



# LSF LOOP

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



July 7, 2017

**In this edition:**

## Club Events

- Wine Down Wednesdays
- Our Live Music Summer Series “Jammin’ on the Roof” Takes Place Every Thursday at Harvest!
- Join Us For The Rooftop Showing Of *Pete’s Dragon* Movie This Saturday!
- *Harvest Presents Love’s Labor’s Lost* on the Great Lawn: Monday, July 24th at 6:30PM
- Young Adult Pickleball tournament: Thursday, July 27<sup>th</sup> from 7pm – 9pm
- July 30<sup>th</sup> Member Summer Party
- Spend A Night Under The Stars At Our Family Camp Outs on July 14<sup>th</sup> or August 18<sup>th</sup>!

## Pool Policies

- Swim Diapers Required in 4th Floor Pool
- Please Shower Before Entering Any Pool
- First Floor Pool for Lap Swimming Only

## Camp Corner

- Bulls Basketball Camp Starts This Week! Spots Available For Remaining Weeks!
- Your 9-12 Year Old Will Have a Blast at Adventure Camp!

## Club 48 Corner

- Camp 48 Upcoming Themes Include Future Chefs, Archery & Horseback Riding!
- Check Out July’s Club 48 Classes, Including Our New Dj Class!

- **Club 48 Slip N' Slide Pool Party Is Wednesday!**

## **Kids Corner**

- **Kids' Night Out Is Next Friday!**
- **PeeWee Playschool Fall Enrollment Starts on July 17<sup>th</sup>**

## **Racquets Corner**

- **Junior Tennis Camp Has Open Availability!**
- **2017 Summer II Tennis Registration Has Begun, With a “Bonus”**

## **PT360 Corner**

- **Get A Workout With One Of Our New PT 360 Team Members**

## **Club Events**

### **Wine Down Wednesdays**

Wine Down Wednesdays are back! Join us every Wednesday for yoga on our glorious rooftop. Then relax even further with a complimentary glass of wine afterwards. All levels and guests welcome. Stick around and enjoy dinner at our rooftop restaurant Harvest. In the event of inclement weather, we will head indoors to our yoga studio on the second floor. Guests are welcome!

### **Our Live Music Summer Series “Jammin’ on the Roof” Takes Place Every Thursday at Harvest!**

Join us every week for an exciting evening of complimentary music on the roof while you dine at Harvest. We 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!

### **Join Us For The Rooftop Showing Of *Pete's Dragon* Movie 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' dinner will begin at 5pm on the Kids' Rooftop. Check out the rest of July's lineup below:

July 15th: Pete's Dragon

July 22nd: Finding Dory

July 29th: Kubo & The Two Strings

**Harvest Presents *Love's Labor's Lost* on the Great Lawn: Monday, July 24th at 6:30PM**

The Backroom Shakespeare Project presents Doors open at 6PM (first come, first serve seating.) Tickets are free and only adults 18 and over will be permitted on the Great Lawn. Bring a blanket and enjoy great cocktails and food from Harvest! The Backroom Shakespeare Project is a unique theatre group with the goal of making Shakespeare fun and accessible to everyone. Do not expect a polished and stuffy Shakespeare play. Do expect a truthful, engaging, and original take on one of The Bard's finest comedies (for more info, visit [www.backroomshakespeare.com](http://www.backroomshakespeare.com)).

**Young Adult Pickleball tournament: Thursday, July 27<sup>th</sup> from 7pm – 9pm**

Calling all 21 – 35 year olds! On Thursday, July 27<sup>th</sup> round up your friends and co-workers and join us for a fun Pickleball tournament on the Lakeshore rooftop! No pickleball experience needed...we'll show you how to play. Complimentary pizza and beer will be served to all participants throughout the event. Each member of the first and second place teams will receive gift cards compliments of Lakeshore Sport & Fitness. This event is free if you bring 2 or more guests, \$10 with no guests and \$5 with one guest. Please RSVP and register your guests with Sean in Membership ahead of time: [SeanC@LakeshoreSF.com](mailto:SeanC@LakeshoreSF.com) or [773-770-2404](tel:773-770-2404). Space is limited so sign up early!

**July 30<sup>th</sup> Member Summer Party**

Summer Member parties are back at Lakeshore! Join us for fun, games and music from the "Matt Stedman Band & Ring of Music Orchestra" on Sunday, July 30<sup>th</sup> from 2:00pm – 4:00pm on the rooftop at Lakeshore! We will have food, games, face painting and all kinds of activities for adults and kids to enjoy. There will be food served for the little ones on the kids' side of the roof and an adult offering at Harvest including beer and wine. Come on out and enjoy a slice of Chicago summer on the rooftop at Lakeshore!

**Spend A Night Under The Stars At Our Family Camp Outs on July 14<sup>th</sup> or 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 on July 14<sup>th</sup> or August 18<sup>th</sup>. Dinner, games, songs, crafts, movie, snacks, swimming, breakfast and more are all included. Tents are

available to rent. Adult beverages are available to purchase. Reserve your space today on [myLSF.net](http://myLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com). Cost is \$148 for one child & one adult. Additional adults are welcome for \$25 each and additional children are welcome for \$15 each.

