



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

CAMBRIDGE LAKES SPRING NEWSLETTER

From The Manager

Hello Residents,

Welcome to your Spring Edition of the Cambridge Lakes quarterly newsletter. Hopefully, the warmer spring weather is just around the corner! Inside you will find information regarding pool season, architectural improvements, proxy cards and approved guardians. If at anytime you have questions or concerns, please don't hesitate to contact us. We are happy to help! (847) 464-1515 or visit our website at: www.mycambridgelakews.com

I also wanted to take the time to thank the 10 candidates that ran for the Board of Directors this year. Unfortunately, with the 17.51% of votes we did not meet quorum to hold the Annual Election. Thank you to our 7 current board members for your time and involvement in your community. Looking forward to another wonderful year at the beautiful Cambridge Lakes!

Kind Regards,

Natalie Suarez
Licensed Community Association Manager
Cambridge Lakes Community Association



2025 Call & Notice Meeting Dates

Please be advised the following Board of Director meetings for Cambridge Lakes Community Association have been scheduled as follows on the second Wednesday of every other month at 6:00pm:

**The meetings will take place at
the Cambridge Lakes Community Center**

<u>Day</u>	<u>Date</u>	<u>Meeting Type</u>	<u>Time</u>
Wednesday	March 12	Board Meeting	6:00pm
Wednesday	April 9	Board Meeting	6:00pm
Wednesday	June 11	Board Meeting	6:00pm
Wednesday	August 13	Board Meeting	6:00pm
Wednesday	October 8	Board Meeting	6:00pm
Wednesday	December 10	Board Meeting	6:00pm

All owners are cordially invited and encouraged to attend. Dates are subject to change with proper notice.

Sincerely,
Cambridge Lakes Community Association

1125 WESTER BOULEVARD, PINGREE GROVE, IL 60140
PHONE: (847) 464-1515 * FAX: (847) 464-1512 * WWW.MYCAMBRIDGELAKES.COM



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Seasonal Reminders!

Proxy Cards to Community Center:



We know everyone hates being hung up at the front desk on the hottest days of the Summer... With there being a few months until pool opening day, **now is a great time to go through your old bags, backpacks, purses etc. and be sure you have each of your Proxy Cards!**

Proxy Cards are required for entry into the Community Center. We require this to keep the facility private, and nice for you, the residents of Cambridge Lakes!

Residents, ages five (5) and above, are required to bring their proxy cards **each** time they visit the Community Center. Can't find them? No problem! Visit the Community Center before the Summer to receive new cards in advance!

** Residents who have never received a proxy card, please bring in valid proof of residency to obtain your proxy card. Unsure of what to bring? Reach out to the Community Center staff or visit our website FAQ to view a list of approved documents.

Replacement proxy cards are \$35.00 each. (No cash accepted).

First obtained proxy card is free of charge.

front.desk@mycambridgelakes.com

Architectural Applications



We have a very large community here at Cambridge Lakes with many owners looking to do a variety of different architectural improvements to their homes. The Board kindly asks that owners please provide themselves ample time when submitting a request for approval. We will continue to do our best to turn requests around promptly; however, there are times when many applications come in and Management as well as the Board take their time to ensure proper approvals are granted. You can stop at the Community Center for an application. They can also be found on our website www.mycambridgelakes.com.

Approved Guardians

Keeping an eye on the neighbor's kids this summer??? Grandparents 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

Seasonal Reminders!



2025 Pool Season

Pool Season Saturday May 24th – Monday September 1st

Hours of Operation: 5:00A – 8:00A Lap Swim **(No Guard)**
10:00A – 8:00P Daily **(Weather Permitting)**

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

Our Community

CAMBRIDGE LAKES COMMUNITY ASSOCIATION STREETS AND NEIGHBORHOODS

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 2235, 223, 219, 2145, 2215, 2275, 2185	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	
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
Whitecaps 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: customer@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: Janet Santilli
Email: jsantilli@fosterpremier.com
Phone: 847-459-1222

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
Email: lraam@fosterpremier.com
Phone: 847-484-2123

Neighborhoods: TH19B, 20 & 33

Managed by: Foster Premier
Property Manager: Gene Polissky
Email: epolissky@fosterpremier.com
Phone: 847-459-1222

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: 02/12/2025



Hello Cambridge Lakes Community!

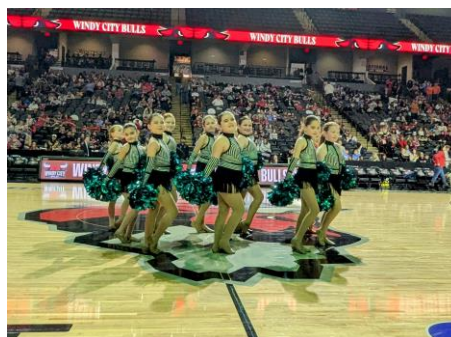
We are working hard in preparation for our 11th season, and to celebrate with our annual Recital! All year we have been in the studio turning, leaping, tumbling, strengthening all our areas of expertise! We promise to deliver our best performance yet! Every student ranging from 2 years old to our teens have been putting in the work! We are ready to show off every style! We offer every style of dance including Ballet, Jazz, Tap, Hip Hop, Contemporary, Poms and Tumbling of all levels and abilities!

