



CAMBRIDGE LAKES

COMMUNITY ASSOCIATION

CAMBRIDGE LAKES SUMMER NEWSLETTER

From The Manager

Greetings Cambridge Lakes Residents!

Welcome to the latest addition of our quarterly newsletter. With each newsletter we want to take some time to make owners aware of items that require your attention, policies regarding the community/community center, and upcoming events in efforts to ensure owners are fully informed. After a chilly winter, we have finally made it to summer! More often than not, you will see the Community Center buzzing with residents visiting the pool, playing basketball, visiting an event or getting in a workout. We want to make sure everyone is getting to where they want to be safely. Please slow down & use caution while entering and exiting the facility. We appreciate it! As you flip through the newsletter you will find some reminders and a few exciting updates! If you have any questions or concerns, please stop by our website and send us a message at www.mycambridgelakes.com or give us a call (847) 464-1515. We will do our best to assist you! Wishing all a wonderfully relaxing warm summer season!

Natalie Suarez

Licensed Community Association Manager
Cambridge Lakes Community Association

Guest Policy

Pursuant to the Rules and Regulations, owners can bring in guests to use the facility with them. To bring a guest, you must be 18 years of age or older. Any resident bringing in a guest is responsible for the conduct of their guest. Before your guest can access the facility, you and your guest must sign in at the front desk. The staff will hold your proxy card as well as a photo ID of your guest (such as a driver's license). A \$5 fee is due at the time of entry for your guest, and you are allowed a maximum of four (4) guests per day. Upon your departure you will sign out at the front desk and the staff will return your proxy card. As a reminder, we do not accept cash. Credit/Debit, Apple Pay or check ONLY.

Approved Guardians

Another school year has come to an end and it's time for some summer fun! Keeping an eye on the neighbor's kids this summer? Grandparents or Nanny coming over to watch the kids? Then you need an Approved Guardian form! Get your form on file early to avoid the wait! Contact us today!

front.desk@mycambridgelakes.com



We are excited to announce that Splash Pad renovations have been approved! Plans will begin this Fall!

Community Center Hours

Monday – Friday 5:00am – 10:00pm
Saturday – Sunday 7:00am – 10:00pm

Kid's Club Hours

Monday – Thursday: 8:30am – 11:30am
Tuesday & Thursday (only): 6:00pm-8:00pm

WWW.MYCAMBRIDGELAKES.COM

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Community Reminders

One of the most common phone calls we receive in the Spring and Summer time is violation complaints!

Most complaints and violations we see are owners not keeping up with their exterior maintenance. Such as, broken fences, mildew on sides of homes and under dryer vents, lawn maintenance, garbage cans being stored in improper places, storage of items on the sides of homes, and yes, even owners not cleaning up their pet waste.

These complaints and violations not only go against the Rules and Regulations but also are unsightly and bring down the appearance (and property values) of your neighborhoods and community.

The Association and Board like to be realistic in sending violation letters. Now that the cold weather is (hopefully) behind us, the Association will be routinely out in the community checking for such violations.

To avoid courtesy notices and possible fines, please take a few minutes to check your property and correct any issues before they become violations. Be proud of your home! You don't want to be THAT neighbor...



Some of the best parts of Summer are picnics in the park, BBQ's, bike rides & fishing.

Unfortunately, we are seeing items left behind. Plastic bags, wrappers, bottles and fishing line are just a few on the list.

Litter harms wildlife, causes water and soil pollution, and brings down the value of your beautiful community.

There are many trash cans and pet waste stations placed around the community for your convenience. Please help put them to good use! Littering is trashy! Be kind, pick up your trash.



Community Association Information



Upcoming Board of Director's Meetings:

The upcoming scheduled Board of Director's meetings (Master Association) are below.

Please Note: Meeting dates are subject to change with proper notice and communication.

Wednesday – June 11th, 2025, at 6:00pm

Wednesday – August 13th, 2025, at 6:00pm

Wednesday – October 8th, 2025, at 6:00pm

Wednesday – December 10th, 2025, at 6:00pm

All meetings are held in the classroom at the Community Center. We also have the option to attend virtually!

Virtual links and reminders to attend are e-blasted to residents.

In addition to e-blasts, we always post a reminder on the website (www.mycambridgelakes.com), our Facebook page (Cambridge Lakes Community Center) as well as post the homeowner agenda prior to the meeting for residents' review!

From our Board President:



Hi Neighbors!

As I have watched the landscape come to life and the walking paths fill up, I reflected on why I chose to live in a managed community. The first draw for me was the layout of the land, ponds, and paths (oh, and the pool!). Having an HOA means that consistent upkeep and planning are done to maintain these amenities. The aesthetics of consistent color and design of the homes appealed to me, along with knowing we all follow routines to keep our yards clutter-free.

I believe all these lead to higher property values and neighbors who have mutual respect.

We currently have a committee looking at the rules and regulations to see what might be updated. Feel free to send questions through mycambridgelakes.com

Julie Kallenbach

Community Center Pool Season



Pool Season Saturday May 24th – Monday September 1st

Hours of Operation

10:00am – 8:00pm Daily (**Weather Permitting**)

Lap Swim ONLY (No Guard)

Monday-Friday - 5:00am – 8:00am

Saturday & Sunday 7:00am – 8:00am

Daily: 8:00pm – 9:00pm

Temperature – Outside temperature must be at least **68 degrees** for the pool to be open.

Lightning - Guards will clear pool & pool deck 30 minutes for each lightning strike.

Mid-day Break

From 3:00pm-3:30pm each day the Lifeguards will ask everyone to clear the pool for a safety check and cleaning.

Pool Rules

Residents must be 16 years of age to visit the pool without a parent or guardian & 18+ to bring a guest.

SCAN ME!



Registration for Swimming lessons begins April 1st!
Clearwater Pools, LLC provides all the details to get
your child(ren) ready for the summer season!

