



LAKE SIDE SWIM CLUB

**Membership Information
Club Facility Rules and Regulations**

Lakeside Swim Club
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Programs and Activities

Summer Activities

Recreational Activities

Basketball
Volleyball
Innertube Waterpolo

Special Events

4th of July games
3 on 3 Basketball Tournament
Sunday Night Concerts
Adult Twilight Swim
Family Bingo
Dive In Movie
Dog Swim
Art Classes

Aquatic Programs

Junior Life guarding
Synchronized Swimming
Seahawk Swim Team

Lakeside will host an array of activities during the summer and winter seasons. The next two pages list a sampling of the programs currently offered. Please review the May and September Waterlog Newsletter for a complete schedule of seasonal events and activities.

Year Round Activities

- Swimming and diving lessons
- Masters (Adult) Swim Team
- Quarry Gator Age Group Swim Team
- Lifeguard Certification Classes
- Group Fitness Classes
 - Aerobics
 - Aqua Aerobics
 - Bootcamp
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Welcome!

Lakeside Swim Club, a private club located in the Highlands neighborhood of Louisville, welcomes you and your family to our Club.

Membership in Lakeside is limited by ownership and residence of a home in the Lakeside Addition (certificate member) or sponsorship by a certificate member for associate membership, residence outside of the Lakeside Addition.

Membership fees are paid on an annual basis in January and February of each year. Additional fees may be charged for Club services and activities listed within this booklet.

Memberships are reviewed annually and are subject to audits.

Please take time with each family member to review the information found in this booklet, as membership may be terminated for unpaid dues, and/or infractions of the club rules, regulations, and policies listed in this booklet.

*The Lakeside Corporation
Board of Directors and Staff*

History

The Lakeside Corporation was founded in 1924 for the purpose of beautifying the property surrounding the Lake, and using it for the benefit and enjoyment of the members. The Club grounds and quarry area comprise over 3 acres and are enclosed on two sides by forty foot cliffs. The Lake holds approximately 3.2 million gallons of water and is filled and drained each spring and fall. The water is constantly filtered and chemically treated to insure that all standards established by the Louisville Metro Health Department are maintained.

Directors

Lakeside is controlled by the certificate members through a Board of Directors comprised of seven individuals elected by their peers at the annual meeting. The Board meets monthly throughout the year to establish policy and review overall Lake operations. The Board functions principally through committees established by the president.

Staff

Lakeside is operated by a professional management staff consisting of a General Manager, Assistant General Manager, Supervisors in Aquatics, Fitness, Programs, Concessions, and Maintenance. Other administrative personnel include: an Administrative Assistant and Comptroller, and IT services.

The Club hires part time seasonal employees in concessions, lifeguarding, maintenance, clerical, instructors, and coaches. Summer applications are accepted beginning December 15th.

Diving Boards

- One person on the board at a time. Next in line must wait at the bottom of the ladder until the person in front of them exits the board and swims to the ladder.
- One bounce on the board. All jumps and dives must be from the front end of the board.
- Swimmers must exit from the ladder or under the buoy line.
- High board users must be 48" tall. The red foot board on the high board ladder will determine the height.
- A parent or responsible guardian may enter the water by the ladder to assist a beginning swimmer from the low board ONLY. They must remain on the ladder until the swimmer has enter the water. The guardian MUST receive clearance from the lifeguard prior to entering the water.
- Goggles, masks, water wings, and swim rings are prohibited.
- Coast Guard approved PFD's and float belts are permitted on the low board only when child is assisted by an adult.
- No splash dives towards lifeguard.
- Toys are prohibited on diving boards.

Winter Pool

Lakeside covers the 40 yard pool (summer kiddy and instructional pool) with a seasonal structure for winter swimming.

The areas of swimming offered are listed below, and all rules described previously apply to the winter facility. Pool space varies from day to day in the winter; please review your club newsletter for pool hours and activity availability.

Kiddy Pool

Lap Lanes

One Meter Diving Board

Water Walking Lane

Water Basketball

Chair Lift

Recreational swim area with depth of 3 1/2 to 5 feet deep.

Recreational Deep Lake

A large portion of the 8 foot area of the Lake is for open recreational swim. Rough play is prohibited.

