



LSF LOOP

What's New and News at Lakeshore SF



August 6, 2019

In this Edition of the Loop:

Rocking the Rooftop!

- LSF Rooftop Party – Sunday, August 25th! 2-4pm
- Half Priced Bottles of Select Wine – Every Tuesday at Harvest!
- Every Wednesday is Beer and Burger Night at Harvest!
- Back to School Splash Bash on Sunday, August 18th!
- Rose on the Rooftop! Thursday, August 22nd – 6-8:30pm
- Movies on the Roof! Only 2 left – Don't Miss the Fun!
- Free Childcare While Dining at Harvest!

For the Body

- What is Sciatica?
- FitFabFun Rooftop Event: Rooftop Kickboxing with Mikhaila - Friday, August 16th at 6:30pm
- Introducing our new Group Fitness Class, DEFCON! Friday nights at 5:30pm and Sunday mornings at 9:30am

All Things Strings

- Racquet Sports Protocol Reminders
- Registration for Fall Session Right Around the Corner!
- Team Tennis for One and All!
- LSF Welcomes Coach David Ortiz!

Kid's Corner

- Childcare 1-on-1 Visits for 6-12-Week-Old Babies
- You Really Autumn Know About PeeWee Preschool!
- Be on the Look Out for NEW Go Mama! & Strong Babies Programming!
- Family Rooftop Camp Out on August 16th!

- **NEW Stay & Play - Play Date for Parents & Kids on Friday, August 23rd**
- **It's Getting Hot Outside | Book Your Upcoming Pool Birthday Party on our Rooftop!**
- **August Poolooza - Buy 6 Swim Lessons & Get Your 7th Lesson for FREE!**
- **Summer Camp Counselor Trading Card Update**
- **Back by Popular Demand: Animation Domination Camp!**

Rocking the Rooftop!

LSF Rooftop Party – Sunday, August 25th! 2-4pm

Invite your friends and family and join us for the best party of the summer! Sit back and enjoy complimentary food and drinks from Harvest while listening to live music on the Great Lawn, or hit the kid's side and let the family play, bounce and have fun with games and activities. There is something for everyone! Email Membership@LakeshoreSF.com to add your guests – some restrictions apply.

Half Priced Bottles of Select Wine – Every Tuesday at Harvest!

Come enjoy some crowd favorites and some recent additions to our menu! The weather is beautiful so bring some friends and take advantage of your amazing rooftop!

Every Wednesday is Beer and Burger Night at Harvest!

Every Wednesday in July from 11am-close, Harvest will be offering the Harvest Burger and a Sweetwater Costa Kick Plastic Pilsner for \$15!

Back to School Splash Bash on Sunday, August 18th!

Join us for an afternoon of water fun on our rooftop! Families can utilize our two-story inflatable water slide, go bull-riding in the pool and challenge other families in water wars! Join us Sunday, August 18th from 3:00-5:00pm for \$20 per family! Ice cream sundae bar included! Register via the LSF App or email us at KidEvents@LakeshoreSF.com.

Rose on the Rooftop! Thursday, August 22nd – 6-8:30pm

Sample and Sip (mostly) Rose wines! Over 25 wines with oysters, local cheesemakers, and charcuterie included. Enjoy with some bags and bocce on the Great Lawn! \$35 for members, \$45 for non-members. You can register on the app under Programs -> Events. Wines will be available for purchase at special prices. For questions or to register guests, email LPEvents@LakeshoreSF.com

Movies on the Roof! Only 2 left – Don't Miss the Fun!

Movies start when it gets dark enough (usually around 8-8:15pm at the beginning of summer). Harvest is now serving dinner and drinks to the kids' side and the lawn! Non-

members welcome so please email Membership@LakeshoreSF.com to add your guests. Some restrictions apply. See the summer line-up:

August 10th – Wonder Park

August 17th – Dumbo

Free Childcare While Dining at Harvest!

Drop your little ones off while you enjoy dinner and drinks at Harvest. Please tell our childcare team when you check into childcare that you are eating at Harvest and your childcare is on us. Upon check-out, we'll simply ask to see your receipt. Email LSFChildcare@LakeshoreSF.com for more information.

For the Body

What is Sciatica?

Sciatica is a SYMPTOM that describes pain along the path of the sciatic nerve. This could feel like tingling, numbness, burning, or shooting pain down the leg. The true cause of sciatica can be very different in each person ranging from a herniated disc, a muscle spasm of the piriformis, spinal stenosis, a sacroiliac rotation, or core instability. Having this problem properly diagnosed by a medical professional is important to adequately treat your symptoms and fix the CAUSE of your pain! Check out our blog post this month for more information on sciatica at www.lakeshore-pt.com and our Instagram post @lakeshorephysicaltherapy for recommended exercises to alleviate your pain. Lakeshore Physical Therapy is conveniently located in both Lakeshore Sport & Fitness clubs for care when you need us.

FitFabFun Rooftop Event: Rooftop Kickboxing with Mikhaila - Friday, August 16th at 6:30pm

Take FUERZAKickboxing outside in this one time only special event! This FREE one hour cardio martial arts class is a fusion of American kickboxing and karate that is technical, fun and easy to follow. All levels welcome to come and get a great rooftop workout with Mikhaila Woodall. All participants will receive a 20% off coupon to Harvest - valid for use 8/16/19 only - so plan to stay and enjoy a relaxing hang session over food and drinks with your #FitFam after class!

Introducing our new Group Fitness Class, DEFCON! Friday nights at 5:30pm and Sunday mornings at 9:30am!

