



# LSF LOOP

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



**May 8, 2018**

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- **Summer Camp Forms Due May 15th! Please Complete Health Forms, Camper Profile, Lunch Options & More!**

### **Club 48 Corner**

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## **Club Information**

### **Don't Miss Mother's Day on the Rooftop!**

Make your Mother's Day special and join us on the beautiful Harvest rooftop for our annual champagne brunch on Sunday, May 13th. All moms receive a complementary flower and champagne. Sit down to dine on a feast of classic breakfast items including vegetable quiche, bacon, turkey sausage, and fluffy buttermilk pancakes. A carving station will be provided featuring brown sugar glazed smoked ham and tri tip sirloin. Satisfy your sweet tooth with macarons, trifle, vanilla and chocolate pudding cups on the dessert table. Bring the whole family and enjoy supervised entertainment provided for children from 11:00 AM-2:00PM. The price is \$38 for adults and \$15 for children. We still have seating available at 10:00 AM, 12:00 PM, and 1:00 PM so reserve your party today by emailing [LPEvents@LakeshoreSF.com](mailto:LPEvents@LakeshoreSF.com).

### **All Saints Evening – May 18<sup>th</sup>**

Join us for an evening of family fun on May 18<sup>th</sup>! The kids will play under the supervision of the LSF Camp team while adults will enjoy cocktails and a special sneak-preview of Harvest. While intended as a gathering for all the "saint schools" in the community, this event is open to all members and their guests as well. The child portion of the event is free for those who register ahead of time and beverages and food are available for all to purchase. For more information or to sign up you and your guests, contact [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com).

### **Harvest Opens on May 24<sup>th</sup>**

Harvest, our rooftop restaurant, will officially open on May 24<sup>th</sup>! Come out and try the great new seasonal menu and beverages that our team have been working on all winter! The fresh menu will feature ingredients grown on the roof! We will be open for lunch and dinner 7 days a week, and childcare is free for those presenting a receipt from Harvest! For more information about dining at Harvest or hosting an event, contact [FB@LakeshoreSF.com](mailto:FB@LakeshoreSF.com).

### **Guest Policy Update: Nannies Must be Registered**

We are continuing to roll out our new guest policy, which can be found on our web-site, and want to make sure everyone knows that all nannies must be registered ahead of time and added to your account to gain admittance to the club. Nannies include anyone who is picking up your child or children. This is for the safety of the kids and security of the club in general. To register your nanny, please contact [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com). There is no charge to have a nanny on your account, but they are not allowed to use the club other than for picking up and dropping off the kids. We also have memberships that allow the nannies to use the club on their own or with the kids. Please ask [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com) for more information.

### **Club Policies: The Great Lawn is For Adults Only**

The Great Lawn, located on the south side of the club, is for adults over 18 only. Kids are welcome to hang out and play on the north side of the roof. Please help us preserve this space for the quiet relaxation of our adult members.

### **Please Be Considerate In Our Parking Lots**

Please drive carefully and be aware as there are many small children going from car to club and back! Please only enter the main lot from Fullerton. If you are leaving the club during busy times, please exit the parking lot efficiently rather than, for example, having a cell phone conversation in your car while others wait for a space. Handicapped spots are for people with handicap signage only, not for waiting. To reduce any frustrations in your parking, please remember that the busiest times in the parking lot are around 5-15 minutes before the hour as many people are coming to the club for assorted classes and lessons.

### **4<sup>th</sup> Floor Pool Closure – May 21<sup>st</sup> through June 3<sup>rd</sup>**

The 4<sup>th</sup> floor pool will be closed for annual maintenance from May 21<sup>st</sup> through June 3<sup>rd</sup>. While the 1<sup>st</sup> floor pool will continue to be open during this time, it is not appropriate for kids to play in the 1<sup>st</sup> floor pool – it is intended for lap swimming only. We apologize for any inconvenience this may cause.