Piers—There are 3 piers on the Lake.

- Front pier: location of diving boards
- Back pier: located by sun deck in back of the Lake
- Old DB pier: located across the Lake opposite the main entrance

Float—The 24 foot float is attached to the bottom of the quarry and floats between front pier and old DB pier.

- No pushing or rough play allowed.
- No “rocking” of the float.
- No splash dives or jumps, towards the raft area.
- No swimming under the float.
- No playing on or around ladders.
- No running and jumping/diving.
- No inflatables, rafts, noodles, lotions, oils, food or drinks permitted.

Raft Area

- Raft area is for passive use only. No swimming, horseplay or playing in the fountain.
- One person per raft, unless it is designed for two adults.
- Full size tubes may be used, provided the patron is seated in the tube.
- Boats, noodles and net devices are prohibited.
- Patron’s body must be on the raft or tube unless cooling off, then the head and shoulders must remain above the surface of the water.
- Entrance is from front pier, back pier or the raft area entrance adjacent to old DB pier.

25 yard lanes*

- Shallow water diving only—this area is 5 feet deep.
- Lap swimming only.
- A chair lift is located adjacent to the lanes.
- No hanging or sitting on the lane lines.
- Two lanes will remain open for member lap swim during long course swim meets.

50 meter lanes*

- Lap swimming only.
- No hanging, climbing, or sitting on lane lines or flag/rope poles or stanchions.
- Use of starting platforms for swim team use only, when a coach is present.
- During swim practice, designated lanes will be marked for general lap swim.
- All 50 meter lanes are closed during long course swim meets.

*Lap swimmers must share the lap lanes when 3 or more swimmers are sharing a lane. Proper lane etiquette: circle swim to your right and pass on the wall.

Membership

There are two categories of membership in the Corporation: certificate and associate. Certificate members are those who own property in a designated area surrounding the club, as outlined in the corporate charter. Associate members live outside the charter area, and acquire their membership through sponsorship by a certificate member.

- Memberships are issued annually, and begin the Saturday before Memorial Day and conclude the third Friday in May.
- Each membership is limited to family members living in the same household.
- Full-time students may be included in a family membership if the student’s official address is the family residence.
- Children less than one year of age prior to opening day of the summer season must be listed on the membership application, but are not counted for payment of dues. Children one year of age and over are considered full dues paying members.
- The dues schedule is posted in the January newsletter. Deadline for payment is March 1st.
- A late fee is charged for members paying March 2-May 1.
- Memberships not received by May 1st will be cancelled.
- New memberships are charged an initiation fee.
- An inactive fee is available. Facility usage will not be permitted.
- Memberships are not transferable.
- Changes to memberships may not be made after May 1st for the membership year, other than life events.

Membership changes shall be made in the Business Office, Monday-Friday 9:00 am-4:00 pm, or by appointment.

Club Communications

Club Website: www.lakesideswim.com.

Club Mailings: are sent three times a year to our members.

May: Summer Program and Activities Booklet, and Club Newsletter.

September: Fall/Winter Program and Activities Booklet, and Club Newsletter.

January: Annual Invoice, Dues and Fee Structure, and Club Newsletter.

Telephone: 502.454.4585.

Bulletin boards and flyers are located throughout the club. Check for upcoming events and club announcements.

Admissions

Membership cards are issued to each member listed on a membership.

Cards must be used for Club admittance. Children 8 years of age and younger **must** be accompanied by an adult or guardian and supervised by said person while on Club grounds.

Guests must have a guest ticket prior to their arrival at the front entrance. Guest ticket policies must be adhered to. See guest ticket regulations.

Gate attendants will not admit anyone who is not properly identified as a member or guest; anyone under the influence of alcoholic beverages or other intoxicating agents; anyone who appears ill and likely to create a health hazard to other members; anyone whose behavior suggest that their presence in the club may create a safety hazard.

Glass, cans, alcohol in any form, illegal drugs, and weapons of any sort, are not allowed into the Club. Lakeside reserves the right to inspect all items entering or exiting the Club.

Guest Tickets

Guest tickets are made available under the terms and conditions published in the notification of dues and fees (January mailing). Restrictions are set annually for the number of tickets each membership (individual or family) may purchase.

