

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

HOLIDAY HOURS

See Page 3 for Thanksgiving Week hours.

FRANKLIN FOOD PANTRY DRIVE

Read all about our community outreach for November on Page 1.

FAMILY TURKEY TROT

Read all about this fun family event under Member Services on Page 2



COMMUNITY

• LISA MARCHIONI

This Thanksgiving season, help us make a difference in our community by supporting our Franklin Food Pantry drive! 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. Please join us in this important effort—your support can make a lasting impact!

Donation bins will be set up in the front hallway.



GROUP EXERCISE

• JILL ANZALONE

Our month-long Group X Challenge is BACK!
On November 1st, the Great Group X Giveaway begins!!

This challenge is a great one to participate in! If you take Group X classes, then it's an easy challenge for you. If you have never taken a Group X class, now is the time to start! During the month of November, take as many group fitness classes as you can. You will receive a raffle ticket from your instructor for each class you take. Every week we will have bonus classes where you can earn even more raffle tickets.

Every Friday, we will draw a ticket and you have a chance to win ADK swag prizes. The grand prize winner will be pulled at the end of the month. The winner will receive a \$750 club credit that can be put towards your membership fees.

The more classes that you take, the more chances you will have to WIN! Join us for this fun challenge!!

Lunchtime Express Classes: We are making a slight change in our lunchtime schedule. Starting the week of November 4th, Jill will be teaching Express Strength on Mondays and Thursdays from 12:15-12:45pm and Meg will be teaching Express Barre on Wednesdays from 12:15-12:45pm.



NOVEMBER 2024

FITNESS

- MORGAN TULLAR

Fall is coming to an end and the Holiday season will be here before you know it! Just because the weather is getting colder does not mean you need to freeze your health and fitness progress!

Need help getting started on a routine but don't know where to start or what to do? 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. Start now by filling out the form below to schedule your FREE fitness strategy session. [Fitness Strategy Session Form.](#)

HEALTHIER HOLIDAY RECIPES Want healthier versions of your holiday favorites? We believe you should be able to have your cake and eat it too, so that's why we've put together these 3 recipe books for the holidays! Get healthier versions of your favorite holiday dishes, drinks, and desserts today here: [Healthier Holiday Recipes](#)

REMINDER: TURN IN THOSE OCTOBER STEP CHALLENGE TRACKERS TO BE ENTERED TO WIN SOME AWESOME ADK SWAG!



MEMBER SERVICES

- LEXI BEAHM

Enjoy quality time with family and friends this November and join us for our 2nd Annual Family Turkey Trot! We are going to hold it on Sunday, November 17th from 10-11:30am. This is a great event for family members to have a fun-filled morning of fitness and community spirit. This event is perfect for all ages and abilities. Run/Walk your way around the outdoor track and for each mile you complete, kids will receive a special prize and be entered into a drawing for free ADK swag. Sign up today under classes on your app and be a part of this exciting tradition!

Be on the lookout for our Black Friday specials for Member Services, Tennis and Personal Training.

For all you Android users, the app is up and running! Thank you for your continued patience.



SPORTS PERFORMANCE

- RYAN OHNEMUS

Basketball Clinic:

Josh will be running another set of basketball clinics on Monday, November 11th (Veterans Day). Cost is \$17.50 for Members and \$22 for Non-Members. Choose your time:

10-11am for 8-10 year olds

11-12pm for Middle Schoolers

12-1pm for High Schoolers

Register on the club app or email jshuman@adirondackclub.com or rohnemus@adirondackclub.com for more information.

Fall Sports Performance sessions run through November 23rd, and we are still accepting new registrations through the final weeks of the session. Our Winter session will begin on December 2nd and run through March 14th. Registration for the Winter Session will open on Monday, November 4.

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

RECIPE OF THE MONTH:

Sweet Potato Salsa

Ingredients:
2 Sweet Potatoes
3 Avocados
1/4 cup Onion
2 Tomatoes
2-3 Cloves Garlic, minced
1 cup Frozen Corn or
2 ears of Fresh Corn
2 Limes
Salt & Pepper



Cut sweet potatoes in small pieces, drizzle with olive oil and roast for 25-30 minutes or until fork tender.
Dice onions, tomatoes and avocado and mix in large bowl.
Add minced garlic.

Steam corn, let cool and add to bowl. Add cooked and cooled sweet potatoes. Squeeze lime into mixture. Stir and serve with multi-grain scoops.

Enjoy!



AQUATICS

- TIFFANY LEAL

We're excited to announce this month's **Fastest 100 Yard Challenge!** Swim your fastest 100 yards using any competitive stroke and track your progress all month long. Grab a tracker sheet from the Member Services Desk and join us for the in-person event on Sunday, November 24, from 2 PM - 3 PM. The top 10 times will be featured on our leaderboard!

- We have two upcoming lifeguard courses:
- **Lifeguard Recertification Course** - November 10
 - **Lifeguard Certification Course** - November 22-24

Register for both on the app or by calling Member Services.

