



# LSF LOOP

What's New and News at Lakeshore SF



September 3, 2019

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## Upcoming Events

### **FitFabFun Event: Rooftop Yoga Sculpt with Mikhaila Woodall - Thursday, September 5<sup>th</sup> - 6pm**

Take your Yoga Sculpt practice up on our beautiful roof in this one time only free special event! Enjoy sunset views and fresh air as you sculpt to the beat and push yourself physically and mentally to do your best work in this high effort yoga based group fitness class. No equipment will be needed, just your body and a can-do attitude! You will work through yoga, strength, cardio and core sets seeking proper alignment, focus, form and working with Vinyasa (breath-to-movement) to go deeper and discover your edge! Mats are provided (or feel free to BYOM) and each participant will earn a 20% off coupon to Harvest - valid for use 9/5/19 only - so plan to stay and enjoy a relaxing hang session over food and drinks with your #FitFam after class!

### **Join us at the First Annual All-Ages Olympics at Bauler Park on September 7<sup>th</sup> from 3-6pm**

Stop by and say hi! Lakeshore is helping to provide events including a crawling contest, obstacle course, vehicle race, limbo, water balloon toss, tug of war and more. Medals will be awarded. This event has been honored by the Chicago Parks Foundation for connecting community. Learn more at [www.lincolncentral.org](http://www.lincolncentral.org).

### **NEW! Family Yoga Class on Sunday, September 8th!**

Spend your morning stretching and growing with your child from 11:15am-12:00pm. Finish your class feeling relaxed and ready to take on the day with your child. Open for parents and children ages 5-13 years old. Cost is \$25 per family. Register on the My LSF App under Children's Programs; Special Events. Email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) with questions!

### **NEW! Moms, Mocktails & Margaritas on Tuesday, September 10<sup>th</sup>!**

Attention all moms! Come indulge in a mocktail or margarita while lounging with other mom's at LSF! Moms can mingle and sip while getting to know other moms in the area! Includes one mocktail or margarita for moms! This event is free and runs the second Tuesday of each month! Please RSVP on the My LSF App under Children's Programs; Special Events.

## **FitFabFun Event: Rooftop ZUMBA Party with Natalia Montalvo - Saturday, September 14<sup>th</sup> - 11am**

Take Zumba outdoors on the Great Lawn in this one time only special event! This free one hour cardio Zumba class is set to Latin flavored music with fun and easy to follow choreography. All levels welcome to come and get a great rooftop workout with Natalia Montalvo. All participants will receive a 20% off coupon to Harvest - valid for use 9/14/19 only - so plan to stay and enjoy a relaxing hang session over food and drinks with your #FitFam after class!

## **Lincoln Park Uncorked Wine Stroll September 26<sup>th</sup> from 6-9pm – LSF Supporting our Community**

Treat yourself to some of the season's best wines paired with delicious bites from a selection of Lincoln Park's favorite restaurants. Gather your group and catch a pedicab to explore Lincoln Avenue businesses between Diversey and Fullerton as they transform into pop-up tasting rooms with curated selections from Vin Chicago! Tickets include wine samples and light fare from over a dozen local businesses.

Use the code LIN19LSF to receive \$5 off tickets (regular priced tickets are \$40). [Click here to reserve tickets.](#)

## **LSF Rooftop Party – Sunday, September 29<sup>th</sup>! 2-4pm**

Invite your friends and family and join us for the best party of the summer! Sit back and enjoy complimentary food and drinks from Harvest while listening to live music on the Great Lawn, or hit the kid's side and let the family play, bounce and have fun with games and activities. There is something for everyone! Email [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com) to add your guests – some restrictions apply.

## **Boutique Bottles and Bites – Thursday, October 10<sup>th</sup> – 6-8:30pm**

Come experience wines that you can't find in stores. Chat with the winemakers on-site, compare the different varietals and regions. Enjoy sipping and nibbling while taking in the views. \$40/members \$50/non-members. The cost of the event is credited toward the purchase of your first case of wine!

## **Rocking the Rooftop!**

### **Harvest Hours for September**

Beginning Wednesday, September 3<sup>rd</sup>, Harvest will be open for dinner service Monday-Friday 4pm-9pm and all day Saturday and Sunday from 11am-9pm. Harvest will be closed on Tuesday, September 3<sup>rd</sup> for a special event.

### **Half Priced Bottles of Select Wine – Every Tuesday at Harvest!**

Come enjoy some crowd favorites and some recent additions to our menu! The weather is beautiful so bring some friends and take advantage of your amazing rooftop! Please note that Harvest is closed on Tuesday, September 3rd for a special event.

### **Every Wednesday is Beer and Burger Night at Harvest!**

Every Wednesday in July from 11am-close, Harvest will be offering the Harvest Burger and a Sweetwater Costa Kick Plastic Pilsner for \$15!

### **Announcement: Rooftop Pool Closed for Routine Maintenance – Tuesday, September 3<sup>rd</sup> – Friday, September 6<sup>th</sup>**

The 4<sup>th</sup> floor pool will be closed the week after Labor Day for routine end of summer maintenance. It will be re-opened for open swim and lessons beginning Saturday, September 7<sup>th</sup>. We apologize for the inconvenience.

