



LSF LOOP

What's New and News at Lakeshore SF



February 19, 2019

Especially for Adults

- Top 2 Tequila Tasting: Thursday, Feb 21st from 6-8 PM
- Mind & Body Special Event – Hip Hop Yoga Party - Friday, March 8th at 6:30pm
- Are You Suffering From A Weak Core? Try Our Pilates Reformer Classes!
- Our Massage Therapists Can Help You Become More Flexible!

Summer Camp Spotlight

- Lights, Camera, Action!
- Pee Wee Camp is the Perfect Summer Option for 2-4 Year Olds!

Club 48 Corner

- Spots Fill Fast in Camp 48!
- Club 48 Pamper Party

Kid's Corner

- Parents' Night Out Presents: St. Patty's Day Green Pool Party on Saturday, March 16
- Save the Date: Family 2-Ball Tournament on Saturday, March 23 from 3-5 pm
- Childcare Swim Lesson is a Perfect Match While You Workout or Take a Class!
- Spring Birthday Parties are on the Horizon, Consider Hosting Yours at LSF!

Racquets Corner

- There Is Still Time To Register For Tennis!
- LSF Flex League Is Looking For New Competition For Next Session!
- Registration Is Open For Tennis Camp!

Especially for Adults

Top 2 Tequila Tasting: Thursday, Feb 21st from 6-8 PM

LSF, along with Certified Agave Expert, John Kersey of Cream Wine and Spirits and

Evenlyn Botello of Tequila G4 are partnering to bring you a great night of tequila tasting, food pairing and education on the most delicious spirit in the world! Enjoy a journey of 8 tequilas from the top 2 ranked tequila distillers in the world, G4 and Fortaleza! These specialty spirits are limited and not always available to the retail public yet they will be available for purchase at members' only pricing, this one night only! For more information, please contact FB@LakeshoreSF.com. Space is limited. Register on the MyLSF app.

Mind & Body Special Event – Hip Hop Yoga Party - Friday, March 8th at 6:30pm

Connect rhythm, breath, movement and music in this special 75 minute VinyasaFLOW yoga class! "Expect a strong, and fast-moving sequence, but with a whole lot of light heartedness," says our new yoga teacher, Meher Siddiqi, who is known for serving up uniquely complex and inspiring sequences alongside awesome playlists. "Sequence will seek challenge but opens the door to developing more mastered movements." This class will feel like a yogi party: high energy, exciting, exploratory, intense, beautiful and fun! Hip Hop playlist will cover old school classics to current chart toppers. Vital Recovery Smoothie samples to be served up after the event so plan to stick around to keep the party going after class, hang out with members and get to know Meher! Score swag and learn about self-care and collagen peptide nutrition from our friends at Vital Proteins.

Warning: Explicit Lyrics, Advanced Level Yoga Sequence, Hands on Adjustments and Assists.

Are You Suffering From A Weak Core? Try Our Pilates Reformer Classes!

Exercising on the Pilates Reformer requires proper form and technique. The focus of proper positioning is within the core, your abdomen and lower back muscles. By conditioning the core muscles, they will contract with all movements to stabilize and align your spine. A strong core will increase the effectiveness of all exercises due to your ability to maintain proper alignment. Core strength increases your ability to generate power to your muscles and decreases the risk of injury. Let our Pilates Master Trainers help you. Contact PT360@LakeshoreSF.com for more information.

Our Massage Therapists Can Help You Become More Flexible!

For athletes and non-athletes alike, massage can improve the range of motion and flexibility of your muscles. Massage helps to stimulate blood circulation around your muscles, which increases the flow of oxygen and nutrients to your muscles, leading to increased flexibility among other benefits. Come experience out LPSpa, email LPSpa@lakeshoresf.com for more information. Or book your time on the MyLSFApp. Select Bookings, Spa, Massage, choose your therapist, your massage room, finally choose the desired duration of your massage to search for available times.

Summer Camp Spotlight

Lights, Camera, Action!

Does your child love the spotlight? Drama-o-Rama Camp is one of our brand NEW offerings at Camp Lakeshore this summer! The fine arts explode this week with theater, music, comedy, dancing, broadcasting, and more! Children will grow artistically and socially as they improve their confidence and creativity. Plus, our performers will show off their skills with a live talent show for parents to attend on Friday! Check out our full lineup of summertime fun in our [Camp Brochure](#) and email LPCamp@LakeshoreSF.com for more information!

Pee Wee Camp is the Perfect Summer Option for 2-4 Year Olds!

PeeWee Playschool is a drop-off program for 2-4 year olds that focuses on socialization, creativity, learning, and most of all, fun! Contact us to schedule a free trial day! Highlights of the program include a 30-min instructional group swim lesson with our certified aquatics department, participation in arts & crafts, music, yoga, and learning activities that will stimulate your child's creativity and outdoor playtime on our rooftop playground or indoor playtime in our fitness studios. See details in our [Camp Brochure](#) and email PeeWee@LakeshoreSF.com for more information!

