

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

HOLIDAY HOURS

See Page 1 for Christmas Week hours.

SNOW TEAM

Join our Snow Team this winter. Read how on page 4.

TENNIS PROGRAMMING

Read all about special holiday programming on Page 2.



HOLIDAY HOURS

Tuesday, December 24th
Club Hours: 5am-2pm
Pool Hours: 5:30am-1pm

Wednesday, December 25th
CLUB IS CLOSED

Thursday, December 26th
Club Hours: 7am-9pm
Pool: 7am-8pm
Childcare: 8am - 12pm

Tuesday, December 31st
Club Hours: 5am-2pm
Pools: 5:30AM-1pm

Wednesday, January 1st
Club Hours: 7am-7pm
Pools: 7am-5pm

MEMBER SERVICES

- LEXI BEAHM

As we close out the year, we want to take a moment to extend our heartfelt gratitude to our members. Your continued support, trust, and commitment have been invaluable, and we are truly thankful for the community we share.

As we step into the new year, we're excited to bring you fresh fitness challenges designed to keep you motivated, active, and inspired. These challenges are a great way to set goals, track progress, and stay committed to your wellness journey while having fun along the way. Whether you're just starting or looking to push your limits, there's something for everyone.

We will also be launching our final promotion of the year. This promotion will begin on December 9th and run through December 24th. If you have friends or family interested in joining, encourage them to mention your name as a referral and you will receive account credit.

Let's make 2025 a year of health, strength, and positive energy! Stay tuned for updates and get ready to embrace the challenges!



DECEMBER 2024

FITNESS

- MORGAN TULLAR

Small Group Saturdays

Are you looking to get stronger and be happier in 2025? Perhaps gain confidence in the gym? If you have an hour to give on Saturday mornings, we have the small group just for you!

Kickstart your 2025 fitness goals with Coach Keith and his 8-week Small Group Saturday pilot program. We are looking for 18 motivated individuals willing to join us for this inaugural program aimed to get you stronger, feeling more confident, and catapult you into the new year for just \$249 for club members* and YOU are eligible!

Groups will run every Saturday from November 30th until January 18th at 7:30am / 8:30am / and 9:30am

To learn more email Fitness Director Morgan at mtullar@adirondackclub.com

To Register for this one-of-a-kind opportunity, visit the Adirondack App, Fitness Programs, Small Group Saturday (then pick your time!)

Registration is now open - Hope to see you there!

*A 20% discount



SPORTS PERFORMANCE

- RYAN OHNEMUS

As the winter kicks off, it's the perfect time to elevate your performance. Our Winter Sports Performance Session is designed for athletes looking to improve their strength, agility, and endurance in preparation for their sports season. The winter sports performance session begins on 12/2 and runs through 3/15. We're still accepting registrations, but spots are filling up quickly! Don't wait to secure your place. For more details or to register, email Ryan at rohnemus@adirondackclub.com

For Team Training or Field House Rental, contact Ryan at rohnemus@adirondackclub.com for availability.



TENNIS

- TARA VOLPE

Winter Registration is Open!

Don't miss out—registration for adult and junior tennis, as well as pickleball for the winter session, is still ongoing! Space is limited, so reserve your spot today to ensure your place on the court.

Holiday Pickleball Party

Join us for a festive pickleball celebration on Saturday, December 7th, from 4-6 PM. Enjoy an evening of fun, camaraderie, and raffle prizes! It's a great way to kick off the holiday season with the pickleball community. Sign up on your app.

Junior and Adult Holiday Tennis Camps and Cardio Tennis

Stay active over the holidays! Our Junior and Adult Holiday Tennis Camps and Cardio Tennis are running on:

12/23, 12/24, 12/26, 12/27, 12/30, and 12/31

- Adult Camps: 9 AM - 12 PM
- Red, Orange, and Green Ball: 9 AM - 12 PM
- Cardio Tennis: 12-1:00 PM
- JDT Academy: 1 PM - 4 PM
- Yellow Ball: 4 PM - 5:30 PM

We have something for all levels. These camps are a great way to develop skills and have fun during the holiday break.

Sign up on your app today. Don't wait—spots fill up fast!

GROUP EXERCISE

- JILL ANZALONE

Thank you all for making the Great Group Fitness Giveaway such a huge success! We hope you all enjoyed the classes and maybe tried some new ones. We will be drawing the grand prize winner on Monday, December 2nd. The winner will receive \$750 Club credit. Good luck to all who participated.

We have lots of fun classes planned this month. Be on the lookout for our holiday class schedule.

Winter schedule is coming in January!

