



LSF LOOP

What's New and News at Lakeshore SF



February 5, 2019

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- Top 2 Tequila Tasting: Thursday, Feb 21st from 6-8 PM
- Valentine's Cookie Decorating Event on February 13th!
- Courtesy Policy Reminder: Please supervise your children

Just for Adults

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- Video Gait Analysis from Lakeshore Physical Therapy
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- Book Your February or March Birthday Party at Lakeshore Now!

- **Parents' Night Out on Saturday, February 16th! A Night of Mystery Fun!**
- **Pee Wee Preschool Valentine's Day Party!**

Community Corner

- **Touched By An Animal Adoption Event & Fund Raiser supported by LSF Partner Bridgeview Bank**

Club Info

Join us for Our Next Family Fun Fair – February 24th from 3-5PM

Join us for our next Family Fun Fair Sunday February 24th from 3-5 PM so 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, Ninja Warrior and more! Food & Beverage is available for purchase. Admission is free for members. Please register guests with 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! And save the date for our next family fun fair on Sundays March 31st and April 28th all from 3pm-5pm.

Top 2 Tequila Tasting: Thursday, Feb 21st from 6-8 PM

LSF, along with Certified Agave Expert, John Kersey of Cream Wine and Spirits and Evenlyn Botello of Tequila G4 are partnering to bring you a great night of tequila tasting, food pairing and education on the most delicious spirit in the world! Enjoy a journey of 8 tequilas from the top 2 ranked tequila distillers in the world! These specialty spirits will be available for purchase at members' only pricing. For more information, please contact FB@LakeshoreSF.com. Space is limited. Register on the MyLSF app.

Valentine's Cookie Decorating Event on February 13th!

We'll provide the cookie canvas and let the kids do the decorating! Decorate a dozen Valentine shaped cookies with fun icings and goodies! Enjoy them at the event with milk or take them home to be shared with loved ones. Cost is \$30 per dozen. RSVP online at MyLSF.net or via the App! For questions, contact KidEvents@LakeshoreSF.com.

Courtesy Policy Reminder: Please Supervise Your Children

While we are very family friendly, many of our members do not have children, so please supervise your children to ensure they are behaving appropriately in the appropriate space. A few specific examples that have recently come up include the following: children are welcome to use the locker rooms on the 4th floors, but are not supposed to be in the 2nd floor locker rooms. Children in 4th through 8th grades are welcome to use the cardio and circuit training equipment after they have been certified and so long as they are supervised by their

parent - otherwise children should not be on the 3rd floor or in the 4th floor cardio/training room.

Just for Adults

Mind & Body Special Event – AcroYoga / FreeFLOW – Friday, Feb 15th from 5:30-7:00PM

AcroYoga is a popular style of partner yoga using trust, strength and verbal and physical communication to lift each other into the air! FreeFLOW is a free movement class inspired by yoga, martial arts, dance, gymnastics, and other forms. This class, led by Halle and Mikhaila is a mostly matless movement class with a playful combination of FreeFLOW moves, AcroYoga, and conditioning techniques. Level up your spatial awareness and coordinated engagement by incorporating partner and small group movement work into your physical practice. Build your creativity and strength with your community in this unique movement experience and follow it up with lively conversation and relaxing with your yogi friends over a glass of wine. Bring a special friend if you wish to explore trust and communication in an entirely new way and come dressed to leap, bound, and lift each other up! Complimentary glasses of wine to be served in 1320 Market after class so plan to stick around, kick back and enjoy yourself at this new, original #LSFWineDown Event! FreeFLOW / AcroYoga, Friday, February 15th at 5:30-7:00pm in Yoga Studio 1, Wine Down immediately following in the Market

Video Gait Analysis from Lakeshore Physical Therapy

Despite the cold, it is not too early to start thinking about an injury-free running season! A video gait analysis can jump start your road to recovery and help with your running performance. We will view, analyze, correct running form and help optimize your running mechanics to prepare for a great running season. Simply call for an appointment (773-770-2419) or stop by the clinic to view a sample analysis report.



Discover One Of LSF's Best Kept Secrets – Stretch Training!

Stretch training is sweeping the country as one of the "new, cutting edge" ways to boost your

fitness but has been one of our standard services for years! Proper stretching is the easiest portion of your workout to skip and one of the most beneficial when consistently done. Let our PT 360 team help stretch and foam roll your aches and pains away. Contact PT360@LakeshoreSF.com for more information.

Racquets Corner

There Is Still Time To Register For Tennis!

Our Winter II session of tennis started on Monday, February 4th, but there is still time to register for lessons and classes! This session will run through April 14th, a total of 10 weeks. We offer pre-paid 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. 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 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. We are currently looking for players of all levels! Contact Jack at (773)-770-2403 or JackP@LakeshoreSF.com for more information.

Valentine's Day Tennis Mixer!

