

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

FITNESS WORKSHOPS

See page 3 for information about our upcoming fitness workshops.

COMMUNITY EVENT PMC KIDS RIDE

Check out page 2 to learn about the PMC Franklin Kids Ride.

SUMMER CAMP

As we approach camp season, check out page 3 for more details.



AQUATICS

- TIFFANY LEAL

Summer is just around the corner! A quick reminder that nonmember registration for summer swim classes opens on May 12 – members, be sure to lock in your spots before classes fill up!

We'll kick off the season with our June Intensives, running for the first two weeks of June. These are twice-a-week classes with both morning and afternoon options currently available. After that, we roll right into our Monday-Thursday morning summer programming for the rest of the season!

We're also excited to welcome a new wave of lifeguards – our next Lifeguard Certification Course is May 16-18, and the class is already full. Keep an eye out for these new candidates as they complete their training.

Lastly, a quick reminder: for everyone's safety, the hot tub is reserved for ages 12 and up. Thanks for helping us keep the pool area safe and fun for all.

PRESCHOOL

• CLAIRE HANSOM

SIX WEEKS OF FUN TO GO!

It's hard to believe, but we are down to the final six weeks of an incredible year at Active Kids Preschool! Time has flown by, and the energy around school is buzzing as we gear up for exciting end-of-year celebrations. We can't wait to enjoy our Family Breakfast, cheer each other on during Field Day, and celebrate our amazing graduates as they get ready to head off to kindergarten in the fall!

April brought a very special treat – a visit from Franklin Police Department's wonderful support dogs, K9 Frankie and Ben Franklin! The children loved learning about the important work these furry friends do in the community and were thrilled to have the opportunity to meet and pet them. It was a wonderful experience that sparked lots of smiles and great conversations about community helpers.



MAY 2025

COMMUNITY

• LISA MARCHIONI

Thank you to all who donated sneakers this past month. We collected 300 pairs of sneakers to be donated to communities in developing nations.

PMC FRANKLIN KIDS RIDE

This month, we're proud to spotlight the PMC Franklin Kids Ride—a fun and inspiring event that gives kids the chance to make a difference while staying active. Modeled after the adult Pan-Mass Challenge, this ride invites children ages 3 to 14 to pedal for a purpose and raise funds for the Dana-Farber Cancer Institute. Whether your little one chooses the Tikes & Trikes parking lot loop or takes on the 3, 6, or 10-mile street ride, it's a wonderful opportunity to promote fitness and teach the value of giving back. Join us on Sunday, June 8th at Jefferson School for a day of fun, community, and meaningful impact. Sign up [here](#)!



MEMBER SERVICES

• LEXI BEAHM

It's finally starting to feel like spring—and we've loved seeing so many of you out walking the track and watching our preschoolers and after-school program kids enjoying the playgrounds!

As we look ahead, there is lots of excitement as we prepare for our summer season, which officially begins on June 14th. Please note that the dome will come down on Saturday, May 31st. In preparation, the pools will close at 6 PM on Thursday, May 29th and be closed through the 31st.

If you have a college student home for the summer, our College Student Memberships are now available at the front desk! Students can sign up on their own for a 2-, 3-, or 4-month paid-in-full membership—just have them bring a valid student ID or an acceptance letter.

We also hope you've been enjoying our fresh take on social media! We're making it a priority to spotlight more of our community and the talent within our walls. Be sure to follow us on Instagram and Facebook to stay in the loop—and don't forget to tag us - we want to celebrate your accomplishments and would love to share them!

Finally, a quick reminder: On Memorial Day (Monday, May 26th), the Club will be open from 7:00 AM – 5:00 PM. We'll resume our regular schedule on Tuesday, May 27th, opening at 5:00 AM.

CHILDCARE

• JAMES CONNELLY

IMPORTANT CHILDCARE REMINDERS:

We love having your children with us and feel grateful to be part of their day. However, we've noticed an unfortunate trend of policies not being upheld by a growing number of families using the Childcare service. As we enter a busier season, we want to take this opportunity to clearly restate our current policies. Updated signage is on the way, and there may be additional updates soon.

Please review the following reminders:

Parents are required to remain on The Adirondack Club property while their child is in our care. Leaving the building is not permitted and poses a serious safety risk if we need to reach you quickly. Listing a location inside The Club and then leaving the premises is not allowed. In the event of an emergency, this makes it extremely difficult for staff to respond quickly and ensure your child's safety. Please help us maintain a secure environment by staying on site at all times.

Always leave a clear and accurate phone number at check-in. We must be able to reach you right away if there is an emergency.

