



# LSF LOOP

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



May 30, 2017

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## **Club Updates**

### **Rooftop Garden at Harvest!**

Executive Chef Trevor Hoyte and Chef de Cuisine Marco de la Cruz have planted fresh herbs and vegetables for the season. Our rooftop garden will harvest basil, rosemary, oregano, thyme along with vegetables including watermelon, cucumbers, tomatoes and green beans and much more! You'll see these fresh ingredients used in the new summer menu at Harvest Rooftop Restaurant! Please join us in the dining room for a delectable array of new dishes with the Chicago City Skyline as your beautiful backdrop.

Reminder, free childcare is available for those dining at Harvest and guests are welcome!

### **4th Floor Pool Closed May 29-June 2**

The 4th floor pool will go through a series of annual maintenance and cleaning projects beginning Monday, May 29 and will re-open for use Saturday, June 3. All swim classes, Aqua Fit Classes and private lessons will be cancelled. The pool will reopen at 5:00am June 3. The pool will be open for member swim and private lessons on both weekends May 27-28 and June 3-4. To re-schedule your weekly private lesson, please contact your swim instructor or [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com)!

### **Our Rooftop Movie Schedule Has Been Announced!**

Join us for free family-friendly outdoor movies on the lawn every Saturday evening throughout the summer! Members and guests are welcome to attend. No reservations are required. All movies start at dusk (around 8pm during the beginning of the summer) and will run, rain or shine. Movies will move to an indoor location in inclement weather. A special kids' food buffet will begin promptly at 5pm on the Kids' Rooftop.

- June 17<sup>th</sup>: The Jungle Book
- June 24<sup>th</sup>: Storks
- July 1<sup>st</sup>: The Angry Birds Movie

July 8<sup>th</sup>: The Secret Life of Pets  
July 15<sup>th</sup>: Pete's Dragon  
July 22<sup>nd</sup>: Finding Dory  
July 29<sup>th</sup>: Kubo & The Two Strings  
August 5<sup>th</sup>: The Lego Batman Movie  
August 12<sup>th</sup>: Moana  
August 19<sup>th</sup>: Beauty & The Beast  
August 26<sup>th</sup>: Sing

### **Speeding up Your Access to the Club**

To speed your access to the club, and increase the speed for those behind you, please have your membership card, membership key fob, program card, or have the LSF app open on your mobile device. Please hand your check-in item to the front desk attendant. If you have lost your card or key fob, you can purchase a new one at the Front Desk.

If you are planning to bring a guest, please make sure your guest brings in a photo ID. Your guest will fill out an electronic waiver upon entering the club. You can speed up this process by sending your membership advisor your guest's name, address, email, and date of birth.

### **Help Lakeshore Physical Therapy and LSF Fight Lupus!**

Lakeshore Physical Therapy and Lakeshore Sport & Fitness are joining together in the fight against lupus. This is the second year we will be participating in the *Walk to End Lupus Now!* in Chicago. We would love your support of our team! Simply click on our team page below to show support or join us for the 3 mile walk along Chicago's beautiful lakefront on Sunday, June 11 at 5:00 pm at Montrose Harbor.

[http://lupus.convio.net/site/TR/WTELN/General?team\\_id=3585&pg=team&fr\\_id=1213](http://lupus.convio.net/site/TR/WTELN/General?team_id=3585&pg=team&fr_id=1213)

## **Club 48 Corner**

### **Club 48 Calendar**

Club 48 Calendar is now available on our website. It features new and exciting activities for our club 48 members such as: SWIMMING, ROOFTOP GAMES, AND DJ LESSONS.

[http://www.lakeshoresf.com/wp-content/uploads/LSF\\_LP-Club-48\\_-2017-06.pdf](http://www.lakeshoresf.com/wp-content/uploads/LSF_LP-Club-48_-2017-06.pdf)

### **Club 48 5 on 5 Dodgeball Tournament Wednesday, June 21, 5PM-7PM**

Attention all Club 48 members! It's time to see who's the best in a 5 on 5 Dodgeball tournament! Get your team together now and register, as spaces are limited! As always, we'll provide food 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](mailto:Club48@LakeshoreSF.com).

