



Lakeside Swim Club  
2010 Trevilian Way  
Louisville, Kentucky 40205  
502. 454. 4585, telephone  
502. 454. 7566, fax

[www.lakesideswim.com](http://www.lakesideswim.com)

**May 29-September 6, 2010**

|                 |                  |
|-----------------|------------------|
| Monday-Saturday | 10:00 am-9:00 pm |
| Sunday          | 11:00 am-9:00 pm |

*The pool and exercise room are cleared 15 minutes prior to closing.*



**Program Registration**

*Please photocopy the registration form for more than one class registration.*

**LAKESIDE SWIM CLUB**

Program Title \_\_\_\_\_

Session Date \_\_\_\_\_

Level \_\_\_\_\_

Time \_\_\_\_\_

Participants Name \_\_\_\_\_

Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Parent's Name \_\_\_\_\_

Work Phone \_\_\_\_\_

Email \_\_\_\_\_

Special Considerations \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

*Mail to:*  
Lakeside Swim Club Aquatics Office  
2010 Trevilian Way  
Louisville, Kentucky 40205

**Office Use Only**

Payment: Cash \_\_\_\_\_ Check \_\_\_\_\_

Registrar \_\_\_\_\_

Date \_\_\_\_\_

## Registration Procedures

- Mail-in and Walk-in registrations will be accepted with full payment.
- Complete the registration form and return to the address indicated below.
- Please photocopy the registration form for more than one class registration.
- *Please, no walk-in registrations May 22-28, as all facilities are closed.*
- Registrations will not be accepted by telephone, fax, or email.
- Make checks payable to: Lakeside Swim Club.
- Questions: Call Loren Wingfeld, Aquatics and Program Supervisor, 454.4585, ext. 231.
- Mail to: Lakeside Swim Club Aquatics Office  
2010 Trevilian Way  
Louisville, Kentucky  
40205.
- Payment for classes must be made at the time of registration (except for private lessons). *Classes fill on a first-come-first-served basis.*
- Pre-registration is required for all classes and programs unless otherwise noted.
- Lakeside reserves the right to cancel any class or program due to lack of registration, with full refund.
- Registration for one program does not guarantee a space in remaining sessions.
- Class limits are set on all programs to assure quality instruction.

### Non-Member Policy

- Non-members are allowed to participate in the following programs:  
Lifeguard Training  
Seahawk Swim Team
- All other programs are restricted to club members only.
- Non-members will be charged additional fees to participate in the above programs. Fees are indicated in the program description. Non-members must depart the facility immediately following the activity.

## Events and Swim Meets

### May

|    |                              |          |
|----|------------------------------|----------|
| 29 | Opening Day of Summer Season | 10:00 am |
|----|------------------------------|----------|

### June

|       |  |                     |
|-------|--|---------------------|
| 2     | Quarry Gator Tryouts & Parent Meeting                        | 6:00 pm & 7:30 pm   |
| 3     | Aquatic Day—Safety Programs                                  | all day             |
| 3     | Welcome Back Family Bingo                                    | 7-8:30 pm           |
| 4-6   | SeaHawk Swim Team Reunion                                    | as scheduled        |
| 5     | American Red Cross Blood Drive                               | 11:00 am-5:00 pm    |
| 6     | Sunday Sounds— <i>Mickey Clark &amp; Friends</i>             | 6:30-8:30 pm        |
| 10-12 | 82 <sup>nd</sup> Annual Ohio Valley Championship Swim Meet   | all day             |
| 14    | Quarry Gator Swim Meet vs South Park CC                      | 5:00 pm             |
| 20    | Sunday Sounds—<br><i>Earbone's Summer Solstice Concert</i>   | 6:30-8:30 pm        |
| 25    | Dive-In Movie featuring— <i>Up</i><br>Club closes at 8:30 pm | 9:00-11:00 pm       |
| 27    | T-Shirt Design Workshop                                      | 2-4:00 pm           |
| 28    | Quarry Gator Swim Meet vs NE YMCA                            | 5:00 pm             |
| 30    | American Cancer Association<br>Skin Cancer Screening         | 10:00 am-12:00 noon |