Registration begins April 1st! Have any questions please email:
swimlessons@clearwaterpoolsllc.net

<https://clearwaterpoolsllc.net/swimming-lessons/>



Mailboxes

Lately we have gotten many inquiries regarding mailbox repairs and replacements. Many of them are original mailboxes and posts. Like anything, overtime things need to be replaced or repaired. Keeping your mailbox in good condition improves curb appeal and potentially increases your property value. Well-maintained properties contribute to a positive and attractive neighborhood! Homeowners are responsible for their mailbox in single family attached and detached homes. Shared mailboxes need to share costs with their neighbors. Below, you will find Mailbox Replacement specifications from the Cambridge Lakes Community Association Rules & Regulations. You may also obtain a copy at www.mycambridgelakes.com

Mailbox Replacement Specifications

- A. From the back of the curb to the front of the mailbox post there must be eighteen inches (18") of space.
- B. The post must be a 4 x 6 cedar post, buried a minimum of 48" into the ground.
- C. The mailbox should be mounted on a minimum of a 2 x 4 horizontal cedar board attached to the post. Page 27 of 42 Updated: 07/08/2021
- D. There is to be a minimum of thirty-six inches (36") and a maximum of forty- two inches (42") between the ground and the bottom of the mailbox
- E. The front of the mailbox cannot extend past the back of the curb (meaning it cannot extend over the curb at any length) AND the maximum the front of the mailbox can be from the back of the curb is six inches (6")
- F. Mailbox posts/stands, and cedar wrapping are to be finished in a clear sealant only. a. Wood is not to be left unfinished
- G. Black metal box 20 3/4" x 8" x 9 11/16th thru 22.88 x 8.70 x 11.12 with red flag.
- H. Cedar wrap around the mailbox is optional
- I. Homeowner is responsible for the mailbox in single family attached and detached homes. Shared mailboxes need to share costs with their neighbors.

Community Association Property Managers

Street	Neighborhood	NH#
Allison Avenue		33
Alta Vista Drive	1132, 1126, 1120, 1114, 1108, 1102, 1137, 1131, 1125, 1119, 1113	23
Alta Vista Drive	THE DUNES/PRAIRIE SPRINGS	14
Anchorage Court	BAYSIDE	18
Aurora Drive	SUNSET COVE No unit number	19B
Aurora Drive	SUNSET COVE 2215, 2215, 2215, 2215, 2215, 2215, 2215	19
Bar Harbor Court	NORTH BAY	11
Bayberry Circle	PARKSIDE	29
Bayberry Lane	PARKSIDE	29/30
Bay Shore Drive	WEST HAMPTON	5
Beachview Road	HIGH POINT	13
Bella Lane		33
Berkshire Lane	SOUTH HAMPTON	8
Birchwood Drive	BAYFIELD	1
Blue Bell Lane	STILLWATER	4
Boathouse Road	THE HARBOUR	17
Brighton Circle	SOUTH HAMPTON	7
Brighton Drive	SOUTH HAMPTON	7
Bristol Street	SOUTH HAMPTON	8
Broadland Drive	HIGH POINT	12
Brookhaven Trail	EAST HAMPTON	6
Canterbury Lane	SOUTH HAMPTON	7
Cape Cod Lane	THE POINT	15
Catamaran Circle	THE SHORES/THE HARBOUR	16/17
Cedarwood Circle	PARKSIDE	31
Cedarwood Lane	PARKSIDE	31
Cherry Lane	ORCHARD WALK	24
Chestnut Drive	ORCHARD WALK/NEPORT	24/26
Clearwater Drive	SOUTH BAY	9
Clover Lane	WATERFORD	2
Cottage Drive	PARKSIDE	
Crest Drive	WHITE CAPS/NEWPORT	25/26
Daytona Way	SOUTH BAY	9
Dempsey Circle	PARKSIDE	30
Derry Lane	WATERFORD	2
Diamond Head Trail	THE POINT	15
Dover Court	SOUTH HAMPTON	7
Dover Street	SOUTH HAMPTON	7/8
Driftwood Lane	THE DUNES	14
Dublin Drive	PARKSIDE	32
Emerald Drive	WATERFORD	2
Emma Drive	PARKSIDE	32
Evergreen Lane	BAYFIELD	1
Galway Lane	WATERFORD	2
Glen Cove Lane	WEST HAMPTON	5
Hollow Tree Lane	PARKSIDE	31/32

Street	Neighborhood	NH#
Homewood Road	PARKSIDE	31
Isle Royale Court	NORTH BAY	11
Lake Bluff Lane	HIGH POINT	12/13
Lakeland Lane	ORCHARD WALK	24
Lancaster Drive	NORTH HAMPTON	3
Larkspur Court	STILLWATER	4
Leeward Lane	THE SHORES	16
Lighthouse Lane	NORTH BAY	11
Lookout Drive	HIGH POINT/THE POINTE	13/15
Loon Lake Court	THE SHORES	16
Maryland Lane	CHESAPEAKE	27
Middleton Road	PARKSIDE	
Montauk Lane	EAST HAMPTON	6
Newport Circle	NORTH BAY	11
Norfolk Lane	CHESAPEAKE	27
Oxford Court	SOUTH HAMPTON	8
Padre Island Lane	SOUTH BAY	10
Peninsula Court	THE POINT	15
Port Royal Road	SOUTH BAY	10
Portsmouth Drive	SOUTH HAMPTON	8
Promontory Drive	THE POINT	15
Prospect Circle	HIGH POINT	12
Redwood Road	PARKSIDE	31
Ruby Drive	STONE HARBOR	23
Sandcastle Lane	THE DUNES	14
Sapphire Lane	STONE HARBOR	23
Sarasota Drive	SOUTH BAY	10
Shamrock Lane	WATERFORD	2
Shelter Island Lane	EAST HAMPTON	6
Shoreline Court	THE SHORES	16
Shoreline Drive	THE SHORES	16
Silver Lake Court	THE SHORES	16
Spinnaker Court	PRAIRIE SPRINGS	22
Spinnaker Street	THE POINT/PRAIRIE SPRINGS	15/22
Spinnaker Street	STONE HARBOR	23
Summit Lane	WHITE CAPS	25
Upland Road	SEABOARD	20
Valley Stream Drive	WEST HAMPTON	5
Waterfront Lane	THE SHORES	16
Wester Boulevard	THE SHORES	16
Westport Drive	EAST HAMPTON	6
White Pine Trail	BAYFIELD	1
Whitcaps Court	THE SHORES	16
Wildwood Drive	WHITE CAPS	25
Windward Drive	THE DUNES	14
Woodfern Drive	STILLWATER	4
Yorkshire Lane	NORTH HAMPTON	3

