



LSF LOOP

What's New and News at Lakeshore SF



June 11, 2019

In this Edition of the Loop:

Club Happenings

- Follow us on Instagram!
- Harvest is now open!
- Check out the New Playground – Being Installed this Week!
- FitFabFun Rooftop Event: Sunset FreeFLOW with Mikhaila - Friday, June 14 at 6:30pm
- Oysters & Chablis/Burgers & Burgundy – June 20th, 6-8:30pm
- Movies on the Roof – Kicking off Saturday, June 22nd! Check out the line-up
- FitFabFun Rooftop Event: “Daybreaker” DJ Yoga Dance Party with Mikhaila - Saturday, June 29th at 11am

All Things Strings

- Newly Refinished Rooftop Courts Now Available for Use - Tennis and Pickleball!
- It Pays to Pre-Pay! Summer Pre-Paid Programming Perks
- Join us at Tennis Camp!

Kid's Corner

- Conquer the Summer Camp Swim Test This Year – Book Your Lesson Today
- Parents Night Presents: Emoji Extravaganza on Saturday, June 15th
- Rooftop Birthday Parties are Heating Up
- Free Trial Day for Pee Wee Campers!
- New Summer Camp Convenience: Express Drop Off
- Summer Camp is off to a Great Start!

A Note from Physical Therapy

- Physical Therapy for Vertigo

Club Happenings

Follow us on Instagram!

Lakeshore is now on Instagram! Follow us at [Lakeshoresf_lp](#) to stay up to date on all the latest news, activities and upcoming events! Be sure to tag us during your next visit!

Harvest is now open!

The weather is finally cooperating and we have opened our rooftop restaurant! Chef John is excited to share his menu with you. Enjoy a delicious offering including charcuterie and cheese plates, oysters on the half, tasty entrees, and house made dessert. New this year we will also be providing service on the great lawn and the children's side! As a friendly reminder Harvest is open to non-members as well. We are currently open Wednesday – Sunday 11am-9pm and will be beginning service 7 days a week beginning on Monday, June 24th.

Check out the New Playground – Being Installed this Week!

Our 4th Floor Kid's Rooftop is getting an upgrade! We are removing the old playground and installing a bigger, better one! Can't wait to have the kiddos enjoy the new equipment. It is a perfect time to invite some friends, have dinner on the kid's side rooftop and let the kids run and play!

FitFabFun Rooftop Event: Sunset FreeFLOW with Mikhaila - Friday, June 14 at 6:30pm

FreeFLOW is a Matless Yoga/Movement Exploration class developed especially to be taught outdoors on our Great Lawn and inspired by many movement methodologies including Animal Flow, Gymnastics, Dance and Martial Arts. In this class you will explore elegant, athletic, powerful, mindful movement sequences and playful conditioning techniques unlike anything you would experience in any other class! Harvest will provide delicious lite bites and drinks for all after the class, so plan to make a night of it! Barefoot class - active apparel highly recommended. \$25 per member, \$35 per non-member. Cost includes FreeFLOW class, food and 2 drink tickets per participant. Register for the event on the MyLSF App -> classes or [MLSF.net](#) For more information, contact LPEvents@LakeshoreSF.com

Oysters & Chablis/Burgers & Burgundy, Thursday, June 20th 6pm-8:30pm

Pick your poison! Featuring both an Oyster and Chablis showcase on one side and a Burger and Burgundy spread on the other, this event is sure to please everyone! Save the date, for Thursday, June 20th on the Great Lawn! \$50/members, \$75/non-members For more information on these events, contact FB@LakeshoreSF.com.

Movies on the Roof – Kicking off Saturday, June 22nd! Check out the line-up

Back by popular demand, Movies on the Rooftop start this month! Movies start when it gets dark enough (usually around 8pm at the beginning of summer). Non-members welcome so please email Membership@LakeshoreSF.com to add your guests. Some restrictions apply. See the summer line-up:

June 22nd – Ralph Breaks the Internet

June 29th – Mary Poppins Returns

July 6th – Spider Man: Into the Spideverse

July 13th – Incredibles 2

July 20th – Hotel Transylvania 3: Summer Vacation

July 27th – The Lego Movie 2: The Second Part

August 3rd – How to Train Your Dragon: The Hidden World

August 10th – Wonder Park

August 17th - Dumbo

FitFabFun Rooftop Event: “Daybreaker” DJ Yoga Dance Party with Mikhaila - Saturday, June 29th at 11am

Celebrate sunshine, good karma and open up your heart chakra with this FitFabFun event featuring a DJ on the turntables creating a summer festival vibe on the rooftop and Mikhaila Woodall guiding the power flows. Enjoy an empowering, high-energy VinyasaFLOW followed by brunch, drinks, music, dancing and soaking in a beautiful summer afternoon on the Great Lawn at LSF! \$25 per member, \$35 per non-member. Cost includes DJ VinyasaFLOW class, food and 2 drink tickets per participant. Register for the event on the MyLSF App -> Classes or MLSF.net For more information, contact LPEvents@LakeshoreSF.com

All Things Strings

Newly Refinished Rooftop Courts Now Available for Use! Tennis and Pickleball!

The rooftop courts are available to book online at MyLSF.net or on the app for \$10/hour. A \$5 courtesy fee will apply if you make the reservation through the front desk. Complimentary walk-on time if available.

It Pays to Pre-Pay! Summer Pre-Paid Programming Perks

This summer session, June 24th-September 2nd, enroll in a prepaid program and get 10 sessions for the price of 9. In addition, if you are enrolled in our 10 week summer session, you will have complimentary court time if you book a reservation on the app. Reservations taken up to 24 hours in advance. It pays to Pre-Pay!

