



**EVENT
GUIDE**

lakeshore

SPORT & FITNESS

EVENTS RE-IMAGINED

WELCOME TO



lakeshore
SPORT & FITNESS

Chicago's #1 Destination for Sport, Fitness & Fun



Take advantage of LSF's extensive facilities to make your next meeting, team-building event or group activity special and unique. Break down barriers across departments or between junior and senior staff through sport and fitness activities. Build your team morale and energy, promote health and wellness, enhance your camaraderie and push your team's boundaries!

BREAK-OUT FROM THE ORDINARY WITH OUR UNIQUE EVENTS

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CORPORATE TEAM BUILDING

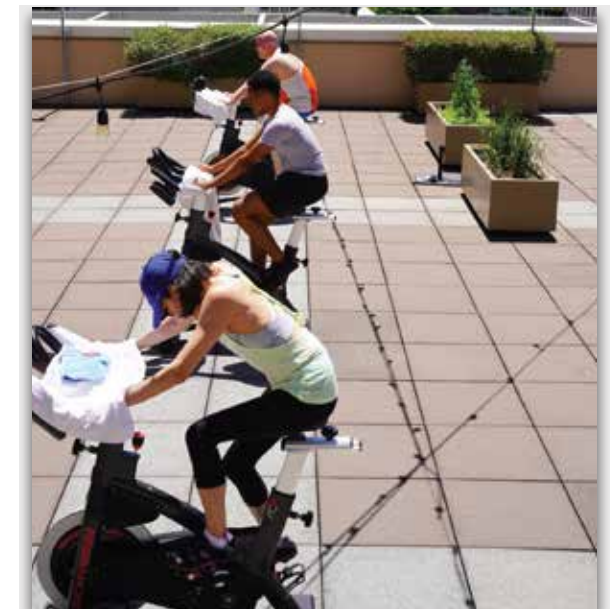
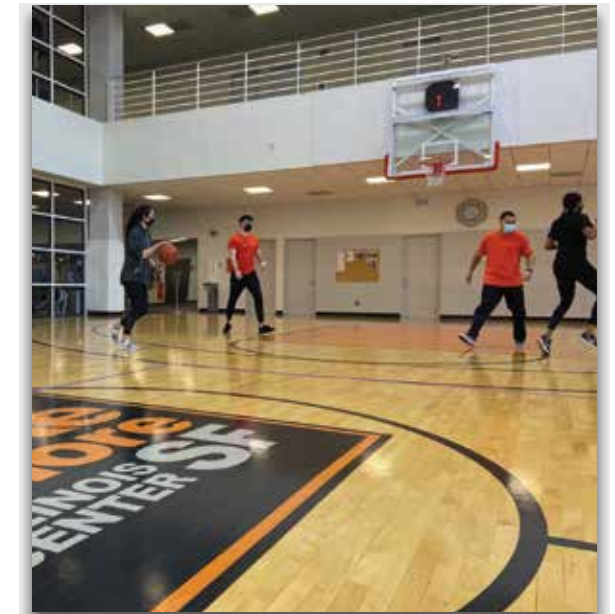
Custom build your next team-building event with our exciting and unique offerings. LSF has exceptional space and staff talent to create memorable team bonding experiences. Your group will divide into teams to participate in a series of fun activities. Each event can be paired with food & beverage from our in-house catering team. Below, we have listed some “active” and “traditional” activities for your group to choose from.

ACTIVE

- Bubble Soccer
- Rock-Climbing
- Basketball
- Dodgeball
- Field-Day
(relay races, boardwalk, tug-o-war, shootout)
- Color Clash
- Ninja Warrior Challenge
- Private Group Workouts
- And much more!

TRADITIONAL

- Minute-To-Win-It
- Trivia
- Karaoke
- Casino Night
- Murder Mystery Dinner
- Cooking Class
- Wine Tasting
- And much more!



