

WEEKLY FACILITY NEWSLETTER

WEEK OF DECEMBER 9, 2024



FRONT DESK/ FACILITY

Upcoming Holiday Hours

Christmas Eve Tuesday 5am to 3pm

Christmas Day Wednesday CLOSED

New Year Eve Tuesday 5am to 3pm

New Year Day Wednesday 9am to 5pm

For BB:

December 24th and December 31st we will be open from 08:00 a.m.- 01:00 p.m.

AQUATICS

Completed our 2024 inservices - we have covered a lot of skills and drills and are really proud of the staff!

Hosting a staff holiday party this coming Sunday, 12/15 at 5pm. Showing a movie on a big screen. Please give Jen any items needing attention ASAP. Surgery is on December 16 and will be out of office -Follow our Aquatics Page FB &IG!

GYMNASTICS

Gymnastics Snowball Showcase, Saturday 12/14 at 1:30p, there will be NO 12:30p Open Gym.

Member Registration for the Winter/Spring 2025 session is still ongoing- multiple classes already sold out! Current Fall/Winter Session Ends 12/21, new Winter/Spring Session starts 1/6!

FITNESS

Free body fat analysis and fitness assessments in December. If you or a member is interested in doing this before the new year contact dsmith@betterbodiesnky.com to get this scheduled.

Kids under the age of 12 are not permitted to be on the fitness floor at Silverlake. At Better Bodies it is 14.

GROUP EXERCISE

Our Wednesday 4:45pm Spin class is back at Better Bodies beginning December 4th with instructor Candice Phipps.

The Family Yoga Class is every Saturday at 11:30am at Silverlake in the Group Ex room. Note: No class on Saturday December 28th No evening classes at either club on December 24th (Christmas Eve) and December 31st (New Year's Eve)

SPORTS ACAD

Basketball ends on Dec 16th
New sports start Jan 6th
Mondays will be softball/baseball fielding skills
Tuesdays will be basketball
Wednesdays will be soccer
Month rotations, new schedule come February
In need of 3 teenagers looking for some extra hours
the golf league will be starting back up the beginning of the year!

CHILDCARE

Academy/After-School:
Academy preschoolers- had a great time singing at the cookie exchange Monday! Winter break day camp Dec 23,27 and 30, Jan 2 & 3!
Winter Break Camp is open for registration online now!
The dates are: 12/23, 12/27, 12/30, 1/2 and 1/3. The price is \$45 per day/per child for members of Silverlake & \$55 per day/per child for non-members. Must be at least 3 years old and potty trained up to 11 years old.
Ashley out of town December 13th through December 15th. I'll be back Monday, December 16th.

FOOD & BEV

Fitness Café:

Excited to launch Coffee Program this week
10% Employee Discount on Coffee Drinks

Now Featuring Smoothie Bowls, 5 bases topped with fresh fruit, peanut or almond butter, shredded coconut, etc.

Bar & Grill:

Monday Night, Kids Eat Free!

Taco Tuesday, great tacos and inspired dishes

Wine Down Wednesday, \$1 off all glasses of wine

Thirsty Thursday, \$1 off all draft beer & \$0.60 boneless wings

Weekly Feature: Chicken & Waffles - \$11.99

Trivia Night, Monday, December 16th "Christmas Movie" theme

PARTIES/ EVENTS

Corporate Christmas Party Thursday night
8 parties this weekend
"Kids night out with The Grinch" is December 13th 6-9pm.

AEC

Christmas Break Hours Attached
CPR training 12/10 (pending signups)

MAINTENANCE

Maintenance is on going for the women's steam room- no time frome yet for reopening
The keypad for the Childcare drop off door is not working currently- waiting for service from the installer

ADMINISTRATION

Flex Fee of 3% to begin 1/1/24, see employee FAQ



The Silverlake app is now available to android users

MARKETING

Join in December Closing out on 2024 rates; Get your Membership Now; Only 100 memberships available

December Limited time offer with Month to Month memberships