*7 Pocket Parks within the community are maintained by the HOA

Neighborhood #2
Managed by: Retro Community Management
Property Manager: Melissa Khan
Email: customercare@retrocmweb.com
Phone: 847-874-7300

Neighborhood #3
Managed by: PSI
Property Manager: Tyler Maichel
Email: tmaichel@psimanagement.net
Phone: 847-806-6121

Neighborhoods: TH#11
Managed by: Foster Premier
Property Manager: Janel Santilli
Email: jsantilli@fosterpremier.com
Phone: 847-484-2119 ext: 3323

Neighborhoods: TH#14
Managed by: McGill Management
Property Manager: Nicole Broughton
Email: Nicole@mcgillmanagement.com
Phone: 847-259-1331

Neighborhoods #18, #19A, 23 & PARKSIDE
Managed by Foster Premier
Property Manager: Linda Raam
Emails: lraam@fosterpremier.com
Phone: 847-484-2123 ext: 3334

Neighborhoods: TH19B, 20 & 33
Managed by: Foster Premier
Property Manager: Gene Polissky
Email: epolissky@fosterpremier.com
Phone: 847-484-2116 ext: 3319

Parks Maintained by Village of Pingree Grove
Pocket Park behind the Community Ctr
Skate Park off of Wester Blvd
Pocket Park by the Charter School
Heritage Park on Reinking next to the Milk Pail

Cost Sharing Neighborhoods
These owners do NOT receive monthly statements
for the Community Association assessment
The Community Association assessment is included
in their townhome/condo/Parkside assessment
Condo #19A, TH #19B, TH #20, TH #33 and Parkside

Revised: 03/28/2025

Kids Club Announcements



Kids Club 2025 Closure Dates:

Monday May 26th

Thursday June 19th

Monday September 1st

Thursday November 27th

Wednesday December 24th

Thursday December 25th

Wednesday December 31st

Please be advised, Kids Club hours, rules & policies are subject to change with short notice or without notice in the cases of an emergency.

Thank You!
CLCC Staff

NEW SUMMER HOURS BELOW!

Kids Club Hours:

Monday – Thursday: 8:30am – 11:30am

Tuesday & Thursday (only): 6:00pm-8:00pm



Hello Cambridge Lakes Community!

These days weeks and months are flying by! We can't believe we are dancing our way right into the summer!

We celebrated our 11th season with our Spring recital 'Evolve' and our Dance Company and Performance Troupe's Showcase! We are so unbelievably proud of all our students and all the dedication, commitment, and pure love to dance into each and every class. Their hard work sure did pay off! From the tiny first time performers in our 2-3 year old classes to our stunning Company Dancers, their passion truly shined on stage! Congratulations to all our 2025 Evolve Recital Dancers and Tumblers! We can't wait to keep on dancing!

The fun continues on as we are headed into our Summer session. We offer all styles of Dance and Tumbling for all levels of Ballet, Tap, Hip Hop, Contemporary, Jazz, Poms, Musical Theater and Tumbling! Ballet, Tap and Parent/Tot Tumbling begins at just 2 years old!

We have exciting news about our upcoming 2025-2026 season for those interested in joining our Dance Company and Performance Dance Troupe. We will be hosting our 2025 Dance Intensive in July! This is a perfect opportunity to experience an all-inclusive week of training and technique building. Intensives begin at 7 years old! This is an excellent time for your dancer to see what it's all about if interested!

Thank you, Cambridge Lakes Community, for your continued support as we strive to be our best and never stop learning. We look forward to all the excitement ahead! We hope to see you on the dance floor!

For all upcoming sessions and Intensives, please register using the link or QR code!
<https://register.communitypass.net/CambridgeLakesCommunityAssociation>



Lifestyle Events Sponsors



GINA LEPORE
REALTOR/BROKER | Luxury Property Specialist
630.549.HOME (4663)
Email: gina.lepore@cbrealty.com
Website: <https://theleporegroup.com/>
50 S 1st St Ste 400
St Charles, IL 60174

COLDWELL BANKER REALTY

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RIA BATTISTI

INVESTMENT
PROFESSIONAL

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Dr. Siri Chanthasalo



Providence
FAMILY DENTAL

Scan & View



We are so thankful to our Lifestyle Event Sponsors. Their love for this community is unmatched. Our partnership and working together is such an amazing experience. Each Sponsor's generosity helps bring more free and lower cost events. This helps make fun filled events easier to attend. Families are able to create wonderful memories at the best events! Lifestyle could not do this without Gina Lepore, Dr Siri Chanthasalo and Ria Battisti.

Gina Lepore has lived here for 18 years and is such an amazing person, mom and friend. If you need a realtor, look no further, Gina is the best around!

Dr. Siri Chanthasalo, is such a wonderful and caring woman and takes the best care of those around her. For your next cleaning or dental needs, Providence Family Dental is where to book your next appointment!

Ria Battisti, is simply amazing. Ria makes being a mom, a driven girl boss, networking, family and friendship look easy! Ria is here to help you with every aspect of financial planning and help you have a well-prepared future without uncertainty.