### July

|      |   |                 |
|------|---|-----------------|
| 4    | Fourth of July Holiday Games  | 2-5:00 pm       |
| 8    | 32 <sup>nd</sup> Annual Seahawk Invitational Swim Meet                | 3-9:00 pm       |
| 9-10 | 32 <sup>nd</sup> Annual Seahawk Invitational Swim Meet                | all day         |
| 12   | Quarry Gator Swim Meet vs Woodmont                                    | 5:00 pm         |
| 15   | Trivia Team Game Night  | 6:30-8:30 pm    |
| 18   | Sunday Sounds— <i>TriFecta</i>  | 6:30-8:30 pm    |
| 23   | Adult Twilight Swim— <i>60's-70's music</i><br>Club closes at 8:00 pm | 8:30-10:30 pm   |
| 29   | Synchronized Swimming Water Show                                      | 5:45 pm         |
| 31   | 34 <sup>th</sup> Annual Masters Swim Meet                             | 8:00 am-6:00 pm |

### August

|    |   |                 |
|----|---|-----------------|
| 1  | 34 <sup>th</sup> Annual Masters Swim Meet                         | 8:00 am-2:00 pm |
| 1  | 12 <sup>th</sup> Annual Art Show and Reception                    | 2:00-5:00 pm    |
| 6  | Teen Mixer<br>Club closes at 8:00 pm                              | 8:30-10:30 pm   |
| 8  | Sunday Sounds— <i>Nora, Ben &amp; Eli</i>                         | 6:30-8:30 pm    |
| 10 | 3 on 3 Basketball   | 1:00 pm         |
| 12 | Back to School Bingo  | 7-8:30 pm       |
| 19 | Annual Certificate Member Dinner<br><i>Lake closes at 5:30 pm</i> | 6:30-8:30 pm    |
| 29 | Sunday Sounds— <i>The Brigid Kaelin Band</i>                      | 6:00-8:00 pm    |

### September

|   |                                     |              |
|---|-------------------------------------|--------------|
| 6 | Closing Day of Summer Season        | 9:00 pm      |
| 7 | 8 <sup>th</sup> Annual Dog Day Swim | 3:30-7:30 pm |

## Special Events

### American Red Cross Blood Drive

Members 18 and over are encouraged to donate during our summer blood drive. You must be in good health, weigh 110 lbs or more, and have not given blood in the last 56 days. Advance registration is available by calling the program office 454.4585 ext 231 or stop by the First Aid office on or after opening day.

Saturday June 5 11:00 am-5:00 pm

### Skin Cancer Screening

The American Cancer Society, in cooperation with Norton Health Care will be conducting FREE skin cancer screenings by appointment. Advance registration is available by calling the program office 454.4585 ext. 231 or stop by the First Aid office on or after opening day.

Wednesday June 30 10:00 am-12:00 noon

### 8<sup>th</sup> Annual Dog Day Swim

Two dogs per household may attend, however one *adult* must accompany *each* dog. Owners and their dogs will be assigned an entry area to the "Lake." Owners are allowed to play with their dog in the water. Lifeguards will be on duty. A guideline of the event will be mailed to pre-registered participants prior to the event day.

Tuesday September 7 3:30-7:30 pm

**Session 1** 3:30-4:00 pm

**Session 4** 5:30-6:00 pm

**Session 2** 4:10-4:40 pm

**Session 5** 6:10-6:40 pm

**Session 3** 4:50-5:20 pm

**Session 6** 6:50-7:20 pm

**Pre-registration required.** Openings are limited and will fill on a first come first serve basis. Please indicate a primary session number/time, along with an alternate number when registering.

*Fee: \$20.00 registration fee per dog with a portion of the proceeds donated to local animal charities*

### Family Bingo

Games held in the Activities Room of the Eckard Building. Games are geared for all ages. Prizes and FREE Popcorn!

Welcome Back Bingo Thursday, June 4

Back to School Bingo Thursday, August 12

Time: 7:00-8:30 pm

*Fee: \$.50 per player. Cards: \$.25 each, or 5 for \$1.00*

### New Activity Trivia Game Night

Join us for a night of fun and excitement with Team Trivia. Ages 15 and older. Four person teams. \$10.00 per team. Cash prizes. Questions will include pop culture, history and geography. Pre-registration required.

## Art Classes

### Brushstrokes Art Classes

#### Resident Artist-Cheri Warren

Two art studios will be offered. Classes will meet twice a week for two weeks. Participants will explore and experiment with a variety of art media including paint, clay, weaving, batik, and plastercraft. Creativity will be the focus in all studios and artistic expression encouraged and nurtured. The artists and their creations will be celebrated at Lakeside's 12<sup>th</sup> Annual Brushstrokes Art Show and Reception on August 1, 2010.