We are incredibly proud of our very own Inspirations Dance Company and Dance Troupe. These dancers take classes year-round and just about in every class! Their technique improves and impresses us daily, and we have the best hard working determined dancers! We were welcomed back for the Windy City Bulls Halftime performance, and it was incredible! If you missed it, there are many more opportunities to catch these dancers in action! We are thrilled to announce our very own Company and Troupe showcase in June, and the Kane County Cougars Game pre-game performance! You don't want to miss it!

Our strength and focus to strive to be our own personal best, stems from our incredible coaching team. Every single instructor brings their wealth of knowledge, commitment and heart every week! We are very proud and honored to have the best team around!!

As always, a giant thank you to the Cambridge Lakes Community for your continued support as we strive to grow our program and have the opportunity to work with such amazing students every year!

Stay tuned for upcoming schedules and information regarding our sessions and performance dates! We hope to see you on the dance floor!



Lifestyle Events Sponsorship Opportunities

Lifestyle Events Sponsors

April 1st, 2025-April 1st, 2026

Lifestyle Events Sponsors and their generosity help to make every event magical! Each of these wonderful Sponsors help Lifestyle bring more free events and lower cost events to our community! Without them, some events would not be possible!

Thank you to our 2025 Sponsors, Gina Lepore, Coldwell Banker Realty, The Ground Guys of Elgin & St Charles and Stacy Kieffer with New York Life. We are so thrilled to have you as our Lifestyle Event Sponsors!

Gina Lepore is a long-time homeowner in Cambridge Lakes and her personality and kindness is what makes Gina Shine! Her professionalism and expertise equal the perfect combination that you need when looking for the best to help you sell or buy your dream home!

The Ground Guys of Elgin & St Charles is owned by homeowners here in Cambridge Lakes and was one of our original sponsors! You will see them around our community servicing homes and their landscaping needs. Contact The Ground Guys for all of your outdoor needs this Spring, Summer and Fall!

Stacy Kieffer with New York Life is absolutely the best when it comes to everything from life insurance, savings plans and everything in-between! Stacy lives right here in Cambridge Lakes and her personal touch and knowledge make her the best choice for all of your insurance needs. Be sure to reach out to Stacy with any questions regarding New York Life and all that is offered.

We are so lucky to have you with us for this year. You help us provide every event and all that Lifestyle offers to our Wonderful Community!



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

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Independently Owned and Operated Franchise



Stacy Lynn Kieffer
Agent



New York Life Insurance Company
475 North Martingale Road
Suite 1250
Schaumburg, IL 60173-2405
B 847.804.6443 F 847.585.4918
skieffer@nyl.newyorklife.com
www.nylny.com

If your business is interested in becoming an event sponsor, please reach out to Michelle Arvanitakis, Lifestyle & Group Fitness Director at michelle.arvanitakis@mycambridgelakes.com. The deadline to apply for Sponsorship is March 1st and I am still accepting applications! You would be in the Summer Newsletter and still added to our Spring Vendor Fair outdoor banners and advertised inside the Community Center!



Cops Corner

Animal Complaints

Animal complaints are one of the most common police calls of the summer. These range anywhere from dogs off leash to owners not picking up after their pets. Lost cats and animal bite calls are also popular as well as “please help, there is a raccoon in my garage.” While most people are animal lovers, not everyone views pets as a part of their family. Pingree Grove has a leash law, and the police department does enforce this on a regular basis. This also includes controlling your animal while it is on a leash. A \$75.00 fine can be issued for a violation. Allowing pets to jump up on people might not be the best course of action, especially if the person has had a bad past experience. The animal owner is also responsible for picking up after their pet when they “deposit” outside of their property. The village has installed pet waste containers around Cambridge Lakes to assist pet owners so that they can dispose of pet waste in a safe and sanitary way. Throwing fecal matter into the creeks and ponds is not only illegal, but disgusting. Take care of your community so your community can take care of you.

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



As we welcome the warmer months of April through July, it's an excellent time to ensure that your home and family are prepared for the unique fire and emergency risks that come with spring and summer. Here are a few safety tips to help keep our community safe:

Spring Cleaning Safety

Spring is the perfect time to declutter and clean, but don't forget about fire safety during your efforts:

- **Check smoke and carbon monoxide detectors.** Test the alarms and replace batteries if needed. If your detectors are over 10 years old, consider replacing them.
- **Clear out flammable materials.** Dispose of old newspapers, cleaning rags, and other combustible materials in your home and garage.
- **Inspect electrical appliances.** Look for frayed cords or overloaded outlets and unplug appliances when not in use.

Grill and Outdoor Fire Safety

With summer barbecues around the corner, it's important to grill safely:

- **Keep grills away from structures.** Ensure grills are placed at least 10 feet away from your home, deck railings, and overhanging branches.
- **Clean your grill.** Remove grease or fat buildup to prevent flare-ups.
- **Supervise all open flames.** Never leave grills, fire pits, or campfires unattended, and always have a bucket of water or a fire extinguisher nearby.