Club 48 Corner

Spots Fill Fast in Camp 48!

Camp 48 is one of our most popular Summer Camps, and spots fill quickly! Campers go on field trips every single day! Join us as we spend the week traveling throughout the Chicagoland area visiting some of the coolest locations and seeking out some of the best adventures! Weeks include Adrenaline 1.0, Future Chefs, and Water Park Week, just to name a few. For 4th-8th grade campers, this is the perfect way to spend the summer! For additional information, please email LPCamp@LakeshoreSF.com.

Club 48 Pamper Party

On Saturday, March 30th from 6-9 PM, Lakeshore will be hosting a spa night specifically for 4th-8th graders. Join us for an evening of rest and relaxation as we treat ourselves to manis/pedis, sip on refreshing cucumber infused water, and make our own sugar scrubs! We know just how hard it can be to be a kid, so don't miss out on this opportunity to pamper yourself! The cost is \$49/member. Register today at MyLSF.net or via the App. Email Club48@LakeshoreSF.com for more information.

Kid's Corner

Parents' Night Out Presents: St. Patty's Day Green Pool Party on Saturday, March 16

Our 3rd installment of Parents' Night Out of 2019 is the popular St. Patty's Day Green Pool Party! Drop your kids off for a night of fun, while you have the night to yourself! Plan a date night while the kids have the chance to splash around in a green lit pool, play games, enjoy our delicious house-made pizza for dinner, and wind down with a movie in their pj's! The evening runs from 6:00-10:00pm. Cost is \$30 per member and \$45 per non-member. Register online via the App! Contact KidEvents@LakeshoreSF.com with questions!

Save the Date: Family 2-Ball Tournament on Saturday, March 23 from 3-5 pm

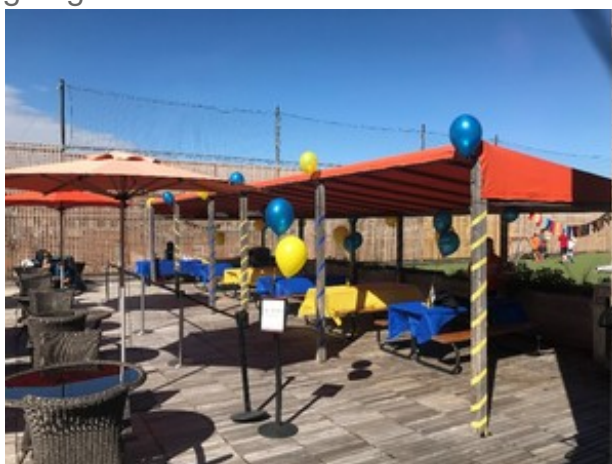
This March Madness season, we are debuting LSF's 1st 2-Ball Tournament. In 2-Ball, 1 parent-child duo alternate shooting from their choice of seven locations on the floor during the sixty second round. Each location is worth a different point value and teams will battle in a round robin style tournament until a winner is crowned. The cost for each team of 2 is \$25 and \$10 for an additional child. For more info or to register, please visit the App, MyLSF.net or email KidEvents@LakeshoreSF.com.

Childcare Swim Lesson is a Perfect Match While You Workout or Take a Class!

Did you know that we offer private swim lessons for children enrolled in childcare? It's true, whether you are working out, taking a class, or relaxing in our 1320 Market, your little one can also be taking a 30 minute private swim lesson. The instructor will coordinate with childcare for pick-ups and drop-offs and conduct the lessons for only \$34, which is cheaper than a standard private lesson. Email LPAquatics@lakeshoreSF.com today to schedule an assessment and get you child learning an important lifesaving skill!

Spring Birthday Parties are on the Horizon, Consider Hosting Yours at LSF!

Spring is less than 30 days away and we have the perfect venue for hosting your upcoming birthday party. Our rooftop has been home to many birthday celebrations and what better way to enjoy fresh air and sunshine than with us. We have plenty of birthday packages to choose from, so if you have a birthday during spring, email KidEvents@LakeshoreSF.com today and let the planning begin!



Racquets Corner

There Is Still Time To Register For Tennis!

Our Winter II session of tennis started on Monday, February 4th, but there is still time to register for lessons and classes! This session will run through April 14th, a total of 10 weeks. 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 the Racquet Sports Department at LPRacquet@LakeshoreSF.com.

LSF Flex League Is Looking For New Competition For Next Session!

What better way to fit in some competitive match play 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. We are currently looking for players of all levels! Contact Jack at (773)-770-2403 or JackP@LakeshoreSF.com for more information.

Registration Is Open For Tennis Camp!

We are looking forward to another action packed summer in Tennis Camp this year! Our Tennis Camp is geared toward beginner and intermediate players ages 4-13. We offer flexible registration options including both half-day and full-day camp. Sign-up by the day or week! Our online registration is available on our website or through <https://lakeshoresf.campintouch.com/ui/forms/application/camper/App>. We hope to see you on court this summer!

LAKESHORE SF | 1320 W. FULLERTON | WWW.LAKESHORESFCOM



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