*ARTSPLASH* ages 5-8 10:15-11:15 am

*ARTKICKS* ages 9 & over 11:30 am-12:30 pm

Session 1 Tuesdays & Thursdays June 22, 24, 29, July 1

Session 2 Tuesdays & Thursdays July 13, 15, 20, 22

*Fee: \$80.00 (includes media fees)*

### Brushstrokes and Staff Art Show and Reception

12<sup>th</sup> Annual Sunday, August 1 2:00-5:00 pm

### Lakeside Employee Artists

Lakeside employees will exhibit their artistic talents at the Brushstrokes art show. Art media will include: glass art; wood art; jewelry; photography, and more!

### T-Shirt Design Workshop

Resident Artist Cheri Warren will conduct this fun, creative workshop. Participants will draw their own design and print it to a t-shirt. White t-shirts will be provided. All ages welcome. Children 9 and under must be accompanied by an adult.

Date: June 27

Day and Time: Sunday 2:00-4:00 pm

*Fee: \$5.00 per person*

## Camps & Lifeguard Programs

### Chess Camp

Learn the game of chess by one of Louisville's best! Coach Ryan Velez ([www.ChessPerformance.com](http://www.ChessPerformance.com)) will be conducting our summer camp. Students will be evaluated at the first class on their knowledge of game, and then grouped together by ability. Pre-registration required.

Days: Tuesdays  
Dates: June 15-August 3  
Time: 6:30-7:30 p.m.

*Fee: \$80.00 per member*

### Aquatics Fun Camp

Fun camp is open to members 8-10 years of age. Participants will enjoy basic instruction in snorkeling, canoeing, water safety, arts and crafts, and water games. A daily snack is provided. Participants will meet at the patio area by the gate.

Session 1 June 28-July 1  
Session 2 July 26-29  
Days and Times: Monday-Thursday 10:30 am-12:30 pm

*Fee: \$60.00*

### Junior Lifeguard Camp

This hands-on training program is intended to introduce those between the ages of 11 and 14 to the basics of lifeguarding. Participants will learn water safety skills, improve swim strokes, and receive a basic level of understanding of lifeguarding, first aid and CPR. This course will enhance interest in future employment as a lifeguard.

Days and Dates: Monday-Thursday July 12-22  
2 weeks  
Time: 10:30 am-12:30 pm

*Fee: \$75.00*

### Lifeguard Certification

This course is designed to teach participants the skills and knowledge needed to prevent and respond in aquatic emergencies. Certification will be issued to candidates who successfully complete requirements in **The American Red Cross Lifeguard, First Aid course, and CPR for the Professional Rescuer**, all of which will be taught in this class.

Course pre-requisites: 1) must be at least 15 years old; 2) swim 300 yards continuously 3) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb object, return to the surface, swim 20 yards back to the start point with the object and exit the water without using a ladder or steps, within 1 minute and 40 seconds.

Pre-course Swim: Wednesday, July 21, 10:30-11:30 am  
Class Days and Dates: Tuesday-Thursday July 27, 28, 29  
August 3, 4, 5

This is a 2 week course, 10:30 am-4:30 pm

*Attendance at all classes is mandatory.*

*Fee: \$120.00 for members,  
\$150.00 for non-members*

## Special Events

### 3 on 3 Basketball Tournament

Play in a youth basketball tournament for boy and girl members ages 7-13.

Date and Time: Tuesday, August 10 1:00 pm  
*Registration forms and tournament details may be found in the information kiosk at the Jack Thompson Building.*

*Fee: \$10.00 per team*

### Dive In Movie

This year's feature film will be *Up*. A 10' screen will be set up by the pool. Members entering the water must be on top of an innertube or raft. No swim noodles allowed.

Date and Time: Friday, June 25 9:00-11:00 pm  
*Fee: \$2.00 per person. Guests must be accompanied by a member. The Club will close to the general membership at 8:30 pm*

### Fourth of July Games

Date and Time: Sunday, July 4 2:00-5:00 pm  
2:00 pm Biggest Splash Contest  
3:00 pm Sidewalk Games  
4:00 pm Water Games

### Teen Mixer

Swimming, music, and fun for members and guests ages 12-17.