Guest tickets may be purchased in the Guest Ticket Office, located on the ground floor of the Business Office in the summer and at the concession stand in the fall, winter and spring. Tickets are sold individually and are non-transferable. They are valid only during the membership year in which they are purchased.

The purchase of guest tickets by members 17 or younger must be with a check **from their parent.**

Members are responsible for their guest tickets. Lakeside will not refund or replace unused, damaged beyond recognition, lost or stolen guest tickets.

Associate members **must** accompany their guest(s) and have a completed guest ticket for each guest prior to admittance into the Club. A guest is any non member over the age of one year.

Memberships are limited to eight guests on any day other than Memorial Day, Fourth of July, or Labor Day when memberships are limited to four guests on these holidays.

Members may check out their guest with the gate attendant and return with the same guest on the same day without using another guest ticket. This checkout privilege is limited to once per day per guest.

Members are responsible for the safety and conduct of their guests.

Water Basketball

- Located in the 4 foot area of the Lake by Kiddy Pool.
- Play must remain in designated area.
- Limit of 6 players per game.
- No dunking the ball, or hanging on net or rim. Rough play is not permitted.
- The water basketball shall be obtained and returned to the lifeguard by the steps in front of Eckard Building.

Jr. Water Basketball

- Located in the 4 foot area next to the steps in front of Eckard Building.
- Play must remain in designated area.
- This court is for children 12 years of age or younger; parents may accompany their children.
- Limit of 6 players per game.
- No dunking the ball or hanging on net or rim. Rough play is not permitted.
- The water basketball shall be obtained and returned to the lifeguard by the steps in front of Eckard Building.

Water Walking

- A water walking lane for fitness is located in the 4 foot area of the Lake by the bull pen.

Bull Pen

- Located in the 4 foot area of the Lake.
- Swimmers 10 and over and children accompanied by an adult are permitted.
- No diving or splash dive off platform area.
- No goggles, masks, or inflatable's allowed.
- **Reasonable** "rough" play is permitted.
- No activity of any kind may played from the shoulders or manipulating the head or neck.
- No repeated dunking.
- Only **one** person is allowed to throw another in the air. People must land feet first.
- Bull pen may be closed for organized classes.

Water basketball, water volleyball and/or the bull pen may be closed if the facility Supervisor feels the area is being misused.

Summer Pool and Lake

Forty Yard Pool—water depth ranges from one foot to thirteen feet and is divided by a bulkhead.

Kiddy Pool—one to three feet deep

- For use by children 8 years of age or younger and requires direct supervision.
- Children may play with inflatable toys, but may not use them for sitting. Pointed objects, throwing of toys in the air, water pistols that shoot more than 24 inches, or any activity deemed unsafe by the lifeguard is prohibited.
- A walking path surrounding the kiddy pool must be maintained. Refrain from blocking the sidewalks with chairs and personal items.
- Keep all gate walkways clear of chairs and personal items.

Instructional Pool—Four and half to thirteen feet deep

- Instructional aquatic classes and swim teams are held in this pool. The pool will be closed to open swim when classes are in session.
- The 4 to 5 foot area of the pool is open for free swim in the absence of classes. No rough play. Large floats and tubes are prohibited in this pool. No free swim in the 13' area of the pool.
- Only lap swimming is allowed in the lap lanes; and only water walking is allowed in the water walking lane.
- Water basketball rules apply in the pool. (see Lake water basketball rules) No shooting from walls, deck, or ladder.
- Obtain and return ball to lifeguard on duty.
- Deck area surrounding the pool shall be kept clear.

Shallow Lake

A large portion of the 3 1/2 to 4 1/2 foot area of the Lake is open for recreational swim. Rough play is prohibited. A chair lift is located by the guard stand in front of the Eckard Building.

Water Volleyball

- Located in the 4 foot area of the Lake by Kiddy Pool.
- Play must remain in designated area.
- Limit of 6 players per team.
- No standing or pulling on the pole or net.
- Rough play is not permitted.
- The water volleyball shall be obtained and returned to the lifeguard by the judges stand.