### **Sneak Peak Into Camp 48's Awesome Activities**

We have the BEST summer line-up for 4th-8th graders in the city of Chicago! Some of our favorite activities for Camp 48 include

- Go-kart racing, rock climbing & a trip to Six Flags during Adrenaline Week
- Learn to be a DJ during Creative Expression Week
- Kayak, build campfires & fish during Into the Wild Week!

See more about our awesome weeks of Camp 48 [here](#) or email us at [Camp48@LakeshoreSF.com](mailto:Camp48@LakeshoreSF.com).

## **Racquets Corner**

### **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.

### **2017 Summer Tennis Registration has begun, with a “bonus”!**

Our Summer I session begins on June 5<sup>th</sup> and will run until July 16<sup>th</sup>. We are still accepting registrations for adult and junior classes as well as private lessons! Adults who register for a pre-paid private or group lesson will qualify for complimentary court time booking privileges for the session! Please contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) for more information.

### **LSF Announces Orange Ball USTA Junior Tournament!**

The Tennis department at Lakeshore is excited to be hosting a sanctioned USTA Junior Tournament held at the Lincoln Park location on Saturday, June 10<sup>th</sup> from 10am to 2pm! Interested participants can register through the USTA website, or reach out to Coach Scott or Coach Charles for more information at [ScottJ@LakeshoreSF.com](mailto:ScottJ@LakeshoreSF.com) or [CharlesP@LakeshoreSF.com](mailto:CharlesP@LakeshoreSF.com).

### **Rally Ball on June 2nd**

Lakeshore will be hosting its final Rally Ball until the Fall on June 2<sup>nd</sup>! A night of tennis, pizza and a movie with Coach Abby awaits! Children between the ages of 4 and 9 are welcome to join us from 6-10pm. If you have any questions or would like to pre-register your little ones please contact Coach Abby at [AbigailC@LakeshoreSF.com](mailto:AbigailC@LakeshoreSF.com) or (773)-770-2470.

Cost is \$27 for members and \$37 for guests.

### **LSF Flex League is Back!**

Flex League will be back this summer, following our spring hiatus! What better way to fit in some competitive match play this Summer 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 (mornings, evenings, weekends, it's up to you!) At the end of the session awards are given out to the top 3 players in each level. Our Summer Session of Flex League will start on Monday, June 5th and will run for 12 weeks, so there is plenty of time to fit your 10 matches in between vacations! We are currently looking for players of all levels. Participants will also be eligible for complimentary court time during the session! Contact Clara at (773)-770-2437 or [ClaraT@LakeshoreSF.com](mailto:ClaraT@LakeshoreSF.com) for more information.

## **Aquatics Corner**

### **Summer Aquatics Session Now Open!**

Summer Session starts Monday, June 5th! Sign up for the first summer session of Aquatics classes June 5 - July 23! Whether you're getting ready for summer vacation or summer camp, swim classes are the perfect choice! Classes are offered at ideal times every day and an excellent way to build life-long bonds and friendships while developing social etiquette. Group classes provide an environment where healthy competition between swimmers can encourage them to work harder to improve their swimming technique, endurance and speed. Our curriculum and instructor training are developed by staff with Olympic and International competitive experience. [Click Here for Summer Schedule](#)

### **Stingrays Offers First Summer Swim Camp!**

Lakeshore Sport & Fitness and the Stingrays Swim team are offering two Summer Fitness and technique swim camps. Each camp is six days long with multiple previous collegiate athletes and USA swim coaches that offer an outstanding swimmer to coach ratio. Swimmers need to be proficient in all strokes as well as cover a minimum hourly mileage of 800 meters per hour. Focus will be on technique and endurance improvements to prepare swimmers for the end of the Summer Season. A great opportunity for regional, State and Zone swimmers to get in extra work before these meets, as well as getting a jump-start on the upcoming fall season. Price includes pool time, dive practice, meals, and gear packs. Space is limited! [Click Here for Summer Swim Camp Information](#)