FIELD DAY/ COLOR CLASH

Break your office into small, competitive teams for this fun and engaging team-building activity. Teams will compete in numerous activities that will be sure to create some nostalgia amongst the participants. Companies are encouraged to color coordinate teams for this event. Activities include, but not limited to:

- Relay Races
- Boardwalk
- Tug-O-War
- Shootout
- And much more!



BAR MITZVAHS

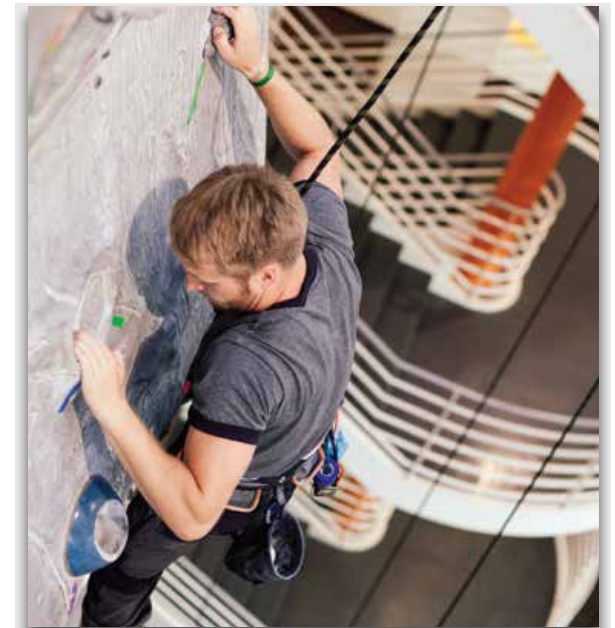
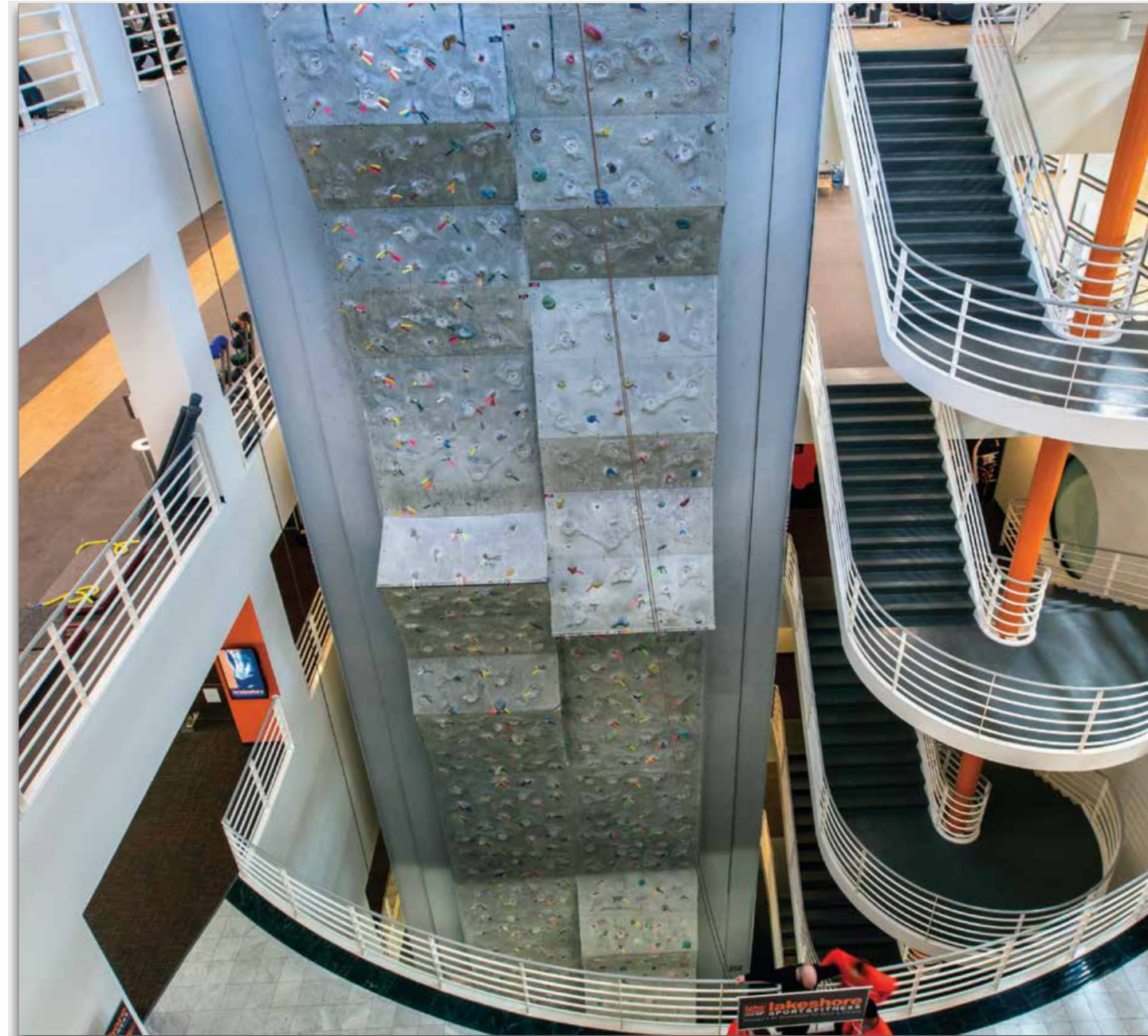
We offer the perfect space for Bar Mitzvahs of all sizes.