DEFCON

DEFined **CON**ditioning - This total body conditioning class incorporates cardio, high repetition lifting sets, strength and toning exercises, and utilizes various pieces of equipment

each week to shock the body, push past plateaus, and create a lean, chiseled physique. Put your body into a high state of alert for unparalleled high definition results with DEFCON!

All Things Strings

Racquet Sports Protocol Reminders!

With Fall session right around the corner, we wanted to take this opportunity to remind our members of our protocol for the Racquet Sports department!

1. Please be aware that there is a 24-hour cancellation policy for all services booked (lessons, and rentals). This policy does apply to same-day reservations!
2. If you are enrolling in a pre-paid lesson or class, please keep in mind that you are entitled to 1 make-up per session for any missed lessons or classes. Any additional missed classes are forfeited.
3. We encourage all members to book court reservations online or through the app! Booking courts through our Front Desk does incur a \$5/hour convenience fee.

Registration for Fall Session Right Around the Corner!

Keep an eye out for our Fall session schedule of pre-paid tennis classes which will be released on August 6th! Registration for our Fall session of tennis will begin on Monday, August 12th. The Fall session will begin on Tuesday, September 3rd and will run for 10 weeks (Monday classes will begin on September 9th, due to the Labor Day holiday, and will run for 9 weeks). We offer pre-paid private and semi-private lessons for all ages 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

Team Tennis for One and All!

Starting this September, Lakeshore Sport & Fitness will offer Team tennis for both adults and juniors! Junior Team Tennis will be offered on Sundays from 1-5pm, and Adult Team Tennis will run on Saturdays from 5-8pm. If you are interested in tennis match play in a co-ed team format, Team Tennis is for you! Contact us at LPRacquet@LakeshoreSF.com to learn more!

LSF Welcomes Coach David Ortiz!

The Racquet Sports Department is excited to welcome Coach David Ortiz to our team! Coach David was ranked #1 at the University of Wisconsin, and also played professionally with the ATP tour. He has worked as the head tennis coach at Latin School and many other clubs around the city including XS, East Bank Club and Midtown. We are happy to have him here! If you are interested in booking a lesson with Coach David, please contact us at

Kid's Corner

Childcare 1-on-1 Visits for 6-12-Week-Old Babies

One-on-one visits are welcome for children 6-12 weeks old. Have your little one try out our childcare center for a one-on-one visit for up to one hour with one of our childcare professionals! Please be sure to call 24 hours in advance to schedule a one-on-one for your little one! Email LSFChildcare@LakeshoreSF.com for more information.

You Really Autumn Know About PeeWee Preschool!

Play, laugh and learn during Fall PeeWee! Approaching this September, PeeWee will be back in full swing to offer our year-round PeeWee Playschool Program. Your child will leave FALL-ing in love with PeeWee. Email PeeWee@LakeshoreSF.com for more information

Be on the Look Out for NEW Go Mama! & Strong Babies Programming!

We are working to build out a series of new programs for our soon-to-be moms, current moms and the youngest LSF kiddos – watch for details soon for gross motor classes for babies and toddlers, as well as focused programs for pre-natal and post-natal moms! More to come soon. Please always feel free to share suggestions with us at KidEvents@LakeshoreSF.com.

Family Rooftop Camp Out on August 16th!

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! Dinner, games, songs, crafts, movie, snacks, swimming, breakfast and more are all included. Tents are available to rent. Adult beverages are available to purchase. Cost is \$149 for one child and one adult. Additional children are \$15, while additional adults are \$25. Reserve your space today on myLSF.net, via the LSF App or email us at KidEvents@LakeshoreSF.com.

NEW Stay & Play - Play Date for Parents & Kids on Friday, August 23rd

Parents & kids ages 0-4 are welcome to join us on the rooftop Friday, August 23rd at 4:00pm for a play date! We'll have a themed craft, story time, open play and one free glass of wine for parents! This event is free. Please RSVP by registering on the LSF App. Email KidEvents@LakeshoreSF.com for more information.

It's Getting Hot Outside | Book Your Upcoming Pool Birthday Party on our Rooftop!

If you have an upcoming birthday party in the month of August and would like to cool off during the heat wave, consider hosting your kids' party with us! We are offering 15% off of our Swimming Party Package when you book by July 31st with a minimum of 15 kids. For more info or to reserve your date, email us at KidEvents@LakeshoreSF.com

August Poolooza - Buy 6 Swim Lessons & Get Your 7th Lesson for FREE!

Get your 7th lesson for free after you buy a 6 pack of swim lessons. Participants must redeem all 6 lessons in the month of August in order to get their 7th lesson free. This deal is good for current and new package owners. For more information, email us at LPAquatics@LakeshoreSF.com or call Jarrell at 773-770-2424.

Summer Camp Counselor Trading Card Update

In case you haven't noticed, there's something a bit odd about our Camp Counselors this year. We've got "Taco", "Flash", "Grandma", and "Tater Tot", just to name a few. To celebrate our amazing, talented, and silly staff, we've released limited-edition Camp Counselor Trading Cards. The more often you're at camp, the more cards you can earn! So, don't miss out on your chance to complete your collection or trade in your cards for tickets!

Back by Popular Demand: Animation Domination Camp!

Join us as we celebrate cartoons and animation! Let your creativity run wild because in this camp, dreams come true, toys come to life, and happily ever after really exists! From the conception of the idea, to a week's end presentation, our campers will create their very own project that requires graphics, editing, and creativity! Join us for the last offering of Animation Domination camp this summer, August 12-16th. Email LPCamp@LakeshoreSF.com for more information!

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