Severe Weather Preparedness

Spring and summer often bring severe storms. Take these steps to be ready:

- **Prepare an emergency kit.** Include essentials like water, non-perishable food, flashlights, and first aid supplies.
- **Know your weather alerts.** Familiarize yourself with local warning systems and ensure your family knows where to go during a tornado or severe thunderstorm.
- **Secure outdoor items.** High winds can turn patio furniture and yard items into dangerous projectiles.

Wildfire Awareness

Dry conditions during the summer can increase wildfire risk. Be proactive:

- **Maintain defensible space.** Clear dead vegetation and debris at least 30 feet around your home.
- **Be cautious with fireworks.** Only use legal fireworks and follow local regulations. Consider attending public displays rather than using fireworks at home.
- **Report smoke immediately.** If you see or smell smoke, call 911 to report it.



Fire Safety for Children

As summer begins, children may be home from school and spending more time around campfires, grills, and even in the kitchen.

- Teaching children the "stop, drop, and roll" method.
- Establishing fire drills at home and what to do if there's a fire.
- Educating them about fire hazards like matches and lighters.

Travel

With many people traveling during the summer, it's important to address fire safety while away from home.

- Fire safety in hotel rooms (e.g., fire exits, not blocking sprinklers).
- Safeguarding rental properties and vacation homes from fire hazards.
- Knowing emergency contacts and procedures when traveling.

Heat-Related Medical Emergencies

Hot temperatures during spring and summer can lead to serious heat-related illnesses. Protect yourself and others:

- **Stay hydrated.** Drink plenty of water, even if you don't feel thirsty. Avoid alcohol and caffeinated drinks, which can dehydrate you.
- **Dress appropriately.** Wear lightweight, light-colored, and loose-fitting clothing to help keep cool.
- **Know the signs of heat-related illnesses.**
 - *Heat exhaustion:* Symptoms include heavy sweating, weakness, dizziness, nausea, and cold, clammy skin. Move the person to a cool place, provide water, and cool their body with wet cloths.
 - *Heat stroke:* Symptoms include a high body temperature (103°F or higher), confusion, hot, dry, or damp skin, and loss of consciousness. This is a medical emergency—call 911 immediately and begin cooling the person while waiting for help.
- **Check on others.** Keep an eye on children, older adults, and pets, who are more vulnerable to heat.

By taking these steps, you can help ensure a safe and enjoyable spring and summer season for your family and neighbors. Let's work together to keep our community safe!

Stay safe,

Scott Fehrman, Captain

Pingree Grove and Countryside Fire Protection District

10N255 Dittman Road

Elgin, IL 60124

(847) 741-3151

sfehrman@pgfspd.com

Village of Pingree Grove

Save the dates:

- Upcoming Village Board meeting dates: Jul 1 and 15; Aug 5 and 19; Sep 3 and 16; Oct 7 and 21, beginning at 7:00 pm.
- Board meetings are recorded and available for viewing online via YouTube <https://www.youtube.com/@PingreeGroveVillage/streams>.
- Events Committee will host this year's Independence Day Celebration on Friday, July 12 and Saturday, July 13.
- Beginning with the August 1 utility bill payment, a \$25 fee will be added to delinquent account holders at time final notice green tag.
- Village resident 3-cycle event; shredding, hazardous waste, and electronics, Saturday, August 17 from 9:00-noon in Municipal Center parking lot.

Upcoming Village Board meeting schedule: Jun 2, Jun 16, Jul 7, July 21, August 4, August 18, Sep 2 (Tues.) Sep 15

Independence Day Celebration is scheduled for Friday, July 11, and Saturday, July 12.

Village is hosting the resident 3-cycle recycling event – shredding, hazardous waste, and electronics – Saturday, August 16 from 9am-noon at the Municipal Center.

2025

FOOD TRUCK SCHEDULE



Mondays, May 19th – Sept 1st – 7:30 AM – 11:30 AM.....Office Friends Food Truck..... Brunch Mondays

Saturday, April 12th 11:00 AM – 2:00 PM

Stix & Noodles

Spring Vendor Fair

Thursday, May 22nd 4:30 PM – 7:00 PM

Pretty Poppin Potatoes

S'mores on the Lawn Kickoff

Tuesday, May 5th 4:30 PM – 7:00 PM

EL Chido Street Tacos

Cinco De Mayo

Inspirations Dance & Tumbling Recital..... Saturday, June 7th 5:00 PM – 7:30 PM

Double R BBQ

El Chido Street Tacos

Kurbside Pizza

Stix & Noodles

Waffadilla

Inspirations Dance & Tumbling Recital..... Sunday, June 8th 12:00 pm – 3:00 PM

Double R BBQ

El Chido Street Tacos

Kurbside Pizza

Stix & Noodles

Waffadilla

Sunday, June 8th 4:00 pm – 6:00 PM..... Kona Ice

Thursday, June 12th 4:30 PM – 7:00 PM

Happy Lobster

S'mores on the Lawn

Tuesday, June 24th 4:30 pm – 7:00 pm

El Chido Street Tacos

S'mores on the Lawn & Taco Tuesday

Thursday, July 10th 4:30 PM – 7:00 PM

Happy Lobster

S'mores on the Lawn

Tuesday, July 15th 4:30 PM – 7:00 PM

El Chido Street Tacos

S'mores on the Lawn & Taco Tuesday

Tuesday, August 5th 4:30 PM – 7:00 PM

El Chido Street Tacos

S'mores on the Lawn & Taco Tuesday

Homeowner Appreciation Concert..... Saturday, August 16th 4:30 PM – 7:30 PM

Kurbside Pizza....El Chido Street Tacos....Happy Lobster....Milkhouse Ice Cream.....

