



# LSF LOOP

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



**April 24, 2018**

## **Club Information**

- Join us for the last Family Fun Fair of the Season – April 29<sup>th</sup> from 3-5 PM
- Danny McDermott Book Signing – May 10<sup>th</sup> from 5:30-7:30 PM
- Mother's Day Brunch – Sunday May 13<sup>th</sup>
- Manage Your Account Anytime, Anywhere Using MyLSF!
- Please Be Considerate In Our Parking Lots

## **Just for Adults**

- Join the LSF Summer Shred, Starting April 30<sup>th</sup>!
- Group Fitness Teacher Feature – Halle Miroglotta
- Physical Therapy for Vertigo
- Tone up with T-Power Dash!
- Women's Running Group on Wednesdays
- Give Yourself the Advantage this Race Season!

## **Just for Kids**

- Let Lakeshore Plan Your Rooftop Birthday Party!
- It's Almost Summer! Sign up for PeeWee Summer Camp Now!
- PeeWee of the Month - Meet Jordan!
- Meet Erin Crump, LSF's New Early Childhood Coordinator
- Children's' Program Featured Family - The Zeman Family!

## **Camp Connection**

- 10% Off Summer Camp if You Sign Up on Sunday April 29<sup>th</sup> at the Fun Fair!
- Meet Scottie Curry, Lakeshore Camp's Assistant Director
- School Days Out Camp at Lakeshore - Sign Up Today for Camp on May 11<sup>th</sup> and

**May 25th!**

### **Club 48 Corner**

- **NEW!! Born to Run Youth Training Program**
- **Camp 48 – Only a Few Spots Left in Adrenaline 1.0, Horseback Riding & Sleepaway Ranch! Don't Miss Out!**

### **Racquet's Corner**

- **Sign up For Tennis Camp!**
- **Spring Tennis Enrollment Has a Few Open Spots Remaining**
- **LSF Flex League Is Looking For New Competition For This Session!**
- **Mixer Madness!**

## **Club Information**

### **Join us for the last Family Fun Fair of the Season – April 29<sup>th</sup> from 3-5 PM**

Join us for our last Family Fun Fair of the season this Sunday! Get 10% off any camp registrations completed during the Family Fun Fair! Your kids can run and play and get out their energy taking advantage of our giant bounce house, inflatable slide, grand prix big wheel course, face painting and Ninja Warrior Attractions! Food & Beverage is available for purchase. Admission is free for members. Please register guests with [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com) ahead of time so that they can come for free (limited to local guests). So bring your friends and neighbors and let the kids go wild!

### **Danny McDermott Book Signing – May 10<sup>th</sup> from 5:30-7:30 PM**

Our own Racquet Sports Director, Danny McDermott has published a book entitled “We Are Starving” based on his experiences using chess to help under-privileged kids realize their potential. This true story celebrates the genius and greatness of children living in abject poverty on the Westside of Chicago. Please join us on Thursday, May 10<sup>th</sup> from 5:30-7:30pm in the Igloo to a book signing event. Refreshments will be served and we hope to see you there.

### **Mother's Day Brunch – Sunday May 13<sup>th</sup>**

Don't miss our annual Mother's Day Brunch on Sunday, May 13<sup>th</sup> on the Harvest Rooftop. There will be four seating options available at 10:00 AM, 11:00 AM, 12:00 PM, and 1:00 PM. Mothers will receive a complementary flower and champagne drink with brunch. Enjoy great food including a carving station, classic breakfast items, and a dessert table. Supervised children's activities will be provided from 11:00 AM -2:00 PM. The cost of the brunch is \$38 for adults and \$15 for children. Spots are filling up fast so make sure to RSVP for your party at [LPevents@LakeshoreSF.com](mailto:LPevents@LakeshoreSF.com).