**Just for Adults**

## Let Lakeshore Trainers Help you Achieve Your ONE GOAL This Summer!

At Lakeshore, “*We set goals, we achieve them.*” One Goal is a new, motivating, inspiring, social and fun 8 week challenge designed to help members meet their “One Goal”. This program offers built in accountability, and a certified personal trainer as a coach and captain of your “One Goal Crew”! The program includes 8 weekly specialized group training sessions: you can choose between strength, endurance, and flexibility classes. These classes are designed to build comradery while you reach for your One Goal. You will also receive 4 private one-hour specialized personal training sessions, with a SMART plan to achieve your goal. Take the challenge and if you achieve your goal, choose between the following prizes - \$70 gift card to Harvest, two 1 hour massages, or 2 personal training sessions! For more information email [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)

## Group Fitness Teacher Feature – Jack Ryan

Jack has been teaching yoga since 2012. He is a very versatile instructor, teaching challenging vinyasa as well as gentle healing styles of yoga, as well as being a Group Fitness Instructor. Jack strives to help others achieve greater health through yoga. Jack teaches a class called “Yoga for Men” on Saturdays at 1pm, in which the class explores sequences designed for the male body.

## Group Fitness Class Highlight – Hatha Yoga

Nearly every style of modern yoga in the Western World is Hatha Yoga. It describes yoga with physical asanas, or postures. Hatha can be translated two ways, the first meaning “force,” describing movement based yoga, or from Ha (sun) and Tha (moon), the yoga of balance. Nearly all forms of yoga (ashtanga, bikram, vinyasa etc) stemmed from traditional Hatha. For this reason, you may see a variety of styles in a hatha yoga class, depending on the instructor’s background. Here at LSF, our Hatha Yoga classes tend to take on a more classical approach focusing on alignment and breathing in traditional yoga postures. We hope to see you in one of our hatha classes soon. We offer Hatha Yoga on Mondays at 12pm (Mark), Tuesdays at 6am (Mark) and 9am (Halle), Wednesday at 10am (Rhonda), Thursday at 6am(Mark), and Friday at 9am (Halle).

## LSF Masters Swim Team Places 2nd at State Meet!

Congratulations to our Masters Swim Team, who placed 2nd at the State Meet recently! The age diversity of the competing participants ranged from 23 to 76 years of age, which is amazing! Alex Frasier won overall for the 25-29 year-old category, and David Doerr won for the 34-39 category. Mary Fox, 76, placed second in the 500 free and first place in the 200 backstroke - amazing! Beyond this, we had many swimmers getting medals and placing at the top in their events. Great job, Masters Team! For more information about the Master’s team, please



email [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com).

## Racquet's Corner

### Use the App to Save Money on Your Tennis Court Rentals

Beginning June 1<sup>st</sup>, the price of making tennis court reservations at the Front Desk will increase by \$5. The price will not increase for any reservations made via the App, so download the App now (MyLSF) and register to use it so that you do not incur this increased cost.

### Sign up For Tennis Camp!

We are gearing up for another amazing summer of Tennis Camp at LSF! Campers will enjoy tennis drills and games led by our professional tennis staff as well as other camp activities and an option to swim in the afternoons! Our new online registration is now open and can be accessed [here](#). If you have any other questions please contact [LPRacquets@LakeshoreSF.com](mailto:LPRacquets@LakeshoreSF.com). Looking forward to another great summer in 2018!

### Danny McDermott Book Signing – May 10<sup>th</sup> from 5:30-7:30 PM

Our own Racquet Sports Director, Danny McDermott has published a book entitled “We Are Starving” based on his experiences using chess to help under-privileged kids realize their potential. This true story celebrates the genius and greatness of children living in abject poverty on the Westside of Chicago. Please join us on Thursday, May 10<sup>th</sup> from 5:30-7:30pm in the Igloo to a book signing event. Refreshments will be served and we hope to see you there.

## Aquatics Corner

### Your Child Can Take Private Swim Lessons While You Work Out!

Drop your little one off in childcare and during his or her stay, we'll also provide a swim lesson! Our professional, knowledgeable and fun swim instructors are available for morning and early afternoon private swim lessons - we'll change them, teach them pool basics, change them back into clothes and deliver back to childcare. Your child will gain confidence, improve swimming skills and keep moving in our family friendly pool - all while you tackle your to do list! The cost is \$34 for a 30 minute private lesson. Email us at [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com) to schedule a lesson today!

### Group Swim Classes Start This Week!

Join our Spring 2 Session of lessons, which runs April 23rd through May 20th. Class offerings and times can be found [here](#). Additionally, we have instructors available for private lessons throughout the week, so please contact us today

at [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com) to set up a lesson to keep your skills strong!