Thank you for being our 2025-2026 Lifestyle Event Sponsors!



Cops Corner

As summer arrives, the Pingree Grove Police Department reminds residents to prioritize safety and adhere to local laws.

Fireworks are illegal in Illinois and against village regulations. Authorities encourage residents to leave fireworks to the professionals to protect everyone's safety.

With schools on summer break, the department asks drivers to be vigilant and watch for children playing or biking in neighborhoods and nearby parks. Additionally, residents should avoid blocking sidewalks with vehicles from 6:00 a.m. to 9:00 p.m. This ensures that pedestrians, particularly families with strollers and those with mobility challenges, can navigate sidewalks safely and comfortably.

The Pingree Grove Police Department encourages the community to join us for National Night Out on Tuesday, August 5th, from 5:00 PM to 7:00 PM. The event features an Open House at the department, allowing residents to meet local officers, explore the facility, and enjoy an evening filled with fun and community connection.

For updates and event details, follow the Pingree Grove Police Department on social media or visit the village's website.

Christopher A. Harris | Village of Pingree Grove | Police Department
Chief of Police



ONE Police Plaza, Pingree Grove, IL 60140
www.villageofpingreegrove.org /
847-464-4600 x1417



Pingree Grove and Countryside Fire Protection District

Summer to Fall Safety: Fire and Emergency Awareness

From the Office of Captain Scott Fehrman

As we move through the peak of summer and into the crisp days of early fall, it's important to stay vigilant about both fire prevention and seasonal medical emergencies. This time of year brings a mix of heat, outdoor activities, and changing weather—all of which come with specific safety concerns for our community. Below are a few key reminders to help you and your family stay safe and prepared.

Fire Safety Tips

Grill Safety

Warm evenings make for great grilling, but it's important to follow these safety rules:

- **Keep grills at least 10 feet away from your home** or any structure.
- **Never leave a lit grill unattended.** Stay close and keep children and pets at a safe distance.
- **Clean grease and fat buildup** from grates and trays to prevent flare-ups.

Outdoor Fire Pit & Campfire Safety

Cooler nights often mean backyard bonfires and camping trips:

- **Use approved fire pits or designated campfire areas.**
- **Never leave a fire unattended** and **fully extinguish it** with water before leaving.
- **Check local burn bans or ordinances**—especially during dry weather when wildfires are more likely.

Fireworks Safety (or Warning)

Fireworks can cause serious injuries and property damage:

- **Leave fireworks to the professionals.** Consumer use is not only dangerous—it may also be illegal in your area.
- **Injuries from fireworks, especially burns, peak during July.** Keep your family safe by attending public shows and avoiding personal use.

Wildland and Brush Fire Awareness

Dry vegetation during late summer and early fall increases the risk of brush fires:

- **Clear leaves, dry grass, and brush** at least 30 feet away from your home.
- **Safely dispose of cigarettes and matches.** Never toss them into grass, mulch, or out of car windows.
- **If you see smoke or fire, call 911 immediately.** Early reporting saves lives and property.

Scott Fehrman, Captain

Pingree Grove and Countryside Fire Protection District

10N255 Dittman Road

Elgin, IL 60124

(847) 741-3151

sfehrman@pgfpd.com

EMS & Health Safety

Heat-Related Illnesses

High humidity and heat waves continue through August:

- **Stay hydrated**—drink plenty of water throughout the day.
- **Avoid strenuous activity during peak heat** (10 a.m. to 4 p.m.).
- Know the signs:
 - **Heat Exhaustion:** heavy sweating, weakness, nausea, dizziness.
 - **Heat Stroke:** confusion, high body temp, dry or hot skin—**call 911 immediately.**

Water Safety & Drowning Prevention

Swimming and water recreation should be fun *and* safe:

- **Always supervise children** around pools, ponds, or lakes.
- **Use life jackets** for children and weak swimmers, especially around natural bodies of water.
- **Install barriers** around home pools and make sure gates are self-latching.

Tick and Insect Bite Prevention

Late summer and early fall are active seasons for ticks and stinging insects:

- **Wear insect repellent** and check for ticks after outdoor activities.
- **Remove ticks properly** with tweezers, pulling straight out without twisting.
- **Seek medical attention** for bites that cause allergic reactions, fever, or a rash.

Know When to Call 911

It's better to be safe than sorry—dial 911 when:

- Someone shows **signs of heat stroke** or stops sweating in extreme heat.
- You suspect a **severe allergic reaction** (swelling, hives, difficulty breathing).
- A person suffers a **traumatic injury**, like a fall, burn, or head wound.

Village of Pingree Grove

The Village is excited to share that a commercial development is being proposed at the corner of Rt 72 and Rt 47, to include a full-service Jewel Osco with drive-through pharmacy and in-store Starbucks! Six other outlots are part of the project with three of them already in the works!

The Village of Pingree Grove now has a mobile app – “My Pingree Grove!” Download to keep informed and receive Village notifications directly to your cell phone.

Download
My Pingree Grove

- Access Information
- View Latest Updates
- Receive Notifications
- And more...

SCAN TO DOWNLOAD →

Powered by GOGov



SCAN ME



The Village's annual Independence Day celebration will take place on Friday, July 11 and Saturday, July 12. Entertainment and alcohol service will be offered both days this year, and the purchase of a \$5 (cash only) wristband will be required to purchase alcohol. Follow the Village for event updates!

Thank you!

Greetings from the Lifestyle Department



I may be biased but being your Lifestyle & Group Fitness Director is truly the most fun job! I get to create and run events that bring smiles, giggles and family memories! This makes every day the absolute best for both Ruth and me!

Spring was so full of all the best events and memories! We had the best bunny for our Bunny Breakfast and Egg Hunt! This event was such a great time, and we loved seeing everyone enjoying every moment!

