



# LAKE SIDE SUMMER INFORMATION & PROGRAMS 2021

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

[www.lakesideswim.com](http://www.lakesideswim.com)  
[www.facebook.com/LakesideSwimClub](https://www.facebook.com/LakesideSwimClub)

## **May 29–September 6, 2021**

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.*

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**Summer Hours**

**May 29–September 6, 2021**

Monday–Saturday	10:00 am–9:00 pm
Sunday	11:00 am–9:00 pm

Beginning August 16, the “Lake” and surrounding deck areas will close at 8:00 pm due to darkness. The instructional and kiddy pools, as well as the exercise room will remain open until 8:45 pm.

**Early Morning Hours**

The Exercise Room and Lap Pool will be open at 6:00 am Monday–Friday for members 16 and over. **No recreational swimming will be open at this time.** The Lake, terraces, offices, concessions, and deck areas will open at the regular club hour of 10:00 am; barriers will be in place to indicate closed areas of the club.

**Early Closing**

The club will close early on the following day and time:  
 Thursday, August 19    5:30 pm    Certificate Member Dinner

**Covid-19 Protocols**

**Lakeside will be adhering to government guidelines during the Pandemic.**

- Following CDC guidelines to prevent the spread of Covid-19: Wear a Mask. Social Distance 6’ from a person not in your household. Wash Your Hands. Stay home if you are not well.
- Kentucky Healthy at Work and Requirements for Pools and Fitness Centers will be adhered to.

**Reservations will not be required for General Swim.**

- We will enforce an 800-person limit in the club. If we reach the 800-person limit, we will hold member(s) at check in until a member departs, then a member(s) will be allowed in.
- The Kiddy Pool will be limited on the number people in the water and deck area, to comply with current regulations.

**Reservations will be required for the following activities:**

- Weight Room use—10 people maximum per hour.
- Early Morning Lap Swim—1 and 2 person per lanes will be available for 1 hour

**Mask Enforcement Guidelines**

- ALL NON vaccinated person over the age of 5 shall wear a mask while on the club grounds and buildings, other than when in the swimming pool or lake water.
- All Members and staff shall wear masks while in any club building, other than when actively exercising.
- Masks will not be required by Fully Vaccinated members who participate in indoor group fitness classes and or the weight room.
- Members are encouraged to be courteous to others by wearing a mask at Lakeside. Our populations not only serve adult members but many children of all ages.
- Masks shall be worn anywhere you cannot maintain 6’ distancing. This will include when waiting in line for check in or concession services.

**Other Changes at Lakeside during the Pandemic**

- Guests will NOT be allowed to use the club. This policy will be re-evaluated as the summer progresses.
- Members may re-activate a membership or add a resident of their home to their membership. Contact the business office Monday–Friday from 9:00 am–4:00 pm to schedule an appointment.
- Members 12 & under must be accompanied by an adult during the Pandemic.
- Members 13-15 will not be able to use the Weight Room.
- All aquatic and fitness programs are Preregistration ONLY.
- The Bull Pen will be for swimming only—No horseplay or physical contact allowed. The area may be closed for instructional classes.
- Picnic table reservations will be limited to 6 people per reservation. Tables shall not be moved.
- Do NOT remove club furniture from its location. Chairs are spaced for social distancing.

**Program Reservation Information**

All Lakeside programs require Pre-Registration through our website: [www.lakesideswim.com](http://www.lakesideswim.com). Click on Aquatics or Fitness for class information.

- Class limits are established for Covid Protocols as well as to assure quality instruction.
- Lakeside reserves the right to cancel a program due to lack of registration, with full refund.
- Questions? Use the Contact Us feature on our webpage or call 454.4585 and a staff member will direct your call.

**Aqua–Aerobics**

An overall fitness program which includes low impact water aerobics, muscle specific toning, and stretching using a variety of exercises, buoys, kickboards, and noodles resulting in a complete cardiovascular energizing workout.

