

# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

### FALL HOURS

Fall hours go into effect September 7th. See page 4.

### AQUATICS PROGRAM

Read all about our new swim programs on page 3.

### GROUP EXERCISE SCHEDULE INFO

Read all about what's happening this Fall on page 1.



## GROUP EXERCISE

### • JILL ANZALONE

Fall is going to be an exciting time for Group Exercise at the Adirondack Club!

Our Fall schedule will begin on Sunday September 8th. We are adding a bunch of new classes along with four new instructors. You asked for more evening and weekend classes, and we listened. Lunchtime express classes are back, and we are adding an Express Barre class with Meg on Wednesdays. Grab a brochure at the front desk or check out our website for all the details and a copy of the schedule.

Kids Group X will also be returning in late September. We will be running a 6-week session starting the week of September 22 and ending the week of Halloween. Registration for the Fall Kids Group Session will begin on Monday September 16. Keep an eye out for class details coming soon.

Be on the lookout for themed cycle rides and pop-up classes throughout the month! We have some fun things planned.



## LABOR DAY HOURS

CLUB  
7AM - 6PM

POOL  
7AM - 5PM

CHILDCARE & CHILL CLOSED

NO GROUP X CLASSES

## COMMUNITY

### • LISA MARCHIONI

This month we will be collecting gently used tennis racquets for Rally4Racquets. This is a youth-led non-profit organization committed to empowering underprivileged children with the chance to play tennis. Any racquets that you wish to donate would be greatly appreciated. The collection bin is located in the Tennis Lobby.

If there is a charity that you would like us to highlight, please reach out to me at [lmarchioni@adirondackclub.com](mailto:lmarchioni@adirondackclub.com).

SEPTEMBER 2024

# SUMMER CAMP

- JAMES CONNELLY

## SUMMER CAMP 2024 RECAP

A big thank you to all our campers, camp families, and the fantastic camp staff who helped ensure another amazing and awesome 2024 Summer Season! Your energy, enthusiasm, and support made this summer truly unforgettable.

**Lost and Found:** Our Summer Camp Lost and Found is available in the front hallway leading to the Children's Services Area. Please be sure to check for any lost items before Friday, August 30th. After this date, all remaining items will be donated.

**Stay Connected:** Keep an eye out for our end-of-Summer Camp Season Survey—we value your feedback! If you'd like to relive some great moments from Summer 2024, be sure to follow us on our private Instagram and Facebook accounts.

[Our Private Facebook Summer Camp Page](#)

[Our Private Instagram Page](#)



# CHILDCARE

- JAMES CONNELLY

As we transition into the Fall season, please note the following Childcare hours:

**. Monday through Friday:** 8:00 AM - 12:00 PM

**. Saturday:** 8:00 AM - 11:00 AM

**Reservations:** All Childcare reservations must be made by 12 PM the day before to ensure space availability.

Please note that the final drop-off time in Childcare Monday through Friday is 11:30 AM and on Saturdays the final drop-off time is 10:30 AM



# ACTIVE KIDS AFTER SCHOOL PROGRAM

- JAMES CONNELLY

We are excited to announce that the Active Kids After School Program for the 2024-2025 school year begins this week! We are currently at full capacity, with a strong waitlist in place. If you have any questions or need more information, please reach out to Meredith at [mpreto@adirondackclub.com](mailto:mpreto@adirondackclub.com).

**Not Getting Our Emails? Click the link below to (re)subscribe!**

[Adirondack Club Member List](#)

# MEMBER SERVICES

- LEXI BEAHM

Thank you for an amazing summer! Over the last couple of months we have had so much activity here at The Club. We welcomed hundreds of campers, taught dozens of kids to swim and watched weekly junior tennis matches on the court.

As we quickly approach Fall, many things are happening. Our Fall swim, adult tennis, junior tennis and sports performance kick off on September 3rd! There is still space available so sign up soon.

If you haven't been following us on social media, please check us out. Use the link below:



@adirondackclub



The Adirondack Club



# AQUATICS

- TIFFANY LEAL

## Thank You for an Amazing Summer!

We want to extend a huge thank you to everyone for making this summer so memorable. We hope you loved the pool as much as we loved having you!

As we transition into fall, keep an eye out for details on our exciting September Swim Challenge—coming soon! It's the perfect way to keep your momentum going and stay active as the seasons change.

We're also excited to announce our upcoming Lifeguard Course on October 25, 26, and 27. If you're interested in becoming a certified lifeguard, registration is now open on our website and app—don't miss this opportunity!

Swim School is in full swing, and we're thrilled to offer a variety of classes for all ages and skill levels:

- **Levels 1-4:** These classes build foundational skills and progress through more advanced techniques as your child moves up through the levels.
- **Tiny Tides:** Our preschool program offers twice-a-week sessions on Tuesday/Thursday at 10:30 AM, 4:00 PM, and 4:30 PM, focusing on building confidence and skills for our youngest swimmers.
- **Adult Beginner:** Designed for adults new to swimming, this class meets on Thursdays at 5:00 PM and provides a supportive environment to learn and grow.
- **Parent-Child:** A great way for parents and young children to bond in the water, these classes focus on water safety and fun for little ones.
- **Swim Club:** Tailored for athletes aged 8-13, our Swim Club meets Tuesday/Thursday at 5:15 PM, focusing on building endurance and refining strokes for a stronger, healthier body.

