



# LSF LOOP

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



April 18, 2017

**In this edition:**

## Club Updates

- New Cardio Equipment Coming Later this Week
- Sculpt & Gulp – Saturday, April 22 @ Noon
- Family Fun Fair April 30<sup>th</sup> from 3-5 PM
- Running season is here so stop by Universal Sole for 10% off your next pair of shoes or 15% off apparel.

## Just for Women

- Last chance to register for our April 22<sup>nd</sup> Self Defense for Women Seminar!
- Improve the way you feel with our Tuesday evening Prenatal Aquatics class!

## Kids Programming

- Stingrays Summer Season Underway!
- Private Basketball Sessions Available for Kids 3rd Grade and Under
- Junior Certification Program for 4<sup>th</sup>-8<sup>th</sup> graders
- CoMMotion – The Coolest Father/Child Class in the City!
- Club 48ers: Showcase Your Basketball Skills at Our All Star Jam Night!

## Tennis Corner

- We are now Offering Adult Team Tennis!
- Early Bird Drop-In Tennis Now Offered
- Spring Session Starts April 10<sup>th</sup>!
- Flex League Spring Session
- Junior Tennis Camp has open availability!

## Camp Corner

- Register Now for NEW Specialty Camps for 2nd & 3rd Graders!
- PeeWee Summer Camp
- Fun N Sun Camp
- Counselor in Training Camp
- Summer Camp Updates
- Already signed up for camp? Take advantage of our Referral Program!

## Club Updates

### **New Cardio Equipment Coming Later this Week**

We are excited to let you know that we will be replacing much of our cardio equipment at the end of this week. We will be introducing the latest technology from LifeFitness including all new treadmills, bikes and more. This equipment features built in TV's with YouTube access and Bluetooth connectivity to your data trackers. The installation will take place on Thursday and Friday of this week; we hope that you find as little inconvenience from this as possible.

### **Sculpt & Gulp – Saturday, April 22 @ Noon**

Join Mikhaila Woodall and your fellow yogi's on Saturday, April 22<sup>nd</sup> at 12PM in the main Yoga studio for Yoga Sculpt followed by a complimentary guilt-free, low-calorie beverage after class at Harvest Restaurant on the 4<sup>th</sup> floor rooftop. All levels and guests are welcome. Afterwards, stick around and enjoy lunch at 20% off up at Harvest Restaurant. Namaste.

### **Family Fun Fair April 30<sup>th</sup> from 3-5 PM**

You know spring is right around the corner when the next Family Fun Fair of 2017 is on the calendar! This month Lakeshore is partnering with the Prescott School to assist with their year-end fundraising initiative. Food & beverage will be available for purchase as the kids (and adults) enjoy games, face painting, giant bouncy slide and our huge 140" TV screen televising the key sporting events of the day. In addition, we have added a few new additional activities to make the final Family Fun Fair even more exciting. Guests are welcome at no charge. So bring your friends and neighbors and let the kids go wild!

### **Running season is here so stop by Universal Sole for 10% off your next pair of shoes or 15% off apparel**

At Universal Sole, they help runners, walkers, and fitness enthusiasts reach their goals. They have a great selection of apparel and accessories, but their passion is helping you find the best fitting footwear. One of their trained and experienced staff will assess and analyze

your gait to make the best shoe recommendations for you. To receive the discount please show the store attendant your Lakeshore Sport & Fitness ID card.

**Universal Sole Running Store** – is located at 3052 North Lincoln Ave.

## Just for Women

### **Last chance to register for our April 22<sup>nd</sup> Self Defense for Women Seminar!**

Learn how to throw off assailants, protect yourself against attackers, and escape from dangerous situations. You will learn throws, striking, and true self defense! This class is more than words, you will get a work out too! Darrell Rachal has a military background and has taught Mixed Martial Arts to Marines. Available to all women aged high school to adult. The class will be held April 22<sup>nd</sup> from 2-4pm. Cost is \$60 non-members are welcome. For additional information, contact Josh Vron dran [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)

### **Improve the way you feel with our Tuesday evening Prenatal Aquatics class!**

The new round of classes start this Tuesday at 7:00 PM. Prenatal Aqua aerobics is a great way to get a workout and feel rejuvenated. The water helps stop bloating and slow down gravity's pull on your body. This 5-week, water aerobics class improves cardiovascular conditioning and provides strengthening benefits as well. This program costs \$125 for members and \$175 for non-members or drop in to try a class for \$30. Please contact [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com) for more information.