Adults get to enjoy a cocktail-hour while overlooking the Bar Mitzvah sports/activities on our Basketball Court. A variety of sports and activities can be offered and customized for this special event!



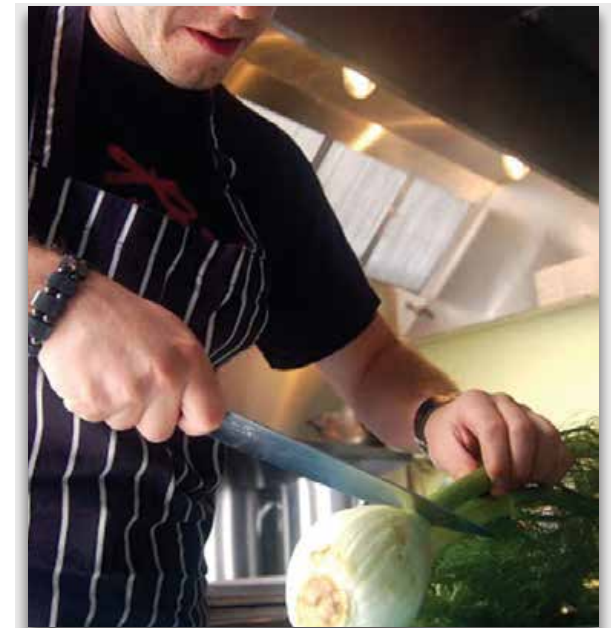
ROCK CLIMBING EVENTS

Book the tallest indoor climbing wall in the U.S. for your next outing and you will have exclusive access to the wall, climbing staff to train your participants and supervision to insure everyone's safety and fun. During your event, your team will first learn how to safely harness up and climb the wall. Then participants will have the opportunity to climb-challenge your team to see who can go the highest, or for the advanced, who can get to the top the fastest! Just as some of your team runs out of energy, we will provide libations and food. Great for groups who want to challenge themselves, breakdown barriers. Perfect for corporate team outings and birthday parties!



COOKING EXPERIENCES

Whether your team is looking to learn healthy food preparation techniques, develop cooking skills or just have a fun alternative to the typical outing, LSF's kitchen is the perfect place. Your team can also participate in cooking challenges such as Iron Chef. We will get things prepped and handle the clean-up, so your team can have all the fun. A cooking experience can be paired with other events to provide a fun alternative for those who are not comfortable with a more physical event. These experiences are best for small groups of 15 or less people, but we can customize and accommodate larger groups.