## **Manage Your Account Anytime, Anywhere Using MyLSF!**

Members use MyLSF every day to check-in, review their account bills, view the Group Fitness schedule, make a payment, update billing information, book services, and more. To use MyLSF, you will need a MyLSF account: download the MyLSF app and tap "Do not have a login?" on the log in screen or go to [www.MyLSF.net](http://www.MyLSF.net) and click "Create An Account". For longer term members, if you still have a scan card, you will enter the scan card number below the barcode on the card. For newer members, enter your Member Number (your account number) as validation. You can find your Member Number on your membership contract or you can ask your Membership Advisor for it. After that, you'll be asked to enter your preferred username and password, and then you're done! If you need further assistance with MyLSF, please email [MattR@LakeshoreSF.com](mailto:MattR@LakeshoreSF.com).

## **Please Be Considerate In Our Parking Lots**

Please drive carefully and be aware as there are many small children going from car to club and back! Please only enter the main lot from Fullerton. If you are leaving the club during busy times, please exit the parking lot efficiently rather than, for example, having a cell phone conversation in your car while others wait for a space. Handicapped spots are for people with handicap signage only, not for waiting. To reduce any frustrations in your parking, please remember that the busiest times in the parking lot are around 5-15 minutes before the hour as many people are coming to the club for assorted classes and lessons.

## **Just for Adults**

### **Join the LSF Summer Shred, Starting April 30<sup>th</sup>!**

Looking to lose those last few pounds by Memorial Day Weekend? Group Fitness Coordinator Matt Modleski and Personal Trainer Taylor Perry are teaming up to bring you a 30 day program like no other. Over the course of 4 weeks, you will learn about kettlebells, barbells, rowing technique and more. Group size is limited to 8 participants so register fast to save your spot! \$240 includes the following: 2 Small Group Training Sessions Per Week (Monday and Friday 9am-10am), an additional 2 workouts programmed per week, a personal E-Check in each week to keep you on track, a Group Ex, and Yoga class recommendation to help meet goals and a weekly newsletter with nutritional advice, tips and tricks, and a healthy recipe. For additional information, or to register, e-mail [MatthewM@LakeshoreSF.com](mailto:MatthewM@LakeshoreSF.com).

### **Group Fitness Teacher Feature – Halle Miroglotta**

Halle loves yoga, and is committed to teaching yogic lifestyle and philosophy, alignment based postures for everybody, and versatile techniques in breath and meditation. She provides attentive instruction to all levels of practitioner in order to create cognitive shifts,

fuel physical well-being, and cultivate steadiness and ease. When not at the yoga studio, Halle loves arm balances and inversions, acro-yoga, riding her bike, traveling, cooking, and tending to her vegetable garden. You can catch her in Yoga 1 every Tuesday and Friday at 7am, 8am, and 9am, or Tuesday nights for a 90 minute Vinyasa at 4:30pm. Check the myLSF app for more class details!

### **Physical Therapy for Vertigo**

Vertigo is the sensation of spinning; even when you are perfectly still you feel like you are moving or that the room is moving around you. There are a number of conditions that can lead to vertigo; inner ear disorders, migraines, tumors, head injuries or stroke. In most cases, the cause of vertigo involves the inner ear, part of the vestibular system. The vestibular system is a part of your body's balance system. It uses the organs of your inner ear to relate to your brain where your head and body are in space to keep your eyes focused and body stable. One of the most common causes of vertigo is Benign Paroxysmal Positional Vertigo (BPPV). BPPV is an inner ear disorder that produces short periods of spinning when your head is in a certain position. BPPV occurs when tiny crystals in your ear are dislodged and move into another part of the ear (semicircular canals) where they are not supposed to be. Physical therapy can be quite effective in treating BPPV. The physical therapist will conduct a series of positional tests to determine which inner ear is the culprit, and equally as important which of the six semicircular canals is involved and then guide you through a series of specific head motions or maneuvers to reposition the crystals within the inner ear and relieve the symptoms of vertigo. Oftentimes, patients are "fixed" after just one treatment. It is a very satisfying experience for both patient and therapist- you come in with a problem, you leave feeling back to normal. Successful rehabilitation also includes balance exercises to help strengthen your vestibular system. Lakeshore Sport & Fitness is fortunate to have the experienced physical therapists of Lakeshore Physical Therapy on site at both locations. Click here for more information or to schedule an appointment: [www.lakeshore-pt.com](http://www.lakeshore-pt.com)