Disciplinary Procedures

Lakeside reserves the right to discipline members and guests who disregard any policy of Lakeside Swim Club. This will include, but is not limited to:

- Disobeying a club safety rule. This includes, in the water, on the pool deck, the sidewalks, and on neighboring streets.
- Entering the Club by deception.
- Continued negligence of not using a membership card.
- Putting someone in harm's way.
- Use of profanity to self or toward someone else.
- Stealing, fighting, or defacing property.
- Possession or use of alcohol, illegal drugs, or weapons.
- Lack of respect for other members, guests, or staff.
- If you see a problem with a member or guest, do not confront them yourself; contact a staff member or go to the closest lifeguard.

Discipline will be based on the infraction and the attitude of the member and/or guest. A facility Supervisor or Club Manager will be involved with a discipline or suspension.

The General Manager and Board of Directors will decide on a member or membership termination from Lakeside Swim Club.

Rain Check Policy

If inclement weather occurs which causes the lifeguard to clear the pool, rain checks will be issued to members within 60 minutes of the time of their arrival to the club and when the pool was initially cleared. (i.e. Arrive at club: 2:15 pm; water cleared for lightening at 2:55 pm Rain check issued by 3:15 pm) The facility supervisor will issue rain checks.

Parking

Lakeside does not offer on sight vehicle parking for members and their guests. Street parking is the only parking available. Be considerate when parking your vehicle and ensure you are not taking two spaces.

The following have been designated Tow Away Zones by the Louisville Metro Police Department: Bus zones, no parking zones, the Club driveway, blocking any driveway in the neighborhood (city ordinance states you must park a minimum of 4 feet from a driveway), and/or illegally parked in Handicapped Parking Zone.

Use loading and unloading zones properly. Vehicles heading east (towards Bardstown Road) may load or unload passengers in the loading zone only. Drivers must stay with vehicle. Do not load or unload in handicapped parking.

Loading and unloading is **prohibited** from vehicles proceeding west on Trevilian Way, as well as in front of or in the Club driveway.

Bicycle, skateboard, and limited motorbike parking is available inside the Club. Use the Club driveway to gain entrance for parking.

Summer

The summer season begins the **Saturday before Memorial Day** and runs through **Labor Day**.

Winter

The winter season begins in mid October and concludes in mid April.

Autumn and Spring

Designated weeks following the closing of the summer pool and winter pool, the exercise room, saunas, and fitness classes will remain open. See seasonal newsletters for schedules.

Hours of Operation

Seasonal hours and dates are determined by the Board of Directors and announced in the Club Newsletter(s).

All recreation facilities and activities are closed and areas cleared 15 minutes prior to the closing hour.

The concession stand and changing rooms are closed promptly at the closing hour.

Inclement Weather Policy

Lightning and Thunderstorms—When lightning has been sighted or thunder heard, the lifeguard(s) on duty shall stand and blow one long whistle and point to the sky. All members and their guests must clear the water and deck areas immediately and move to the Thompson Building, the Eckard Building or Lakeside Pavilion. When classes are not in session, the activities room(s) of the Eckard Building will be open to provide shelter from the weather. All outdoor activities are prohibited while the water is cleared for a storm.

Lakeside policy is to keep the water areas clear for 30 minutes after the last sighting of lightning or sound of thunder.

If severe weather persists, Lakeside may modify the Club hours. If in question, check our website.

The above policy applies to both the summer and winter seasons.

Winter Storms—Lakeside daily hours may be altered due to severe weather conditions. Members are encouraged to check the club website for current hours and for program and class status. Postings will also be made on the local television stations, as needed.

Items Prohibited Into Lakeside

- Glass, cans, alcohol in any form, illegal drugs, and weapons of any sort.
- Bicycles, tri-cycles, scooters, skateboards, rollerblades, roller-skates, and roller shoes.
- Hard, non-flexible diving sticks, swim discs, water cannons, large inner tubes or tubes with metal stems, paddles and/or oars, hard flying discs, tennis balls, large, spongy footballs, basketballs, golf balls, hard plastic balls, or any hard type ball.
- Broken or torn sponge and/or foam objects.
- SCUBA gear (exception: LSC instructional class ONLY)

Pool and Lake

Battery operated water toys, water cannons, hard flying discs, football, tennis, and golf balls, or any hard plastic, or spongy toy, ball, or device deemed unsafe due to size or material by the staff is prohibited.

