



LSF LOOP

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



September 19, 2017

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Club Information

September Member Summer Party: This Sunday From 2-4PM

Do not miss the final summer Member party of the season at Lakeshore! Join us for fun, games and music from the popular "The Friendly Band" on Sunday, September 24th 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 the final slice of Chicago summer on the rooftop at Lakeshore!

Pound 4 Pound – Lose Weight for a Cause and Win \$1,000! Register Now!

Pound 4 Pound is a fun and educational way to lose weight while helping out a great cause: for every pound you lose, LSF will donate a pound of food to those in need! The person who loses the most weight across our clubs wins \$1,000 and the winner at each club wins a free year membership! Develop healthy practices and lose weight before the holidays so that you look great and are ready for all the temptations!

In this 7 week program, you have full access to a trainer who will be holding you accountable to your workouts and nutrition via in person training and accountability meetings as well as via an App. You will receive 7 weeks of programming in a small group where you will learn how to effectively program all of your workouts including, strength, cardio, functional motion, free weights and more! Plus, every week you receive a full guide for what to do daily to ensure optimal results. All participants receive a program t-shirt, pre-program nutrition seminar and post program cocktail party and awards ceremony. Program cost is \$299 and starts on October 2nd. To register or for more information, please contact PT360@LakeshoreSF.com

Elevator Upgrades! From October 1-15th

The elevator will be undergoing substantial upgrades to make it move more smoothly and rapidly. This work will take place over two weeks at the beginning of October (exact dates are being finalized with our vendor) and means that the elevator will not be available during this time. We are paying a premium for our contractors to get this work done as fast as

possible (they originally wanted 4-5 weeks of downtime!). We will have extra staff around during key times to help with strollers, children and others in need of the elevator. We apologize for the inconvenience, but hope that you find the improved operations worth it! If you have any questions or concerns, please contact us at MemberServices@LakeshoreSF.com.

Racquet's Corner

2017 Fall Tennis Registration is Still Open!

Our fall session of Tennis classes runs until November 5th still has openings in adult and junior classes of all levels! We offer pre-paid private and semi-private lessons and many group classes including Future Stars (3+ years), Under 8, Under 10, Under 12, Under 14, Under 16, Junior Academy and Adult Group classes. For more information, please contact LPRacquet@LakeshoreSF.com for more information or to sign up.

Ladies Daytime Doubles Mixers now Offering Multiple Levels!

The Racquet Sports Department is excited to announce the monthly Ladies Daytime Doubles mixers will now be offering a 2.6-3.0 and a 3.1-3.5 level! Come join us for some friendly competitive play in the morning or middle of your day. E-mail or call Charles Phelps for more information or to register at CharlesP@LakeshoreSF.com or (616) 308-1970.

Adult Co-Ed Team Tennis: Get Your Team On!

The LSF Tennis Department is now offering Adult Co-Ed Team Tennis starting Nov. 11, 2017! Matches will take place on Saturday afternoons followed by complimentary food and beverages. Compose a team with a minimum of 3 Ladies & 3 Men or a maximum of 10 total players. The season will offer six regular season matches over the course of the Winter I programming session. Each team match will include six one set matches first six with no-ad scoring including Men's & Ladies Singles, Men's & Ladies Doubles and Two separate sets of Mixed Doubles.

All teams will have an opportunity to qualify for the playoffs and win the Team Cup. Sign-up as a team with a crafty team name and receive the team rate, or sign-up as a partial team/ individual and we will connect you to a team. Member Team: \$600 (5 LSF Members required), Guest Team: \$700 (less than 5 LSF members) or Individuals: \$149 (member) \$209 (Guest). For more information contact CharlesP@LakeshoreSF.com or DannyM@LakeshoreSF.com or call 773.770.2470.

"Drop-In" Drill N' Play Tennis Now Available

The tennis department is pleased to expand the number of high paced tennis drilling classes available on a weekly basis. These classes are designed to have our members sweating before the warm-up is over and ready for the work day after. These 60 minute

offerings are drop-in registration with a 24 hour notice for players at the 3.0-4.0 level at \$24 a class. Classes are offered Monday 11-12 PM, Tuesday 7-8 AM, Thursday 7-8 AM and twice a month on Fridays 7-8 AM and Sundays 8-9 AM. Contact LPRacquets@LakeshoreSF.com for more information.

Join us for Pickleball, the Fastest Growing Racquet Sport in America!

This super fun sport will leave you smiling. A mix between tennis and ping pong this game is addictive! It's also easier on the body and shoulders than other racquet sports. We offer private and group lessons. Racquets are provided and the intro course comes at a great price point. Note: During the summer months pickleball is played on the rooftop tennis courts, come this winter pickleball will be offered at certain times in the week on tennis courts 7 and 8. Contact LPRacquets@LakeshoreSF.com for more information.

Come Join us in Cardio Tennis!

Come out and join your fellow tennis players for some cardio tennis drills at the club! We offer options for every level during the week and on weekends. Cardio Tennis is a combination of feeding drills and live-ball action, all played with groups of the same level. You can join by session and we also offer drop-in options (with 24 hours' notice). For the most up to date information on class options, session dates and times, please contact Scott Johnson at ScottJ@LakeshoreSF.com. We look forward to seeing you there!

In-House Paddle Leagues In Formation

Have you played paddle before but are not able to make the commitment to a team? Are you interested in playing more paddle but don't have a regular game or don't want to travel to the suburbs all the time for matches? Let us know as we are looking to put together "In-House" leagues with regular games on weekdays for those who do not work and weekend afternoons for everyone. No commitments at this point – just trying to gauge interest. Email us with your interest at LPPaddle@LakeshoreSF.com.