Instructors: Jenifer Frommeyer and Judy Conrad

**Deep Water Aqua–Aerobics**

This class does not require swimming skills as swim belts must be worn by participants. Fundamentals of deep water exercise include water walking and running, flexibility, interval training, and stretching. Belts are provided.

Instructor: Jenifer Frommeyer

**Aerobics Class**

A fitness class geared to strengthen your heart and tone your muscles for total body fitness. The class will utilize steps, exercise balls, bands, and weights.

Instructor: Jenny Zehnder

**Boot Camp**

Boot Camp is a physical training program designed to build strength and fitness through a variety of intense group intervals. Training begins with a warm-up, followed by interval training and finishes with cool down.

Instructor: Mat Shalenko

**POUND**

Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Instructor: Natalie Bunte

**NIA**

Nia is a fun, low or no impact aerobic workout combining simple dance moves, martial arts, and healing arts. Nia will pump your heart, spark your spirit, and release your tension. Each class will have a focus such as base/core/upper extremities, but will work the whole body. Wear comfortable clothing and bare feet!

Instructor: Maria Whitley

**Women’s Weights and More**

A group fitness class structured and designed for women. Ladies 16 years of age and older with any fitness level are welcome. The purpose of the class is to provide instruction of the basic fundamentals of weight training in a safe and friendly environment so that all will be comfortable and confidence in a gym setting.

Instructor: Susan Kwasy

**Tai Chi**

Tai Chi integrates the mind and body to promote mental and physical health. It 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.

Instructors: Nancy Carrington, Nancy Pollock, Kay Begley

**Yoga**

Increase your flexibility, balance, core strength and overall health. Yoga classes are designed for all ages and levels. No experience necessary. Enjoy breathing exercises and gentle to challenging yoga posture.

Instructors: Catherine Graber, Peggy Garrison, Sharon Weis, Laura Veldman

**Personal Training**

Meet our personal trainer to get started on a fitness training program to enhance your current routine. Sessions are tailored to meet your specific needs.

Instructor: Mat Shalenko

**Other Fitness**

**Lap Swimming**

Lap Swimming is available in one of the 3 lap swim areas whenever the club is open. See page 7 for the lap lane schedule.

**Water Walking**

Three water walking lanes are available. There are 2 in the lake located by the bull pen and the third lane is in the instructional pool when classes or events are not being held.

**Walking the Sidewalk of the “Lake”**

One mile is four times around the Lake, plus 380 feet.

## Aquatic Classes

### Group Swimming Lessons

Lakeside Swim Club proudly offers swim lessons based on the American Red Cross Learn to Swim Program. The Learn to Swim Program is designed to teach all those interested in learning to swim. 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. For detailed descriptions of all skill levels, session dates, times, fees, and to register, please visit our website.

Head Swim Instructors: Gretchen and Sophia Frommeyer

### Aquatot 1 & 2

Aquatot classes are designed to familiarize 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. This class is not designed to teach children to become good swimmers or to swim independently.

Instructors: Jenifer Frommeyer and Kate Kolb

### Private and Semi-Private Swim Lessons

Instructors can accommodate needs for participants ranging from ages 3 through adults seeking to develop and refine their swimming skills. We can accommodate a variety of needs, ranging from basic water acclimation to swimming techniques for the Tri-Athlete. Lessons are scheduled by appointment only.

### Adult Learn to Swim Program (ALTS)

Lakeside will offer classes for adults wishing to learn to swim, continue to refine technique, and build upon their stamina. These classes are for adults ages eighteen and over.

Instructors: William Kolb and Amy Benton

### Lifeguard Certification Course

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, AED, and CPR for the Professional Rescuer**, all of which will be taught in this course.

Participants must be at least 15 years of age or older.

Instructor: Chris Neichter, LGI

### Junior Lifeguard Camp

This hands-on training program is intended to introduce members 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.