Pretty Poppin' Potatoes....Smash'D....Stix & Noodles....Waffadilla.....

Thursday, August 21st 4:30 PM – 7:00 PM

Smash'D

S'mores on the Lawn

Tuesday, September 9th 4:30 PM – 7:00 PM

El Chido Street Tacos

S'mores on the Lawn & Taco Tuesday

Thursday, September 25th 4:30 PM – 7:00 PM

Wafadilla

S'mores on the Lawn

Saturday, October 18th 11:00 AM – 2:00 PM

Stix & Noodles

Fall Vendor Fair

the 2025 Food Truck hours and/or dates may subject to change with short notice or without notice.

Greetings from the Lifestyle Department



The seasons are changing so fast! We made it through winter and here we are with April Showers bringing May flowers!

The new year is always busy with Lifestyle! We loved seeing you at our Family Movie Night, all the crafts,

Story Time, Sensory and Little Gym! Our Spring Vendor Fair is always an amazing event, and we hope you had the best time at the Bunny Breakfast and Egg Hunt! Our Princess Tea Party is always the most magical time! Summer brings back our Food Truck Schedule and S'mores on the lawn along with Flick and Floats! All Events are available to register online! We cannot wait to see you soon!

Although planning and running events are busy, when you enjoy what you do, it is never a difficult job. I truly love what I do and that makes being your Lifestyle & Group Fitness Director the best way to spend my days, nights and weekends!

Our Group Fitness Schedule is packed with the most amazing classes, taught by the best instructors around! We offer a great variety of classes and both morning and evening class times to fit your schedule, and we have new classes and instructors in 2025! There is no better time to commit to your health and fitness goals! Group Fitness is the best way to find a community of fun and friendship in classes. Jump in and start, you will find your groove and fall in love with fitness! I am always open to new talent, if you have anyone you know of, please send them my way. They can email me at

michelle.arvanitakis@mycambridgelakes.com

Volunteers are such a vital party of Lifestyle! I am always in need of volunteers for events. If you are interested in volunteering, please reach out to me at the above email. Additionally, NHS and Beta Club, I am always happy to have you help with events and contribute to the hours you need. You can always email me as well or stop by to chat anytime after school. I am in the office M-F 9/9:30 am – 5/5:30 pm. You can also find me at events and stop by there to chat.

We are so lucky to have our office on the way to the gym, group fitness classes, Inspirations Classes, the pool and more! As always, my door is always open for any questions, suggestions, concerns or just to stop by and visit. No matter your age, from little to adult, the Lollipop Tree in my office is for everyone! It always makes our day when you stop by to say hi!

I wish you an amazing spring and summer full of wonderful memories with family and friends!

We look forward to seeing you soon!

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	08:40 AM 09:20 AM 05:30 PM 07:00 PM	STRENGTH (LOWER BODY) ALL ABS STRONG NATION BARRE	JESS A JESS A 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	08:40 AM 09:20 AM 07:00 PM 08:00 PM	STRENGTH (UPPER BODY) ALL ABS TABATA WERQ	JESS A JESS A AMY AMY
THURSDAY	09:00 AM 10:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	CARDIO SCULPT SHIMMYFIT BODY BALANCE & STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA	JESS T JENNIFER ANETA ANETA CHRISTINE EDITH
FRIDAY	08:00 AM 09:00 AM	BODY BALANCE & STRENGTH YOGA	ANETA ANETA
SATURDAY	09:00 AM	SHIMMYFIT	JENNIFER

UPDATED: 01/21/25

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

Group Fitness Class Description

All Abs

Not your average ab workout! Each class we spend a few minutes on breath work, connecting with the muscles that help brace your core. From there, we challenge all layers of your abdominal muscles, working from the inside out. Done consistently, you'll have a stronger, more functional core!

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 *NEW CLASS*

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.

Group Fitness Class Description

Strength

Strength training is one of the best types of workouts you can include consistently in your routine! Whether you have goals toward fat loss, toning, gaining strength, boosting metabolism, supporting aging joints...building muscle helps you get there! On Mondays we focus on lower body, Wednesdays on upper. These classes accommodate all fitness levels, with modifications & progressions to challenge you where YOU are at.

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

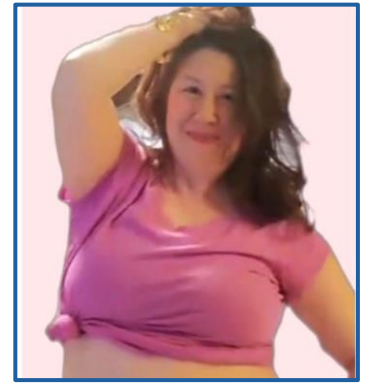
Yoga after Body Balance & Strength will contain of mindful relaxing your body after workout through stretching calm breathing and toning your muscles.

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.

Meet our newest Group Fitness Instructor... Jennifer!



Jen teaches SHIMMYFIT – Tues & Thurs 10 am and Sat 9 am!

