



# LSF LOOP

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



July 25, 2017

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## Club Events

### “Jammin’ on the Roof” Thursday, July 20<sup>th</sup> – Classic Rock & Oldies with Mallory Lennon

Join us every week for an exciting evening of complimentary music on the roof while you dine at Harvest. We feature live music every Thursday night at Harvest from 5:30pm-8:30pm. The line-up features a wide variety of genre-defying music from jazz and pop, to country, oldies and top 40 hits. Reservations are recommended and remember that while dining at Harvest, childcare is free! Guests are welcome!

7/20 – Classic Rock & Oldies with Mallory Lennon

7/27 – Jazz with the Fluky Trio

8/3 – Country with Morgan Stanton

### Young Adult Pickleball Tournament: Thursday, July 27<sup>th</sup> from 7– 9pm

Calling all 21 – 35 year olds! On Thursday, July 27<sup>th</sup> round up your friends and co-workers and join us for a fun Pickleball tournament on the Lakeshore rooftop! No Pickleball experience needed...we'll show you how to play. Complimentary pizza and beer will be served to all participants throughout the event. Each member of the first and second place teams will receive gift cards compliments of Lakeshore Sport & Fitness. All guests are welcome.

### Admission

\$10 with no guests

\$5 with one guest

\$0 with 2 or more guests

Please RSVP & sign up with membership. For more information or guest passes for friends, contact Sean Clifford at [773-770-2404](tel:773-770-2404) - [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com)

## **Kubo & The Two Strings Shows On The Rooftop This Saturday!**

Join us for free family-friendly outdoor movies on the lawn every Saturday evening throughout the summer! Members and guests are welcome to attend. No reservations are required. All movies start at dusk (around 8pm during the beginning of the summer) and will run, rain or shine. Movies will move to an indoor location in inclement weather. Our hot dog cart, complete with a variety of kids' favorites beyond just hot dogs will begin 6pm. Check out the upcoming lineup below:

July 29th: Kubo & The Two Strings

August 5th: The Lego Batman Movie

August 12th: Moana

## **July Member Summer Party: Sunday July 30<sup>th</sup> from 2-4PM**

Summer Member parties are back at Lakeshore! Join us for fun, games and music from the "Matt Stedman Band & Ring of Music Orchestra" on Sunday, July 30<sup>th</sup> from 2:00pm – 4:00pm on the rooftop at Lakeshore! We will have food, games, face painting and all kinds of activities for adults and kids to enjoy. There will be food served for the little ones on the kids' side of the roof and an adult offering at Harvest including beer and wine. Come on out and enjoy a slice of Chicago summer on the rooftop at Lakeshore!

## **Test Drive a Lincoln from August 2<sup>nd</sup>-August 6<sup>th</sup>**

Lakeshore is collaborating with The Lincoln Motor Company to offer a unique consumer experience. Please join us from August 2<sup>nd</sup> – August 6<sup>th</sup> for an exclusive look inside a Lincoln vehicle and receive a \$30 gift card to Lakeshore Sport & Fitness on behalf of The Lincoln Motor Company.

## **Harvest Corner**

### **Join us in our Adults Only Section at Harvest**

Harvest, our gourmet rooftop restaurant, benefits from amazing views as well as great food. We also have an adult's only section to Harvest so that adults can enjoy some of the great food prepared by our new executive chef in a harmonious environment. Our full menu is also available for adults at the bar. Reservations can be made online via Open Table or by contacting Robin Sweet at the bar at Harvest or via [FB@LakeshoreSF.com](mailto:FB@LakeshoreSF.com).

### **Highlights from Harvest's Menu**

We have exciting new food and beverage offerings at Harvest this summer. Some of the favorite beverages that members are enjoying include **Wildberry Lemonade**, featuring Belvedere Wildberry Vodka, handmade lemonade, fresh berries and mint and the **Spicy Smokehouse Margarita**, featuring Tequila Libelula, Bauchant Napoleon, charred jalapeno,

fresh citrus, Mezcal Pelton float, with a spiced salt rim. Of course we have an amazing selection of craft beers on tap and by the bottle or can, including beers from Metropolitan, Great Lakes Brewing, Two Brothers and more. Some of the favorites from a food perspective include the **Grilled Shrimp** with pineapple jerk sauce and coconut, the **Hamachi** with avocado, fresno chilies and ponzu and the **Harvest Bowl**, featuring salmon, quinoa, broccoli, avocado corn, local greens, radish and a dill vinaigrette. And the **Harvest Burger** with its truffle parmesan French fries is sure to please. Come check out the great food at the best outdoor restaurant in Chicago! Guests are welcome.

## Camp Corner

### Reserve Your Spot for the Final Days of Summer Camp!

With August just around the corner, we are encouraging parents to sign up in advance for the final weeks of summer camp. As one of the few camps operating into September, we stay busy right until September. To ensure there is space and proper staffing for your campers, please register for weeks 12 and 13 by Monday August 14th. Forms and information can be found on our website or by emailing [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com)

### Junior Tennis Camp has Open Availability!

Our Junior Tennis Camp which will be running daily until August 25<sup>th</sup> has open availability for all weeks. We offer half-day and full-day options from 9am-2:30pm. For Full-Day campers, lunch is served and we have a swim option in the afternoons! Please contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) or call (773)-770-2470 for more information.