ROOF TOP EVENTS

LSF's rooftop can set the stage for any party or event. Touting breathtaking 360-degree panoramic views of Downtown Chicago, LSF's rooftop offers a chic retreat from the busy day. Enjoy the sun or gentle breeze amongst the surrounding skyscrapers while lounging around the rooftop pool, playing pool, golf or just hanging out. Customize your experience with an unparalleled food and beverage selection. Great for groups of all sizes to socialize in a unique setting. The rooftop space is great for private and corporate events, including:

- Happy Hours
- Corporate Summer Picnics
- Birthday Parties
- Graduations
- Charity Events
- Reunions
- Weddings
- Bags Tournament
- And more!



PRESS KITCHEN & GOLF OUTING

Enjoy our state of the art golf simulator and Press Kitchen Lounge for groups of 20-125. Our event concierge will lead your group through different skill challenges and games for all ability levels. When not on the green, you will have access to our billiards table, HDTV's and bar/lounge area. Choose your food and beverage from our catering menu to complete the experience. Our lounge is the perfect space for your next happy hour, golf outing, holiday party, etc!



CONFERENCE ROOMS

LSF offers two unique meeting spaces to host your next team meeting. Our conference room can accommodate groups of up to 75 people. Present with impact using our projection screen and available conference phone. Food and beverage can be added to round out your experience



FAMILY FUN

Come take advantage of our versatile spaces for private Family Fun Fairs and picnics! We offer you the opportunity for valuable family bonding during your next corporate picnic. We understand the importance of family time and offering company's the opportunity to celebrate and host outings with the entire family present. LSF houses a giant 45-foot inflatable slide and bounce house which are both wildly popular for the little ones. The range of events and activities are only limited by your imagination. Boxed lunches, pizzas or more robust food and beverage can be added to your event. Typically, these events can be scheduled after 12pm on Saturdays or Sundays. Great for corporate summer picnics, Bar Mitzvahs, birthday parties, graduation events, and more!



CATERING

LSF is proud to offer on-site and off-site catering options for their event clients. All catering is prepared by their in-house restaurant and team from Press Kitchen. Whether you are hosting an event at our facility, or in need of catering at your office, we offer the convenience and ease for your group. We would be happy to cater your next office lunch, meeting, seminar, lunch n learn, etc!



GROUP WORKOUTS

Have your group work-out together in a private class; choose from cycling, boot camp, yoga, Zumba, kick-boxing, self-defense, TRX and more! Participating in a group class will make your team healthier, reduce stress and promote collegiality. Post-class- enjoy a happy hour package in our beautiful restaurant or rooftop space.

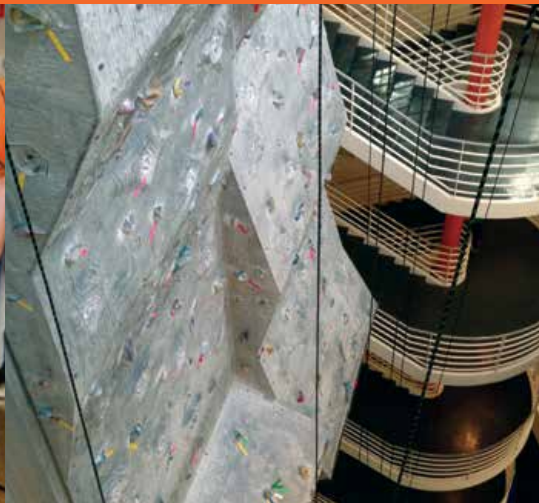


BASKETBALL COURT RENTALS

Host your own 3-on-3 tournament on the most beautiful basketball court in Chicago. We provide the draw and referees; your team will enjoy trophies, jerseys and beverages. Half and full court options are available. This great team-building and social activity is best for groups starting at 6 teams.



HAVE YOUR NEXT EVENT WITH US





www.LakeshoreSF.com

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