Our Free Family Movie Night featuring HOP was adorable and we had a blast with you!

We finished out these first few weeks of April with our Spring Vendor, Craft and Home Improvement Fair! Our vendors are the best around and we hope you enjoyed all of them!

May brought our most magical event, The Princess Tea Party! Every Princess looked beautiful! This is one of my favorite events that we offer, and seeing all of you enjoying the fairytale fun is the best part!

Our Group Fitness Classes have grown so much! We have the most dedicated and fantastic Instructors! Each of them bring their own style and energy, always show modifications for moves, and love having you in their classes no matter what the format! Group Fitness Classes are free for residents, and if a guest of yours would like to attend, they can for just \$5! There is no registration for Group Fitness Classes, just come and give them a try! Adriana, Amy, Aneta, Christine, Edith, Jess T, Jennifer, and Kara cannot wait to see you soon!

Salsa and Bachata have taken off so well! We are so lucky to have Ira with us teaching these classes! Ira is the best instructor; he breaks down the moves so that everyone from beginner to advanced can learn to dance! Ira combines his professional skills with humor and fun and makes every class such a great experience! Salsa and Bachata are free for residents and sessions require registration. Ira also hosts Social Dances, that are a great date night or friend night. These dances are for 18 plus and 21 plus is BYOB. Ira will teach a lesson, and then you have the opportunity to dance and learn what you were taught! These are so much fun; you do not want to miss them! You can find upcoming sessions and upcoming Social Dances on Community Pass!

This brings us our Hustle House Sports. Monica is the best athletic instructor around and she teaches Basketball, Speed & Agility and Soccer! I met Monica when I was teaching Group Fitness, and right away, I could see her phenomenal athletic ability and knew she would be exactly who we needed for Hustle House! Hustle House Sports are free for residents and do require registration. Sessions can be found on Community Pass! Monica was the brain power behind March Madness and the 3-point Contest! Monica, you are a gem, and we are so lucky to have you here with us!

As we are jumping into Summer, this school year flew by, and the weather is finally sunny and warm! We are so excited to bring back all of the amazing food trucks, smores out front, Movies by the Pool, Aqua Group Fitness Classes and all the fun that the summer brings here at the Community Center!

Stay tuned for some pop-up events and so many more fun memories to be had!

A huge thank you to all the teachers, paras and staff for keeping our kids safe and making every day full of fun while learning. We appreciate you and wish you a safe and wonderful summer! We hope to see you soon at the Community Center!

We wish you the best summer full of memories, safe travels and fun in the sun!

Michelle Arvanitakis

Lifestyle & Group Fitness Director

Ruth Nava

Administrative Assistant

GROUP FITNESS CLASS SCHEDULE

CAMBRIDGE LAKES COMMUNITY CENTER

CLASSES ARE 50 MINUTES LONG WHEN ANOTHER CLASS DIRECTLY FOLLOWS

SUNDAY	08:45 AM 09:30 AM	TABATA WERQ	AMY AMY
MONDAY	09:00 AM 04:30 PM 05:30 PM 07:00 PM	STRENGTH (UPPER BODY) ZUMBA STRONG NATION BARRE	JESS T JENNIFER ADRIANA JESS T
TUESDAY	09:00 AM 10:00 AM 05:00 PM 06:00 PM 07:00 PM	UPLIFT & UNWIND SHIMMYFIT BODY BALANCE & STRENGTH YOGA/STRETCH STRONG NATION	KARA JENNIFER ANETA ANETA ADRIANA
WEDNESDAY	09:00 AM 07:00 PM 08:00 PM	STRENGTH (LOWER BODY) TABATA WERQ	JESS T AMY AMY
THURSDAY	09:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	CARDIO SCULPT BODY BALANCE & STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA / AQUA ZUMBA **	JESS T ANETA ANETA CHRISTINE EDITH
FRIDAY	08:00 AM 09:00 AM	BODY BALANCE & STRENGTH YOGA	ANETA ANETA
SATURDAY	08:45 AM	SHIMMYFIT	JENNIFER

AQUA ZUMBA BEGINS JUNE 19

** - AQUA CLASSES ARE WEATHER PERMITTING. HOURS AND DAYS MAY SUBJECT TO CHANGE WITH LITTLE NOTICE.

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

CAMBRIDGE LAKES SUMMER NEWSLETTER

WWW.MYCAMBRIDGELAKES.COM

Thursdays 8 PM - 9 PM

AQUA ZUMBA

WITH EDITH!

AQUA ZUMBA will move to Zumba indoors if weather does not permit!

BEGINS JUNE 19TH

Aqua Group Fitness Class hours
and/or dates may subject to change
with short notice or without notice.



**2025
AQUA
GROUP
FITNESS
CLASSES**

Aqua Group Fitness
classes are weather
permitting.

Group Fitness Descriptions

Anything Goes!

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

Barre

Hybrid class combining ballet inspired movements with elements of Pilates, and strength training. A total body workout with movements done as time under tension. Upper body strength training combined with classic moves that target the lower muscle groups and core is what you will find in this class! Low impact, a workout that will give you a solid burn and challenge your balance and flexibility!

Body Balance & Strength

Improve muscle tone, flexibility, and strength! Work on stability and toward a longer, leaner look! You'll improve not only your core strength, but also your mental health and wellbeing!

Cardio Sculpt

Cardio Sculpt is a full body strength and cardio endurance class that is easy to adjust to your needs. Each class follows a similar structure of varying moves and styles repeated for maximum burn. Bodyweight moves, dumbbells and bands or balls are often used in this class and are provided for you, just bring some water! Classes generally run 45-50 minutes which includes a warmup and cool down. Let's get ready to sweat!

PBT Core & Stretch

A specialized program which focuses on muscle memory, tension/fascia release, body alignment and mental focus. Though it was originally created for dancers, this class is for athletes and people of all stages of fitness and all walks of life. If you are healing from an injury, wanting to improve your technique in your workouts, or need to improve your posture, this relaxing and easy to follow class is for you!

