

REOPENING QUICK REFERENCE

Updated Tuesday, June 16 | **Changes Highlighted**

	Athletic	Racquet	North
Club Hours	M - Th: 5:00 am - 9:00 pm F: 5:00 am - 7:30 pm* Sa: 7:00 am - 7:30 pm* Su: 8:00 am - 7:30 pm* *While the Club will be closed, 7:30 pm team tennis matches may be scheduled.	M - F: 5:00 am - 9:00 pm Sa: 7:00 am - 8:00 pm Su: 8:00 am - 8:00 pm	M - F: 5:00 am - 9:00 pm Sa: 8:00 am - 8:00 pm Su: 12:00 - 8:00 pm
Business Office Hours	M - F: 8:00 am - 5:00 pm	Call Athletic 501-225-3600 M - F: 8:00 am - 5:00 pm	
Membership	M - Th: 9:30 am - 6:00 pm F: 9:30 am - 5:00 pm Sa: 10:00 am - 2:00 pm New members are welcome to join.	M - Th: 10:00 am - 5:00 pm F: 10:00 am - 4:00 pm New members are welcome to join.	
Guests	Allowed		
10 - 14 Year Old Drop Off	N/A	Not available	N/A
Job Applications	Taking for lifeguards and health guards		
Safety			
Positive COVID-19 Diagnosis	Call the Club Manager or notify us via website		
Screening	<p>REQUIRED every time you enter the Club! Front Desk Only</p> <p>If you answer "yes" to any of the following questions, you will not be allowed to enter the Club: Have you had a fever of 100.4°F or greater in the last 2 days? Do you have a cough, shortness or breath, sore throat or loss of taste or smell? Have you had contact with a person known to be infected with COVID-19 in the previous 14 days?</p>		
Check In	<p>REQUIRED! Front Desk only Members must sign a new waiver.</p>		
Spacing	Maintain 6' of distance between people and work out alone in a 12' x 12' space		
Cleaning	Thoroughly clean all equipment with disinfectant wipes before and immediately after use		
Masks	Should be worn except when exercising. Members should provide their own.		
Youth			
Down Under Center (Athletic)	<p>Drop in: M - Sa 8:00 am - 5:00 pm Su 1:00 - 5:00 pm For use by members and guests. No reservation is needed. Children's temperatures will be checked. Socks and shoes are mandatory. Please note, at this time, the LRAC kids' gym will be open but the maze will not.</p>		

Athletic		Racquet	North
Youth (Continued)			
Kid's Galaxy (North)	Drop in: M - F 9:00am - 11:00am and 5:00 - 7:00pm Sa 8:00am - 12:00pm Sunday Closed For use by members and guests. No reservation is needed. Children's temperatures will be checked. Socks and shoes are mandatory.		
Summer Care (formly camps)	Registering. Please contact Melody at 225-3601, ext. 335.	Registering. Please contact Maria at 225-5711.	Registering. Please contact Diane at 812-5555.
Junior Tennis	Contact Coach Leslye at 501-960-1263 to schedule.	Contact Coach Will at 501-551-0997 to schedule.	N/A
Day Care	M - Sa: 8:00 am - 5:00 pm Su: 1:00 - 5:00 pm 8 child limit. 3 hour maximum stay. First come first served.	M: 8:00 am - 8:00 pm Tu - Th: 8:00 am - 7:00 pm F: 8:00 am - 4:00 pm Sa: 8:00 am - 12:00 pm Su: 12:45 - 6:00 pm 9 child limit. 3 hour maximum stay. First come first served.	M - F: 8:00 am - 6:30 pm Sa: 8:00 am - 5:00 pm Su: 1:00 - 5:00 pm 8 child limit. 3 hour maximum stay. First come first served.
Swim Team	Practice is underway. Go to ardolphins.com to learn more and register.		N/A
Swim Lessons	Available. Contact Katie Hough at swimacademy@lrrcfc.com to schedule.		N/A
Tumble 'n' Play	N/A	Not available. Please call to be put on a waiting list.	N/A
FIT For Life (Athletic) Teen WOD (Racquet) 501 Kids (North)	Registering. Contact Melody at 225-3601, ext. 335.	Starts in July. Contact Amy at 501-366-2008.	Cancelled
Areas			
Tennis Entrance	Closed	N/A	
Weight Floors	Keep a machine in between you and others. Do 1 set, clean and move so others can work in. User responsible for wiping down equipment.		
Cardio	Out of service machines rotated weekly. Don't use if marked. User responsible for wiping down equipment.		
Locker Rooms	Wet areas (showers, saunas, whirlpools, steam rooms) open. Use indicated lockers to maintain proper spacing.		
Bathrooms	All available		
Lifeguards	Daily 12:00 - 6:00pm	Daily 10:00am - 7:30pm	Daily 12:00 - 6:00pm
50-meter Pool	N/A	Lap swimmers may share lanes. See lrrcfc.com/aquatics for the pool schedule.	N/A
25-yard Pools	Lap swimmers may share lanes. See lrac.com/aquatics for the pool schedule.	Lap swimmers may share lanes. See lrrcfc.com/aquatics for the pool schedule.	N/A
Indoor Lap Pool	N/A		Lap swimmers may share lanes. Not available during AquaFit.
Poolside Service	Snacks, drinks, beer and wine available at the Front Desk. See social media platforms for food truck schedules.	Snacks, drinks, beer and wine available. See social media platforms for food truck schedule.	N/A