- **No** diving in any waters 5 feet deep or less.
- **No** prolonged underwater swimming or breath holding.
- **No** swimming under piers and bulkhead.
- Beach balls and small sponge balls are the only balls allowed, other than those provided by the club.
- Flips and back dives are allowed on the diving boards only.
- Non-swimmers are prohibited in 8' area of pool unless they are wearing an approved personal floatation device.
- **No** diving or jumping from above the blue step leading into Lake.
- **No** diving for and/or playing with the rocks from the bottom of Lake.
- **No** throwing of toys to become a projectile.
- **No** jumping from the sidewalk around the Lake into the water.
- **No** horseplay on the rail dividing deep and shallow water.
- **No** sitting or playing on buoy/life lines.

Inflatables

Inflatable boats, ride-ons, tubes or similar must be kept in an upright position.

Prohibited Inflatable's:

- Inner tubes with metal stems
- Inflatable boats over 92" in length
- Inflatable kayaks and paddleboards (other than LSC instructional use).
- Large water cubes, spheres, castles, pyramids, wheels, see-saws, or any other inflatable due to size or style, which inhibits patron safety as deemed by staff.

Lakeside reserves the right to clear the water of inflatable's due to the number of patrons in the water.

All Facilities

- **Lifeguards and staff are on duty to enforce rules and regulations and respond to emergencies.** Nevertheless, parents and guardians are responsible for their children and guests at all times.
- **Children must be supervised by an adult.** It is recommended that a non-swimmer shall be within arm's reach of the parent or guardian. Children 8 and under should be supervised at all times.
- **Swimmers not "toilet trained" must wear an approved swim diaper.** Regular diapers, disposable or cloth, are not permitted in the pool. Change swim and regular diapers in the changing rooms, not at poolside.
- Prevent contaminants in our pool water. **Do not swim when you have diarrhea.** Diarrhea, stools, or vomit will warrant closing the water area for decontamination.
- **Remove perfumes, cologne, make-up and body lotions prior to swimming,** as they can cause problems with pool chemicals (exception: sunscreen lotions).
- Cell Phones and camera use are **prohibited** in changing rooms.
- **Lakeside is a smoke and tobacco free facility.** This includes electronic cigarettes, chewing tobacco and snuff, cigarettes, pipes, vaporizers, and cigars.
- Eating and drinking on piers, steps, and adjacent to any water edge is prohibited.
- Pushing, shoving, spitting, running, horseplay, use of profanity, verbally abusive behavior, vandalism, power walking, or **any act deemed unsafe by the staff is prohibited.**
- **Appropriate swim wear must be worn.** Thongs, shorts, and cut offs are prohibited. (Please refrain from exposing one's self or another, while at Lakeside.)
- Inappropriate, immodest or sexually explicit attire is prohibited.
- Lakeside is a family facility. Please refrain from excessive personal displays of affection.
- Radios must be kept at a low volume.
- Picking of flowers, shrubs, and trees or playing in gardens is prohibited.
- Rock climbing is prohibited.
- Carrying a person on your back or shoulders is prohibited.

Emergency Procedures

In the event of an emergency, the Lakeside staff is trained and prepared to handle emergencies in an efficient and safe manner. Members and guests are asked to refrain from crowding in an emergency area.

When a water or deck emergency exists, the lifeguard will stand and sound one long blast of their whistle, point to the area of the emergency, and swim or run to the area to affect the rescue. All other guards shall stand in their guard chairs and continue surveillance. The "down" lifeguards and support staff will move quickly to the rescue area. Please clear sidewalks when an emergency whistle is blown.

If you see an emergency happen or have an emergency, contact the closest lifeguard or staff member in order for the Emergency Action Procedure to be activated.

In the event of an emergency situation in or around the club, the staff may elect to place the club on a lock down.

Corporate Business Office

The office is located in the house to the east of the front gate. Enter the office from the rear of the building. The General Manager, Administrative Assistant, and Comptroller offices, as well as the Board Room are located here.