COMMUNITY

• LISA MARCHIONI

Thank you all to contributed to our Food Drive for the Franklin Food Pantry. We are going to continue this drive through December. The collection bins will be located in the lobby. Please help us reach our goal of collecting 500 lbs. of food. This will really make a difference in our community! With your generous donations, we can provide essential food items to families and individuals in need. Non-perishable goods like canned vegetables, pasta, rice, and other staples are greatly appreciated and will go a long way in ensuring no one goes hungry. Every contribution, big or small, helps bring hope and nourishment to those facing food insecurity.

Have a wonderful holiday season. If there is a charity you work with and would like The Club to support, please reach out to Lisa at lmarchioni@adirondackclub.com.



PRESCHOOL

• CLAIRE HANSOM

Before Thanksgiving break, Active Kids Preschool had an exciting visit from Firefighter Mike and a firetruck from the Norfolk Fire Department! The children got an up-close look at the fire equipment and learned how each piece helps keep firefighters safe while they work. Firefighter Mike also helped ease any fears the children might have about how the gear looks by explaining its purpose and letting them see it in action. They also learned about the importance of smoke and carbon monoxide detectors and explored the firetruck, sparking curiosity and excitement. It was an unforgettable hands-on learning experience!



COLLEGE STUDENT MEMBERSHIPS ARE BACK FOR

A LIMITED TIME!

1 Month: \$83

2 Months: \$166

(\$29 enrollment fee)

Have your student stop by the Front Desk for more info!

Memberships will be available beginning December 2nd

RECIPE OF THE MONTH:

Roasted Brussels Sprouts with Pomegranate & Hazelnuts



Are you looking for a special side dish this holiday season? Try this healthy vegetable paired with pomegranates and hazelnuts. It is sure to be a hit at your dinner party!

Click [here](#) for the recipe.

Not following us on Social Media? Stay connected for the latest updates, exclusive content, and insights! Follow us on Facebook or Instagram to get behind-the-scenes looks, sneak peeks at upcoming events, or tips and tricks you won't want to miss, we're sharing it all. Don't miss out—follow us today and be a part of our journey!

Instagram:
[@adirondackclub](https://www.instagram.com/adirondackclub)



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SNOW TEAM

The Adirondack Club is forming this year's snow shoveling team and we are looking for hardworking team members interested in working during winter storms.

Details:

- Shifts are typically 4-8 hours depending on the storm. (meals are provided for large storms)
- Pay is \$20 per hour cash
- Available shifts for staffing needs are sent out about 48 hours before a storm.

Qualifications:

- Must be at least 16 years old
- Must have reliable transportation to The Club during inclement weather
- Must have your own waterproof coat, pants, boots & gloves.

If interested, please text or email Rich at (508)213-8839 or email him at rchinrichs@adirondackclub.com

AQUATICS

- TIFFANY LEAL

Mark Your Calendars!

Registration for our Winter Swim School programs opens Saturday, December 9 at 12:00 PM. Whether you're looking for group lessons, Tiny Tides for preschoolers, or our new Guard Club for ages 9-13, we've got something for every swimmer.

The full Swim School calendar will be available next week on our website and flyers around the club to help you plan your sessions.

Interested in Becoming a Lifeguard?

Our next Lifeguard Training class is scheduled for December 27-29th. Don't miss your chance to earn this valuable certification!

Stay Tuned:

- The full Swim School calendar will be available next week on our website and flyers around the club to help you plan your sessions.
- Look out for details about our exciting December challenge soon!

We can't wait to see you in the water!

SUMMER CAMP

- JAMES CONNELLY

SUMMER CAMP INFORMATIONAL UPDATES FOR DECEMBER 2024

Excitement is building as we prepare for an unforgettable Summer Camp season in 2025! Be on the lookout at the beginning of December for the release of our Summer Camp 2025 brochures, available online and at The Adirondack Club.

These brochures will serve as your guide to our award-winning camps, featuring essential information such as program dates for all nine weeks of the upcoming summer season. We're thrilled to unveil some exciting updates to our weekly field trip schedule, ensuring even more adventures and memorable experiences for campers of all ages. Of course, we'll also be bringing back fan-favorite field trips from previous summers. Be sure to grab a brochure to discover all the incredible activities awaiting your campers in Adventure Camp, Arts Camp, and Sports Camp!

JOIN OUR SUMMER CAMP TEAM FOR SUMMER 2025!

Are you ready to be part of the most amazing camp team around? Applications for Summer Camp employment will be available to apply online starting Monday, December 16th, 2024, at www.adirondackclub.com/employment.

If you're passionate about creating unforgettable experiences for children, this is your chance to shine! For any questions regarding Summer Camp employment, reach out to our Camp Director, James Connelly, at jconnelly@adirondackclub.com. Don't miss the opportunity to make this summer an unforgettable experience for yourself and our campers!



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