SHIMMYFIT

Unlock your inner dance with Shimmy Fit! Shimmy Fit is a fun all level cardio fitness class. Join us as we shimmy our way into a healthy new us. If you are looking for a great low impact cardio program that will get your heart rate up and is easy on your joints, then Shimmy Fit is for you. In this class we will cover safe dance posture and basic belly dance movements that will help strengthen every part of our bodies! No previous dance experience is required. This class will not only allow you to work your body and help you in reaching your fitness goals, but it will also help boost your confidence and self-esteem.

Strength

A fitness class focused on building and maintaining muscle and increasing strength through resistance training. This class will utilize various equipment like dumbbells, resistance bands, gym mats, and balls, as well as bodyweight exercises. Classes will often involve exercises like squats, lunges, presses, and rows, and can be tailored to different fitness levels. Each class will focus on either the upper or lower body and end with an optional core finisher. On Mondays we will focus on the muscles of the upper body: arms, chest, back, & core. On Wednesdays we will focus on the muscles of the lower body: legs, glutes, back & core. Bring some water!

Please Note: Aqua Fitness classes are weather permitting and may subject to change with little notice.

Group Fitness Descriptions

Strong Nation

A high intensity workout in 50 minutes. Strong Nation combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees and jumping jacks all SYNCed to original music. If you've got 50 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

TABATA

This is a high-intensity interval training (HIIT) class that uses simple, intense exercises to burn calories and provide results quickly. Class begins with a short warm-up followed by a series of four-minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but dumbbells and resistance bands may also be used. Class will end with a short cool down and stretch.

Uplift & Unwind

This slow flow Vinyasa style class combines both traditional and modern aspects of yoga. Each class will begin with sun salutations and then move through a standing flow and seated sequence. The class will focus on proper alignment and linking the breath with movement along with some yoga philosophy sprinkled in. An ever-changing lyrical playlist will be the soundtrack for this uplifting, yet mindful class. All levels are welcome.

WERQ

WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip-hop music. This nonstop, high-energy class has repetitive athletic moves and fresh dance steps to give you the best sweat. Our heart pumping WERQouts are designed for everyone. This isn't just about burning calories...it's about showing up and having fun!

Yoga/Stretch

Yoga after Body Balance & Strength will contain of mindful relaxing your body after workout through stretching calm breathing and toning your muscles.

Zumba® / Aqua Zumba®

Zumba - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Aqua Zumba - Takes place in our outdoor pool over the summer as weather permits. If the weather does not allow us outdoors we will move indoors for Zumba.

Please Note: Aqua Fitness classes are weather permitting and may subject to change with little notice.

Pickleball

Mondays

5 pm – 9 pm



The weather may be beautiful, but our Monday Pickleball nights are still in full swing! Depending on how many courts needed, our basketball gymnasium will be either half or fully closed to accommodate two pickleball courts! Enjoy 1 hour time slots and we'll see you in the kitchen!

Registration required! Call, email or visit the front desk to register you and your friends!

Residents Free, Guests \$5

Flick & Float

Saturday, June 21st

8 pm – 10 pm



Our summer Flick & Floats are back! Popcorn, movie candy, drinks and *Moana 2 (2024)* on our big screen! Grab your swimsuits and floaties and get ready for a splashing great time! **If there is rain occurring before the event, the event will be cancelled, and refunds will be issues the following Monday.**

Residents \$7, Guests \$12

Register online by Monday, June 16th

Summer Coloring Fun

Wednesday, July 2nd

10 am – 12 pm



Stop by the classroom for an awesome colorful time! Summer coloring sheets and crayons will be here for you! Color on the way to the pool or on the way out! We cannot wait to see what you create! No registration required! Residents are free!

Little Gym Summer Pop - Ups

Tuesdays, July 8th, July 22nd, August 19th September 16th, September 30th

10 am – 3 pm

Ages 6 months – 6 years

Stop by for sports play, ride on cars, scooters, blocks and more!

No registration required – just drop in!



Flick & Float

Saturday, July 19th

8 pm – 10 pm



Our second Flick & Float will conclude our outdoor family movie season! All the goodies you have come to love will be here, popcorn, movie candy, drinks and *Inside Out 2 (2024)* on our big screen! Bring your family crew, swimsuits and your best floaties for a fun packed evening at the pool!

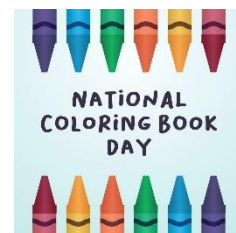
Residents \$7, Guests \$12

Register online by Monday, July 14th

National Coloring Book Day

Friday, August 1st

10 am – 3 pm



The actual day is August 2nd, but we are celebrating this on August 1st!

Our Lifestyle team will have a table near the front desk full of coloring books! Stop by to pick up on to take home with you!

****Coloring books are a first come, first serve basis and may run out before 3 pm****

National Chocolate Chip Cookie Day

Monday, August 4th

12 pm – 5 pm



So many fun days to celebrate and this one is the yummiest! Stop by to read some facts and for a free cookie on the way to the pool or on the way out!

****2 cookie limit per person and cookies may run out before 5 pm****

Homeowner Appreciation Concert

Saturday, August 16th

1 pm – 9 pm



Two bands, all the best food trucks, bounce houses, face painting, games and more! This event is all about you, our amazing residents! We cannot wait to celebrate with you!

Free to attend!

Please Note: All events dates may subject to change with short notice

Summer Bake Show

Saturday, August 23rd

9 am – 12 pm

10 of the best bakers around! You can shop all the goodies and find your next baker for your special day!

Free to attend!