Club 48 Corner

Club 48 October Schedule is Announced!

Check out our new and improved Club 48 Schedule! Based on the feedback of our Club 48 Leadership Team comprised of kids, we've added classes, made them more age appropriate and added more special events. As a reminder, these programs are open to all members in the 4th-8th grades. No need to sign-up – just show up! See the schedule here and email us at Club48@LakeshoreSF.com for more information.

New at LSF! Drone Flying for Families on September 23rd!

Have you ever been interested in learning how to fly a drone? Come join us on Saturday,

September 23rd from 7-9pm to learn how to fly a drone above our tennis courts. All participants must be in 4th grade or older. The cost is \$49 per drone if you are bringing your own (make sure you have enough batteries to fly for 2 hours!) or \$89 per drone if you would like to use ours. Only 2 spaces remain, so reserve your spot today by emailing KidEvents@LakeshoreSF.com or register at MyLSF.net. All families who dine at Harvest prior to the event receive one free appetizer.

Do you have a Need for Speed? Race Car Event is on September 30th for those 4th Grade & Older!

Start your engines! Bring your own race care or rent ours to test out LSF's race track! Test your skills to get a driver's license on our practice course and work your way to an advanced course throughout the evening. Dinner is included. Spaces are limited, so reserve your spot today. The cost is \$49 if you use your own car (make sure you have enough batteries to keep racing all night) or \$79 if you want to use an LSF car. Register via MyLSF.net under Program registration or email KidEvents@LakeshoreSF.com.

Kids' Corner

Join Our Basketball & Dance Classes for Kids - Ages 3-10 are Welcome!

Our new LSF Academy session starts September 11th and will feature three levels of basketball instruction and two levels of dance instruction. LSF Academy is open to all 3 through 10 year olds. Cost per member is \$160. See the class information [here](#) or email us at KidEvents@LakeshoreSF.com for more information!

Do You Already Miss Summer Camp? Reserve Your Spot for School Day Out Camp now!

School Days Out Camp is LSF's September-to-May camp option when school is not in session. We offer a full day of engaging and recreational programming that makes full use of our facility, neighborhood and all-star staff. The cost is \$99 per day for members and \$129 for guests. See more information and the registration form [here](#).

PeeWee Playschool Fall Registration is Open! Schedule your Free Trial Day Today!

PeeWee Preschool is a drop-off program for 2-4 year olds that focuses on socialization, creativity, learning, and most of all, fun! The program includes circle time, art, music, yoga, gross motor play, a 30 minute swim lesson, snack and more! See more information and the registration form [here](#).

Aquatics Corner

Kids' Swimming Classes Start This Week!

We've been hard at work updating our swim lesson curriculum and staff development program to roll out this fall session - watch soon for updated class names, Learn to Swim in replacement of the Preschool classes, following suit with Levels 1, 2, and 3. We are excited to offer a stronger experience with a progressive teaching approach that allows students to learn at a pace that is comfortable and individualized, while in a fun learning environment. Registration information is available on our website [here](#). For more information, email LPAquatics@LakeshoreSF.com.

Two Pools Enable All LSF Members to Enjoy the Water

As you know, a key member benefit is that we have two pools so lap swimmers and those playing do not interfere with each other. The rooftop pool is kept at 84-86 degrees to appeal to both younger and older swimmers. While most lessons take place in this pool, it is also widely available for members to use. With only rare exceptions, at least a portion of this pool is open for members to enjoy.

The first floor pool which is kept at 78-80 degrees is reserved for lap swimming predominantly for adults, but also for our Stingray's Swim team. Again, we try to balance the different needs of all of our members in this pool and almost always there are lanes available for open swim. Please check the schedules of each pool to make sure you can swim how and when you want: http://www.lakeshoresf.com/wp-content/uploads/LSF_LP-Pool_Schedule-2017-05.pdf

Welcome Andy Parro to LSF as the Aquatics Manager!

Welcome Andy Parro, Aquatics Manager, to LSF! He has joined us to oversee our children's aquatics, support Stingrays swim, coordinate birthday parties and more! Andy brings 9 years of aquatics experience to Lakeshore Sport & Fitness and is excited to begin working with members and families in the pool. After growing up as a varsity swimmer and kinesiology student, Andy has been coaching the Whitney Young High School Swim Team since 2009 and has developed multiple state qualifiers as well as five All American Athletes. He has also worked as the founder and head coach of Six Point Aquatics and as Aquatics Director at The Lake Forest Club. He is passionate about the sport of swimming and committed to ensuring that proper and efficient stroke development is taught in all programming at LSF. "The will to win is important, but the will to prepare is vital".



In Other News

Lakeshore Physical Therapy: Good vs. Exceptional

Whether it is your first or your fiftieth time seeking physical therapy, you want to put your

health in the hands of a physical therapist that can help you achieve your goals. A good physical therapist has a solid education of the musculoskeletal system as well as training in biomechanics, neuroscience, physiology and kinesiology. Well-credentialed with a license in the state in which they practice is also a given requirement. But if you are seeking an exceptional physical therapist, there are some additional traits to look for in your provider.

[Want to know what they are? Check out Sally's blog post for more details!](#)

(<http://lakeshore-pt.blogspot.com>)

Lincoln Central Then & Now: A Photographic History

Lincoln Central Association is proud to host an encore presentation of its exhibit "Then & Now: A Photographic History" featuring Lincoln Park photographer and historian Bob Segal and LSF member to be held at Floating World Gallery located at 1925 N. Halsted.

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