Date and Time: Friday, August 6 8:30-10:30 pm  
*Fee: \$5.00 for guests. Members free. The Club will close to the general membership at 8:00 pm*

### Adult Twilight Swim and DJ Music

Swimming, music, and fun for adults and their guests.

Date and Time: Friday, July 23 8:30-10:30 pm  
*Fee: \$5.00 for guests. Members free. The Club will close to the general membership at 8:00 pm*

## Fitness Classes

### Aerobics Class

A general overall fitness class geared to strengthen your heart and tone your muscles for total body fitness. The class will utilize steps, balls, bands, and weights. The class will change monthly to offer variety to the workout routine. All fitness levels will be challenged regardless of your shape, size or ability.

Dates: June 2-September 1  
Days and Times: Monday and Wednesday 6:15-7:15 pm  
Saturday 10:15-11:15 am

*Fee: \$5.00 per class, or buy a \$44.00 punch card good for 12 classes. Pre-registration is not required, register with the instructor at the time of the class.*

### Aqua-Aerobics

An overall fitness program which includes low impact water aerobics, muscle specific toning, and stretching using a variety of exercises, buoys, kick boards, and noodles; resulting in a complete cardiovascular energizing workout. Classes combine both shallow and deep water exercises.

Dates: May 29-September 6  
**Morning Classes** Monday/Wednesday/Friday 10:30-11:30 am  
Saturday 10:15-11:15 am

**Evening Classes** Monday and Wednesday 6:00-7:00 pm  
*Fee: \$3.00 per class, or get a \$33.00 card good for 12 classes. Pre-registration is not required, register with instructor at the time of the class.*

### Body Fitness Challenge

Body Fitness Challenge classes are a great way to start a fitness program or enhance your current cardiovascular activities. These classes use hand weights and resistance balls and bands to strengthen the entire body.

Dates: June 2-September 3  
Days and Times: Monday, Wednesday, Friday 8:15-9:15 am

*Fee: \$5.00 per class, or buy a \$44.00 punch card good for 12 classes. Pre-registration is not required, register with the instructor at the time of the class.*

## Aquatics Classes

### Synchronized Swimming Program-The Lakeside "Lorelei"

#### Session 1

June 8-July 1 Tuesday and Thursday 5:45-6:45 pm  
Participants will learn basic synchronized swimming skills to include stroke techniques, sculling and figure components. Swimmers should be able to swim in deep water comfortably, and swim 20 yards freestyle and backstroke.

#### Session 2

July 6-29 Tuesday and Thursday 5:45-6:45 pm  
This class is a continuation of skill development from Session 1. Swimmers will learn a choreographed routine to music. Participants should have completed Session 1 or have previous synchronized swimming experience.

*Fee: \$40.00 each session, or \$70.00 for both sessions*

*A Synchronized Swimming Water Show will be held in the instructional pool on Thursday, July 29<sup>th</sup> at 5:45 pm.*

### Scuba

Scuba Classes are available at the club and are coordinated through the Louisville Dive Center utilizing NAUI and SSI instructors. Classes include: 4 pool sessions, 4 classroom sessions, air fills, and use of scuba equipment. Class pricing and fees are discounted for club members. Pre-registration for each class is required by contacting the Louisville Dive Center.

|                  |                        |                  |                              |
|------------------|------------------------|------------------|------------------------------|
| <b>Session 1</b> | Sundays                | 9:00 am-12:00 pm | June 6, 13, 20, 27           |
| <b>Session 2</b> | Sundays                | 9:00 am-12:00 pm | July 11, 18, 25,<br>August 1 |
| <b>Session 3</b> | Sundays                | 9:00 am-12:00 pm | August 8, 15, 22, 29         |
| <b>Session 4</b> | Mondays/<br>Wednesdays | 5:30-8:30 pm     | August 2, 4, 9, 11           |

For more information, current pricing, or to register, please call the Louisville Dive Center at 502.368.8427.



## Diving Lessons/Team

### Group Diving Lessons

The diving lesson program is designed to provide safe and fun instruction on the aspects of springboard diving. Lessons will include instruction on the proper techniques of the approach, hurdle, and execution of entry. As they progress, students will learn various competition dives on the 1-meter board.