I'm Jen and I have a lot of experience under my belt (no pun intended). It started in college at a body sculpting fitness group class where I was the only participant. I asked the instructor if we could dance instead of body sculpt. She laughed and I told her I wanted to teach dance fitness (Zumba was not even born yet). She said her supervisor was looking for new fitness instructors and that I should apply. I applied and I started teaching abs, body sculpting, and even buns! Then Shakira's first USA album came out and I became obsessed with wanting to move like her. I remember seeing a very famous belly dancer on YouTube and asking my mom for her Pops, Locks, and Shimmies DVD for my birthday. She got me the DVD and I was so excited to try it. I tried it a few times and I gave up very quickly because I thought the moves were too difficult. I did not, however, stop teaching group fitness classes.

I have taught group fitness classes for 20 years and I have taught many different formats, including dance. A very funny story I have is that I had never attended a Ballet class, and I always had wanted to take one. Walking into an Adult Ballet class for the first time was the most terrifying, intimidating thing for me. All the students seemed to know what they were doing. Luckily, I followed the lady in front of me because I did not understand the French terms the teacher was calling out. I didn't want to do any individual leaps and turns at the end of class, but I eventually attempted to try to do them. Stepping out of my comfort zone helped me understand and connect with how students must feel when they first step into any type of dance class for the first time.

Another funny story is that I didn't try belly dancing again until 2020. I was super bored, and I decided to create a belly dance account on a social media platform. I tried to make short clips of me dancing in my hip scarf in the kitchen. I started really connecting with belly dance students and teachers. And then something even funnier happened: professional Belly Dancers started following me and encouraging me to practice more and take more classes.

Fast forward to 2025, I have performed on stage three times. I have taken many workshops and classes from famous Belly Dancers. I entered my first Belly Dance competition in August of 2024. Never in a million years did I think any of this could happen. And it all started with, "Can we please dance today instead of body sculpt." Lol. When I am not dancing, I like to hang out with my husband. I love to cook, and I love taking care of our three animals: Callie, Tater Tot, and Libby. I am also learning how to sew hip scarves and belly dance costumes because I love anything that sparkles! I am so excited to teach you Shimmy Fit. It is a great way to give yourself your "me time" while embracing your body and learning this beautiful art form. I am looking forward to meeting you and I can't wait to dance with you! Happy Shimmies!

Lifestyle Events April – July 2025

Bunny Breakfast & Egg Hunt

Sunday, April 6th

9:00 am – 11:00 am

Hop on over for our annual Bunny Breakfast and Egg Hunt!

All the delicious breakfast items catered by Brunch Café, orange juice, and coffee too!



There are two options to choose from:

Option #1—Breakfast includes a photo with the bunny, crafts in our classroom, and an egg hunt! Residents: \$10 per person, Guests: \$15 per person.

Option #2—Egg hunt and Photo Only—Residents: \$7 per person, Guests: \$12 per person.

Register online by Sunday, March 16th.

Spring Craft, Vendor & Home Improvement Fair

Saturday, April 12th

10:00 am – 3:00 pm

The best Craft, Vendor, and Home Improvement Fair is back! Our previous fall fair had 600 people who attended and shopped from our amazing vendors! This event is open to the public with no entry fee!

Want to purchase a booth for your business? Please visit our online registration website on or before March 24th. Booth spaces and the application process may close before the deadline. Both application and payment are available online and due online. If you need a copy emailed or plan to pay with a check, please email Michelle Arvanitakis, Lifestyle & Group Fitness Director at michelle.arvanitakis@mycambridgelakes.com.

Resident Booth: \$30, Non-Resident Booth: \$40.

Application & Payment Deadline: Monday, March 24th.



Flowerpot Painting

Wednesday, April 16th

10:30 am – 11:30 am & 5:00 pm – 6:00 pm

Mini ceramic flowerpots with a variety of paints will help create your favorite little design to take home and plant your favorite flower into!

Spaces are limited for each time slot to 7.

Residents: Free, Guests: \$5

Register online by Friday, April 11th.



Lifestyle Events April – July 2025

Cupcake Liner Flower Craft

Wednesday, April 23rd

10:30 am – 11:30 am & 5:00 pm – 6:00 pm

Colorful cupcake liners, construction paper, glue, paint, pompoms, and buttons are all provided for this sweet little flower craft.



Spaces are limited for each time slot to 10.

Residents are Free, Guests \$5

Register online by Monday, April 21st

Princess Tea Party

Friday, May 2nd

4:00 pm – 6:30 pm

Princess Arrival at 4:30 pm – 5:30 pm



Dress as your favorite princess and get ready for Princess Rapunzel and Princess Belle! The princesses arrive at our tea party from 4:30 pm – 5:30 pm! Princess Belle will lead a story time. Princess Rapunzel will lead a ribbon dance and a parachute game. There will be photo opportunities and dancing too! Tea, sandwiches, and tea cakes will be served!

This year, you now have the opportunity for a special crowing ceremony with pixie dust and the princess crown to keep!

Residents: \$35, Guests: \$40 (1st adult complimentary)

Each additional adult is \$15

Additional Special Crowing Ceremony, Pixie Dust & Special Photo \$10

Spaces are limited for each time slot to 60.

Register online by Monday, April 21st.