Instructors: Senior Lifeguard Staff

## Competitive Teams

### Quarry Gator Swim Team

The Quarry Gator Swim Team is open to all club members ages 5–18 years of age as of June 1, 2021. The team is a member of the Louisville Swim Association (LSA) league. Swim meets will be held off property on select nights during the Summer session culminating in a championship swim meet held the weekend of July 10. Tryouts will be held for NEW swimmers only. Pre-registration prior to the tryout date is required for all swimmers. Participation on the team will fill on a first come, first served basis.

Head Coach: William Kolb

Assistant Head Coach: Theresa McCauley

Tryout Date: June 3

### Quarry Gator Swim Clinic

Lakeside Quarry Gator coaches will host a series of swim clinics for current Quarry Gator swimmers throughout the season focusing on a variety of techniques for stroke development, starts, turns, and finishes.

### Masters Swim Team

The Lakeside Masters Swim Team was founded in 1976. It provides aquatic fitness through training and competition for adult swimmers ages 18 and above.

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

The team hosts 6 coached practices per week. New Team members are welcome – novices, fitness swimmers, and former or current competitive swimmers. We have a place for you!

Head Coaches: Sydney Doctor and William Kolb

Coach: Gord Veldman

### Seahawk Swim Team

The Lakeside Swim Team was founded in 1928. Celebrating over 80 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 incorporated as the Lakeside Seahawk Swim Team in 1980, allowing membership to all Louisville area youth. The swim team office is located at 1928 Woodbourne Ave. Contact the Seahawk Office for tryout or further information at 451.4333 or visit [www.lakesideseahawks.org](http://www.lakesideseahawks.org).

Mike DeBoor, Head Coach

Nonie Paulson, Coach

Tom Coons, Head Coach, Shelbyville

## Lap Lane: Schedule

Lakeside is fortunate to offer 3 areas of the facility for lap swimming. Lane reservations will be required for early morning lap swim.

### Swimming Pool

#### May 29–July 9

6:00–10:00 am	25 yard lanes available—Reservations Required
10:00 am–12:15 pm	20 yard lanes available
12:30 pm–8:00 pm	Program use ONLY
8:00–8:45 pm	25 yard lanes available

#### July 10–August 5

6:00–10:00 am	25 yard lanes available—Reservations Required
10:00 am–12:15 pm	20 yard lanes available
12:30 pm–5:30 pm	25 yard lanes available
5:30–8:00 pm	20 yard lanes available
8:00–8:45 pm	25 yard lanes available

#### August 6 – September 6

6:00–10:00 am	25 yard lanes available—Reservations Required
10:00 am–8:45 pm	25 yard lanes available

### 25 Yard Lanes and 50 Meter in the Lake

4 x 25 yard lap lanes and designated 50 meter lanes will be available for member use.

Due to the pandemic, kickboards and pull buoys will NOT be available for general use.

## Weight Room

### Weight Room Pandemic Protocols

- The weight room will be open daily **for members 16 and over ONLY**.
- Reservations will be required for a one hour block of time to ensure safe limits. Please refer to reservation guidelines found on the Lakeside website.
- Current Mask Guidelines will be adhered to.
- Specific equipment is closed to practice safe distancing.
- Be safe: Avoid contact with others.
- Personal water bottles are encouraged.
- Use disinfectant provided to wipe down your equipment

## Special Events

### Fourth of July Celebration

Join us on the Fourth of July for our Biggest Splash Contest taking place in the Diving Well. More information will be posted closer to the event date.

### 18th Annual Dog Swim

On Tuesday, September 7, Lakeside will host the annual Dog Day Swim. *Pre-Registration is required for this event.*

For more information including session times, fees, and to register, please visit our website.

