



LSF LOOP

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



May 2, 2017

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Club Updates

Memorial Day Hours: 6 AM – 3 PM

Lakeshore always strives to honor the servicemen and women who have made the ultimate sacrifice for this nation. Many of us spend Memorial Day relaxing, enjoying quality time with family and friends. Lakeshore would like you to join us in pausing and reflecting on the significance of those who have given their life for our country. It was these sacrifices that have allowed us the freedom that we now so graciously enjoy.

Lakeshore hopes that you enjoy an amazing Memorial Day. To give all of our Team Members a chance to relax and celebrate the Memorial Day holiday, Lakeshore Sport & Fitness will open at 6am and close at 3pm on Monday, May 29th. We will reopen on Tuesday, May 30th at 4:30am.

New Cardio Equipment Has Been Installed

Check out the new Life Fitness Discover SE3 cardio equipment that has recently been installed! Enjoy entertainment including TV, streaming video services, music, news, games and interactive courses. Track your workout using the free, LFconnect mobile app by downloading it from the iTunes or Google Play app stores. Learn more about the new equipment here: <https://discoverworkouts.lifefitness.com> or ask one of our team members the next time you are in the club.

Courtesy Policy Reminder

We routinely are asked by members to encourage other members to be more aware of others around them. As a result, we crafted a courtesy policy which is posted on our website.

We'd like to remind you to be sensitive to those around you by showering before entering pools (actually a state law!), not wearing strong cologne or perfume to work out (others may not appreciate your fragrance while they are taking deep breaths!) and putting dirty stuff out

of the way of others and not on tables (especially shoes – people eat there!) or in front of lockers.

In addition, one area of consternation for those without children is unsupervised children, either on the work-out floors (kids need to be certified by LSF and supervised directly by a parent) or in the locker rooms. Locker rooms on the 2nd floor are intended for adults and kids who are high school aged. Children's locker rooms are available on the 4th floor as are family changing rooms which may be convenient for those with children of the opposite gender.

Generally speaking, we do not believe in putting up more signs to remind people of these guidelines as signs are often ignored and more signs just means more clutter that gets ignored. So please use your best judgment to be as courteous as possible to those around you – and feel free to ask for a manager on duty to help out!

Family Events

April Showers Bring May Flowers! Family Planting Event on Sunday, May 7th from 2-4pm

We'll provide all of the dirt, seeds, tools, pots and space to plant basil, peppers and green beans - all you need is a child and adult to do the planting together! The cost of each set of supplies is \$39. RSVP today via www.myLSF.net under Programs or email us at KidEvents@LakeshoreSF.com

Reserve your spot for Mother's Day Brunch now - Sunday, May 14th 2017

Join us for a Mother's day to remember! Mom will enjoy a Mimosa bar while the kiddos make her a memorable keepsake! Mother's Day Brunch buffet includes huge array of all the favorites for moms and kids alike. As always, LSF will make your family holiday easy and fun for all. Reservation times at 10am, 11am, 12pm and 1pm. \$20 per child / \$30 per adult. RSVP: LPEvents@LakeshoreSF.com

Save the Date: Club 48 Battle of the Schools on May 19th!

Come out and show your school spirit on Friday, May 19th from 6-8pm! Represent your school colors while competing in intense games of dodgeball and more! Get your team together now and register, as spaces are limited! As always, we'll provide dinner and fun! Register via MyLSF.net under Program Registration with at least 48 hours notice to get your child into the event for FREE. Non-members are welcome for a \$15 guest fee and late registrants will be accepted (if the event is not already full) for a \$10 drop-in fee. For more information, e-mail Club48@LakeshoreSF.com.

Family Fun Fair: Sunday May 21st from 3 PM to 5 PM

You know summer is right around the corner when the calendar flips to May. Have you made your plans for your kids this summer? Are they enrolled in a summer camp yet? If not, on May 21st Lakeshore is partnering with the Nettelhorst School to showcase our award winning LSF Summer Camp as well as assist with their year-end fundraising initiative. For those interested in signing up for LSF Summer Camp, this Family Camp Fair is all about you! You and your children will get a sample of the type of outdoor activities and games they can expect to experience and parents get to see how our certified counselors teach and “play” with your kids. For those who attend and want to sign up, a special two hour promotional camp offer will be extended and will expire once the Family Camp Fair ends.

For those kids already enrolled in LSF Summer Camp, they will experience some of the activities and games they can expect to participate in this summer as well as meeting their counselors, dropping off parent packets, picking up camp T-shirts and more.

Food & beverage will be available for purchase as the kids (and adults) experience games, face painting, giant bouncy slide, arts & crafts as well as other fun activities that has our camp staff engaging with your children. Guests are welcome at no charge. So bring your friends and neighbors and let the kids go wild!

Kids Programming

Summer Aquatics Classes Opening May 1st!