Mother's Day Lightening Bug Craft

Tuesday, May 6th

10:30 am – 11:30 am & 5:00 pm – 6:00 pm

Bring your little ones for this adorable paper craft! Construction paper, cut-out lightning bugs, glue, ribbon, and markers are provided to create a jar for mom/grandma/anyone special who "lights up your life".



Spaces are limited for each time slot to 10.

Residents: Free, Guests: \$5

Register online by Friday, May 2nd.

Lifestyle Events April – July 2025

National Dog Mom Day

Friday, May 9th

10 am – 10 pm

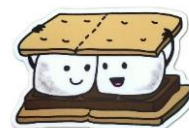


What a fun date to celebrate! The actual date is Saturday, May 10th, but stop by the Community Center on Friday, May 9th to pick up a dog treat, a list of safe and unsafe foods things for your pup, and fun doggie-safe recipes that you can make! Although you cannot bring your pup into the center, you can surprise them with a goodie when you get home!

S'mores on the Lawn Kickoff

Thursday, May 22nd

5:30 pm – 7:30 pm (or until Supplies Last)



1st Food Truck of the season – we welcome a brand-new truck: Pretty Poppin Potatoes to our Community! Pretty Poppin Potatoes will be served from 4:30 pm – 7:00 pm! Grab your gourmet potato dishes for dinner and stop by for a free s'more as a dessert!

We cannot wait to see you there!

Father's Day Necktie Craft

Tuesday, June 10th

10:30 am – 11:30 am & 5:00 pm – 6:00 pm



Bring your kiddos and their creativity! Construction paper, buttons, paint, glue, and ribbon are provided to make a paper necktie for Dad/Grandpa/anyone special in your life!

Spaces are limited for each time slot to 10.

Residents: Free, Guests: \$5

Register online by Monday, June 2nd.

Salsa 101 & Bachata 101

**Classes on Sundays from 3-4 PM
& 4-5 PM!**

**New sessions for both classes are
every month!**

**Follow our facebook page for
when new sessions are posted!**

What Salsa 101 & Bachata 101 offer!

- Basic Structure of Salsa or Bachata music
- Basic Steps.
- Partner work.
- Learning to lead & follow.
- Basic shines & turn patterns

Lifestyle Events April – July 2025

Flick & Float – Moana 2

Saturday, June 21st

8:00 pm – 10:00 pm



Our summer Flick & Floats is back! Popcorn, movie candy, drinks, and *Moana 2* on our big screen! Grab your swimsuits and floaties and get ready for a splashing great time!

Residents: \$7, Guests: \$12

Register online by Monday, June 16th.

Flick & Float – Inside Out 2

Saturday, July 19th

8:00 pm – 10:00 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* on our big screen! Bring the family crew with your swimsuits and your best floaties for a fun-packed evening at the pool!

Residents \$7, Guests \$12

Register online by Monday, July 14th.

The image shows a laptop displaying the Cambridge Lakes Community Association website. Two callout boxes with arrows point to specific features on the site:

- Left Callout:** "Click on the Orange 'Register Now' To register for all programs, events, and/or activities!" An arrow points to the "Register Now" button in the top navigation bar.
- Right Callout:** "Click on 'View & Pay Balances' If you have yet to pay for any program, event, or activities you've been registered for!" An arrow points to the "View & Pay Balances" icon in the footer.

The website header includes "CAMBRIDGE LAKES COMMUNITY ASSOCIATION" and a "Welcome to our online registration portal!" message. The footer contains icons for "VIEW & PAY BALANCES", "EVENTS", "SERVICE CENTER", and "YOUR ACCOUNT".

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

Online Registration



Scan Me! 

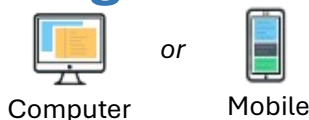
Creating an
account is
quick and
easy!



Note:

Registering for Cambridge Lakes Community Center programs, events, and/or activities online requires the creation and use of an online account. An account must be created to register no matter if a resident or guest is attending.

Creating an Account



1. Please click the blue “Create Account” button and fill in all fields.
2. Once you’ve created your account – it will re-direct you to the main page where you will sign in using the username and password you just created. **(Please keep this login and share it with anyone who may be registering your family for events).**

Please note: that when creating an account, you are only creating the primary account first you must log into your account to add in the rest of your family members

3. The first time you login, you will need to accept or decline our privacy policy.
4. Once you are logged in, please go to into your account profile by clicking “**My Account**” in the top left corner **OR** the group people icon labelled “**View Account**” (please scroll down if it is not displaying).
5. Once you are in your account profile, please begin adding all family members. This is how you will be able to register individuals in your home.
6. Once you have finished adding all your family members, please return to the homepage to begin registering online! **(You will have to verify your account before beginning registration).**

Issues Creating an Account

If you are having any issues creating an account, please email ruth.nava@mycambridgelakes.com with your information!

Type out This link exactly to get sent to our online registration website!