Reservations are required and can only be made up to one week in advance. We cannot allow drop-ins under any circumstances.

Saturday reservations must be requested and confirmed no later than Friday at 12:00 PM. If you call or email after that time, your child will not be added to the list. Please note calling before noon on Friday does not guarantee a roster space as we have been seeing most Saturdays fill by midweek.

Stick to your reservation time. We understand being five minutes late happens, but arriving an hour after your scheduled time is not acceptable and makes it very difficult to maintain a safe and organized environment.

All items must be labeled. This includes bottles, cups, lunchboxes, and anything from home. We have labels available at the childcare desk that are super easy and clean to remove along with bag tags that you can also grab if needed.

No nuts are allowed at any time. This includes items that contain or may contain nuts. We are a nut-free environment to protect children with allergies.

We are also reviewing several internal procedures to better support all families using the space. Some changes may be introduced in the near future to ensure our policies and options continue to meet the needs of our growing community.

Thank you for your cooperation and for helping us provide a safe, fun, and respectful space for every child.

MAY 2025

SUMMER CAMP

- JAMES CONNELLY

SAVE THE DATE FOR OUR SUMMER CAMP OPEN HOUSE:

Get ready to kick off our 23rd year of Summer Camp fun at the Adirondack Club! We're thrilled to invite you to our Summer Camp Open House on SATURDAY MAY, 31st, from 9:00 AM to 11:30 AM. It's a tradition we have continued through the years that officially kicks off the camp season! Summer Camp Open House is where you can meet your camp counselors and our dedicated summer camp team!

During the Open House, you'll have the chance to:

- Connect with your child's camp counselors
- Drop off any remaining paperwork
- Pick up your camper's Summer Camp T-Shirts!

If you're unable to attend, no worries! We'll ensure your camper gets their shirt during the first week of Summer Camp.

Vintage Camp Tee's will also be available for purchase, making your mornings a breeze as you prepare your camper for a day of adventure at The Adirondack Club!

To ensure a smooth start to the summer, please upload any immunization records no later than Thursday, June 12th. If you encounter any issues with uploading, please feel free to email documents directly to Summer Camp Assistant Director Tiffani Lane [here](#).

Additionally, any waivers or medications can be dropped off during the Open House, or you can bring them on the first day of camp.

We can't wait to welcome you and your camper to another exciting summer at The Adirondack Club! If you have any questions or need further assistance, don't hesitate to contact our Summer Camp team. Summer Camp Open House is in our Children's Center. Childcare will be closed on Saturday, May 31st in order for us to host the Summer Camp Open House.

VERY LIMITED SUMMER CAMP POSITIONS AVAILABLE:

Are you or someone you know looking for an unforgettable summer experience? Look no further! The Adirondack Club Summer Camps are still looking for enthusiastic and qualified individuals to join our exceptional Summer Camp Team. We're currently seeking a couple of experienced assistant summer camp counselors (minimum age 16) and staff members (minimum age 18) to fill less than a handful of positions. Candidates should be versatile team players who describe themselves as "go-with-the-flow" and have the ability to support the team wherever needed. Apply [here](#). Don't miss out on this incredible opportunity to be part of the best Summer Camp Team!

SUMMER CAMP RECYCLABLES AND DONATIONS:

Are you in spring-cleaning mode? Our Summer Camp program is looking for the supplies/recyclables listed below for this summer's art projects.

We will be accepting recyclables like magazines, toilet paper rolls, paper towel rolls, wrapping paper rolls, shoe boxes, water bottles, egg cartons, storage bins, jars with lids (baby food, sauce, etc.) which will be used in tons of different creative art projects.

We will also be accepting general art/school supplies like crayons, paints, markers, craft paper, scrapbooking materials, and party decorations. Please drop your donations off in Childcare.



FITNESS

- MORGAN TULLAR

Is your summer schedule becoming more and more busy with travel, summer camps, and barbecues? Your fitness routine does not have to take a backseat – learn how to remain consistent in the busy summer months by reading this article: [Maintain A Workout Routine This Summer – Even If You're Busy - The Manual](#)

UPCOMING EVENTS AND WORKSHOPS:

MYOFASCIAL RELEASE WORKSHOP

Check up from the neck up. Join Ann Lynch on Sunday May 4th from 2:45pm-3:45pm for a myofascial release workshop focused on neck, head, face, and jaw relief. \$17.50 for members and \$22.00 for non-members. Click [here](#) to register.