Summer is around the corner! Registration for aquatics classes will be released and open May 1st. Classes are available for children 9 months - 11 years old. All experience levels are welcome and encouraged to join us this session running June 5 - July 23. Registration available online at MYLSF.net or by completing our [Program Registration Form](#).

Interested in signing up for private or semi-private swim lessons? Fill out our **NEW [Private Swim Lesson Form](#)** and let us help match you up with an ideal instructor at your preferred time. Questions or registration forms can be emailed to LPAquatics@LakeshoreSF.com.

Camp Wild Wednesdays and Field Trips have been announced!

Looking for more for the kiddos to do this summer? Sign them up for a field trip or two. Our list of Day Camp field trips has been posted on the website. Click the link below to see our themes, Wild Wednesday events, and Friday field trips! With camp's flexible enrollment options, you can sign up for as many or as few days or weeks as fits your schedule. Sign up now to save your seat on the bus! <http://www.lakeshoresf.com/wp-content/uploads/Field-Trips-2017.pdf> To Register, please email LPCamp@LakeshoreSF.com

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 for more information!

School Days Out Camp in May

St. Alphonsus and St. Josephat schools have days off in May, and we are here to help. Sign your kids up for a few days of fun as the school year winds down. Campers swim, play outside, enjoy arts and craft activities and sports all during a School Days Out Camp day. And best of all, no need to pack a lunch we serve them a hot and healthy lunch here! Make it easy for yourself and email LPCamp@LakeshoreSF.com to sign up!

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

What's all the commotion about? LSF CoMMotion! Join us Saturdays from 12:15pm – 1:00PM in the Main Studio for the most talked about class in the club, CoMMotion. It is not only fun but it will focus on functional exercises for Fathers and their kids ages six and up. Each class will be partnership based as the various exercises that they must complete as team of two in a circuit format - everything from relays, to medicine ball work, agility ladders, and mini obstacle courses all while listening to motivating music that is fun and enjoyable as they try to overcome the challenges in front of them.

This class is strategically designed for Fathers to bond with their child doing something that benefits them both; **fitness**. Proving the theory, “families that workout together, stay together”! Fathers are invited to bring multiple children providing they are six years of age or older.

Club 48 Corner

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

Club 48 (4th-8th graders) members 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 or email KidEvents@LakeshoreSF.com.

CAMP 48 - Zip Lining, Go Karts, Roller Coasters, Horseback Riding and So Much More!

All 4th through 8th graders should join us for LSF's unique field trip based specialty camp

program this summer! Weeks consist of a different field trip, Monday-Friday from 9am-4pm and includes lunch, transportation, admission fees and more. The cost of each week is \$650 for members and \$775 for guests. See more information in our brochure [here](#).

PT360 Presents "One Goal"

"One Goal" is a new, motivating, inspiring, social and fun 8 week challenge designed to help members meet their "One Goal". Whether your goal is to lose weight, run faster, hit the ball further or harder, this program will help you achieve it! You will partner with one of our skilled trainers to refine your goal and then be placed into specialized group training sessions based on our goal. In addition you will receive one-on-one coaching every other week with your coach. All participants receive a One Goal t-shirt, discounts on personal training and more. Those who achieve their goal can celebrate by enjoying a new Amazon Echo or Fire Tablet. This program costs \$399, is for members only and registration starts on May 1st. For more information, contact PT360@LakeshoreSF.com.

Tennis Corner

Adult Team Tennis Starting Soon!

Lakeshore Sport & Fitness is now offering Adult Team Tennis for Saturday evening Doubles play. The levels are 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 – but you can sign up as an individual! Matches are 2 of 3 sets with regular scoring, and games will be played on Saturdays from 4-6pm or 6-8pm. The cost is \$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 for more information!

Early Bird Drop-In Tennis Now Offered

Lakeshore is now offering early bird Adult Drill & Play Tennis! This program is 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 for more information.

Junior Tennis Camp has open availability!

Join us for this flexible and fun program which will have your kids running, playing, learning tennis and most importantly having a great time with new and old friends! Our 12-week Junior Tennis Camp which begins on June 5th and ends on August 25th 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 LP Racquet@LakeshoreSF.com or call (773)-770-2470 for more information.

Meet the Lakeshore Physical Therapy Experienced Professionals

When it comes to providing distinctly exceptional care, Lakeshore Physical Therapy believes the difference is in these details:

- One-on-one care with a licensed physical therapist - Always
- An intimate atmosphere that allows the patient and therapist to focus on treatment
- Expert educational training and individualized programs
- A positive, recovery-minded environment



Please feel free to contact us at Lincoln Park (773) 770-2419 or Illinois Center (312) 801-8441.

LAKESHORE SF | 1320 W. FULLERTON | WWW.LAKESHORESFB.COM



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