## **Strings and Paddles**

### **Get into Paddle / Platform Tennis!**

Want to learn the sport or improve your game? We have options for you! We have Learn to Play classes, in-house leagues, private lessons and travelling teams. Programming for paddle will start on September 30<sup>th</sup>. The In-House League is great for those less experienced with the sport but know enough to play matches. The In-House League runs from 7-9pm on Monday nights – beer available for purchase! It starts on September 30<sup>th</sup> and runs for 10 weeks but you only pay for 8 weeks: if you can make it to all 10 weeks, so much the better! The cost is \$240. Intro classes are forming now as well – one is scheduled for 6PM on Mondays and others will be formed based on demand – so let us know what times might work for you! Contact [LPPaddle@LakeshoreSF.com](mailto:LPPaddle@LakeshoreSF.com) for more information on these or other programs or to register.

### **Registration for Fall Session is Underway!**

Registration for our Fall session of tennis has begun! The Fall session will begin on Tuesday, September 3<sup>rd</sup> and will run for 10 weeks (Monday classes will begin on September 9<sup>th</sup>, due to the Labor Day holiday, and will run for 9 weeks). We offer pre-paid private and semi-private lessons for all ages 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](mailto:LPRacquet@LakeshoreSF.com).

### **Team Tennis for One and All!**

Starting this September, Lakeshore Sport & Fitness will offer Team tennis for both adults and juniors! Junior Team Tennis will be offered on Sundays from 1-5pm, and Adult Team Tennis will run on Saturdays from 5-7pm. If you are interested in tennis match play in a co-ed team format, Team Tennis is for you! Contact us at [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) to learn more!

### **LSFFlexLeaguels Looking For Some New Tennis Competition!**

What better way to fit in some competitive singles match play this Fall 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 prizes are given out to the top 3 players in each level. Our Fall Session of Flex League starts on Monday, September 3rd and will run for 10 weeks.

The Flex League is \$239 which includes court time, new tennis balls for every match and league administration. We are currently looking for tennis players ranging from 2.6-5.0! Contact Evan at [EvanL@LakeshoreSF.com](mailto:EvanL@LakeshoreSF.com) for more information!

### **Interested in learning Tennis? Join Intro to Tennis for Adults!**

Our Intro to Tennis for Adults class is perfect for beginners! For the Fall session we will be offering Intro to Tennis classes on Mondays and Wednesdays from 7-8pm as well as Saturdays from 1-2pm. Cost is \$270 for the 10-week session (\$243 for the Monday class due to the Labor Day Holiday). Contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) to join!

### **Doubles Mixer Every Sunday Night!**

Lakeshore hosts a competitive doubles mixer every Sunday evening from 5-7pm! Cost is \$29 for members and \$40 for guests. Players should be around or above the 4.0 level. Sign up on the app under Programs > Tennis, or contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) for more information!

### **Coming up alongside Tennis and Golf – Here Come's Pickleball**

A new favorite pastime among Baby Boomers, Pickleball, combines elements of badminton, tennis and ping-pong. Its strong appeal started with older adults because of the smaller court, lower net, and slower ball speed. The rules are fairly straight forward and easy to learn (see the Lakeshore Physical Therapy blog for the rule overview at:

<http://lakeshore-pt.blogspot.com/>). Over the past decade, the Pickleball craze is taking hold at all age levels and even being introduced to teenagers in physical education classes and as an intramural sport on college campuses. According to the USA Pickle Ball Association (USAPA), the sport has seen a 650% increase in numbers over the past six years. It is a great family sport that can involve multi generations. It can be played as singles or doubles,

indoors or out. The wooden paddle and ball are fairly affordable. All of these factors make the sport's future strong.

Lakeshore Sport & Fitness is planning an Intro to Pickleball class on Sundays in the fall of 2019. Please contact [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com) for more information. As always Lakeshore Physical Therapy is conveniently located on the catwalk for you with injury questions or concerns. [www.lakeshore-pt.com](http://www.lakeshore-pt.com)

## **Kid's Corner**

### **Few Spots Left for Fall Kids' Classes – Join us for Swim, Basketball & Dance!**

Registration is currently open for our fall session of kids' classes. Join us in the pool, on the basketball court or on the dance floor! See all class details and registration options on the My LSF App or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com).

### **School is Back in Session – Club 48 is Back in Action!**

All 4<sup>th</sup>-8<sup>th</sup> graders are welcome to join our Club 48 program daily afterschool from 3-6pm and on weekends from 12pm-5pm. We offer a variety of scheduled and supervised activities each day, as well as allow the kids to independently hang out on the basketball court, 1320 Market or kids' rooftop. If you have any questions about our Club 48 program, please email us at [Club48@LakeshoreSF.com](mailto:Club48@LakeshoreSF.com).

### **Stingrays Swim Team – Hosting Try Outs Now!**

Our Stingrays Swim Team is officially back in session and we'd love your swimmer to tryout with us! The Stingrays Swim Team is one of the fastest growing USA teams in Chicago. We pride ourselves on our great Coach to Swimmer ratio and providing endless feedback and improvements to our swimmers. We offer a flexible schedule and cater to all types of swimmers from stroke development to national level expertise. Our groups are based on ability, not age. Check out our [new website here](#) or email us to setup a try out at [Stingrays@LakeshoreSF.com](mailto:Stingrays@LakeshoreSF.com).

### **Parents Night Out Returns, September 14<sup>th</sup>, 2019 5-9pm**

Our PNO series returns on Saturday, September 14 with our "Apples to Apples" Theme. Drop your kids, ages 3-10, off while you have a night to yourself! Kids will play theme center games, splash around in the pool and enjoy delicious house-made pizza. The night culminates with a movie in their PJs! \$30 for members, \$45 for non-members, \$10 late registration fee within 24 hours' notice. Register on the App or MyLSF.net. Email [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) or call 773-770-2425 for more information



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