



The Lakeside

WATERLOG

Fall/Winter 2020–2021

October 24, 2020–April 18, 2021

Louisville, Kentucky

Volume 29, Number 3



Fall / Winter Hours

Monday–Friday	6:00 am–8:00 pm
Saturday	9:00 am–6:00 pm
Sunday	11:00 am–6:00 pm

Facility Closings

Thanksgiving Day, Thursday, November 26
 Christmas Eve, Thursday, December 24
 Christmas Day, Friday, December 25
 New Years Eve, Thursday, December 31
 New Years Day, Friday, January 1
 Easter Sunday, April 4

Weather Related Closing

Lakeside club hours may be altered due to inclement weather. Check the Lakeside website for information regarding changes in programs, delayed openings or early closings.

Dear Lakeside Members:

When does collaboration and partnerships create greatness? When has every individual, organization, work environment, school, family had to reinvent everything? With those challenges, I think we can safely say “what a year!” Everyone had to rethink, rework, and recreate anything that was previously known. The hardships have been numerous to families, work situations, and as Lakeside discovered, the possibilities of recreation. Lakeside is no exception to the challenge of reinventing our entirely unique Club. And yet with collaboration, partnerships, perseverance, knowledge, wisdom, and caring people, Lakeside made the summer as wonderful as it could possibly be.

Staff and management reacted to daily changes at the beginning of the regular season to extract the best benefits for the most people, under unusual and complex guidelines. Although the joy of Lakeside is normally children who were sorely missed, many lucky adults were able to swim or exercise while observing the safety and care taken to devise systems that provide the extraordinary benefits of being able to use the facilities while remaining safe. The beauty of having access to Lakeside helped to keep our mental and physical beings in a better place. Many talked of Lakeside being a lifesaver in this time of isolation and quarantine.

Management, staff, and The Lakeside Board of Directors have maintained Lakeside along with the careful stewardship from previous years, having succeeded with only 1/3 of the funding of normal times. Looking forward, a strategy was devised for next year to move our Club forward with the same diligence as seen in the past. Plans are in the works to make the winter as full of activities as allowed. Low impact classes, weight room, aquatic programs, and the indoor swimming pool will be available in a limited manner to meet the protocol of regulations.

Your patience, acceptance, support, and good wishes have been appreciated during a difficult time. It is our community and we are so fortunate to share in Lakeside. The friendships that have developed over the years were solidified. Difficult work was met with collaboration and contributions. Ideas were given, some welcome, some not so much. Creativity emerged from staff and management. And most importantly, we were all safe.

It has been a remarkable summer and it’s been an honor to know and support such honorable, kind, knowledgeable, and generous people.

Nancy Carrington, President

Lakeside Board of Directors

Lakeside Swim Club

2010 Trevilian Way
 Louisville, Kentucky 40205
 502.454.4585
www.lakesideswim.com
www.facebook.com/LakesideSwimClub

Lakeside Management Staff

Mary Graves	General Manager
Tammy Glas	Office Operations
Christopher Neichter	Aquatic Operations
Nick Schmidt	Concessions Operations
Lizzy Buecker	Program Operations
Evan Wilburn	IT Operations
Walter Sheets	Fitness Operations
Garrett McTavish	Maintenance Supervisor
Chris Hofmann	Maintenance Supervisor
Colin Curtis	Assistant Maintenance Supervisor

Lakeside Board of Directors

Nancy Carrington	President
Lori Rafferty	Vice President
Kevin Monsour	Treasurer
Vicki Coombs	Secretary
David Hayes	Board Member
Robert Moss	Board Member
Corey Robertson	Board Member
Larry Frederiksen	Director Emeritus
Sue Blakeley	Director Emeritus



Membership Information

Lakeside is open to its active members ages 18 and over.

Members may reactivate their membership or add someone to an active membership by contacting the club business office.

Members MUST wear face mask and maintain 6 foot social distancing at all times while on property except when in the swimming pool or using the exercise room. Members shall have their temperature read upon check in.

Reservation System

Lakeside will continue the use of the advance reservation system used for the summer 2020. Please visit our website and go to the Reservation tab for reservation information.