**Session 1**—June 9-30

**Session 2**—July 7-28

Day & Time: Wednesday 6:00-7:00 pm

*Fee: \$40.00 per session*

### Private and Semi-Private Diving Lessons

**Private Lessons:** Consists of one participant. We can accommodate for beginning skilled divers to those needing competitive diving instruction. Class dates and times are arranged with an instructor.

*Fee: \$20.00 for 30 minute lesson*

**Semi-Private Lessons:** Consists of two participants. Class dates and times are arranged with an instructor.

*For more information about Private or Semi-Private lessons call the Aquatics Office: 454.4585, ext. 233*

*Fee: \$25.00 for 30 minute lesson*

### Cardinal Diving Club

The competitive springboard and platform diving program, Cardinal Diving Club is coached by Mike Zehnder, Head Coach of the former Lakeside Diving Team, a team which produced some of the nationals finest age group and senior national divers. In 2004, Mike moved the team to the University of Louisville's Ralph Wright Natatorium where he continues to produced local and national qualifiers.

For team and tryout information, contact Head Coach, Mike Zehnder at 502.852.3961

## Fitness Classes

### Yoga/Pilates Blend

Blending Pilates and Yoga techniques, this class offers something for everyone. Expect muscles to be toned and strengthened, flexibility to be increased, and posture to be improved. Tying breath to movement reduces stress while enhancing endurance. Focus is on your body's core, including abdominal, lower back, hip and buttock muscles.

Dates: June 1-August 31

Days and Time: Tuesdays 6:15-7:15 pm

*Fee: \$10.00 per class or purchase a \$70.00 card good for 8 classes.*

*Pre-registration is not required, register with the instructor at the time of the class.*

### Tai Chi For Health

SunTai Chi is an intricate blend of Chinese martial arts and therapeutic exercise. The slow, meditative movements produce improvement in muscle strength, flexibility, coordination, balance, and relaxation. It's great for anyone who has special physical challenges, senior adults, and first-time exercisers because its intensity is easy to modify. Regular tai chi practice also rewards seasoned exercisers with sharper mental focus, better balance, and more flexibility. Tai Chi is an approved exercise by the Arthritis Foundation.

Dates: June 1-September 2

Days: Monday and Wednesday 7:15-8:15 pm

Tuesday and Thursday 10:15-11:15 am

*New student introduction, Tuesday or Thursday 9:45 am.*

*Call the program office 454.4585 ext.231 for an appointment.*

*Fee: \$5.00 per class, or purchase a \$44.00 punch card good for 12 classes. Pre-registration not required, register with the instructor at the time of the class.*

### Wellness Programs

Watch the club bulletin boards or visit the Lakeside website, [www.lakesideswim.com](http://www.lakesideswim.com), for announcements of dates and times of various workshops including: body composition testing, blood pressure testing, healthy lifestyles, nutrition and diet, self defense training, and more!

### Exercise Room

The exercise room offers CYBEX strength equipment pieces, Power Cage, a TheraCrunch abdominal machine, a flat bench, an incline bench, and a set of dumbbells. Cardiovascular equipment includes treadmills, elliptical machines, and recumbent bikes. Equipment demonstrations are available, see information listed below. Saunas and shower rooms are located off the exercise room.

|                            |                         |                  |
|----------------------------|-------------------------|------------------|
| <b>Early Morning Hours</b> | Monday/Wednesday/Friday | 6:00-10:00 am    |
| <b>Regular Club Hours</b>  | Monday-Saturday         | 10:00 am-8:45 pm |
|                            | Sundays                 | 11:00 am-8:45 pm |

Members and guests 16 years and over. Members 13-15 *MUST* be accompanied by their parent. Children 12 and under are not allowed in the exercise room.

### Exercise Room Demonstration

A general explanation of the usage of the exercise equipment will be given to interested members. Instruction will be held by appointment. Complete an appointment request card found in the exercise room for an appointment.

### Personal Training

#### Personal Fitness

Sessions are tailored to meet the needs of the individual(s). Components may include, weight lifting routines, cardiovascular training, flexibility training, and training tips for specific sports or activities.

*Fee: One person: \$50.00 per hour or \$180 for 4 one hour sessions.*

*Two people: \$75.00 per hour or \$260 for 4 one hour sessions.*

To set up an appointment call the program office 454.4585 ext. 231

### Masters Swim Team

The Lakeside Masters swim team was founded in 1976. It provides training and competition for adult swimmers aged 18 and above. A member of United States Masters Swimming, the team has won five national championship titles, boasts several swimmers ranked in the national top ten, and many state record holders.

