

## *Group Swim Lesson Policies and Procedures*

**Goggles are required.** Caps are not required but are strongly encouraged for those with longer hair. **Both goggles and caps are available at the front desk.**

Membership to Silverlake is required to use the facility. For more information concerning membership please contact a Membership Representative.

Opposite sex in the Men's and Women's locker rooms is strictly prohibited.

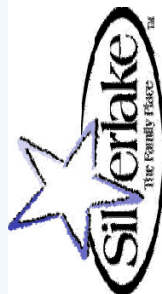
**NO MAKE-UPS.** Due to the nature of our program, the advancement of swimmers makes it very difficult to make these concessions.

**NO REFUNDS.** If a swimmer needs to withdraw from a session please contact the coordi-

If you ever have any questions about what Silverlake can offer you in Aquatics, Sara Krull is eager and ready to answer all your questions. Please call or email her at any time.

859-426-7777 ext. 35

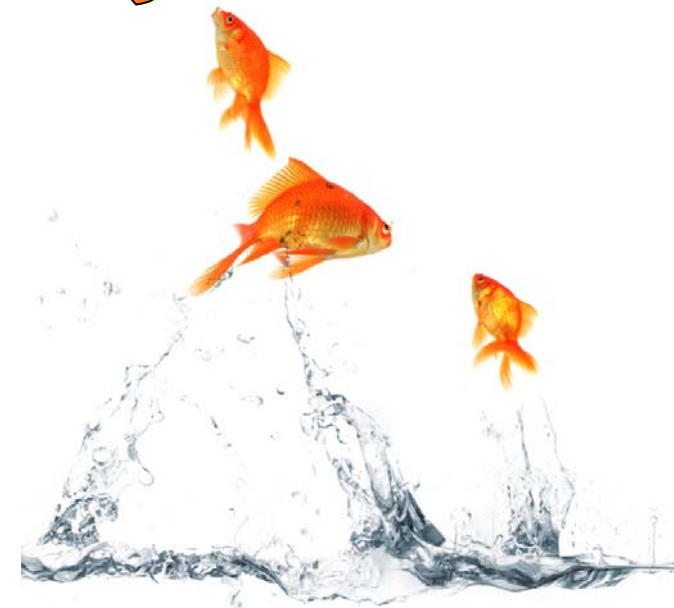
skrull@silverlakefamily.com



301 Kenton Lands Rd  
Erlanger, KY 41018



# Adult Group Swim Lessons



**301 Kenton Lands Rd**

**Erlanger, KY 41018**

**859.426.7777**

**[www.silverlakefamily.com](http://www.silverlakefamily.com)**

Silverlake Family Recreation Center is a state-of-the-art fitness and family fun facility with an indoor Olympic-sized pool and a 2,500 square foot warm water recreational pool.



### ***Why should I learn to swim?***

- ◆ Safety
- ◆ Fitness and Health
- ◆ Opportunity and Fun

### **Class Times**

Tuesday Nights  
8pm-9pm

### **Session Times**

January 7th-29th  
February 5th-26th  
March 3rd-24th

# Swim Lessons Adult Group

### **Class Price**

Member: \$72 per session  
Non-Member: \$112 per session

### **All 3 Sessions**

Member: \$200  
Non-Member: \$320



We must have a minimum of 2 participants in order to hold class.  
Maximum of 5.

### **Levels**



### **Beginner**

Cannot put face in water. Has not taken swim lessons before.

### **Intermediate**

Knows how to float on front and back. Can swim a little freestyle.

### **Advanced**

Knows how to do rotary breathing, but needs improvement. Wants to learn other strokes.

*If you are not sure of your skill level, you may sign-up for the class you think best describes your skill. You will then be evaluated while in the lesson and moved if necessary.*