



LSF LOOP

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



March 27, 2018

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Club Information

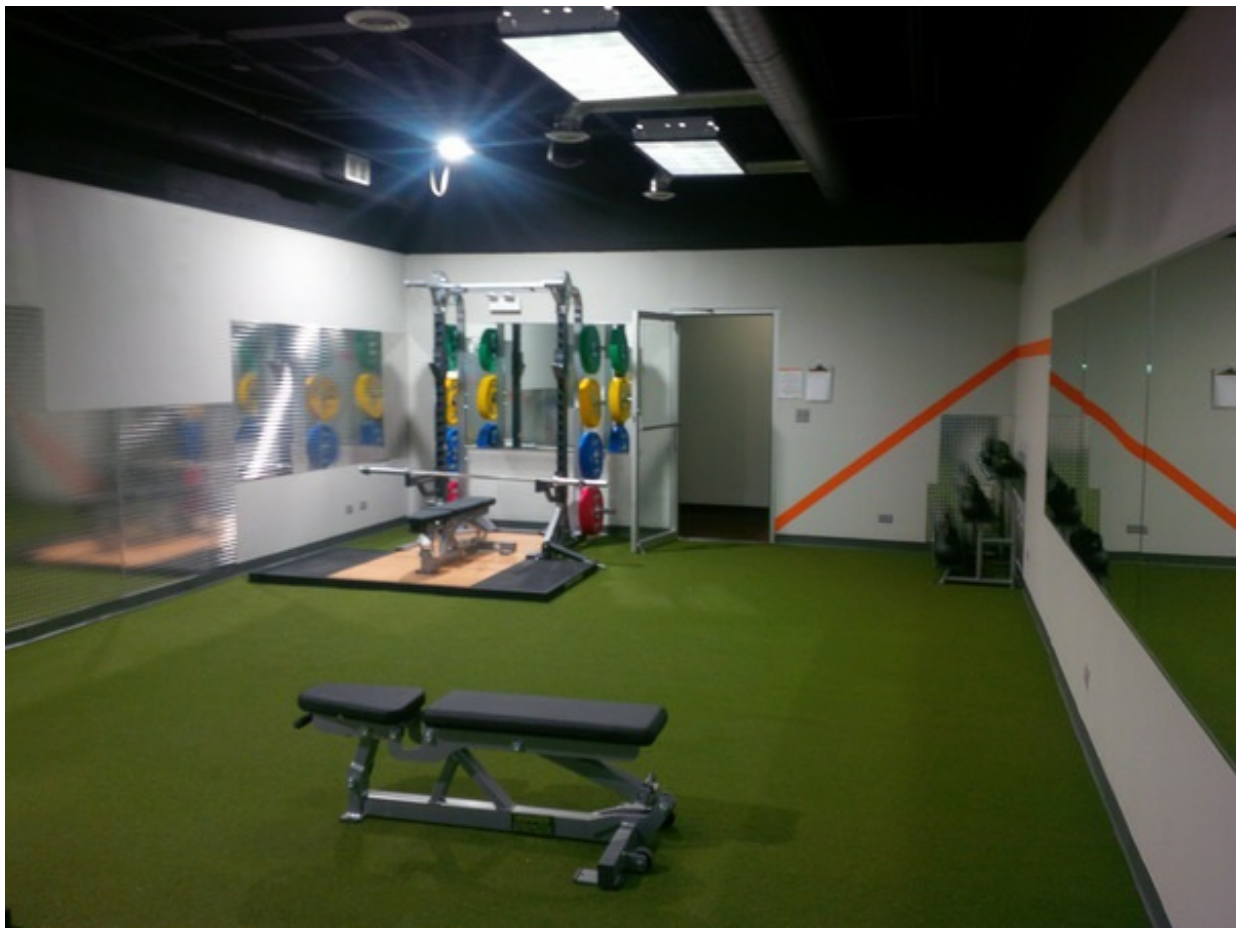
LSF Is Going Cup Free!

At year end we received a significant amount of feedback from members about getting rid of the wasted plastic cups: we throw out over 5,000 cups per week! To reduce this waste, we are replacing water coolers throughout the club with water fountains and bottle filling stations, thus reducing the amount and location of cups. This program will replace almost all water fountains and water coolers in the club and eventually enable us to have a cup free environment. Please get and use a water bottle – for your convenience we have some for sale at the Front Desk. Thanks for helping make the world a better place!

Space of the Week – Power Lifting Studio

As you know, LSF is a big building with many different rooms and offerings. While we do have some big open rooms that people are familiar with, we also have a series of smaller rooms and offerings that provide great options for a huge variety of activities from smaller work-out rooms to places to play with your kids.

