

# FIT & FUN REPORT

September



Sign up for the  
Summer Sendoff 5K

<https://erlangerky.gov/5k-run/>



SATURDAY, SEPTEMBER 20<sup>th</sup> 8:30 AM

## Summer Sendoff 5k

Enjoy a day of community, fitness and fun at the annual Summer Sendoff 5K on September 20! The fun starts and ends at Silverlake- with the course winding through our beautiful Erlanger neighborhoods. Plus- after the main event there will be a luau themed Kids Run! Kickoff is at 8:30 a.m.

Register and learn more at <https://erlangerky.gov/5k-run/>

## New Fall Features Are Here!

Savor the season with new bites at the Bar & Grill.

From Pumpkin Spice Pretzel Bites to Autumn Chicken Cobb Salad, our fall menu is packed with fresh fall flavors. Available for a limited time only!

Swing by the bar & grill to give it a try!



## Host Your Birthday Party at Silverlake!

Celebrate your child's special day with a party they'll never forget!

Silverlake makes it easy to create a fun-filled experience for every guest with 8 exciting attractions and customizable activities.. Our team takes care of all the details so you can relax, enjoy the celebration and make memories that last a lifetime.

Make your next celebration unforgettable. Host it at Silverlake!

## Refer a Friend

Refer a friend and get a 60-day entertainment package.

Visit the membership desk to learn more!

## YOUTH PROGRAMS

### INDOOR SWIM

#### RUNNING NOW

- Swim Programs for all ages (starting at 6 months old)
- Basics through competitive techniques

### TODDLER GYMNASTICS

#### RUNNING NOW

- Ages 3+ (with adult support as needed)
- Builds confidence + independence
- Instructor-led skill development
- Monthly tuition, auto-enroll until session ends

### 3V3 BASKETBALL TOURNNEY

#### SEPTEMBER 20TH

- Ages 8-12
- Double elimination
- \$100 per team
- Half-court, 8 ft rims
- 15-min games

[LEARN MORE & REGISTER!](#)

## Save the Date

### New Member Welcome Night

MONDAY, SEPT. 22 | 5:30 - 7:00 PM

Enjoy cookies, punch, and free Active Entertainment Center activities. We want to welcome new members who joined over the summer, but all members are invited to come and join in on the fun!

FOLLOW US ON SOCIAL MEDIA FOR MORE UPDATES!

