



# LSF LOOP

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



June 13, 2017

**In this edition:**

## Special Events

- Jammin' on the Roof!
- Rooftop Movies Start This Saturday!
- Save The Date: Rockin' The Rooftop Family Concert July 8<sup>th</sup>!
- Family Campout on the Rooftop: Spots Available on August 18<sup>th</sup>!

## Club Information

- Activities on the 4<sup>th</sup> Floor that Involve a Ball
- EarthChoice Cups Belong in the Trash!

## Camp Corner

- Openings are Filling Fast at Summer Camp
- Junior Tennis Camp has open availability!
- Bulls Basketball Camp Comes To Lakeshore Sport & Fitness
- Stingrays Offers First Summer Swim Camp!
- PeeWee Summer Camp
- Superhero Training, Kids In The Kitchen, Dance Camp & More!

## Classes and Lessons

- 2017 Summer Tennis Registration has begun, with a "bonus"!
- Summer Aquatics Session Still Accepting Enrollment!
- LSF Academy Kids Classes Registration Is Now Open!

## Featured Staff Members

- Featured Tennis Professional: Calvin Tomaschko
- Introducing our newest Spa Team Member: Mark Odishoo
- Introducing our newest PT360 Team Member: Cheryl Nowlin

## Special Events

### Jammin' on the Roof!

Join us every week for an exciting evening of complimentary music on the roof while you dine at Harvest. We will feature live music every Thursday night at Harvest from 5:30pm-8:30pm. The line-up features a wide variety of genre-defying music from jazz and pop, to country, oldies and top 40 hits. Reservations are recommended and remember that while dining at Harvest, childcare is free! Guests are welcome so bring your friends to the best rooftop restaurant in Chicago!

6/15/17	Elle Casazza	Jazz / Soul
6/22/17	Valentine Bennett	Top 40 Pop
6/29/17	Brent Brown	Top 40 Pop
7/6/17	Eric Lucky	Variety
7/13/17	Jennifer Fletcher	Country
7/20/17	Mallory Lennon	Classic Rock & Oldies
7/27/17	Fluky Trio	Jazz
8/3/17	Morgan Station	Country
8/10/17	Luke Schmitt	Oldies & Top 40
8/17/17	Tristan Bushman	Top 40 Pop

### Rooftop Movies Start This Saturday!

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 5 pm on the Kids' Rooftop.

June 17th	The Jungle Book
June 24th	Storks
July 1st:	The Angry Birds Movie
July 8th:	The Secret Life of Pets
July 15th:	Pete's Dragon
July 22nd:	Finding Dory
July 29th:	Kubo & The Two Strings
August 5th:	The Lego Batman Movie
August 12th:	Moana
August 19th:	Beauty & The Beast
August 26th:	Sing

**Save The Date: Rockin' The Rooftop Family Concert July 8<sup>th</sup>!**

Join LSF for an outdoor rooftop concert on Saturday, July 8th at 4 pm. 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 [myLSF.net](http://myLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **Family Campout on the Rooftop: Spots Available on August 18<sup>th</sup>!**

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).

## **Club Information**

### **Activities on the 4<sup>th</sup> Floor that Involve a Ball**

Just as we enjoy having our kids playing various sports and activities on the rooftop at LSF, our neighbors deserve to enjoy a safe and quiet environment at their residences next door. Recently, we have had a number of kids seen deliberately throwing or kicking various balls (tennis balls, basketballs, footballs and kick balls) over our 20' fence/netting that have resulted in damaged cars, injured people and one landed on a patio and cracked a sliding glass door. We ask that you help us maintain a safe play area on the 4<sup>th</sup> floor and please explain to your children the inherent danger and damage that a ball could inflict on a small child in a stroller or the hood of a car.

Also, as a reminder, the Great Lawn is for adults only and no balls are allowed on this side of the roof at all due to low fence heights.

Thanks for your support in making our 4<sup>th</sup> floor a fun and safe haven for our members as well as our neighbors.