## **Camp Corner**

### **Join Us for Junior Camp for 3.5-5 Year Olds**

Junior Camp is a great way to provide your young ones (3.5-5 years old) with a traditional day camp experience this summer. Junior Camp is an action-packed program geared to engage your kids creatively, physically, and socially over the course of our 13 week summer. Specialist provide activities in the areas of Sports, Science, Music, Theater, Yoga, Art, Nutrition, and Swimming. The carefully selected Camp Counselors help our young campers forge friendships and develop their social skills throughout each day. Lakeshore Day Camps provides snack for both groups and lunch for the full day campers. Please contact Sandy Laing, Camp Director via email at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com) to answer questions or to sign up!

### **Sign Up for PeeWee Camp for Our Youngest Campers**

Our option for the youngest members of the club. This half-day program combines the summer time favorites of outdoor play and swimming with a preschool atmosphere. Circle-time, gross and fine motor skill development help to prepare PeeWees for big-kid preschool programs. Get ahead this summer with swimming, sports, music, art, and more! Please email [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com) to sign up!

### **Camp Lunch Menu is Available On Line**

Please check the Camp Lunch Menu on the Lakeshore Sport & Fitness website <http://www.lakeshoresf.com/wp-content/uploads/Lakeshore-Day-Camps-Lunch-Menu-2017.pdf> to determine if the menu works with your campers discerning taste. The same menu will be used for Day Camp, Tennis Camp, and the 2nd and 3rd grade Specialty Camps. If your child has allergies or dietary restrictions, please email [LPCamp@Lakeshoresf.com](mailto:LPCamp@Lakeshoresf.com) for additional help and menu choices.

## **Kid's Corner**

### **LSF Academy Kids Classes Registration Is Now Open!**

Join us for basketball, soccer, dance, superhero training and two NEW classes - **Parent & Child Yoga & Ninja Warrior Junior!** Classes run for 6 weeks, starting June 5th or July 17th. Cost per member is \$100 and non-member is \$120. See more information [here](#) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **Superhero Training, Kids In The Kitchen, Dance Camp & More!**

This summer we are offering an array of new programs for campers entering 2nd & 3rd grade - there's something for every style and taste! Cooking, Dance, Sports, and Superhero Training Camps are offered as single-week camps, running Monday through Friday from 9am-3pm. Cost is \$465 per member & \$600 per guest. Register via our registration form, which can be found [here](#). Email [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com) for more information.

## **Bulls Basketball Camp Comes To Lakeshore Sport & Fitness**

Learn how to play basketball like a champion this summer at Bulls Basketball Camp at LSF! We'll work on ball handling, passing, shooting, rebounding, team concepts and so much more! This camp is open to all boys and girls ages 5-12. See more information about camp [here](#) or email us at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

## **Save the Date: Rockin' The Rooftop Family Concert on July 8<sup>th</sup> at 4PM**

Join us for an outdoor rooftop concert on Saturday, July 8th at 4pm. A Chicago favorite in the family music scene, Laura Doherty & The Heartbeats, acoustically rock your kids' world with original fold-pop tunes that will get even the shyest wallflower to wiggle across the dance floor. They'll be performing favorites from Doherty's 4 award-winning albums, including the El Train song and other highly requested kid classes! The cost is \$10 per LSF member or \$15 per non-member. Reserve your space today on [www.myLSF.net](http://www.myLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

## **Family Campout On The Rooftop: Spots Available On August 18TH!**

Want to take your family camping, but not quite ready for the true wilderness? Join us on the rooftop for a night of camping, Lakeshore style! Dinner, games, songs, crafts, movie, snacks, swimming, breakfast and more are all included. Tents are available to rent. Adult beverages are available to purchase. The cost is \$148 for 1 adult & 1 child. Additional adults cost \$25, while additional children cost \$15. The July date is SOLD OUT, but there is still room on Friday, August 18th. Reserve your space today on [myLSF.net](http://myLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

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



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