## Kids Programming

### **Stingrays Summer Season Underway!**

The Stingrays Swim team started off their 18 week summer season earlier this month! Enrollment is showing its highest summer attendance to date. The coaching staff is excited for what this season will bring both in and out of the water. We have the addition of our upcoming Swim Camps in June and July. Please reach out to [Stingrays@LakeshoreSF.com](mailto:Stingrays@LakeshoreSF.com) for more information on the season or camps.

### **Private Basketball Sessions Available for Kids 3rd Grade and Under**

Join our basketball experts for a private one on one session to build skill, confidence and experience. Sessions are currently available on Tuesdays from 6-8pm and Sundays from 4:30-6:00pm. The cost is \$60 per 30 minute session. Please email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) to register today.

### **Junior Certification Program for 4<sup>th</sup>-8<sup>th</sup> graders**

LSF teaches and encourages our younger members how to safely work out through our Junior Certification Program. Once certified, kids in the 4<sup>th</sup>-8<sup>th</sup> grades are allowed to work

out with their parent on the track, on cardio equipment and in the stretching / body-weight areas of the 3<sup>rd</sup> and 4<sup>th</sup> floors. Generally speaking, kids in this age group should not be lifting weights – though working out with body weight is very appropriate. Kids can get certified by enrolling in one of our weekly classes (sign up by emailing [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)).

As a reminder, certified young members need to have their certification card on them while in the adult sections of the club, need to be supervised by their parent and need to behave appropriately. Children must be supervised by their parents and not by other adults as we want to encourage safe work-out decisions and not encourage groups of kids hanging out on the floor which can disrupt the experience for others. There are plenty of places in the club which can be fun for kids to hang out (basketball court, pool, Gilligan's Game Room, kids roof top, skating rink and more) and we need to make sure that the adult experience is comfortable as well.

### **CoMMotion – The Coolest Father/Child Class in the City!**

It has been said, the family that works out together, stays together. On Saturdays from 12:15pm – 1:00PM in the Main Studio, Lakeshore is proud to introduce a class that is not only unique but that is quality, cool and different! This new class is not only fun but it will focus on functional exercises for our Fathers and their kids ages six and up. Each class will include exercises that they must complete as partners in a circuit format- everything from relays, to medicine ball work, agility ladders, and mini obstacle courses. This class is strategically designed for Fathers to bond with their child doing something that benefits them both- fitness. Fathers can bring multiple children providing they are six years of age or older. Dads will partner with each kid to complete fun and interactive stations throughout the Main Studio. Motivating music that is fun and enjoyable to listen to will accompany the participants as they challenge themselves at each station.

### **Club 48ers: Showcase Your Basketball Skills at Our All Star Jam Night!**

Club 48 (4th-8th graders) will have a chance to showcase their skills in front of family and friends in a 3 Point Shooting Contest, Dunk Contest, Dribble Drills Contest and Agility Drills Contest! Join us on Friday, May 5th from 6:00-9:00pm. An athletic feast will follow all contests. The cost is \$45 per member and \$55 per guest. To reserve your spot today, register at [myLSF.net](http://myLSF.net) or email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

## **Tennis Corner**

### **We are now Offering Adult Team Tennis!**

Lakeshore Sport & Fitness is now offering Adult Team Tennis for Saturday evening Doubles play. The levels will be 3.6-4.0 and 4.1-4.5. We are looking for 8 teams of 6 players each,

made up of 3 men and 3 women. Matches will be 2 of 3 sets with regular scoring, and games will be played on Saturdays from 4-6pm or 6-8pm. The cost will be \$149 for members and \$209 for guests, which includes 5 matches (with one drink ticket and one can of balls per match). Contact Danny McDermott at (773)-770-2470 or [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) for more information!