Summer Guest Ticket and Swim Shop—The ground floor of the business office houses the summer swim shop and guest ticket office.

Gate House and Front Entrance Pavilion

The gate house was erected in the 1930's and remains a landmark of our Club. The front entrance pavilion was erected in 2007. The front gate is the Club's entrance and used for membership check-in during the summer months. The lost and found is also located at the gate house in the summer.

Jack Thompson Building

The Jack Thompson Building (JTB) was dedicated in 1983 in honor of Jack Thompson, a former Board of Director, Club Manager, and Swim Coach of Lakeside. The building houses the following:

Concession Stand—Summer menu ranges from soft drinks to our famous "grilled cliff burger". Daily specials are offered in the summer. The grill is open from 11:00 am to 8:15 pm daily.

Winter service combines a limited menu, the swim shop, and member services.

First Aid Station and JTB Office—The station/office is located next to the concession stand. During the summer months, locker sales are handled from this office.

Changing and Shower Rooms—

First Floor JTB—Three changing rooms are available. A men's only, women's only, and family changing/gender neutral room.

Second Floor JTB—A men's only and women's only changing room is available for members and guests 16 years of age or older ONLY.

- All changing rooms include toilet(s), sink(s), shower(s), and changing area(s).
- A swim suit dryer is available in each of the four gender specific changing rooms.
- Children 5 and over may not enter opposite gender changing room.

Please report any infractions to the above policies or cleanliness concerns to the staff.

Umbrellas and Shade Structures

Umbrellas and shade structures are located around the perimeter of the Lake and are used on a first come first serve basis.

Water Fountains

Water fountains are located on the first floor of the JTB, in the Exercise Room, in the Activities Room, and beside the summer coaches office.

Kickboards and Pull Buoys

Kickboards and pull buoys are available for lap swimming use only. Please return equipment to bin after use. Use of this equipment for recreational purposes is prohibited.

Game Tables

Checkers and chess tables are located near the gatehouse. Game pieces may be checked out at the front desk at no charge.

Chaise Lounges, Deck Chairs, and Park Benches

Club chairs and benches are at a premium during peak hours. Chairs are limited to one per person. If you are spending the majority of your time in the water, please do not occupy a chair with your personal possessions. You are welcome to bring your own chair!

Trash Receptacles

Trash cans are located throughout the facility. Please help keep our Club clean! Also, please dispose of your trash properly while in the neighborhood. Let's keep all of the Lakeside Community litter free.

Recycling

Please help us help our environment. Recycling containers are located throughout the club for newspapers, magazines, and plastic containers. Refrain from using these containers for trash.

Lakeside Library

Lakeside offers a member operated library. Members are welcome to take a book for their use and in exchange donate a book(s) to our library.

Library location varies for the season. Summer location is at the front gate and the winter location is in the hallway by the exercise room.

Picnic Facilities

Reservations are taken on or after opening day of the summer season. Each membership is limited to 3 reservations for the summer.

Summer—Reservations for the eleven picnic tables located around the perimeter of the Lake, as well as in the patio area southeast of the Eckard Building balcony, are available seven days a week. Reservations must be made at least one day in advance by contacting the receptionist. Notice will be posted on the table the day of the reservation. Reservations are limited to 5 hour time blocks.

Additional tables are available on the Eckard building patio and balcony, Pavilion, and near the gatehouse. These tables are for occasional use and may not be reserved.

Winter—Tables located inside the Bubble are available to reserve for small picnics and/or parties. Reservations are limited to 2 hour time blocks. Contact the front desk at least one day in advance, to insure availability. Additional tables are also available for occasional use and may not be reserved.

Compressed Air Pumps

Compressed air pumps are located on the north and south sides of the Lake, as a summer convenience to our members. Hoses are for inflatables only and are not to be used as a toy.

ATM

An automatic teller machine is available in the summer months in the JTB near the concession stand.

Exercise Room

This facility houses cardio equipment, weight stations, and free weights.