We can't wait to see you back in the water, and we're looking forward to a fantastic fall season!

If you have any questions, please reach out to Tiffany Leal [here](#).



# TENNIS

- TARA VOLPE

## Tennis & Pickleball Update: Exciting Developments and New Opportunities

We've just wrapped up an incredibly successful summer tennis session, and we're thrilled to announce some exciting upgrades. Our courts have undergone a beautiful resurfacing, ensuring an even better playing experience. If you've noticed a slight change, it's because we've added junior lines to all four courts. Thanks to the tremendous growth of our JDT Academy, we're proud to support a thriving group of 10-and-under players. These young athletes are training on the 60-foot regulation courts, sharpening their skills as they prepare for tournament play.

Our Fall session for both tennis and pickleball kicks off on September 3rd. If you haven't registered yet, don't worry—there are still a few spots available in some of our classes. This season, we're excited to offer new adult classes that cater to a range of skill levels and interests:

- **Tennis 101:** Perfect for beginners, this class meets on Thursdays from 10:30-11:30 AM.
- **Singles Strategy 3.5+:** For players looking to up their singles game, join us on Tuesdays from 11:00 AM-12:30 PM.
- **Drill and Play 3.75:** For high-intermediate to advanced players looking to sharpen their skills, this class is available on Tuesdays from 8:00-9:30 PM.
- **Adult Intermediate:** For 3.25-3.5 players wanting more stroke development with match play, this class takes place Fridays from 5:00-6:30 PM.
- **Pickleball Drill and Play 3.5:** For intermediate pickleball players who want more shot selection and strategy practice, this session is on Tuesdays from 12:30-2:00 PM.

Don't miss your chance to be part of an exciting season filled with learning, improvement, and, most importantly, fun! Register now to secure your spot.

**Registration:** You can enroll online [here](#) or contact [Tara Volpe](#) to secure your spot. Spaces are limited, so register early to avoid disappointment!



## FITNESS

### - MORGAN TULLAR

Fall is right around the corner. How did your summer go? If it didn't go as well as you would have liked. Don't beat yourself up. Fall is a great time to check in with yourself and set goals for the next few months!

Check out this article on [staying motivated through the seasons](#).

Need help getting back into a fitness routine this fall? Achieve your health & fitness goals with the attention, knowledge, and accountability you need through working with our training team. We help 40+ adults lose weight, get stronger, and move better so they can live their life to the fullest without beating up their bodies or spending HOURS in the gym. Fill out this form to schedule your FREE strategy session with our team today.

### Holiday Box and Body with Lisa!

Join Lisa Sawyer at 7am on Monday 9/2 for a special Holiday Box and Body class. 30 minutes of boxing combos and body weight moves! Sign up under the programs tab. Questions? Email Lisa at [lsawyer@adirondackclub.com](mailto:lsawyer@adirondackclub.com)

### Mark your calendars! September 25th is National Health and Fitness Day!

Join Directors Jill Anzalone and Morgan Tullar for a free workshop on optimizing your health and wellness! Workshop details and registration information will be released in the coming weeks.

[Join Our Fitness Newsletter](#)

### RECIPE OF THE MONTH: HEALTHY APPLE CRISP



## SPORTS PERFORMANCE

### - RYAN OHNEMUS

Our Fall Sports Performance 2024 Training schedule is now open for registration. This program is designed to help your athlete get stronger, faster and more confident. This 12-week session will begin the week of September 3, 2024 and go through November 22nd. There will be no training on October 14th and November 11th. The Fall session is limited to 8 athletes per session to ensure quality coaching and attention. Our program is designed for athletes new to the weight room and athletes who have been training for years. Our coaches can adjust the program accordingly with each athlete to adjust for practices, games, injuries and experience. Members and non-members are welcome! Click [here](#) to register.

### ADK'S PERFORMANCE: PARENTS GUIDE TO ELITE ATHLETIC DEVELOPMENT

Discover the 5 simple things you can do to increase your young athletes' athletic development in the next 30 days. [Download Now](#)

## FALL HOURS OF OPERATION

### CHILL JUICE BAR

*Effective - Tuesday, September 3rd*

Monday - Friday  
8:00am - 12:00pm & 3:00pm - 6:30pm  
Saturday & Sunday  
8:00am - 12:00pm

### CAFE

Closing for the season on Monday, September 2nd

### CLUB HOURS

*Effective - Saturday, September 7th*  
Monday - Thursday - 5:00am - 9:00pm  
Friday - 5:00am - 8:00pm  
Saturday - 6:00am - 7:00pm  
Sunday - 7:00am - 7:00pm

### POOL HOURS

*Effective - Saturday, September 7th*  
\*Pools will close at 3:00pm on Friday, September 13th in preparation for the pool dome installation. The pools will reopen on Sunday, September 15th. In the event of rain on Saturday, the 14th, the pools will reopen on Monday, September 16th

Monday - Thursday - 5:30am - 8:00pm  
Friday - 5:30am - 7:00pm  
Saturday - 6:00am - 5:00pm  
Sunday - 7:00am - 5:00pm