### **Tone up with T-Power Dash!**

Strength, endurance, and power meet for this high intensity interval class. Come get ready for summer beach season! Participants will be led through a series of intervals both on and off the treadmill. We pack functional training, HIIT training, and strength training all into one class. Come see what it's all about on Mondays and Fridays at 8:30am or Saturday morning at 8:15. Class is held in the treadmill area on the 4<sup>th</sup> floor. All levels are welcome as instructors will provide modifications as needed. If you have any questions about T-Power Dash or any of our classes or schedules, please email [LPGroupFitness@LakeshoreSF.com](mailto:LPGroupFitness@LakeshoreSF.com).

### **Women's Running Group on Wednesdays**

Join us on Wednesdays at 6:30 PM for a female only run! These fun runs are open to all and

all paces are welcome. We will head out down Wrightwood down to the lakefront and go various distances (2-5k). Runs will end back at Lakeshore Sport & Fitness followed up with a complementary glass of wine for all runners. Runs take place on Wednesdays at 6:30 PM. Running is more fun with a friend! So please bring a friend as a guest runner - they will need to fill out a waiver upon arrival or pre-sign the waiver on-line here to save some time <https://app.waiverforever.com/pending/c15JEdTCwu1506382474>

### **Give Yourself the Advantage this Race Season!**

Running is hard on your muscles. To relieve tightness, increase your range of motion and increase your circulation, schedule a massage with one of our great massage therapists. We offer 30, 60, 90 and 120 minute massages. The therapists will personalize your session to meet your individual needs. Massage could be the difference in running the race or achieving your personal best time! For more information please email [LPSpa@Lakeshoresf.com](mailto:LPSpa@Lakeshoresf.com)

## **Just for Kids**

### **Let Lakeshore Plan Your Rooftop Birthday Party!**

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](mailto:KidEvents@LakeshoreSF.com) for more information.

### **It's Almost Summer! Sign up for PeeWee Summer Camp Now!**

Summer is right around the corner, don't forget to sign up PeeWee Summer Camp. Camp is filling up fast. To see more detail on PeeWee Summer Camp and sign up [click here](#) .

PeeWee Summer Camp is a drop-off program for 2-4 year olds that focuses on socialization, creativity, learning, and most of all, fun! The program include a 30-min instructional group swim lesson with our certified aquatics department. Please contact us at [PeeWee@LakeshoreSF.com](mailto:PeeWee@LakeshoreSF.com) to schedule a free trial day! See more details on the program [here](#)

### **PeeWee of the Month - Meet Jordan!**

Each month, our PeeWee teachers highlight two students so that we learn more about them! Meet Jordan, who is one of our highlighted PeeWee's this month! Jordan is the older brother to Jacob. His favorite color is blue. If he could choose any food in the world to eat, he would dine on blueberries. Jordan's favorite thing to do in PeeWee is the "stretch it out" in



Yoga Class. If Jordan had to pick a favorite movie character, he said "Lightning McQueen", without any hesitation!

### **Meet Erin Crump, LSF's New Early Childhood Coordinator**



We are super-excited to introduce Erin! Erin has been in the field of early childhood education for over 20 years and has a Masters in Early Childhood Education. She has been a teacher, director and coordinator of both early childhood and arts education programs. Using this education and background, she will be taking our Pee Wee and Childcare programs to the next level! She can't wait to get to know the staff, families and children.

Erin is originally from Buffalo, New York where she worked as a professional actress and created and managed several theater education programs while also teaching Pre-K. Upon moving to Chicago 12 years ago, she performed in Tony and Tina's Wedding, began doing children's music and theater classes as well as teaching in preschool programs. She pursued her masters in ECE specializing in working with young children with autism and behavior management as well as curriculum development. Most recently Erin acted as the curriculum coordinator and classroom management consultant for a group of early childhood centers in Chicago. Erin currently lives in Lakeview with her husband, amazing 6 year old daughter, adorable old doggie, two crazy kittens and a tortoise. She loves playing guitar, singing, taking yoga and barre classes and watching Netflix with her family.