### **Stingrays Swim Team Summer Season is Under Way!**

Join our Stingrays Swim Team for their summer season! The summer season runs now through August 5th and will include weekly practices, swim meets, inter-squad meets, team socials, dive clinics and so much more! The Stingrays just completed their first USA Swim Meet of the season on Saturday and had their first dive clinic at Loyola on May 7<sup>th</sup>. To register for the summer season, complete this [form](#). To schedule a tryout, email us at [Stingrays@LakeshoreSF.com](mailto:Stingrays@LakeshoreSF.com).

### **Swim Team Summer Camp Registration is Now Open!**

The Lakeshore Stingrays are happy to announce we are hosting a swim camp again this summer! There will be 3 six-day swim clinics that are open for competitive swimmers of all ages and abilities who are currently on a team. Each session will consist of focus on the development of strokes, endurance training, specific focus on starts, turns, and relay exchanges, team building activities, guest coaching from three time Olympian Sebastian Rousseau, dryland training, visualization training, race strategy review, nutrition discussion and so much more! See additional details here or email us at [Stingrays@LakeshoreSF.com](mailto:Stingrays@LakeshoreSF.com).

## **Kid's Corner**

### **PeeWee Camp Starts June 4th - Sign Up Now - Spots Filling Fast!**

Pee Wee is a half day academic enrichment based program for ages 2-4. All camp activities are led by teachers who are experienced in Early Childhood Education. Our PeeWee's focus on academic enrichment each day by practicing letters, shapes, numbers and colors. Music & yoga are offered weekly and swim lessons are offered 5 days a week. Campers receive a morning snack each day, which always includes a fresh fruit and a bagged snack. Staff to camper ratio is 1:4. To sign up for PeeWee Summer Camp, [click here!](#)

### **Children's Programs Have Adjusted Hours During Memorial Day Weekend**

Childcare closes at 12:00pm on Monday, May 28th. PeeWee is closed on Monday, May 28th. Club 48 is closed Saturday, May 26th through Monday, May 28th. All programs will resume on Tuesday, May 29th. Enjoy the holiday weekend!

### **Childcare Users Must Check In Using Scan Cards, Key Fobs or LSF Mobile App!**

When checking in and out of Childcare, please be sure to always have your scan card, key fob, or the LSF mobile app easily accessible. We use these options for your child's safety. Using your LSF ID ensures that your child is being dropped off under the correct account and only picked up by you or someone you have authorized to pick him or her up. Staff are directed to only release kids to members who have their cards or use the mobile app. If you

inform the staff at time of drop off that someone else will be picking up (another LSF member or nanny), they can notate that in your account and will check ID at the time of pick up.

### **It's Birthday Party Season on the LSF Rooftop!**

Host your next birthday party at LSF – our staff will decorate, host, plan activities and clean up. You just have to show up! Book your birthday party today, which includes 2 hours of space rental, 3 LSF party hosts, decorations, tables, chairs, paper goods, activities, cake and ice cream. Food and drink packages available for purchase. Packages include tennis, swimming, sports, inflatable or custom party options. Contact us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) for more information.

### **Meet Our Summer Camp Team!**

#### **Emma - Summer Camp Registration & Billing Guru**

Emma is a recent transplant to Chicago after completing a year of AmeriCorps with College Possible Milwaukee. She served as the College Community Partner organizing campus visits and community service projects for Milwaukee high school students. She graduated from Beloit College with a degree in History and English Literary Studies. The most rewarding part of her college career was building an after school music program, Turtle Tunes, that provided free music education to children in the Beloit community. She currently coaches and rows with the Chicago Rowing Foundation and in her free time still enjoys playing the viola and exploring coffee shops around the city. Her favorite camp memory is going to the Wisconsin State Fair and riding the Ferris Wheel.



#### **Danny - Tennis Camp Director**

Danny completed on the ATP Satellite Tour in Europe following a successful collegiate tennis record at Mt. St. Mary's in Maryland. Danny earned his Doctorate degree from National-Lewis University in Leadership. Danny's first foray into coaching tennis was when he worked with Arthur Ashe developing the National Junior Tennis League in Alexandria, VA. While pursuing his teaching degrees, Danny worked for Lakeshore Athletic Clubs in the 1980s and 1990s. Subsequently, Danny became a teacher, a principal at multiple schools and educational levels and eventually was a candidate for Regional Superintendent of Schools. Danny returned to Lakeshore in 2011 where he has been running the racquets department ever since. Danny's philosophy on court and off is to instill a love for the game of tennis for all ages to enjoy throughout their lifetime.