### Swim Meets

July 10	93rd Annual Ohio Valley Championship Swim Meet
August 8	44th Annual Masters Long Course Swim Meet

*Due to the Pandemic the long course swim meets will be smaller in size than in the past.*

## Club Services

### Club Services

#### Picnic Table Reservations

Members are invited to reserve one of the 11 picnic tables located around the "lake" or the deck picnic area located off the balcony of the Eckard Building. Reservations may be made on or after May 29, are limited to 2 hour time blocks and limited to 6 per table, and 3 summer reservations per membership. Tables may not be moved.

All other tables are for occasional use only. Please review the picnic table policies on page 11 in the Club Rule Book. Some rules may be affected due to Pandemic protocols.

#### Locker Rentals

Lockers rented for 2021–22 will be available in the First Aid Office on or after opening day. Lockers must be claimed by June 30 or your locker will be issued to a member on the waiting list.

If available, lockers may be rented for \$30.00 on or after opening day. Please review locker regulations in the Club Rule Book.

#### Concession Stand

Lakeside offers a variety of drinks, snacks, sandwiches, ice creams, and daily specials in our club's Concession Stand. The stand is open daily 10 am–9 pm and Sunday 11 am–9 pm. The grill will close nightly at 8:30 pm. You are invited to view our concession menu on our website at [www.lakesideswim.com](http://www.lakesideswim.com) under the tab, *About Lakeside*.

#### Swim Shop

The swim shop, located on the ground floor of the business office, is open during Rec Swim and will sell goggles, caps, sunscreen, swim diapers, inflatables, Lakeside apparel and more.

#### ATM Machine

For your convenience, an ATM machine is located on the first floor of the Thompson Building by the concession stand.

## Guest Ticket Information

**Due to the Covid-19 Pandemic, non-club members and guests will not be allowed to use the facility.** Our hope is to rescind this policy as the summer progresses. An email will be sent to members, as well as posted on our website if this change is made.

### Guest Ticket Sales & Policies

Associate member guest ticket fee is \$10.00 per ticket. Tickets are electronic and may be purchased in the Swim Shop/Guest Ticket office on or after opening day. Upon arrival at the front desk, present your guest(s) and the attendant will deduct purchased tickets from your queue.

#### Quantities

- Each single or family membership can purchase 25 single guest tickets per membership year.

#### Guest Ticket Usage Policy

- Summer weekday: *One Ticket* per guest per day.
- Summer weekend: *Two Tickets* per guest per day.
- Daily limit of 8 guests per day per membership to the above policy.

Summer holidays: Memorial Day, Sunday, July 4 and Monday, July 5, Labor Day

- Summer Holiday: Two tickets per guest per day; limit to 4 guests per membership.
- Members may sign their guest out and obtain a wristband for same day one time re-entry.

## Recreation and More

### Available this summer (during the Pandemic)

- Chaises, Chairs, and Benches will be limited.  
Please do not move chairs from the area you find them, as they are spaced for social distancing.
- Basketball Courts will be open
- Volleyball will be held Wednesday and Friday evenings
- Showers and Changing Rooms will be available

### Services not available this summer due to the Pandemic

- Chess and Checkers
- Little Library
- Saunas
- Water fountain spigots (bottle fillers will be available)
- Kickboards and Pull Buoys
- Lost and Found will be limited

## Board of Directors

### Lakeside Board of Directors

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Corey Robertson	President
Lori Rafferty	Vice President
Vicki Coombs	Secretary
David Hayes	Treasurer
Kevin Monsour	Director
Robert Moss	Director
Zach Hoyt	Director
Larry Frederiksen	Director Emeritus
Sue Blakeley	Director Emeritus

## Management Staff

### Lakeside Management Staff

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Mary Graves	General Manager
Tammy Glas	Office Operations
Christopher Neichter	Aquatic Operations
Nick Schmidt	Concessions Operations
Lizzy Buecker	Program Operations
Evan Wilburn	IT Operations
Loren Wingfeld	Clerical Operations
Walter Sheets	Fitness and Facility Operations
Garrett McTavish	Maintenance Operations
Colin Curtis	Maintenance Operations