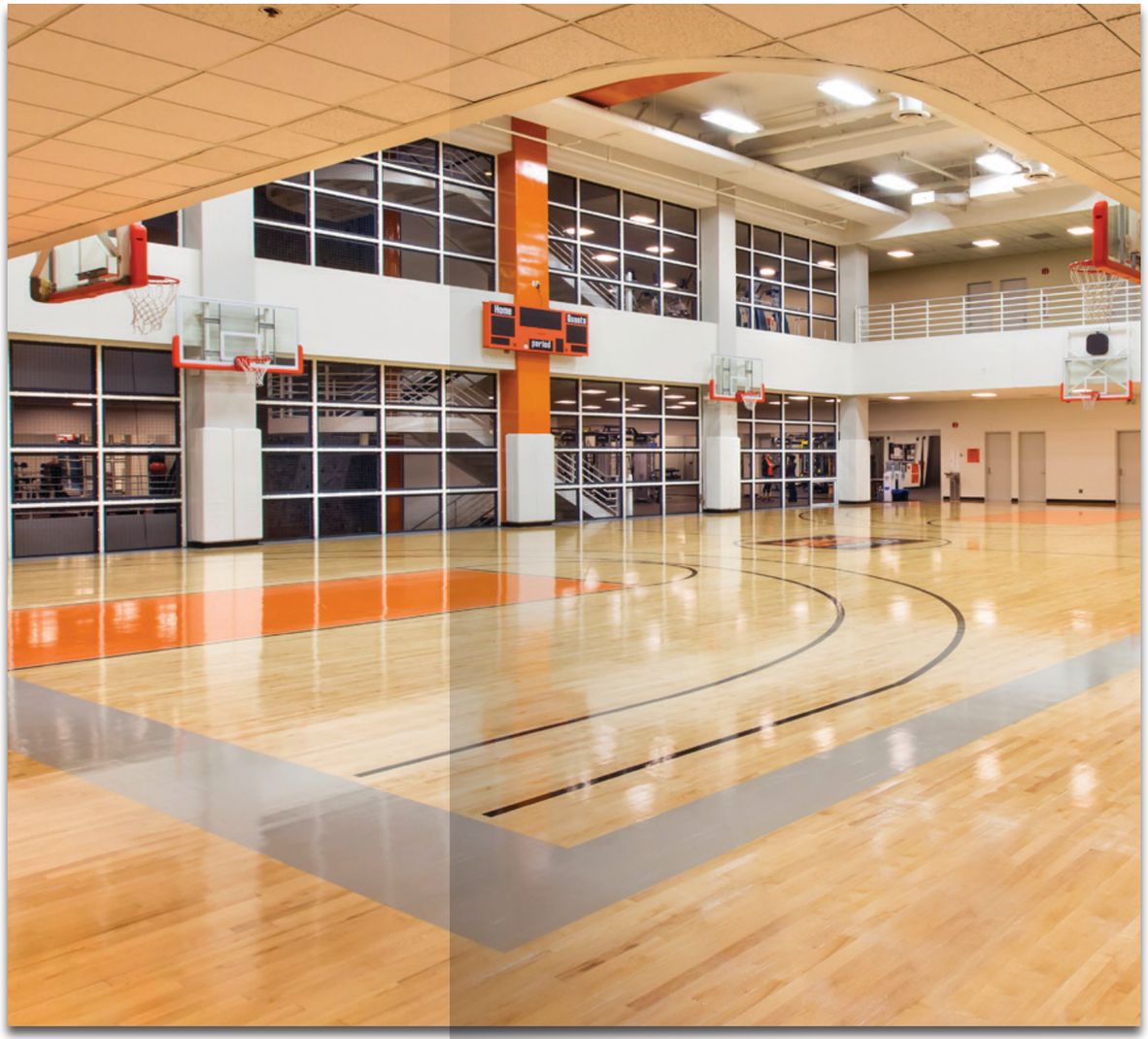
Boxed lunches or more robust food and beverage can be added to your event. Typically, these events can be scheduled on Saturday or Sunday afternoons starting at 1 PM.

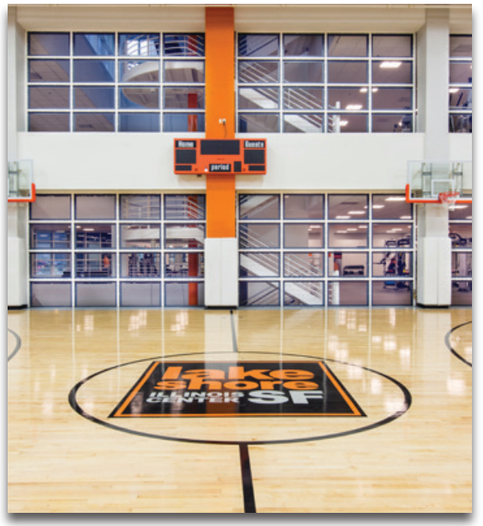
GROUP WORKOUTS

Have your group work-out together in a private class; chose from cycling, boot camp, yoga, Zumba, kick-boxing, TRX and more! Participating in a group class will make your team healthier, reduce stress and promote collegiality. Combine with the conference room for a meeting followed by a workout, or schedule a weekly group exercise class for your team to keep health and fitness front and center in your organization. Appropriate number of people is a function of class type.

3-ON-3 BASKETBALL TOURNAMENT

Host your own 3-on-3 tournament on the most beautiful basketball court in Chicago. We provide the draw and referees; your team will enjoy trophies, jerseys and beverages. Half and full court options are available. This great team-building and social activity is best for groups starting at 6 teams.





COOKING EXPERIENCES

Whether your team is looking to learn healthy food preparation techniques, develop cooking skills or just have a fun alternative to the typical outing, LSF's kitchen is the perfect place. Your team can also participate in cooking challenges such as Iron Chef. We will get things prepped and handle the clean-up, so your team can have all the fun. A cooking experience can be paired with other events to provide a fun alternative for those who are not comfortable with a more physical event. These experiences are best for small groups of fewer than 15 people.

CONFERENCE ROOM

Meet in the conference room before or after any of the other events or simply hold a meeting independently. Our conference room can accommodate groups of up to 30 in a classroom formation or 10 in a board room style. Present with impact using our projection screen or use our conference phone. Food and beverage can also be added to round out your experience.

SHORT-TERM MEMBERSHIPS

Your group will experience the privileges of short-term membership during their stay at a greatly reduced rate enabling them to stay healthy while in town for your meeting. Through this convenient program, your team members will have full access to the best work-out facilities and all programs at their convenience throughout their stay, including our extensive group fitness, yoga and cycling classes, swimming pool, extensive cardio and weight lifting options, and much more. Rates are a function of total number of short-term membership days – the larger the group or the longer the stay, the lower the price per day. We can also arrange private basketball or other facility usage in conjunction with your short-term membership.

OUR LINCOLN PARK CAMPUS

Our Lincoln Park facility features over 185,000 square feet of health, wellness and sporting facilities. In addition to many of the same great health and wellness facilities as our Illinois Center facility, it also features 8 indoor tennis courts, extensive kids' facilities and over 250 free parking spots. With an amazing 18,000 square foot rooftop dining and relaxation space, the Lincoln Park Campus can be the perfect place to host a large social event independently or in conjunction with sporting competitions, group fitness classes, dodgeball tournaments, tennis tournaments, Nerf Wars and more. Work with our team to create a truly unique event for your group.

HAVE YOUR NEXT EVENT WITH US

www.**LakeshoreSF**.com

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