This week we are focusing on the Power Lifting Studio, located on the first floor behind the Front Desk. This room features 2 racks with bumper plates, dumb-bells, kettlebells, and a great astro turf floor. It is ideal for functional as well as heavy lifting work-outs. Best of all, no trainers are allowed to use this room: it is also reserved exclusively for our adult members.



Fresh Faces in 1320 Market

Please join us in welcoming our brand new counter attendant, Tony, to the 1320 Market. He has previously worked for Lakeshore Sport & Fitness as a camp counselor and is back greeting many of the same kids he served over 4 years ago. When asked how it felt to be back at LSF he responded, "So far, it's a cool experience. I like seeing the kids I used to work with. Once they recognize me, their eyes get big as they remember who I am." Tony has been a wonderful addition to our team. We encourage you to come say hello and chat with Tony about anything from music to sports! Expect to see a few more fresh faces in the coming months as we begin to gear up for Harvest.

Your Membership Could be Free

Did you know that members receive \$10 off your monthly dues, every month for every referral of yours that joins the club for as long as they remain active members? Some of your fellow members are paying almost nothing for their membership! The more friends you refer the more opportunities you have to lower your dues. Contact your Membership Advisor at Membership@LakeshoreSF.com for more information or to share your referral.

Just for Adults

Group Fitness Class Highlight: Meta Circuit

Last month we introduced our newest space, our Meta Training Studio, down the catwalk, next to the cycling studio. We are excited to be hosting several classes each week in this studio. During our latest addition to the schedule, Meta Circuit, members are led through four stations with TRX Bands, Rowers, Barbells, Medicine Balls, Dumbbells, and more! 4 Minutes per station, 4 stations, 2 rounds, to get you to your fitness goals. Make sure to save your spot on the myLSF app, as this class only holds 16 people at a time! Classes currently meet as follows: Wednesday 6:30am with Joanna Tomcynska, Wednesday 7:30pm with Mikhaila Woodall, Thursday 6:30pm with Jenn Hogg, Friday 6:30am with Matt Modleski, Saturday 11am with Joanna Tomcynska. Check out the app as new classes will be rolled out over the coming months.

Last Chance To Sign Up For The April Self Defense Class – April 7th

Learn how to throw off assailants, protect yourself against attackers, and escape from dangerous situations. You will learn throws, striking, and true self defense! This class is more than words, you will get a work out too! Class cost \$35 and meet in the Boxing Studio on the 1st Saturday of the month through the summer. For more information email the PT360 team, PT360@LakeshoreSF.com.

Small Group Training Is The “Sweet Spot” Of The Fitness Experience.

Small group training has been gaining popularity because it's an exciting way for clients to take advantage of a trainer's expertise all while keeping the fun and competitiveness of a group dynamic. Participants team up to reap the benefits of variety, camaraderie and accountability while surpassing their individual fitness goals. The small-group setting allows our professional trainers to incorporate maximum flexibility and choice into workouts, yet tailor-fit exercises to individual needs and preferences. For more information email the PT360 team, PT360@LakeshoreSF.com

What Makes a Great Workout?

A great way to get the most out of your workout involves using corrective exercises specific to your personal limitations as a dynamic warm up, instead of the typical 5-10 minute jog. Additionally, programming your strength circuit based on joint actions and movement, rather than targeting individual muscle groups creates far more function, and purposeful movement. Lastly, save your steady state or interval based cardio for after your strength circuits. Performance will be impacted, however, rest assured your body will be utilizing more fat storage when executed in this order. For more information about setting up the most effective workout, contact PT360@LakeshoreSF.com

Kid's Corner

Join Us For Friday Fieldtrips During Spring Break Camp!

Join Lakeshore for School Day Out Camp during your Spring Break! Camp is offered March

26th through April 6th with special Friday Fieldtrips on March 30th to The Museum of Science & Industry and April 6th to see Cinderella with the Chicago Kids' Company. Kids will participate in a full day of games, crafts, swimming, hot lunch and much more! Extended day options are also available from 7:30am-6:00pm. See more information and register [here](#).

Summer Camp Registration is OPEN - Last Few Days to Save \$\$ By Referring Your Friends & Neighbors!

Adventure awaits at Camp Lakeshore this summer! Our new online registration system and Camp Brochure can be found [here](#). Refer to friends and neighbors to our summer camp program - they save 10% while you get a \$50 credit for each child referred! Camp options include day camp, tennis camp, Bulls basketball camp, Camp 48 fieldtrip camp, CIT camp and more! Please email us today at LPCamp@LakeshoreSF.com for further information.