<https://register.communitypass.net/CambridgeLakesCommunityAssociation>



2025 S'MORES ON THE LAWN

05:30 PM – 07:30 PM

(May close early if supplies run out)

Thursday, May 22nd – S'mores Kickoff

Thursday, June 12th

Tuesday, June 24th

Thursday July 10th

Tuesday, July 15th

Tuesday August 5th

Thursday, August 21st

Tuesday September 9th

Thursday, September 25th –
Last of the Season

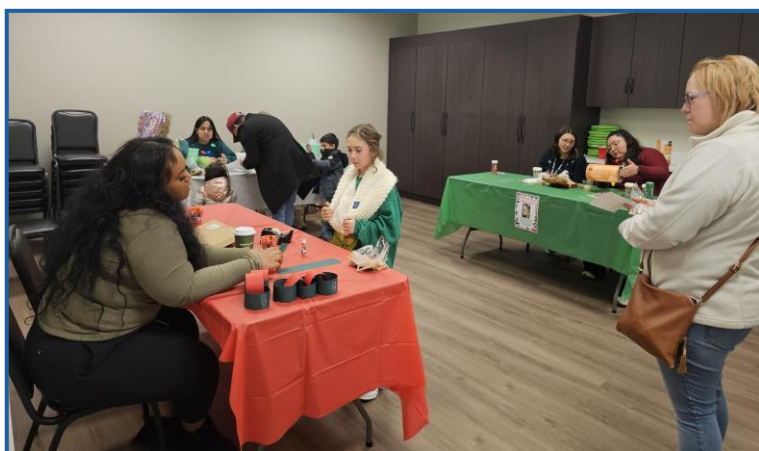


First come,
first serve!

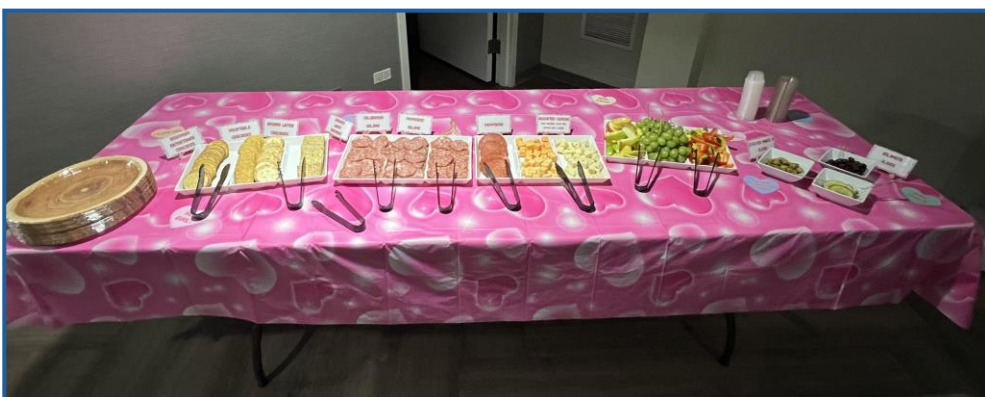
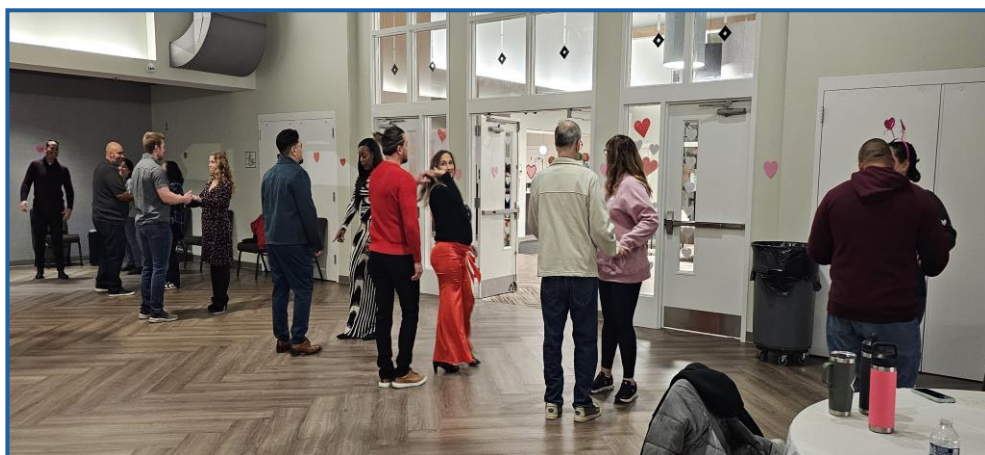
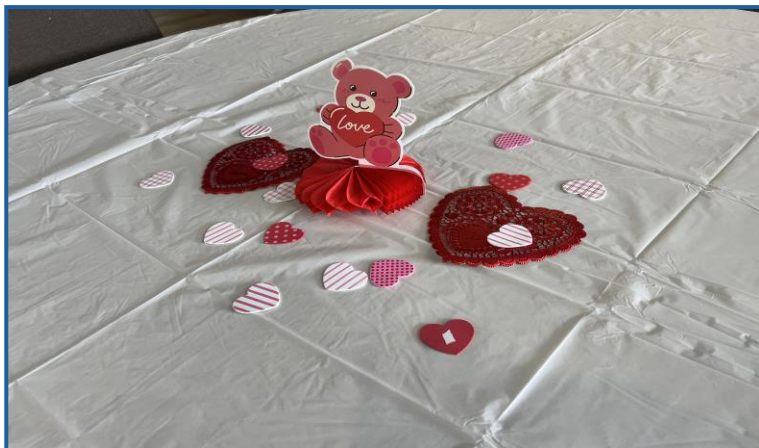