## **Pool Policies**

### **Swim Diapers Required in 4th Floor Pool**

Swim diapers are required for all children under 3 or who are not potty trained. Any accidents resulting in a pool closure will result in a charge of \$150 on the host's account.

### **Please Shower Before Entering Any Pool**

State law as well as common courtesy requires those entering whirlpools and pools to shower before entering the pool. This will also help keep the pools cleaner and clearer. Please help us out by having your kids shower especially after they have suntan lotion on their bodies. Your fellow members thank you for your cooperation.

### **1<sup>st</sup> Floor Pool for Adult Lap Swimming Only**

Please remember that the 1<sup>st</sup> floor pool is for lap swimming and is for use by those in high school and older only unless a child is part of a private swim lesson or on the Stingray's Swim Team. We thank you for respecting your fellow members and honoring this policy.

## **Camp Corner**

### **Bulls Basketball Camp Starts This Week! Spots Available For Remaining Weeks!**

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 and runs Monday-Friday from 9am-12pm. Cost is \$299 per member & \$350 per guest. See more information about camp [here](#) or email us at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

### **Your 9-12 Year Old Will Have a Blast at Adventure Camp!**

Sign up your 9-12 year old for Adventure Camp and your tween will thank you. Adventure Camp goes on 2 field trips each week. One is self-planned and directed by the campers, the other is pre-planned and super fun. On Fridays, we go to water parks, trampolines gyms, an improv show, the beach, and even Six Flags. The rest of the week we swim, play sports, film weekly news and music videos, and so much more. Sign your tween up for a summer to remember by contacting Sandy Laing, Camp Director, at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

## **Club 48 Corner**

### **Camp 48 Upcoming Themes Include Future Chefs, Archery & Horseback Riding!**

We have the BEST summer line-up for 4th-8th graders in the city of Chicago! See more about our awesome weeks of Camp 48 [here](#) or email us at [Camp48@LakeshoreSF.com](mailto:Camp48@LakeshoreSF.com). Spots are filling up fast and are limited so sign up now.

### **Check Out July's Club 48 Classes, Including Our New Dj Class!**

Join DJ Kristina on Thursday's to learn how to be a DJ! Other favorite classes include Nine Square in the Air, GaGa Ball and Soccer. Check out our Club 48 July Activity Schedule [here](#).

### **Club 48 Slip N' Slide Pool Party Is Wednesday!**

Pack your swimsuit and get ready to slip AND slide at our special Club 48 event this Wednesday from 5-7pm! Our two story inflatable water slide, slip n' slides and the pool are open for all 4th-8th graders! 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](mailto:Club48@LakeshoreSF.com).

## **Kids Corner**

### **Kids' Night Out Is Next Friday!**

Join us for one of our favorite monthly events - Kids' Night Out, for a fun-filled night of swimming, pizza, games and a movie. The program runs Friday, July 21st from 6-10pm. The featured movie this month is *The Jungle Book*. Four hours of babysitting with dinner included while you hit the town - it doesn't get much better than that! The cost is only \$25 for members and \$35 for non-members. Save your child's space today by registering via [MyLSF.net](http://MyLSF.net) under "Program Registration". For more information, e-mail [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **PeeWee Playschool Fall Enrollment Starts on July 17<sup>th</sup>**

Our PeeWee program will begin enrolling for the fall on Monday July 17th. We are accepting new students aged 24 months - 48 months. PeeWee Playschool is the best place for your little one to prepare socially, emotionally, and physically for preschool and pre-k. With a focus on gross and fine motor skills, imaginary play, and a daily swim lesson the kids have experiences that will ignite their passion for life-long learning. Please email [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com) for details, answers, and registration materials.

## **Racquets Corner**

## Junior Tennis Camp Has Open Availability!

Our Junior Tennis Camp which will be running daily until 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 II Tennis Registration Has Begun, With a “Bonus”

Our Summer II session begins on July 17<sup>th</sup> and will run until August 27<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.

## PT360 Corner

### Get A Workout With One Of Our New PT 360 Team Members

Cheryl Nowlin is one of our newest PT 360 team members. Cheryl earned her BFA in Dance Performance and Choreography from the University of Southern Mississippi. Cheryl is a NASM certified personal trainer, with specialties in Group Training, Resistance Training, Flexibility, Ballet and Modern Dance Technique. Cheryl teaches a Small Group Training class in the PT Studio every Saturday at 11 am. Cost is \$30 per class. Come join the fun! If you are interested in setting up a free fitness consultation, or a 1 on 1 private training session, contact Josh Vron dran at [PT360@lakshoresf.com](mailto:PT360@lakshoresf.com).

LAKESHORE SF | 1320 W. FULLERTON | [WWW.LAKESHORES.F.COM](http://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.

**vertical  
response**  
A DELUXE COMPANY  
Free Email Marketing >>