Adult Flick & Float

Saturday, August 23rd

8 pm – 10 pm



This flick & float is all 18+ and 21+ BYOB! Bring your drink holder floaties, your beverages and come and float! Popcorn, and movie snacks are will be provided! The movie will be *Guardians of the Galaxy Volume 3 (2023)*.

Residents \$7, Guests \$12

Register online by Friday, August 15th

Read a Book Day

Thursday, September 4th

10:30 am – 11:30 am & 5 pm – 6pm

Books are where imagination thrives!

Bring your favorite book or borrow one of our kid's books for our very first read a book day! You can sit in the classroom or use one of our comfy seating areas in the Community Center and share a book with your little one. You can even enjoy reading a book that you have been wanting to read while your child is in Kid's Club for the morning time!

We look forward to seeing you here!

National Coloring Day

Wednesday, September 17th

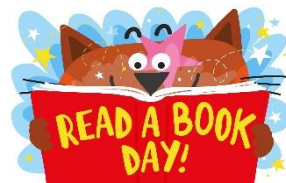
10:30 am – 11:30 am & 5 pm – 6 pm



Coloring is so much fun! Bring your little ones for all the coloring sheet fun! Coloring brightens everyone's day! Everybody can color as many sheets as they'd like and can take a few home as well!

Residents are Free, Guests \$5

No registration required!



National Family Day

Tuesday, September 23rd



10:30 am – 11:30 am & 5 pm – 6 pm

Celebrated the 4th Monday of September, we are celebrating with a fun family craft on Tuesday! You will make a family tree with paint handprints! Paints, brushes and paper provided. Just make sure to roll those sleeves up!

Spaces limited to 16 per session

Residents Free, Guests \$5

Register online by Monday, September 15th

D300 Food Pantry Food Drive



October 1st – October 31st

You will find a donation bin near the front desk, same as last year!

We will once again hold a food drive for the D300 Food Pantry! Stay tuned for their list of needs for the month of October!

Socktober



October 1st – October 31st

New warm socks mean so much to those in need and is such a wonderful way to help others. Each year Lifestyle drops off the bin full of socks for PADS

You will find a bin for new sock donations near the front desk, same as last year too!

This drive for PADS in Elgin is back once again for the month of October!

We Wear Pink in October!



October is Breast Cancer Awareness Month, and the color is everything pink! Unfortunately, most of us either know someone who has won or lost a battle with Breast Cancer. The best way to support those of us is by going Pink for 31 days! Shoelaces, shirts, tanks, pink hair, a pink ribbon, or other variations! We are such a strong community that always comes together so wonderfully. We cannot wait to see all the pink!

Please Note: All events dates may subject to change with short notice

Story Time

Thursdays: October 2nd, October 23rd, and December 11th

10:30 am – 11:30 am & 5 pm – 6 pm

Ages 6 months – 6 years

Bring your little ones for some stories and coloring fun!

No registration required!



Sensory Bins

Thursdays: October 9th, October 30th, November 20th

10:30 am – 11:30 am & 5 pm – 6 pm

Ages 6 months – 6 years

Sensory play helps develop fine motor skills and encourages creativity. Being your little ones for all the sensory exploration!

No registration required!



Little Gym

Tuesdays: October 6th – December 16th

10 am – 3 pm

Ages 6 months – 6 years

Basketball, soccer, ride on toys, scooters, connect 4, mats, blocks and more!

No registration required!



Go Pink Ceramic Night with Color Me Mine!

Saturday, October 11th

6 pm – 8 pm

Ceramic options will include some Breast Cancer Pink Options and a few Fall options.

Ceramics with To Go Kits will be at the community center for this event. Once the ceramics are dry, Lifestyle will drop them off to be kilned. The completed ceramics will be brought back to the community center for you to pick up and take home.

Ceramics will include the piece that you select plus the “to go kit” price.

Stay tuned for ceramic options!



Please Note: All events dates may subject to change with short notice

Candy Apple Making

Wednesday, October 15th

5 pm – 6 pm



Back by popular demand, Candy Apple Making is here! All the delicious apples, delicious caramel and all the sprinkle goodies to decorate your apple! We will have wrap to make your apple with you super easy to take with you!

Spaces are limited to 16!

Residents \$10, Guests \$15

Register online by Friday, October 10th

Pink Rock Painting

Thursday, October 16th

10:30 am – 11:30 am & 5 pm – 6 pm



One more way , we can go Pink for October! Paint a rock, anyway you like with all the pink paint! You will take your rock with you to display however you feel, indoors, on your front porch or wherever you love!

Spaces limited to 16 for each time above.

Residents Free, Guests \$5

Register online by Friday, October 10th

Fall Vendor Fair

Saturday, October 18th

10 am – 3 pm



We have the best Fall Vendor Fair around! You can get a jump on your holiday shopping and support small businesses! Each person that attends the fair gets a raffle ticket to drop in for our raffle prizes! You do not need to be present to win, we will contact winners starting on that following Monday!

Attendance is free!

Glow Slime Lab

Wednesday, October 29th

5 pm – 6 pm



Get your slime making skills ready! There will be glow in the dark glue, contact lens solution, baking soda, and your own bowl to mix it all together!

Spaces limited to 16.

Residents \$5, Guests \$10

Register online by Friday, October 17th

SCAN ME!

TYPE ME!

Your phone camera should be able to scan and link it to you!

YOU CAN ALSO FIND THE LINK ON:
THE CAMBRIDGE LAKES COMMUNITY CENTER FACEBOOK PAGE
OR
WWW.MYCAMBRIDGELAKES.COM

HERE'S HOW TO FIND OUR ONLINE REGISTRATION WEBSITE!

HTTPS://REGISTER.CAPTUREPOINT.COM/CAMBRIDGELAKESCOMMUNITYASSOCIATION

Type this link EXACTLY in your web browser!

All logged in? Registering online for our programs, events, and activities is easy! Click on the orange “Register Now!” button and you’ll be directed to our Catalog of programs, events, and activities.