### **EarthChoice Cups Belong in the Trash!**

Things aren't always what they appear. As part of our effort to protect the earth, LSF purchases EarthWare cups for use by our guests. While they look and feel like plastic, they are actually not plastic and should not be put in the recycling bin. These EarthWare cups are compostable because they are constructed of 100% annually renewable material called Ingeo that is made from plants. The Earthchoice Cold Drink Cup acts and feels like a typical

cup, yet is free of harmful petrochemicals. Please dispose of these in the TRASH where they will decompose, thereby taking up little to no space in landfills. Of course, the best option is to use your own reusable water bottle.

## **Camp Corner**

### **Openings are Filling Fast at Summer Camp**

Summer Camp is in full-swing at LSF. If you'd like to sign up for a day here and there or a week between your other summer plans, we'd love to have you join us! Lakeshore Day Camps is our traditional camp program offering activities for 3.5-12 years old. Full-day programs, which include field trips, Wild Wednesdays, and much more, run for all ages. Half-day programs are available to kids under 5 and include swimming each day, art, science, sports, and music. For more information or to sign up, please email [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com)

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

Our 12-week Junior Tennis Camp which began 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.

### **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).

### **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, transportation, and gear packs. Space is limited! [Click Here for Summer Swim Camp Information](#)

### **PeeWee Summer Camp**

PeeWee is the perfect place for your 2-4 year old to thrive this summer. As one of the only

programs in Lincoln Park where toddlers and preschoolers get daily swim lessons and an outdoor play space, we are a favorite in the neighborhood. Join the camp tradition and sign up your little one for a trial day and Friday. For more information please email [PeeWee@LakeshoreSF.com](mailto:PeeWee@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.

## **Classes and Lessons**

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

Our Summer I session began on June 5th and will run until July 16th. 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.

### **Summer Aquatics Session Still Accepting Enrollment!**

Summer Session has started! 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 lessons 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 experience. [Click Here for Summer Schedule](#)

### **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).

## **Featured Staff Members**

**Featured Tennis Professional: Calvin Tomaschko**



From a small town in the thumb of Michigan, Calvin started tennis his first year of high school and has loved the sport ever since. Reaching #1 varsity doubles he went to study at Michigan State University (Go Green!) for Graphic & Web Design and continued to play in recreation leagues and pick up matches.

Calvin's first job after college was tennis instructor for Todd Martin Youth Leadership, a non-profit organization providing tennis and leadership skills for underprivileged youth. His love of coaching and working with the kids led him to pursue and gain his USPTA certification in the summer of 2015. Calvin instructs to pass on his love of the game by focusing on fun with others and personal growth.

He believes anyone can play the game and has training and experience with 10 & under juniors, competitive high school level, adult travel team, wheelchair, adaptive, and beginners of all ages. Calvin will also be heading our Paddle, Pickleball and Table Tennis programs! If you have any further questions for Calvin or if you would like to set up a lesson he can be reached at [CalvinT@LakeshoreSF.com](mailto:CalvinT@LakeshoreSF.com).

### **Introducing our newest Spa Team Member: Mark Odishoo**

Mark Odishoo is a Licensed Clinical Massage therapist and is our newest Spa team member. Mark has over 10 years experience in the massage profession. He specializes in Pre and Post natal massage, Swedish Massage, Stress reduction and relaxation. Join me in welcoming Mark to the team. For additional information on our massage program, contact Josh Vron dran [LPSpa@lakeshoresf.com](mailto:LPSpa@lakeshoresf.com)

### **Introducing our newest PT360 Team Member: Cheryl Nowlin**

Cheryl Nowlin received her personal training certification through National Academy of Sports Medicine (NASM). Her background is in Dance Performance, and she holds a BFA in Dance Performance and Choreography from the University of Southern Mississippi and she has been performing professionally in Chicago since 2012. Cheryl's specialties include Group Training, Resistance Training, Flexibility, Ballet and Modern Dance Technique.

For additional information on our personal training program, contact Josh Vron dran [PT360@lakeshoresf.com](mailto:PT360@lakeshoresf.com)

LAKESHORE SF | 1320 W. FULLERTON | WWW.LAKESHORES.F.COM



---

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

Lakeshore Sport & Fitness  
1320 W. Fullerton  
Chicago, Illinois 60614  
US

[Read](#) the VerticalResponse marketing policy.