In Tennis, "Love" means nothing... but at our Valentine's Day Tennis Mixer, LOVE is everything! Join us on Friday, February 15th from 7-9pm for our very first Valentine's Day Tennis Mixer! Players should be in the 3.0-4.0 level range and will enjoy two hours of play accompanied by pizza and beer afterwards! Cost is \$39 for members and \$50 for non-members. Contact us at LPRacquet@LakeshoreSF.com to learn more! We'd LOVE to see you there!

Join us for Pickleball!

Join us for our next session of Pickleball which runs on Sundays from 1-3pm! Dynamic, easy to learn, and fun, this sport will leave you smiling! This mostly doubles game is played on one half of a tennis court. Underhand serves and a variety of finesse and power shots make this game addictive yet easy on the body. Contact the Racquet Sports Department at LPRacquet@LakeshoreSF.com for more information!

Camp Corner

Still Deciding Whether or Not to Send Your Child to Camp Lakeshore This Summer? Here Are 5 Reasons to [Register Early!](#)

1. **BIG Savings** – There's only a few days left for the Early Bird Discount! Register before February 15th to save 15%.
2. **Camps fill fast!** – We work hard to maintain some of the lowest ratios in the area, so we have assigned a maximum capacity for each of our brand new Sports and Specialty Camps. Don't miss out on your spot!
3. **Time for a test run** – The sooner you register, the more time you have to join us for School Day Out Camps and get a taste of what Summer Camp is really like during the school year!
4. **Change your mind?** No problem! – The earlier you sign up for camp, the more time you have to make changes to your registration. May 15th is the deadline for changes with no additional fees.
5. **Peace of mind** – Why wait until May and scramble to finalize your camper's summer plans? There's no better feeling than knowing that your summer is planned out. Check it off your to-do list now!

Camp 48 Presidents' Day Trip

Join Camp 48 on Presidents' Day, Monday February 18th, from 9 AM – 4 PM on an adventurous field trip just for 4th-8th graders! Our super staff will lead a group rock climbing before heading to an Escape Room! This is a member only event. The cost is \$149 per member. Register today at MyLSF.net or via the App.

February School Days Out Camp

Not sure where to send the kids when they are off from school? Join us for School Day Out Camp, and we'll keep the kids engaged all day with games, swimming, sports, art, and more! Camp hours run from 9 AM – 3 PM with extended day care available. Be sure to sign up for our February camps today! Email LPCamp@LakeshoreSF.com for more information!

Sports for Kids

Private Basketball Lessons Offered During the Winter

Whether you are a beginner or skilled player currently on a team; private training may be what you need to take your talents to the next level. Private training will allow for instructors to personalize goals and objectives specific to the player. Starting at where the player currently is and helping to sharpen and develop skills set to maximize his/her ability on the basketball court. To set up an assessment or for more information, email KidEvents@LakeshoreSF.com.

Kids' Basketball, Dance & Swimming Registration Open for Winter II Session!

Join our Winter II kids' group classes, which start February 4th. The session runs for 10

weeks. Group classes are available for kids ages 3 and up. See class details, prices and dates for [basketball & dance here](#). See class details, prices and dates for [swimming here](#). Email us at KidEvents@LakeshoreSF.com for more information.

Kid's Events

Book Your February or March Birthday Party at Lakeshore Now!

Leave all the party planning to us! Pick a date, a theme and colors – we'll do the rest! Choose from a variety of options: pool party, sports party, inflatable party or even customize your very own. See our birthday [party details here](#). Email KidEvents@LakeshoreSF.com to reserve a date now.

Parents' Night Out on Saturday, February 16th! A Night of Mystery Fun!

Drop your kids off for a night of fun, while you have the night to yourself! Plan a date night while the kids have the chance to splash around in the pool, play games, enjoy our delicious house-made pizza for dinner, and wind down with a movie in their pj's! February's theme is Mystery Fun, so we'll spend the night solving crimes, being spies and so much more! The evening runs from 6:00-10:00pm. Cost is \$30 per member and \$45 per non-member. Register online via the App! Contact KidEvents@LakeshoreSF.com with questions!

Pee Wee Preschool Valentine's Day Party!

Join us for the Pee Wee Valentine's Day Party on Thursday, February 14th at 10:30am! All current Pee Wee families are welcome and we also invite those with 2-4 year olds who are interested in our Pee Wee program! No swimming this day, as we'll spend the party time making Valentine's, playing games and singing songs! Please RSVP to PeeWee@LakeshoreSF.com

Community Corner

Touched By An Animal Adoption Event & Fund Raiser supported by LSF Partner Bridgeview Bank

Find your next sweetheart this Valentine's Day! Join Touched By An Animal for a cat adoption day on Sunday February 10th from 1-4PM at the Bucktown Bow & Meow (1647 W. Cortland). And also join us for a very special evening of complimentary food, drinks and a silent auction at the "Are you Kitten me" Touched by an Animal Fundraiser on Wednesday February 13th from 6-8pm at Wishbone Restaurant (3300 N. Lincoln Avenue). Please RSVP to Julia.Vanvliet@RCN.com or at 773.319.7409. If you can't join you can still donate online or find out about volunteer opportunities at www.touchedbyananimal.org.



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