2025 S'mores on the Lawn hours and/or dates may
subject to change with short notice or without notice.

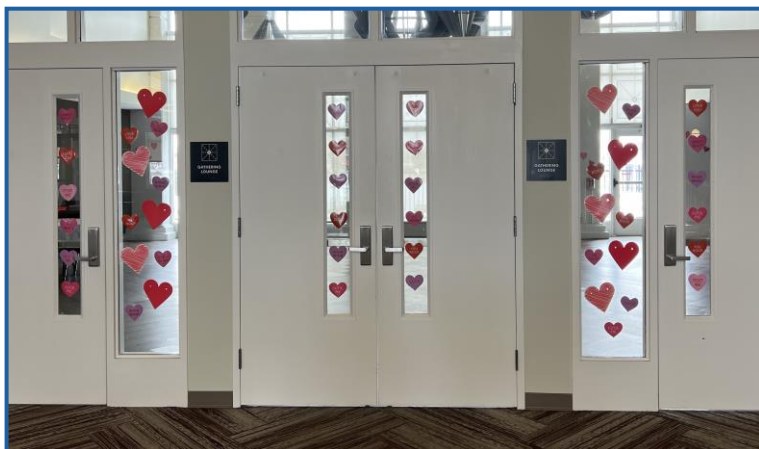
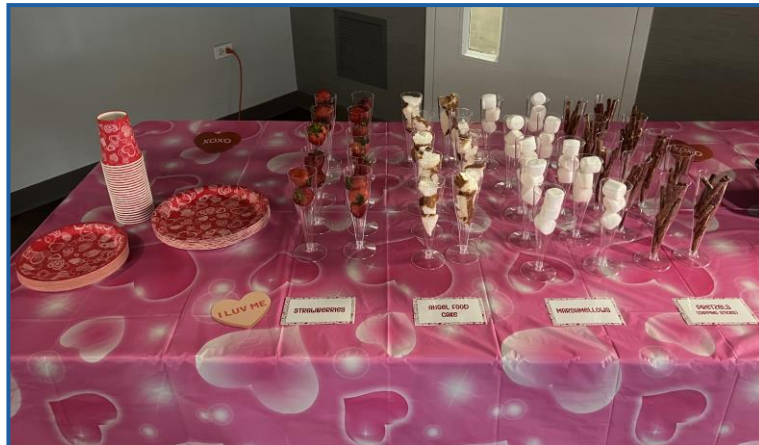
Lifestyle Events Photos



Lifestyle Events Photos



Lifestyle Events Photos





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 - \$70 per day covers transportation, admission to venues, and exceptional supervision by our dedicated staff!
- Before camp care available if needed
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 - \$10 per day

SCAN THE QR CODE TO REGISTER YOUR CHILD



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School's OUT! SUMMER FUN



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CAMBRIDGE LAKES CHARTER SCHOOL

Our Mission: To Facilitate Lifelong, High Achievement Learning

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- Our school provides a complete educational experience, from preschool through high school
- Cambridge Lakes Charter School: traditional, in-person school for grades K-8
- The Cambridge Lakes Academy: hybrid learning, online and in-person for grades K-12 with dual credit options for juniors and seniors
- Before and after school programs

FOR MORE INFORMATION
(847) 648-9700
840 CAMPUS DRIVE
PINGREE GROVE, IL 60140



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AND
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PROGRAMS

CAMBRIDGE LAKES PRESCHOOL

Registration is NOW OPEN

Cambridge Lakes Preschool follows the Illinois Learning Standards, along with the Core Knowledge and Sequence curriculum. This academic early learning experience helps children discover the fundamentals of literacy, math, and science in a student-centered environment.

In addition, students develop social skills, problem-solving abilities, and conflict resolution strategies throughout their daily activities.

cambridge lakes
preschool



FOR MORE INFORMATION



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Kids Club Closures 2025

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

Cambridge Lakes Community Association

1125 Wester Blvd.
Pingree Grove, IL 60140

Cambridge Lakes Community Center General Inquiries

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Administrative Assistant

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

2025 Holiday Closures:

Easter Sunday, April 20th – CLOSED
Memorial Day, May 26th – 5am-10pm (Normal Hours)
Friday, July 4th – OPEN UNTIL 8:00 PM
Saturday, July 12th – OPEN UNTIL 3:00 PM

Pool Opening Date:

Saturday, May 24th – 10:00 AM – 8:00 PM

- Upcoming Village Board meeting dates: Jul 1 and 15; Aug 5 and 19; Sep 3 and 16; Oct 7 and 21, beginning at 7:00 pm.
- Board meetings are recorded and available for viewing online via YouTube
- <https://www.youtube.com/@PingreeGroveVillage/streams>.
- Events Committee will host this year's Independence Day Celebration on Friday, July 12 and Saturday, July 13.
- Beginning with the August 1 utility bill payment, a \$25 fee will be added to delinquent account holders at time final notice green tag.
- Village resident 3-cycle event; shredding, hazardous waste, and electronics, Saturday, August 17 from 9:00-noon in Municipal Center parking lot.

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COMMUNITY ASSOCIATION