### **Children's' Program Featured Family - The Zeman Family!**

Our children's team is highlighting a family each month who has participated in a number of our programs. Please see the written testimony from Cara Zeman: "LSF has been such a wonderful place for our family to escape, have fun and enjoy on all levels. One of the main reasons we chose to become members, is due to the dedication, support & amazing staff LSF provides to their children's programs. Our daughters Jessa & Alina have been Peewee's since they turned 2, and the progress they have made socially and academically is profound. We love that the curriculum is constantly evolving, and that there are so many fantastic activities in the Peewee schedule (acoustic music time, dance, arts & crafts, letters of the week and swim lessons.) It is an amazing feeling to see the girls excited to go to class, and that is a direct reflection on all of the outstanding teachers. They truly make a difference! Equally exciting, we recently had the girls' 3rd birthday party at the club! It was an amazing pool party (with a special appearance from Ariel,) and we were lucky to have the entire indoor Harvest space at our disposal. All of the LSF staff involved in helping with the preparations, and those who worked the party, were exceptional! All in all, LSF Children's



Programs are the best! We look forward to nicer weather, and to making more wonderful memories at Lakeshore!"

## Camp Connection

### 10% Off Summer Camp if You Sign Up on Sunday April 29th at the Fun Fair!

Come to Lakeshore's Family Fun Fair on April 29th from 3:00-5:00pm for your chance to receive 10% off your entire summer camp bill. Bring your friends, family and neighbors! Lakeshore's Summer Camp is a great option for members and non-members. Parents can sign up for just a day, a week, or the entire summer! We are one of few camps in the area to offer a daily registration option for our traditional day camps. Campers can arrive as early as 7:30am and stay until 6:00pm, with Pre Camp and After Camp options. We have tennis camp, PeeWee Camp, Bulls Camp, traditional day camp, Adventure Camp, CIT Camp and special camps for our Club48 members. See details about our camp program [here](#).

### Meet Scottie Curry, Lakeshore Camp's Assistant Director

This is Scottie's 3rd Summer with LSF summer camps and he can't wait for his favorite part of camp - dressing up for our theme days! He has been working with youth for over 10+ years, in the capacity of Theater Teacher, Nanny, Camp Leader, and even Youth Staff on a Cruise Ships. When not being silly with kiddos during the day, he's on stage as member of a professional comedy Improv ensemble. Some of Scottie's favorite things are Sushi, mint chocolate chip ice cream, and all things Star Wars so if he could somehow eat Ice-cream Sushi on the Moon of Endor, he'd be a very happy man!



### School Days Out Camp at Lakeshore - Sign Up Today for Camp on May 11th and May 25th!

Join LSF for School Day Out Camp -we offer a full day of engaging and recreational programming that makes full use of our facility, neighborhood, and all-star staff. Camp includes a hot lunch, afternoon snack, and daily swimming! Before Camp and After Camp options are also available if extended care is needed. See more information and the registration form [here](#).

## 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](http://MyLSF.net) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **Camp 48 – Only a Few Spots Left in Adrenaline 1.0, Horseback Riding & Sleepaway Ranch! Don't Miss Out!**

Camp 48 is HOT this year and spots are filling up very quickly! These camps are designed to pique the interest of our 4th-8th graders 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 - lunch and snack included. See additional details in our camp brochure [here](#) or email us at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com).

## **Racquet's Corner**

### **Sign up For Tennis Camp!**

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](mailto:LPRacquets@LakeshoreSF.com). Looking forward to another great summer in 2018!

### **Spring Tennis Enrollment Has a Few Open Spots Remaining**

Registration for our Spring session of tennis lessons and classes is still open! Our Spring session of Tennis classes will run until June 17th. 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](mailto:LPRacquet@LakeshoreSF.com).

### **LSF Flex League Is Looking For New Competition For This Session!**

What better way to fit in some competitive match play than in LSF's very own Flex League? Groups will be created with up to 10 players of the same level who then contact each other



to schedule 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 will start 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](mailto: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](mailto:LPRacquets@LakeshoreSF.com) if you are interested in signing up or have any further questions!

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



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