### **Early Bird Drop-In Tennis Now Offered**

Lakeshore is now offering early bird Adult Drill & Play Tennis! Starting Tuesday, April 4<sup>th</sup>, this program will be offered on Tuesday mornings from 7-8am, Wednesday mornings from 6-7:30am and Thursday mornings from 7-8am. Please contact Danny McDermott at (773)-770-2470 or [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) for more information.

### **Spring Session Starts April 10<sup>th</sup>!**

Our Spring session started on April 10th and will run until June 4th. We are still accepting enrollment for classes with open spots! Availability is going fast, so if you would like to register for an adult or junior class or private lessons, please contact the Racquet Sports Department as soon as possible at [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) or (773)-770-2470.

### **Flex League Spring Session**

Attention Tennis players! Flex League is looking for some new competition! What better way to fit in some competitive match play this spring than in LSF's very own Flex League? Groups will be created with up to 10 players of the same level who then contact each other to schedule matches at a mutually convenient time. At the end of the session awards are given out to the top 3 players in each level. Our Spring Session of Flex League started on Monday, April 10th but we are still looking for players of all levels! Contact Clara at (773)-770-2437 or [ClaraT@LakeshoreSF.com](mailto:ClaraT@LakeshoreSF.com) for more information.

### **Junior Tennis Camp has open availability!**

Our 12-week Junior Tennis Camp which begins on June 5<sup>th</sup> and ends on August 25<sup>th</sup> has open availability for all weeks. We offer half-day and full-day options from 9am-2:30pm. For Full-Day campers, lunch will be served and we will have a swim option in the afternoons! Please contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) or call (773)-770-2470 for more information.

## **Camp Corner**

### **Register Now for NEW Specialty Camps for 2nd & 3rd Graders!**

Parents - we heard that your child was ready for a taste of interest-based camps, so we've built them! Join us for week-long camps that are JUST for those entering 2nd or 3rd grade. Weeks include Dance Camp, Kids in the Kitchen, Sports of All Sorts & Super Hero training

camp. The cost is \$465 per week for members and \$600 per week for guests. Email us today at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com) for more information!

### **PeeWee Summer Camp**

Attention all PeeWee parent and parents of 2-4 year olds! LSF offers a wonderful program for young kids to immerse themselves in a summer of fun and activity in a summer camp setting. Your little ones get a swim lesson every day, plenty of play time outdoors, as well as educational instruction, motor skill development, and social-emotional growth all in a day at camp. If this sounds like something your little one would benefit from, please sign up today! More information can be requested by emailing [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com)

### **Fun N Sun Camp**

Our most popular camp for kids 5-8 years old is filling up fast. Don't miss out! Kids in Fun N Sun Camp participate in amazing activities, field trips, and special days with guest entertainers, competitions, and talent shows! Campers make life-long friends during our summers and many come back in their teens to work as camp counselors. Be a part of the tradition! Sign up your camper for a few days now guarantee priority for a spot if you'd like to attend more camp later. Sign up with via Camp Director, Sandy Laing, by emailing [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com)

### **Counselor in Training Camp**

Being a Camp Counselor is the "hardest job you'll ever love". Kids who have grown up going to summer camps all agree, that it is the best summer job you could hope for. Camp Counselors go on to have bright futures in a wide variety of fields, because of the traits learned at camp. Counselors have exceptional work-ethics, can-do attitudes, and the ability to make work fun. In Counselor Training Camp, teens swim, spend plenty of time outdoors. They facilitate games and activities, and even get free lunch! Sign up your older campers for the summer and prepare them to earn money babysitting and working as a camp counselor in the coming years. For more information, please contact Sandy Laing by email at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com)

### **Summer Camp Updates**

Parents, please keep an eye out in your email for our summer camp Parent Packets. They will be sent early this month and contain valuable information regarding your camper's summer. Field Trips, Themes, and Menus will be included as well as information sheets, medical release forms and other necessary documents. If you do not receive one via email, please contact Camp Director, Sandy Laing at [LPCamp@Lakeshoresf.com](mailto:LPCamp@Lakeshoresf.com)

### **Already signed up for camp? Take advantage of our Referral Program!**

The best compliment is a referral. As such, we have instituted a program to benefit our

biggest fans! Refer a friend and receive 1 free day of camp for every 10 days they sign up for! This is a great way to add to your summer at no cost. For more information, please email [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

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