



## Congratulations on making the Silverlake Starfish group!

If you have made it here it means that you have an understanding of all four strokes needed to proceed, you have passed our Blue Star Stroke School, or you have passed an equivalent evaluation given by Sara Krull .

The focus of this group is to build the child's strength and endurance in every stroke using drills, multiple lengths, and on deck coaching.

This group gives the child the feeling of being on a swim team without competition. This allows a child to build their confidence in swimming for an easy transition to a more competitive team such as the Clipper Swim Team that finds there home here at Silverlake.

Swimmer's in this group are not permitted to be registered USA swimmers.

# Silverlake Starfish!

## Sign-ups

### Winter 1 (8 Weeks)

January 7th-March 1st

Member- Dec 3rd

Non-Member-Dec 10th

### Winter 2 (6 Weeks)

March 3rd-April 19th

Member- Feb 18th

Non-Member- Feb 25th

### Spring (6 Weeks)

April 21st-May 31st

Member: April 7th

Non-Member- April 14th

## Class Size

The minimum number of kids needed to start a class is 4 with a maximum of 12.

## Pricing

### 8 week session

Member: \$160

Non-Member: \$245

### 6 week session

Member: \$120

Non-Member: \$185

## Class Time

Saturdays 11-12

## Rules and Procedures

**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 coordinator immediately, a credit will be issued for future swim lessons. Any classes missed **will not be refunded.**

Swimmers must line up behind their appropriate sign 5 minutes prior to class start.

Parents, please refrain from standing over the lesson and speaking to your children. We encourage parents to review what has been taught to the swimmers after class.

**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.**

Non-member swimmers may come to the pool 15 minutes before and after class. Siblings are not permitted to swim during lessons. Non-member parents are **not** permitted to use any of the membership facilities during their visit. Non-members are not permitted to use towel services at Silverlake.

Opposite sex in the Men's and Women's locker rooms is strictly prohibited. Please use changing room inside the Family locker rooms for changing, not the common area.



A graduate of the University of Louisville with a Bachelor's in Physical Education and a Minor in Health Promotions, Sara swam in high school and NKSL, and in college interned 1 year for a Division 1 swim team at the University of Louisville. Sara started teaching swim lessons here at Silverlake in 2001 and went to college and started teaching at a local club. Sara ended her time in Louisville as a Site-Supervisor for SwimAmerica where she ran her own site for swim lessons down in Louisville.

Sara is now the Aquatics Coordinator at Silverlake and has learned to run a larger swim lessons site, a larger pool, become an Aquatics Fitness Trainer, and certified as a NASCO Lifeguard.

If you ever have any questions about what Silverlake can offer you in Aquatics, Sara 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

Supported by  
Clippers Swimming  
(859)342-4000



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