FOAM ROLLING WORKSHOP

Join Morgan on Monday, May 12th at 1:00pm for a hands on foam rolling workshop! Discover the many benefits of foam rolling, including improved flexibility, reduced muscle soreness, and faster recovery. Morgan will guide you through various rolling techniques and introduce you to different types of foam rollers, helping you find the right approach for your body's needs. Whether you're new to foam rolling or looking to deepen your practice, this 45 minute workshop offers valuable insights to enhance your wellness routine.

READY TO RUN SERIES WITH JENN GOEBEL

Running a road race this summer? Looking for structured workouts within a group of like-minded individuals? Join Trainer Jenn Goebel for a 6-week group run club aimed at getting you ready for whatever is on your race calendar! The group will meet Tuesday nights from 5:30pm -6:30pm from May 27th through July 1st. Registration fee is for all 6 weeks: \$129 for members, \$162 for non-members. Spots are limited, click [here](#) to join!

Summer weather is fast approaching – that means its grilling season! [Download our FREE summer grilling guide!](#)

[Join Our Fitness Newsletter](#)

TENNIS

- TARA VOLPE

SPRING SESSION NOW UNDERWAY!

Our Spring session commenced on April 27 and is already off to an exciting start! There's still time to join us—limited spots are available in both tennis and pickleball classes. Don't miss out on the opportunity to enhance your skills and enjoy the game.

CMITA A-1 TEAM SHINES IN PLAYOFFS

A huge congratulations to our women's CMITA A-1 team (captained by Sophie Smith and Yuki Robinson) for their outstanding performance in the first round of playoffs on April 26, securing a 4-0 sweep over the New England Tennis Center. They are set to compete in the finals on May 3. Best of luck to all the players—your hard work and dedication are inspiring!



2025-2026 CONTRACT RENEWALS

We will be sending out contracts for the 2025–2026 season to all current contract captains. If you're interested in securing a contract for next year for either tennis or pickleball, please reach out to Tara via email.

USTA SEASON KICK OFF MAY 12TH

The USTA season begins on May 12th. We wish all Adirondack teams the best of luck in their upcoming matches.

WEEKLY DROP-IN CLASSES—NO COMMITMENT REQUIRED

Stay active and improve your game with our weekly drop-in classes. No commitment is necessary, simply sign up each week that fits your schedule.

- Serve to Win: Mondays, 11:30 AM – 12:30 PM
- Stroke of the Week: Tuesdays, 11:00 AM – 12:00 PM
- Turbo Tennis: Fridays, 10:30 AM – 12:00 PM
- DBH 2 Level Round Robin: Wednesdays, 10:30 AM – 12 PM
- Cardio Tennis: Saturdays, 8:00 AM – 9:00 AM
- Pickleball Round Robin: Wednesdays, 1:00 PM – 2:30 PM
- Pickleball Open Play: Fridays (2x monthly), 6:00 PM – 7:30 PM



RECIPE OF THE MONTH: Chipotle Rubbed Shrimp Tacos

This Cinco de Mayo, treat yourself to a low-calorie and healthy taco option that doesn't skimp on flavor. Packed with fresh ingredients and bold spices, these tacos are a guilt-free way to celebrate. Whether you're planning a festive gathering or just craving something delicious and nutritious, this recipe will hit the spot. Once you try it, don't be surprised if it becomes a regular in your weekly meal rotation—perfect for any night you're in the mood for Mexican food!

GROUP EXERCISE

- JILL ANZALONE

Thank you to everyone who was part of our Cycle Strong ride. It was a fun morning, and we were able to raise over \$3500 for a really great cause.

We will be celebrating International Pilates Day this month on May 3rd. Kathy will be holding her Saturday Pilates class on the basketball court. If you are registered for the class, please remember to bring your mat.

There will be no Group X classes on Memorial Day.

Weekend classes have been very full. Every class has had a waitlist. Please be considerate and cancel yourself out of any class you cannot attend. When you cancel, it allows a fellow member on the waitlist to get into class.



SPORTS PERFORMANCE

- RYAN OHNEMUS

SPRING SPORTS PERFORMANCE IS STILL ENROLLING

Our spring sports performance session has started, but we are still taking athletes! There are still six full weeks of training to have your athlete get a head start on a productive summer of training, and finish their spring season strong! Our program helps athletes get faster, stronger, more confident on and off the field, and helps reduce their risk of injury. Our programming can help beginners level up their performance, as well as more trained athletes fully maximize their potential. Sign up today before groups are full! Questions? Email Ryan [here](#).

NOT GETTING OUR EMAILS? CLICK THE LINK BELOW TO (RE)SUBSCRIBE!

ADIRONDACK CLUB
MEMBER LIST