Lakeside Masters encourages and promotes lifelong fitness and health for adults through competitive swimming for Lakeside Swim Club. Masters swimming continues the strong Lakeside Swim Team tradition by advancing fitness, fun, family, and friendship.

New team members are welcome—Novices, fitness swimmers, and former or current competitive swimmers. We have a place for you!

Swimming pre-requisite: 200 meters continuous swim. Tryouts by appointment. Contact Mary Graves, 454.4585, ext. 225.

|           |                           |                                |
|-----------|---------------------------|--------------------------------|
| Schedule: | Monday, Wednesday, Friday | 5:45-7:15 am                   |
|           | Tuesday, Thursday         | 6:30-8:00 pm                   |
|           | Sunday                    | 8:00-9:30 am/<br>9:30-11:00 am |

*Fee: \$90.00 for summer season.*

### Seahawk Swim Team

The Lakeside Swim Team was founded in 1928. Celebrating over 75 years of winning teams and tradition, the team has produced several Olympians, Olympic Trial and National Qualifiers, as well as hundreds of state champions! The team won its 38<sup>th</sup> consecutive Short Course State Championship this past fall and hopes to win its 35<sup>th</sup> consecutive Long Course State Championship in July.

The team incorporated as the Lakeside Seahawk Swim Team in 1980, allowing membership to all Louisville youth. Tryouts for club members and non-members are made by appointment.

The swim team office is located at 1926 Woodbourne Ave. Call 451.4333 for tryout information.

## Competitive Swim Teams

### Quarry Gator Swim Team

The Quarry Gator Swim Team is open to all club members 6-18 years of age as of June 1, 2010. The team is a member of the Kentuckiana Swim Association (KSA) league. Swim meets are held on Monday evenings throughout the season and concludes with a championship meet with all KSA teams on Saturday, July 17<sup>th</sup>. The Quarry Gators will host a team picnic on Friday, July 23<sup>rd</sup>.

**Pre-registration prior to the day of the tryout is required for all swimmers. Participation on the team will fill on a first come, first served basis.**

Tryouts will be held Wednesday, June 2<sup>nd</sup> at 6:00 pm for swimmers who did not swim this winter or last summer. The tryout will consist of the swimmer completing the following requirements: 1 length of the pool (25 yards) swimming freestyle and 1 length of backstroke. Swimmers age 9 and older will be asked to complete 1 length of either breaststroke or butterfly. The tryout is to ensure that each swimmer is able to participate with the team and to assess the swimmer for placement in the appropriate training group. All swimmers are assigned to a training group based on their individual ability level.

**A meeting for ALL parents, new and returning, will be held Wednesday, June 2<sup>nd</sup> at 7:30 pm.** The swim meet schedule, parent volunteer sign-ups, team uniform information, training group assignments, staff introductions, and other pertinent information will be discussed.

|        |                |                |               |
|--------|----------------|----------------|---------------|
| Dates: | June 3-July 16 |                |               |
| Times: | Group 1        | Tuesday-Friday | 8:45-9:45 am  |
|        | Group 2        | Tuesday-Friday | 9:45-10:45 am |
|        | Group 3        | Tuesday-Friday | 2:30-3:30 pm  |
|        | Group 4        | Tuesday-Friday | 3:30-4:30 pm  |
|        | Group 5        | Tuesday-Friday | 4:30-5:30 pm  |

*Fee: \$150.00 for one swimmer*

*\$75.00 for each additional swimmer in the same household*

## Recreation

### Chess and Checkers

Two game board tables are located in the grassy area by the Front Gate Pavilion. Pieces may be checked out with the gate attendant.

### Basketball Courts

Two courts open daily except Sunday, Wednesday, and Friday evenings from 6:00-8:30 pm. One court is designated for junior players 12 and under, the other for players 13 and over.

### Volleyball

|                           |                            |              |
|---------------------------|----------------------------|--------------|
| Ages 12-15                | Sunday/Wednesday/Friday    | 6:00-7:00 pm |
| Ages 16 and over          | Sunday/Wednesday/Friday    | 7:00-8:30 pm |
| <i>Holiday Volleyball</i> | Memorial Day and Labor Day |              |

### Innertube Waterpolo

Pick-up games held in the 9-13 foot area of the instructional pool.  
Date and Time: Sundays 4:30-6:00 pm

### Lap Swimming

Lap Swimming is available in one of the 3 lap swim areas whenever the club is open. See the Waterlog for the lap lane schedule.