Rules of Etiquette

1. Children age 12 and under are **not permitted** in the exercise room.
2. Members **age 13-15, must be supervised** by their parent.
 - a. The parent is responsible for the child's conduct and safety.
 - b. Management reserves the right to restrict hours of usage for this age group.
3. After using a shower, sauna, or swimming pool **please** dry off and change into proper attire before using exercise equipment.
4. For the safety of all members **do not** enter the exercise room wet.
5. Shirts and closed toe shoes must be worn at all times while working out. **Inappropriate** attire will not be allowed.
6. Share machines, stations, and equipment between sets. **Do not monopolize equipment.**
7. Limit workouts to 30 minutes on cardio equipment. Use waiting lists for equipment as necessary.
8. **Wipe down equipment after use.** Disinfectant towels are provided for your use.
9. Profane, inappropriate language or yelling while in the exercise room will not be tolerated.
10. Keep voices at a conversational level at all times.
11. Refrain from the use of cell phones.
12. Refrain from slamming of weight stacks on equipment.
13. Do not drop the free weights or dumb bells on the floor.
14. Return weight plates, dumb bells, and weight bars to proper racks after use.
15. Exercise room and saunas are closed 15 minutes prior to the club's closing hour.
16. It is not the responsibility of members to discipline other members. Please report any infractions of rules and safety concerns to Lakeside Management.

Section Three

Club Buildings and Rules

Saunas

Men's and women's saunas, respectively, are located off the exercise room.

- Saunas are gender specific for users 16 and over only.
- Bathing suits must be worn, clothing should not be worn.
- Towels shall be used to sit on while in the sauna.
- Saunas are kept at 170 degrees and recommend for 10 minute usage per visit.
- The showers adjacent to the saunas are for a body rinsing, not for a complete shower.
- It is recommended if you are pregnant or have a medical condition, you should be cleared from your doctor prior to use.

H. Donald Eckard Activities Building

The Eckard Activities Building was dedicated in the 1988 in honor of Don Eckard, a former President, Treasurer, and Comptroller of Lakeside. On the first floor of the Eckard building are offices for aquatics, programs, and maintenance. The second floor is the club's multipurpose-activities room where programs, classes, meetings, and special events are held.

Lakeside Pavilion

Erected in 2007, the Pavilion is located to the east of the club entrance. The design is similar to the gatehouse and other structures in the Louisville Olmstead Parks System. A glass tile wall, featuring a water, cliff, tree and sky theme may be found. Occasional tables, benches, chairs, and compressed air hoses are available. The Pavilion serves as the entrance area for the Seahawk and Master's swim meets. It may be closed for special classes or events.

Judges Stand

The judges' stand is located adjacent to the 50 meter lanes by the front pier. It is closed to the members during swim meets and for Sunday night concerts.

Summer Coaches Office

The SeaHawk and Masters Swim Team coaches' office is located in the back of the lake adjacent to the competitive swimming lanes. This office is separate from the Club's business and/or aquatic and program offices.

The Seahawk team's year round office is located at 1928 Woodbourne Ave. Telephone: (502) 451-4333; Fax: (502) 451-1014, www.lakesideseahawks.org

Section Four

Club Services

Locker Rentals

- Locker rental is available on a year round basis.
- Members may purchase a locker when paying their annual dues.
- If you have a locker preference, you may indicate it on your invoice; however, lockers are rented on a first come first serve basis.
- Only one locker is allowed per membership.
- Padlocks are to be provided by the member.
- Hanging items on the outside of lockers is prohibited.
- Locker assignments may be picked up in the JTB office on or after opening day of the summer season. Pending availability, lockers may be rented on or after summer opening day.
- Lockers will be forfeited without refund if not claimed by mid June. See seasonal newsletter for specific date. Lakeside reserves the right to reassign unclaimed lockers.
- Locks and contents of locker must be removed by the third Friday in May or the locker will be cut and items donated to charity.
- Daily coin operated lockers are located on the second floor of the JTB.

Lost and Found

- Lakeside does not assume responsibility for lost or stolen items. However, as a service to our members, the Club provides a lost and found for both the summer and winter seasons.
- The summer lost and found is located at the front gate.
- Towels, clothes, and toys may be found in the bin next to the gatehouse.
- Valuables are secured by the attendant.
- Winter lost and found is located in the Bubble and valuables are secured by the concession attendant.
- Lakeside reserves the right to periodically donate lost and found items to local charities.