



LSF LOOP

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



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Club Info

July 4th, Independence Day Hours: 6AM-3PM

To give all of our Team Members a chance to relax and celebrate the Independence Day holiday, Lakeshore Sport & Fitness will open at 6am and close at 3pm on Tuesday, July 4th. We will reopen on Wednesday, July 5th at 4:30am. Please note that there is a special group fitness schedule in place for the weekend.

Jammin' on the Roof! –Live Music Summer Series – Every Thursday!

Join us every week for an exciting evening of complimentary music on the roof while you dine at Harvest. We will 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 so bring your friends to the best rooftop restaurant in Chicago!

6/29/17	Brent Brown	Top 40 Pop
7/6/17	Eric Lucky	Variety
7/13/17	Jennifer Fletcher	Country
7/20/17	Mallory Lennon	Classic Rock & Oldies
7/27/17	Fluky Trio	Jazz
8/3/17	Morgan Station	Country
8/10/17	Luke Schmitt	Oldies & Top 40
8/17/17	Tristan Bushman	Top 40 Pop

Join Us For The Rooftop Showing Of *The Angry Birds* Movie 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 the event of inclement weather. A special kids' food buffet begins promptly at 5pm on the Kids' Rooftop (\$9/child – no cash, club charge only). Check out the upcoming lineup:

July 1st: The Angry Birds Movie
July 8th: The Secret Life of Pets
July 15th: Pete's Dragon
July 22nd: Finding Dory
July 29th: Kubo & The Two Strings

Club Policy Reminders

Guest Policy Reminder

We have a great club and we work hard to keep it that way – that's why usage of the club is reserved to members only. We do allow non-members to use the club up to five times a year or for one program session for people exploring a membership option or who are visiting from out of town. The guest fee for non-members is \$35.

We welcome you to bring guests to show off your club and want to clarify your guest privileges. Adult members are welcome to bring guests to the club: in fact you allocated 5 complimentary guest passes at the beginning of the year to use as you chose. Members under the age of 16 are not allowed to bring guests into the club. Guests are welcome to dine at Harvest without paying any guest fee but must sign the guest waiver.

If you use up all of your guest passes or choose not to use a guest pass for a specific guest, you may purchase a discounted guest pass for your friend for \$17.50. Alternatively, if you believe your guest is likely to join the club, please contact the Membership department (Membership@LakeshoreSF.com) so they can host your guest for you. Child guests need to pay the guest fee just as adults do and for child guests we need a waiver completed by their parent or guardian.

Children in the 2nd Floor Locker Rooms

At the request of your fellow members, we are reminding you that the 2nd floor locker rooms are for Adults and High School age children only. For children younger than high school age, even when chaperoned by parents, please use the restrooms adjacent to the Membership office or the 4th floor family locker rooms. Please remember that we also have 2 family changing rooms on the 4th floor with a 3rd under renovation currently: these changing rooms are great for parents with children of the opposite gender.

Safety First: Parking Lot Drive Aisle Closed During Camp Drop Off

The drive aisle in the parking lot, which is the lane located closest to the building, will be closed to all traffic Monday through Friday from 8:40AM - 9:10AM throughout June, July & August. We want to insure safety of all of our campers and their families as they walk to the

camp entrance. Thank you for helping us keep them safe!

Special Events & Programs

Rock Out on July 8th on the Rooftop With Laura Doherty & The Heartbeats!

Join us at LSF for an outdoor rooftop concert on Saturday, July 8th at 4pm. A Chicago favorite in the family music scene, Laura Doherty & The Heartbeats, acoustically rock your kids' world with original fold-pop tunes that will get even the shyest wallflower to wiggle across the dance floor. They'll be performing favorites from Doherty's 4 award-winning albums, including the El Train song and other highly requested kid classes! The cost is \$10 per LSF member of \$15 per non-member. Reserve your space today on myLSF.net or email us at KidEvents@LakeshoreSF.com.

Complimentary Fit Foodie Session on June 28th

Fit Foodie is a fitness and healthy eating hybrid program designed to help you stay fit and well while making the most of the Chicago Summer! Sweat, shop, and learn to cook new, seasonal, healthful foods for you and your family! Fit Foodie meets Wednesdays on the roof, and finishes at the Lincoln Park farmers market. The Fit Foodie program starts meets on Wednesdays from 10AM -12 PM and costs \$240 for 4 sessions or \$330 for 6 sessions. For additional information, contact LizC@LakeshoreSF.com.

Family Campout on the Rooftop: Spots Available On August 18th!

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. Tens are available to rent. Adult beverages are available to purchase. The cost is \$148 for 1 adult & 1 child. Additional adults cost \$25, while additional children cost \$15. The July date is SOLD OUT, but there is still room on Friday, August 18th. Reserve your space today on myLSF.net or email us at KidEvents@LakeshoreSF.com.