Areas (Continued)

Recreational Pools	Open	N/A	Open
Baby pool	N/A	Under construction	N/A
Sprayground	Open	N/A	N/A
Outdoor Whirlpool	Open	N/A	N/A
Pool Decks	Maintain proper physical distancing		
Track	Maintain proper spacing and keep middle lane empty	N/A	Maintain proper spacing and keep middle lane empty
Cycling Studios	Bikes marked for proper spacing.		
Member Lounges	Chairs marked for proper spacing		
Restaurants	Tables available for working/waiting. Chairs marked for proper spacing.		N/A
Pro Shop	Contact Lisa Cooper for private shopping and Donnie Wallis for racket stringing.	N/A	N/A

Activities

Group Exercise	Schedule available at www.lrac.com/reopening or on the app. Some classes still require registration. Additional classes added weekly. Participant responsible for wiping down equipment.		
Streaming	Weekly schedule available at lrac.com/reopening or on the app.		
Rock Steady Boxing	Classes in this by invitation only program being held. Contact Mary Olson at 225-3601, ext. 327 for information.	N/A	N/A
CrossFit and Legends	Legends cancelled. CrossFit schedule available on the website and app. 9 slots per class. No exceptions. Registration required. Participant responsible for wiping down equipment.	CrossFit classes held outside. Schedule available on the website and app. 9 slots per class. No exceptions. Registration required. Participant responsible for wiping down equipment.	Legends cancelled. CrossFit classes may be held outside. Schedule available on the website and app. 9 slots per class. No exceptions. First come first served. Participant responsible for wiping down equipment.
Tennis Leagues	Contact Sharon Northern about the schedule.	Playing	N/A
Court Reservations	Available for indoor (tennis and pickleball) and outdoor (tennis) play.	Available for indoor (tennis) and outdoor play (tennis and pickleball).	N/A
Pickleball Open Play	Playing	N/A	N/A
Personal Training	Available at trainer's discretion		
Massage and Physical Therapy	Available at therapist's discretion		

Activities (Continued)

Basketball	Shooting only. Maximum of 10 on a court at one time.		
Racquetball	Not available	N/A	N/A
Masters Swim	N/A	Practice is underway. Go to ardolphins.com to learn more and register.	N/A

Amenities

Card, Board and Tile Games	Not available		
Parking	All available	Security arm not accessible	All available
Towels	Available Locker Rooms only	Workout towels available. Bath towels by request only.	Available
Mats	Available		
Private Locker Services	Available		
Coffee Service	Available		
Food and Beverage	<p>Restaurants are closed.</p> <p>Drinks, including beer and wine, are for sale.</p> <p>Coolers are allowed. Alcoholic beverages purchased outside the Club are strictly prohibited and coolers are checked.</p> <p>Snacks may be brought but outside delivery is not allowed.</p> <p>Check social media for food truck schedules.</p>	<p>Drinks and snacks are for sale.</p> <p>Coolers are allowed. Alcoholic beverages are strictly prohibited and coolers are checked. Snacks may be brought but outside delivery is not allowed.</p>	
FUEL	Not available		
Blood Pressure Cuff	Available		
Desk Water	Not available		
Cycling Shoes	Permanently not available	N/A	
Magazines	Permanently not available		Not available
Ice Machine Cups	Permanently not available		N/A