### Last Chance To Sign Up For Bulls Basketball Camp! Only Two Weeks Left!

Learn how to play basketball like a champion this summer at Bulls Basketball Camp at LSF! We'll work on ball handling, passing, shooting, rebounding, team concepts and so much more! This camp is open to all boys and girls ages 5-12 and runs Monday-Friday from 9am-12pm. Cost is \$299 per member & \$350 per guest. See more information about camp [here](#) or email us at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

### Camp 48 Upcoming Themes Include Horseback Riding, Creative Expression And Into The Wild!

We have the BEST summer line-up for 4th-8th graders in the city of Chicago! See more about our awesome weeks of Camp 48 [here](#) or email us at [Camp48@LakeshoreSF.com](mailto:Camp48@LakeshoreSF.com).

## Family Corner

**Spend a Night Under the Stars at our Family Camp Out on August 18<sup>th</sup>!**

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 on August 18th. Dinner, games, songs, crafts, movie, snacks, swimming, breakfast and more are all included. Tents are available to rent. Adult beverages are available to purchase. Reserve your space today on [myLSF.net](http://myLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com). Cost is \$148 for one child & one adult. Additional adults are welcome for \$25 each and additional children are welcome for \$15 each.

### **Host Your August Birthday Party On Our Rooftop!**

Host your next birthday party at LSF – our rooftop resort is the best summer birthday party option around. Impress your friends and family with inflatables, the picnic area, pool parties and more to celebrate you or your little one turning a year older! Birthday parties are held in 2 hour increments and start at \$475, which includes space rental, fun & activities for 15 children, awesome LSF staff to host, decorations, cake, ice cream and drinks! Food packages are available. Contact us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) for more information.

### **Enrollment for Fall PeeWee PlaySchool Starts August 14th**

Sign up your 24-48 month old for our creative, engaging, and dynamic PeeWee Playschool and watch them thrive in an environment that you are familiar with. The program runs each morning until 12:30pm and includes snack time and a group swimming lesson, on top of our play-based learning curriculum. PeeWee is a tradition at LSF for all our youngest members. Join the family and the fun! For more information please email [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com)

## **Aquatics Corner**

### **Aquatics Summer Session 2 Starts This Week!**

Don't wait any longer, sign up for classes now! Our new session starts this week and runs right up until the start of school. Classes are offered at ideal times every day and an excellent way to build life-long bonds and friendships while developing social etiquette. Our top-notch instructors will make swimming fun no matter the age or swimming level! [Click Here for Summer 2 Schedule](#). To enroll or find out about private swim lessons, please contact [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com)

### **Stingrays Look Ahead to State & Regional Meets; Fall Session Around the Corner!**

This weekend the Stingrays team took part in our last meet before the IL Regional and State Championships. The team performed very well with many personal best times and qualification cut times. This meet has brought the total number of Regional individual qualification swims to 43 for the Summer season. We wish all these swimmers the best of luck these upcoming weekends.

Fall Registration is coming soon! The final schedule of meet dates has not been posted from USA Swimming yet (projected end of July). Once posted, all fall registration will be sent out and available for enrollment. Look out for great additions from previous seasons! For Stingrays questions or to set up a tryout, please email [Stingrays@LakeshoreSF.com](mailto:Stingrays@LakeshoreSF.com)

## Racquets Corner

### **2017 Summer II Tennis Registration Has Begun, With a “Bonus”!**

Our Summer II session began on July 17th and will run until August 27th. We are still accepting registrations for adult and junior classes as well as private lessons! Adults who register for a pre-paid private or group lesson will qualify for complimentary court time booking privileges for the session! Please contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) for more information.

### **Paddle Meet & Greet: August 9th from 6-8PM and August 12<sup>th</sup> from 3-5PM**

Whether you're new or a veteran player, join us for some fun! We will have rotating games, quick intro lessons, shot challenges. This will be a great opportunity to network with others to partner up and play with and you will have the opportunity to sign-up for fall programming. Refreshments will be served! And it's all free! No RSVP needed. Rain or shine. Racquets will be provided. Contact Calvin with any questions. Contact [LPPaddle@LakeshoreSF.com](mailto:LPPaddle@LakeshoreSF.com) for more information or to learn more about paddle opportunities at LSF.

### **Join us for Pickleball, the Fastest Growing Racquet Sport in America!**

This super fun sport will leave you smiling. A mix between tennis and ping pong this game is addictive! It's also easier on the body and shoulders than other racquet sports. We offer private and group lessons. Racquets are provided and the intro course comes at a great price point. Note: During the summer months pickleball is played on the rooftop tennis courts, come this winter pickleball will be offered at certain times in the week on tennis courts 7 and 8. Contact [LPRacquets@LakeshoreSF.com](mailto:LPRacquets@LakeshoreSF.com) for more information.

## Adult Fitness

### **Your Best Posture Is Right Around The Corner**

Lakeshore Physical Therapy is offering a free postural assessment this month! During the postural assessment, you will have the chance to meet with an experienced physical therapist who will analyze your posture. The physical therapist will offer tips to improve any deficits they observe. They will also be able to address any postural concerns or questions you may have. Please call either of our locations to schedule an appointment: Lincoln Park 773-770-2419, or Illinois Center 312-801-8440.

## Get a Workout with one of our New PT 360 Team Members

Kendell Greer is one of our newest PT 360 team members. Kendell earned his BS in Exercise Science at North Park University here in Chicago. Kendell is an ACSM certified personal trainer, and an IYCA High School Strength and Conditioning Specialist with specialties in Sports Performance, Functional Movement, and Sport Specific Development in Football, Basketball, Volleyball, and Soccer. Kendell comes to us from the state of Florida where he has been training developing some our nation's top athletes. If you are interested in setting up a free fitness consultation, or a 1 on 1 private training session, contact Josh Vron dran at [PT360@lakshoresf.com](mailto:PT360@lakshoresf.com).

LAKESHORE SF | 1320 W. FULLERTON | [WWW.LAKESHORESF.COM](http://WWW.LAKESHORESF.COM)



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