Join us at Tennis Camp!

Tennis Camp is in full swing, but we are still accepting registrations for all days this summer! 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!

Kid's Corner

Conquer the Summer Camp Swim Test This Year – Book Your Lesson Today

Sleep Away Camp and Summer Camp are right around the corner and we have the perfect solution for getting your child ready for the swim test! We believe it's vital for children to be equipped with the top-notch swim skills needed to enjoy their time at camp this summer. We offer a variety of days and times for private lessons and or group classes. For more information or to get your child connected now, email us at LPAquatics@LakeshoreSF.com.

Parents Night Presents: Emoji Extravaganza on Saturday, June 15th

Our 6th installment of Parents' Night Out for 2019 features Emoji Extravaganza! Drop your kids off for a night of fun, while you have the night to yourself! Plan a date night, go shopping, or simply relax while the kids have the chance to play games, swim in an emoji filled pool, enjoy our delicious house-made pizza for dinner and wind down with a movie in their PJ's! The evening runs from 6:00-10:00 pm. Cost is \$30 per member and \$45 per non-member. Register online via the App! Contact KidEvents@LakeshoreSF.com with questions.

Rooftop Birthday Parties are Heating Up

As the temperatures start to heat up so are requests for rooftop parties! We have the perfect venue for hosting your upcoming birthday party or gathering. We have plenty of birthday packages to choose from, so if you have a birthday during the summer season, email KidEvents@LakeshoreSF.com for kid's parties and LPEvents@LakeshoreSF.com for adult parties and let the planning begin!

Free Trial Day for Pee Wee Campers!

Pee Wee Preschool is a drop off program for 2-4 year olds that focuses on socialization, learning and fun! We offer a special activity each day – music on Mondays & Wednesdays, Yoga on Tuesdays, Spanish on Thursdays and a STEM activity on Fridays! Your child will enjoy arts and crafts, story time, learning activities, swim lessons and gross motor activities every day! Space is limited for summer months – if you'd like to test out the program prior to committing, we'd love to offer a free trial day! Please email PeeWee@LakeshoreSF.com to book your trial day now!

New Summer Camp Convenience: Express Drop Off

New this summer, we will be offering Express Drop Off as an option for families who would like to check in their campers curbside. This service is offered daily from 8:45-9:05am. Simply pull into the drive aisle in our main parking lot and proceed to the “Camp Lakeshore” sign. From there, a counselor will greet you to escort your child into camp. Please note that this service is not available for first day campers or those who need assistance checking in. We encourage non camp families to use the main parking lot to avoid waiting in the Express Drop Off car procession. For more information, please email LPCamp@LakeshoreSF.com.

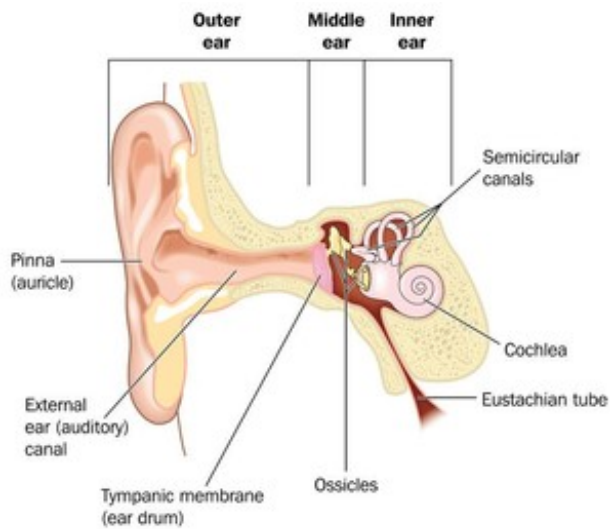
Summer Camp is off to a Great Start!

The 2019 Summer Camp season has officially begun, and we are already having the BEST summer yet! Our campers explored the “Wonders of the Wilderness” by learning survivor skills, making their own binoculars, and traveling on our first field trip! Plus, our specials of dance, nutrition, sports, and theater have been a hit! With 12 more weeks of Camp Lakeshore to go this summer, don't miss your chance to join in on the fun! Email LPCamp@LakeshoreSF.com for more information.

A Note from Physical Therapy

Physical Therapy for Vertigo

Vertigo is the sensation of spinning or that the room is moving around you. There are a number of conditions that can lead to vertigo; inner ear disorders, migraines, tumors, head injuries or stroke. In most cases, the cause of vertigo involves the inner ear, part of the vestibular system (your body's balance system). It uses the organs of your inner ear to relate to your brain where your head and body are in space to keep your eyes focused and body stable. One of the most common causes of vertigo is Benign Paroxysmal Positional Vertigo (BPPV). BPPV is an inner ear disorder that produces short periods of spinning when your head is in a certain position. BPPV occurs when tiny crystals in your ear are dislodged and move into another part of the ear (semicircular canals) where they are not supposed to be. Physical therapy can be quite effective in treating BPPV. The therapist will conduct a series of positional tests to determine which inner ear is the culprit and which of the six semicircular canals is involved. Specific head motions or maneuvers to reposition the crystals within the inner ear are then performed to relieve the symptoms of vertigo. Oftentimes, patients experience relief after just one treatment. Successful rehabilitation also includes balance exercises to help strengthen your vestibular system. Lakeshore Sport & Fitness is fortunate to have the experienced physical therapists of Lakeshore Physical Therapy on site at both locations. Click here for more information or to schedule an appointment: www.lakeshore-pt.com



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