Head to our Online Registration website (You may hear our Staff call the website Capturepoint or Communitypass) and log in under “Existing User”.*

*Don’t have an account? It’s easy to make! Click on the blue “Create an Account” button and you’ll be directed to fill out your information to have an account. (feel free to add your household to your account and share the log in information with Them so everyone has a chance to register).

After verifying your account, you will be sent to our Catalog of events, programs, and activities!

Clicking on the title of the event/program/activity **OR** on the orange “Show Sessions” button will list out the association options for that event or program!

Select Participants

18+ Full Court Tuesday Nights!: May 13th

Please check the box next to all of the family members below that you would like to register for this activity.

☐ Household Member 1

☐ Household Member 2

☐ Household Member 3

☐ Household Member 4

☐ Household Member 5

CANCEL

SAVE

Select all household members that are attending the event, program, or activity.*



Once you've hit "Save" your choices will be instantly put in your online cart.
(If you click on the white arrow next to the cart amount it will drop down those that are selected as well as the option to checkout).

*We HIGHLY recommend that anyone participating must be accounted for, we would hate to leave anyone out for our great events!



Review Items			
Program	Individual	Price	Action
18+ Full Court Tuesday Nights!: May 13th (BBALL)	Household Member 1	\$0.00	Remove

Amount Due	
Current Amount Due	0.00

Cancel

Complete Transaction

- Ready to Checkout?

Please be sure to check your cart just before you checkout!

- Is there an issue with your total?

Please be sure to contact our front desk, our staff is happy to help you!

Registration Receipt

Below is your receipt for your transaction.

Registrations: Cambridge Lakes Community Association Programs					
Name	Program	Price	Adjustments	Qty	Total
Household Member 1	18+ Full Court Tuesday Nights!: May 13th (BBALL)	0.00	0.00	1	0.00
Registration Total				1	0.00

Amount Due	
Registration Total	\$0.00
Credit Applied	\$0.00
Current Paid	\$0.00
Balance	\$0.00

Finish

Once your transaction is completed you will get a registration receipt.

- Stuck on your payment processing?

Don't fret! Try to refresh the page! You shouldn't be overcharged on accident, if that does occur email ruth.nava@mycambridgelakes.com and we will resolve the issue!

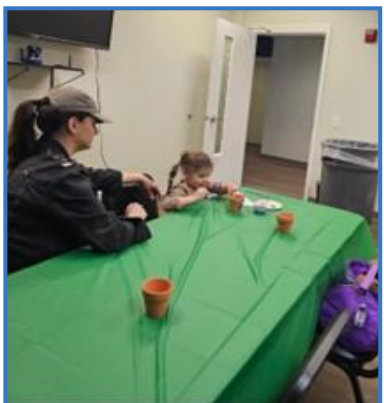
Click on the Orange "Register Now"

To register for all programs, events, and/or activities!

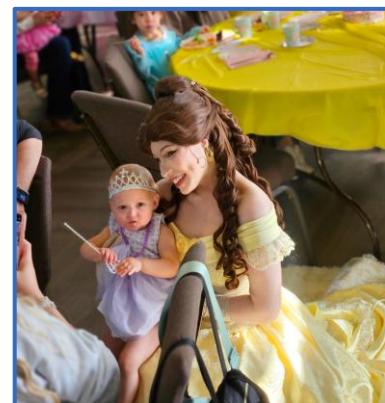
Click on "View & Pay Balances"

If you have yet to pay for any program, event, or activities you've been registered for!

Lifestyle Events Photos



Lifestyle Events Photos





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 - K-8 Hybrid Academy (Online & In-Person)
 - 9-12 Hybrid High School Academy (Online & In-Person)
with dual enrollment options



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 - 6:30 AM - 7:45 AM & 3:30 PM - 6:00 PM
- After School Camps
- One Day Events
- **Summer Fun Camp: June - August**
 - Field trips every day, Monday through Friday
 - 8:00 AM to 5:00 PM



FOR DETAILED INFORMATION, SCAN THE QR CODE



Contact Information:

- (847) 648-9700 (option 6)
- 840 Campus Drive, Pingree Grove, IL 60140
- cambridgelakescharterschool.net/schoolsout



**Don't delay –
reserve your
student's seat
today!**



CAMBRIDGE LAKES
LEARNING CENTER

2025-2026

Preschool Registration

Register your child for the upcoming school year! All enrollments are taken on a first-come, first-served basis.



Cambridge Lakes Preschool Offers:

A dynamic, goal-based learning program where adventure meets curiosity and knowledge drives discovery. We nurture each young scholar's curiosity, setting them up for future success—academically, emotionally, and socially.

- Emphasis on critical thinking and problem-solving
- Classrooms with a 9:1 student-teacher ratio for personalized attention
- Flexible enrollment options: Full-day or half-day programs



cambridge lakes
preschool



FOR MORE INFORMATION:

(847) 648-9700 EXT. 1001

DPEDERSON@CLCSSTAFF.ORG

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Scan & View



Dr. Siri Chanthasalo



Dr. Kevin Enberg

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United HealthCare (UHC)
Delta Dental - MetLife
Cigna - Humana
Guardian - Aetna
State of Illinois Dental
Medicare PPO & others**

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Cambridge Lakes Community Association

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Pingree Grove, IL 60140

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Cambridge Lakes Community Center General Inquiries

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Ruth Nava

Administrative Assistant
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Gwen Loyd

Inspirations Dance & Tumbling Director
gwen.loyd@mycambridgelakes.com

Upcoming Center Closures:

Friday, July 4th – OPEN UNTIL 8:00 PM
Saturday, July 12th – OPEN UNTIL 3:00 PM

Pool Closure Date:

Monday, September 1st – 8:00 PM



CAMBRIDGE LAKES
COMMUNITY ASSOCIATION