Camp Corner

Camp Families - Save Money On Camp By Referring Your Friends To Lakeshore!

Is your camper having the best summer ever at our LSF Camps? Help spread the word about our camps and save money on additional camp days for your camper! Current camp parents who refer a new camper will receive \$10 off an additional day of camp for each day their friend registers. To take advantage of this special promotion, please have the referred camper write "Referred by _____" on their registration. Camp brochures can be found on our website [here](#) or you can email us at LPCamp@LakeshoreSF.com.

Special Camp Offerings For 2nd & 3rd Graders! Sports Of All Sorts, Kids In The Kitchen, & More!

This summer we are offering an array of new programs for campers entering 2nd & 3rd grade - there's something for every style and taste! Cooking, Dance, Sports, and Superhero Training Camps are offered as single-week camps, running Monday through Friday from 9am-3pm. Cost is \$465 per member (\$600 per guest). Register via our registration form, which can be found [here](#). Email LPCamp@LakeshoreSF.com for more information.

Bulls Basketball Camp Starts This Week! Spots Available For Remaining Weeks!

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.

Aquatics Corner

Aquatics Summer Session 1 Still Open! Session 2 Coming Soon!

Are your kids fresh out of school and looking for something to do? Contact LPAquatics@LakeshoreSF.com for information about summer classes or private lessons. There is still limited availability in our Summer 1 Session running June 5 - July 23! Classes are offered at ideal times every day and an excellent way to build life-long bonds and friendships while developing social etiquette. Summer 2 Session information will be released July 1! [Click Here for Summer Schedule](#)

Stingrays Summer Swim Camp Session Rolling, Fall Around the Corner!

The Stingrays Swim team is entering its final month of the summer session. July will include one of its 6-Day Swim Camps, a social, an inter squad meet, and a few off-site meets. Summer Swim Camps are open to all swimmers proficient in all strokes. [Click Here for Summer Swim Camp Information](#) Look out for Fall Registration opening July 15th!

Racquets Corner

Junior Tennis Camp has Open Availability!

Our 12-week Junior Tennis Camp which ends on August 25th 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 or call (773)-770-2470 for more information.

LSF's USTA Junior Orange Ball Tournament, A Success!

The Lakeshore Sport & Fitness Tennis Department wants to congratulate all the junior tennis players who came out and participated in the first ever USTA Junior Sanctioned Orange Ball Tournament that occurred on June 10th! The strong member participation definitely showed as LSF's own Arjun Sawhney won the boy's draw and Alexandra Giannoulis won the girl's consolation draw. The club will host its second Orange Ball Tournament later this summer on Saturday, August 19th! Contact Coach Charles or Coach Scott for more information at CharlesP@LakeshoreSF.com or ScottJ@LakeshoreSF.com!

Come join us in Cardio Tennis!

Come out and join your fellow tennis players for some cardio tennis drills at the club! We offer options for every level during the week and on weekends. Cardio Tennis is a combination of feeding drills and live-ball action, all played with groups of the same level. You can join by session and we also offer drop-in options (with 24 hours' notice). For the most up to date information on class options, session dates and times, please contact Scott Johnson at ScottJ@LakeshoreSF.com. We hope to see you there!

Lakeshore Physical Therapy

Tennis Can Be A Pain in the Elbow

The days of the Agassi and McEnroe headbands have passed as more players are trending towards stylish elbow bands designed to lessen pain during performance. An estimated 50% of all tennis players will suffer from tennis elbow with players aged over 35 being particularly at risk. Tennis elbow is an overuse injury of the extensor muscles of the wrist, in which pain and tenderness are felt at the attachment of these muscles at the outer side of the elbow. The pain may radiate into the arm, wrist and fingers.

Is Physical Therapy Effective?

Physical therapy has long played an important role in the conservative treatment of tennis elbow. A randomized trial evaluating the effect of steroid injections, physical therapy and a wait-and-see policy concluded that steroid injections were significantly better than all other therapeutic options at 6 weeks. However, success rates at 52 weeks were 69% for injections, 91% for physical therapy and 83% for a wait-and-see policy. These data suggest that although a wait-and-see may be somewhat effective, long-term results were best when physical therapy was utilized.

How Might Physical Therapy Help?

- Utilize manual therapy such as deep tissue massage and instrumented soft tissue mobilization to help regenerate healthy soft tissue and eliminate restrictions.
- Identify proper training loads and recovery to avoid overuse injuries.

- Instruct in proper warm-up or cool-down during sessions.
- Develop a training program to include stretching, strengthening, core stability, balance, and coordination.

If you suffer from lateral epicondylitis or any other orthopedic condition, contact Lakeshore Physical Therapy today! Lincoln Park 773-770-2419/ Illinois Center 312-801-8440.

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