### Water Walking Lane

A water walking lane is located next to the bull pen area of the Lake. A 20 yard lane will be available in the instructional pool when swimming lessons and teams are not in session. Water walking brochures may be found in the information kiosk at the Jack Thompson Building.

## Swimming Lessons

### Swimming Lessons

Lakeside Swim Club proudly offers swim lessons based on the American Red Cross *Learn to Swim* Program. The American Red Cross certifies all Lakeside Instructors as Water Safety Instructors. The *Learn to Swim* Program is designed to teach all those interested in learning to swim, from the Aqua-Tot to the experienced adult. Pre-school and all levels of Children's *Learn to Swim* lessons will be offered during each session at each of the times listed. However, participation interest may necessitate a class time or session change for your child.

**Pre-School Learn to Swim—Ages 3-5 years.** Our class helps the pre-school child learn to swim independently. Instructors will teach basic swimming skills such as blowing bubbles, floating and kicking on front and back, freestyle arm strokes and basic safety guidelines. The skills learned from this class will prepare your swimmer for our "Children's Learn to Swim" program.

*Eight classes will last 30 minutes each.*

**Children's Learn to Swim—Ages 5 and older.** Skills taught range from prone floating to learning all four competitive strokes. We have designed this program around six specific levels. Please indicate the children's level on the registration form.

*Eight classes will last 45 minutes each.*

#### Levels 1 and 2—Fundamental Aquatic Skills

Students begin by becoming acclimated in the water and learning basic skills such as floating, kicking and introductory arm strokes. Participants should be comfortable in the water and with a group lesson setting.

#### Levels 3 and 4—Stroke Development

The coordination of the freestyle stroke with rotary breathing is one focus of Level 3. Other skills to be taught include backstroke, elementary backstroke, treading water and surface diving. Participants must have passed Level 2 or the equivalent prior to registering for this class.

#### Levels 5 and 6—Stroke Refinement and Beyond

In these levels students enhance previously learned strokes and increase their endurance while being introduced to the breaststroke, sidestroke and butterfly. Front and back open turns, stride jump entry and racing dive are incorporated into these advanced levels. Participants must have passed Level 4 or the equivalent prior to registration.

|                  |  |
|------------------|--|
| <b>Session 1</b> | June 7-17                              |
| <b>Session 2</b> | June 21-July 1                         |
| <b>Session 3</b> | July 5-15                              |
| <b>Session 4</b> | July 19-29                             |
| <b>Times:</b>    | 11:15 am, 12:15 pm, 6:00 pm, 7:00 pm   |
| <b>Days:</b>     | Monday-Thursday                        |
|                  | Classes meet for two consecutive weeks |

*Fee: \$48.00 for group classes, class sizes are limited*

## Swimming Lessons

### Aquatot 1 & 2

Aquatot classes are designed to orient infants and toddlers to the water. To accomplish this, parents are guided through proper aquatic techniques, ensuring a fun and safe experience for the child. All children must be accompanied by an adult, however, both parents are welcome to attend classes. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

*Eight classes will last 30 minutes each.*

#### Aquatot 1 (6 months-2 years)

|           |                         |              |
|-----------|-------------------------|--------------|
| July 5-28 | Monday and<br>Wednesday | 7:15-7:45 pm |
|-----------|-------------------------|--------------|

#### Aquatot 2 (2-4 years)

|           |                         |              |
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| July 6-29 | Tuesday and<br>Thursday | 7:15-7:45 pm |
|-----------|-------------------------|--------------|

*Fee: \$48.00 for group classes*

### Private and Semi-Private Swimming Lessons

**Private Lessons**—We can accommodate for beginning skill instruction to advanced stroke technique and endurance. Class dates and times are arranged with an instructor.

*Fee: \$20.00 per 30 minute lesson*

**Semi-Private Lessons**—Consists of two participants. Class dates and times are arranged with an instructor.

*Fee: \$25.00 per 30 minute lesson*

*For more information about Private and Semi-Private lessons call the Aquatics Office: 454.4585, ext. 231*