T-Bone Tiger Pick Up Day on March 27th for Summer Campers!

If you've registered for camp, you get to take home a 2018 T-Bone the Tiger stuffed animal! Join us in the 1320 Market on Tuesday, March 27th between the hours of 3:00-6:00pm to pick up your T-Bone! If you have any questions, let us know at LPCamp@LakeshoreSF.com.

What's a PeeWee?

PeeWee's are some of Lakeshore's finest members. They are full of smiles, giggles, imagination and love to strike up a good conversation! You are not supposed to pick favorites, but if Lakeshore had to pick some of its favorite members, it would have to be our PeeWees! Join our PeeWees as they swim, dance, do yoga, make crafts, learn about science and make new friends. If your little one is between the ages 2-4, join us for a free trial day! See more information [here](#) or email us at PeeWee@LakeshoreSF.com.

Plan Your Kids' Summer Birthday on our Rooftop Now!

Host your next birthday party at LSF – our staff will decorate, host, plan activities and clean up. You just have to show up! Book your birthday party today, which includes 2 hours of space rental, 3 LSF party hosts, decorations, tables, chairs, paper goods, activities, cake and ice cream. Food and drink packages available for purchase. Packages include tennis, swimming, sports, inflatable or custom party options. Contact us at KidEvents@LakeshoreSF.com for more information.

Club 48 Corner

NEW!! Born to Run Youth Training Program

Join LSF as we prepare young runners for 3Ks, 5Ks and even half marathons! Our team of high energy, fun, professional trainers will focus on individual progression tracking with

each of our runners. Runners will learn how to breathe, focus on footwork and stride while being conditioned in a fun, social atmosphere. We'll utilize Lakeshore's 1/4 mile indoor track, training studios and equipment, outdoor rooftop and more to build progress. The session runs 10 weeks long but runners only pay for 8 as 2 weeks are built in as makeup days. If you can make it to all 10, please do! Dates run April 1st through June 8th, with practices taking place Mondays and Wednesdays from 4-6pm. Sessions are open for 8 through 14 year olds. We'll have a group participate in Run for the Zoo 5K/10K on June 3rd to culminate the training program with this race! Cost is \$299 for members or \$399 for non-members. See additional details [here](#). Please register with us via MyLSF.net or email us at KidEvents@LakeshoreSF.com.

Exclusive Summer Camp for 4th-8th Graders is Filling Up Fast!

Camp 48 is Lakeshore's fieldtrip based specialty camp program for 4th-8th graders! These camps are designed to pique the interest of our LSF kids who feel they are ready to take on new and exciting challenges, all summer long! Not only is the entire week designed to engage the older kids and keep them wanting more, but Camp 48 is also unique in that it is held almost entirely outside of the club. Most weeks will consist of a different field trip each day of the week - Water Park Week, Horseback Riding Week, Adrenaline 2.0 and so much more! See additional details in our camp brochure [here](#) or email us at LPCamp@LakeshoreSF.com.

May Means Club 48 Members' Choice! Join our Leadership Meeting on April 12th!

Club 48 Leadership Team meeting will be held on Thursday, April 12th at 4:00pm. Our Club 48 Leadership team is growing and we'd love to have more members who want to take ownership over their club experience - help us choose classes, activities and special events! To RSVP, please chat with Justin in Club 48 or email us at Club48@LakeshoreSF.com.

NEW! Club 48 Game Night - Virtual Reality, Swimming, Games & More! April 13th

Club 48 is hosting a game night on the 4th floor for Club 48 members only on Friday, April 13th from 6:00-8:00pm! This party includes Reality Bytes virtual reality company, swimming, ping pong, Xbox tournament and more! Pizza, chips and drinks are included. Cost is \$40 for members. RSVP today by emailing Club48@LakeshoreSF.com.

Club 48 3 on 3 Basketball Tournament - April 22nd from 12:00-5:00pm

Show off your shots, defense, game face and more by entering your team in our Club 48 3 on 3 basketball tournament! Join us for a full afternoon of tournament play on Sunday, April 22nd. Pizza and drinks included. Cost is \$25 per player. Email us your player's name, grade and team name at Club48@LakeshoreSF.com.

Stingray's Swim Team & Aquatics Corner

Stingrays Swim Team Session Starts April 2nd!