## **Angie - Camp Lakeshore Director**

Angie is super excited for her first summer at LSF. She completed her undergraduate studies in Michigan at Ferris State University in Recreation Management and Leadership and has also completed her Masters in Recreation Administration in Wisconsin. Her past experience with children's programs include working with military families in before and after school programs, summer camps, and recreation programs. Angie has spent time as an Adventure Center Director facilitating ropes course, climbing wall, and canoe/Kayaking experiences for kids. Her favorite thing about camp is watching how much fun the kids have with any new experience. When not at Lakeshore gearing up for camp, she can be found playing in rec sports leagues, running, enjoying a lazy day or good book, and spending time outside. She is thrilled to be at Lakeshore serving families and is excited to work with camp staff to create an amazing experience for this year's campers!



## **Camp Registration is Open and It's All Paperless!**

We've moved our registration to be paperless; it's now all in a simple-to-follow online process, which can be found [here](#). If you are a returning camper, much of your information is already in the registration system. You'll simply need to log in using your email address and then select the camps and dates you'd like to attend. To complete registration, select your payment method and submit the application. Once we receive it and process the payment, you'll receive a confirmation email. As always, please feel free to reach out via email, as this is the fastest way to get in touch. Angie, Emma & Kenzi are all accessible via [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com). Let the countdown to Summer 2018 begin!

## **Camp Lakeshore Parent Orientation is Thursday, May 31st at 5:30pm! RSVP Today!**

Parents & Campers - Join us at 5:30pm for our Camp Lakeshore 2018 Orientation! You'll receive your group announcements (with NEW group names!), meet your counselors, get your t-shirt and parents - you'll have a camp presentation and opportunity for Q&A! New and returning campers are encouraged to join! Please note: This is a sit down event for parents, while campers will interact and get to know their counselors. The event starts promptly at 5:30pm. [Please RSVP for Camp Orientation here!](#)

## **Extended Sale for LSF Summer Camp Pre and After Camp - Sale Ends Friday, May 11th!**

It's the last few days to purchase Pre and After Camp at a discounted rate. Pre Camp is \$10 per day, while After Camp is \$20 per day, up until May 12th. Starting May 13th, prices increase to \$15 for Pre Camp and \$30 for After Camp. If you know which specific dates you would like to use those please email us a [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com). See detailed steps for how to purchase here: [Log into your account](#). Under "forms and documents", select "additional options". Select how many days you would like to pre purchase. Submit



the form.

### **Summer Camp Forms Due May 15th! Please Complete Health Forms, Camper Profile, Lunch Options & More!**

All Camp Lakeshore campers forms are due Tuesday, May 15th. These form help us to ensure we know about your child before camp starts and can give them the best possible care during camp! The forms also have important need to know health information so that we can be sure that your camper is always safe and we are able to make any accommodations needed. If you have a picky eater or dietary restrictions, we offer alternative options to our daily menu. Please see our menu and complete the alternative option form if needed. To ensure all lunches are prepared as desired, be sure to complete this form at least two weeks in advance of your camper attending. See detailed steps for how to complete: [Log into your account](#). Under "forms and documents", select each required form and complete. Submit all forms.

## **Club 48 Corner**

### **Club 48 May Schedule - Rooftop Tennis, Whiffle Ball & More!**

LSF offers THE PLACE for your 4th-8th grade child to spend time in an atmosphere filled with the friends who are ready to explore, have fun, and sometimes just hang out. So c'mon out and have fun everyday. There are various activities to have an amazing time everyday of the week. This is an exclusive club only available to our LSF members in the 4th-8th grade. To see our May Schedule of Programs and events please [click here](#).

### **Camp 48 - Few Spots Left in Adrenaline 1.0, Horseback Riding & Sleepaway Ranch! Don't Miss Out!**

Camp 48 is HOT this year and spots are filling up very quickly! These camps are designed to pique the interest of our 4th-8th graders who feel they are ready to take on new and exciting challenges, all summer long! Not only is the entire week designed to engage the older kids and keep them wanting more, but Camp 48 is also unique in that it is held almost entirely outside of the club. Most weeks will consist of a different field trip each day of the week - lunch and snack included. See additional details in our camp brochure [here](#) or email us at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

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