Check In Procedure

Members using the swimming pool and/or exercise room shall check in with their membership card at the front desk/concession stand.

Members shall await approval to enter the Swimming Pool and/or Exercise Room.

Winter Locker Rentals

Lockers are available on both the first and second floors of the Jack Thompson Building. Rental for the winter season is \$20.00. Members must provide their own padlock. Locker rentals expire in April 2021. Winter rentals and payment may be made at the concession stand.

Changing Rooms

Changing Rooms will be open for the winter season.

Showers & Saunas

Due to Covid19 restrictions, showers and saunas will not be available at this time.

Concession and Swim Shop

Limited items will be available for purchase at the club's concession stand.

Guest Tickets

Due to Covid-19 restrictions, Lakeside will not be allowing guests to use the facility at this time.

Swimming Pool

- The swimming pool will be used for adult fitness and limited aquatic programming.
- Swimmers must provide their own swim equipment.
- Picnic tables and occasional tables will not be available.

Go 365

Lakeside is connected with the Humana Go365 health and wellness program. Members wishing to enroll should go to Humana's website. The beacon for Humana check in is located in the hallway near the concession stand.



Lap Swim Schedule

Swimmers must reserve a lap lane on our website under the reservation tab.

Lane availability is subject to change due to aquatic programming.

Monday, Wednesday, Friday

6:00-7:00 am	Masters Team	8-25 yard lanes
	Lap Swim	4-20 yard lanes

7:00-10:00 am	Lap Swim	8-25 yard lanes
		4-20 yard lanes

10:00-11:00 am	Aqua Aerobics	3-20 yard lanes
	Lap Swim	8-25 yard lanes
		1-20 yard lane

11:00 am-8:00 pm	Lap Swim	8-25 yard lanes
		4-20 yard lanes

Tuesday, Thursday

6:00 am-8:00 pm	Lap Swim	8-25 yard lanes
		4-20 yard lanes

9:00-10:00 am	Aqua Aerobics	3-20 yard lanes
	Lap Swim	8-25 yard lanes
		1-20 yard lanes

10:00 am-6:00 pm	Lap Swim	8-25 yard lanes
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Sunday

11:00 am-6:00 pm	Lap Swim	8-25 yard lanes
		4-20 yard lanes

Masters (Adult) Swim Team

Fitness and competitive swim team for club members 18 and over.

Lifeguard Certification

Lakeside will offer 5 opportunities to become a trained and certified Lifeguard through the American Red Cross. One fall session, two holiday sessions and two winter sessions will be offered. Lifeguarding is a great summer and/or year around job. Get certified this year!

For questions concerning the Masters Swim Team or Lifeguard Certification, call Chris at 454.4585 ext. 228 or email at cneichter@lakesideswim.com.

Fitness & Aquatic Programs

All programs require pre-registrations. Go to our website for class dates and times and registration procedures.

Fitness Programs

Aqua Aerobics

An overall fitness program which includes low impact water aerobics, muscle specific toning, and stretching using a variety of exercises. Classes are held Monday, Wednesday, Friday, and Saturday mornings.

Tai Chi

Tai Chi integrates the mind and body to promote mental and physical health. Classes are held Tuesday and Thursday mornings.

Yoga

Yoga classes are designed for all ages and levels. No experience necessary. Classes are held Tuesday evenings.

Session dates, times, and fees for all fitness classes will be posted on our website. For questions, call Walter at 454.4585 ext. 224 or email at wsheets@lakesideswim.com

Aquatic Programs

Swimming Instruction

Adult Private Swimming Lessons

Participants 18 years of age and older will be taught by an instructor implementing social distancing from the deck. Sessions will be arranged with the instructor after registration is received.

Adult Learn to Swim Group Lessons

This group class is for adults with limited to no prior swimming instruction or those who have a fear of water. All students will begin with basic instruction and goal setting. Instructors will then assist students to reach their goals with personalized instruction.

Aquatic Youth Programs

Lakeside will offer youth aquatic programming including private swimming lessons, Quarry Gator Swim Team private training, and Quarry Gator swim clinics.

For more information, details, registration, and fees for Aquatic Programming, visit our website. For questions, call Lizzy at 454.4585 ext. 234 or email at ebuecker@lakesideswim.com