Join our Stingrays Swim Team for their summer season! The summer season runs April 2nd through August 5th and will include weekly practices, swim meets, inter-squad meets, team socials, dive clinics and so much more! See the pricing and additional information on the team [here](#). To register for the summer season, complete this [form](#). To schedule a tryout, email us at Stingrays@LakeshoreSF.com.

Congratulations to Regan McDonald, Stingrays State Competitor!

Nine year old Regan McDonald represented the Stingrays Swim Team at the Illinois State Swim Competition this past weekend! She currently stands as the 16th swimmer in her age group at the state level. Special congratulations to Regan and the entire swim team!

Stingrays Swim Team Summer Camp Registration is Now Open!

The Lakeshore Stingrays are happy to announce we will be hosting a swim camp again this summer! There will be 3 six-day swim clinics that are open for competitive swimmers of all ages and abilities who are currently on a team. Each session will consist of focus on the development of strokes, specific focus on starts, turns, and relay exchanges, team building activities, guest coaching from three time Olympian Sebastian Rousseau, dryland training, visualization training, race strategy review, nutrition discussion and so much more! See additional details [here](#) or email us at Stingrays@LakeshoreSF.com.

Day Time Private Swim Lessons Are Available Now!

Our professional, knowledgeable and fun swim instructors are available for morning and early afternoon private swim lessons. Your child will gain confidence, improve swimming skills and keep moving in our family friendly pool. See our package deals here and email us at LPAquatics@LakeshoreSF.com to schedule a lesson today!

Group Swim Lessons Do Not Run March 26th through April 1st

The group swim lessons do NOT run the week of March 26th through April 1st due to Spring Break. All lessons will resume on Monday, April 1st. We have instructors available for private lessons throughout the week, so please contact us today at LPAquatics@LakeshoreSF.com to set up a private lesson to keep your skills strong!

Racquet's Corner

Tennis Camp Online Registration Is Now Open

We are gearing up for another amazing summer of Tennis Camp at LSF! Campers will enjoy tennis drills and games led by our professional tennis staff as well as other camp activities and an option to swim in the afternoons! Our new online registration is now open and can be accessed [here](#). If you have any other questions please contact LPRacquets@LakeshoreSF.com. Looking forward to another great summer in 2018!

Sign Up Now For The Spring Tennis Session Starting on April 9th

Registration for our Spring session of tennis lessons and classes has begun! Our Spring session of Tennis classes will start on Monday, April 9th and run until June 17th. It is a 10-week pre-paid session. We offer private and semi-private lessons 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 including Intro to Tennis! For more information, please contact the Racquet Sports Department at LPRacquet@LakeshoreSF.com.

LSF Flex League Is Looking For New Competition For Next Session!

What better way to fit in some competitive match play than in LSF's very own Flex League? Groups of up to 10 players of the same level schedule weekly matches at a mutually convenient time (mornings, evenings, weekends, it's up to you!) At the end of the session awards are given out to the top 3 players in each level. Our Spring Session of Flex League starts on Monday, April 9th and will run for 10 weeks. We are currently looking for players of in the 3.1-3.5, 3.6-4.0 and 4.1-4.5 levels. Contact new league coordinator Jack Phillips at (773)-770-2403 or JackP@LakeshoreSF.com for more information!

Mixer Madness!

Are you ready for Mixer Madness? Lakeshore offers two weekly Tennis Mixers, our Friday Night Tennis Mixer with Coach Ryan and our Sunday Doubles Tennis Mixer with Coach Srin. On Friday Night players in the 3.0-4.0 level range will enjoy two hours of play from 7-9pm accompanied by pizza and beer afterwards! Cost is \$37 for members and \$47 for non-members. On Sunday evenings from 5-7pm, Coach Srin runs his doubles mixer with players at the 4.0+ level. Cost is \$27 for members and \$37 for non-members. Contact us at LPRacquets@LakeshoreSF.com if you are interested in signing up or have any further questions!

Match Finders for Squash, Tennis, Racquetball, Pickleball & Paddle!

Are you looking for more people to play racquet sports with? Please let us know and we can add you to our distribution list of players interested in finding new games or joining others for group play. Just e-mail LPRacquet@LakeshoreSF.com with which lists you would like to be added to and what your level is. Then accept the invite and you can start sending messages to the group to find playing partners!

Junior Tennis Tournament Results

Congratulations to our very own Jacob Snieder and Nicola Kupczyk who won the Green Dot 10 and Under tennis tournament last week! Out of a field of over 30 players coming from all over Chicago-land, these two players emerged victorious! If you would like more information about our upcoming junior tournaments or our training program for kids, please contact LPRaquet@LakeshoreSF.com.



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