Our **Swim Club** members have mastered three out of the four competitive strokes and are now focusing on building speed and endurance.

Adult Beginner classes have reached a milestone, with swimmers proudly conquering 25 yards!

Coach Kathy's **Adult Swim Club** for advanced swimmers continues to focus on improving technique with specialized drills. Join us on Mondays to refine your skills and gain confidence in the water.

And don't forget—**Winter Session Swim School** dates are coming soon, so keep an eye out for the announcement! If you have any questions about any of the above programs, please contact me at tsears@adirondackclub.com. Stay tuned, and keep swimming!

THANKSGIVING HOLIDAY HOURS

Wednesday, November 27th
Club Hours: 5am-7pm
Pool Hours: 5:30am-6pm
NO EVENING GROUP CLASSES

Thursday, November 28th
CLUB IS CLOSED

Friday, November 29th
Club Hours: 7am-7pm
Pool: 7am-5pm
MODIFIED GROUP X SCHEDULE



TENNIS

- TARA VOLPE

Winter Registration is Coming! Get ready to sign up for our Winter Session! Registration is open beginning November 4th! Tennis Winter Session begins January 2nd through April 19th. Pickleball Classes: Two shorter sessions, each lasting 7-8 weeks. Perfect for flexible scheduling!

Weekly Drop-In Classes

Join us for weekly classes designed to improve your game and keep you active! No commitment needed—just drop in.

- . 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
- . Cardio Tennis: Saturdays, 8:00 AM - 9:00 AM
- . Pickleball Round Robin: Wednesdays, 1:00 PM - 2:30 PM

Black Friday Turbo Tennis

Looking to work off that Thanksgiving dinner? Join us for 90-minute Turbo Tennis classes on Friday, November 29th!

- . Session 1 - 3.75+: 9:00 AM - 10:30 AM
- . Session 2 - 3.0+: 10:30 AM - 12:00 PM

Spaces are limited, so enroll early to secure your spot!

Pro Shop Sales

Don't miss out on our Pro Shop Black Friday Specials! We'll have discounts on tennis bags, demo racquets, and more. Drop by for some great deals and get geared up!



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)



Facebook:
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NOVEMBER, 2024

CHILDCARE

- JAMES CONNELLY

Childcare Hours for November

Childcare will continue with the same hours as we enter November, with some slight changes due to the start of the Holiday Season!

We will be open from 8 AM – 12 PM Monday through Friday. Saturday Childcare hours will be from 8 AM – 11 AM. Childcare will be closed on Sundays.

The only regular day we will be closed this month will be Thanksgiving, November 28, 2024. Following Thanksgiving, Childcare is open on Friday, November 29, 2024, from 8 AM – 12 PM.

As always, we ask that you make reservations so we can maintain proper staffing. Reservations should be made the day before by noon. Our team will do its best to monitor the phone from 12 PM through 5 PM. There will be multiple days this month that will undoubtedly be busier than usual and we may need to turn away anyone without a reservation. We do reserve the right to do this anytime there is no reservation, especially for the following days:

- Tuesday, November 5, 2024: ELECTION DAY
Franklin Public Schools - **NO SCHOOL**
- Monday, November 11, 2024: VETERAN'S DAY OBSERVED
All Local Public Schools - **NO SCHOOL**
- Wednesday, November 27, 2024: DAY BEFORE THANKSGIVING
Franklin Public and Franklin Charter School - **NO SCHOOL**
- Thursday, November 28, 2024 - **THANKSGIVING**
No Childcare - ADIRONDACK CLUB CLOSED
- Friday, November 29, 2024: DAY AFTER THANKSGIVING
All Local Public Schools - **NO SCHOOL**

If you call before 12 PM the day earlier, we can assure you there is almost always room if you make your reservation. Reservations can also be made for the entirety of the month we are currently in at that time. If you have made a reservation and you are not able to make it please give us a call and let us know in case we have parents looking for a spot. We will be reviewing our "no-show" policy over the next few weeks, and depending on the results, we may need to implement our "no-show" fee on busy days when a reservation is not canceled correctly.

Please remember that our part of the building is NUT-FREE and GLASS-FREE. Please send in any items your child may need during their time in the Adirondack Club Childcare Center. Items can include but are not limited to a water bottle, snacks, diapers, wipes, and a change of clothes, including underwear, bottoms, and tops. We are not responsible for any outside items that are brought in with your child, including electronics, toys from home, etc.



CHILDREN'S SERVICES

- JAMES CONNELLY

Want to work with the Children's Services Team at The Adirondack Club?

Exciting News! All job openings to join our amazing Children's Services Team at The Adirondack Club can now be found online. Visit <https://www.adirondackclub.com/employment> to explore available positions and apply directly through our website. Whether you're interested in Childcare or the Active Kids After School Program, it's never been easier to apply and become a part of our incredible team!

Summer Camp 2025 at The Adirondack Club!!

It feels like we just started the 2024-2025 school, but we are excited to announce that the countdown for Summer Camp 2024 is on!! We will release marketing material and brochures on the 2025 Summer Camp season as we get closer to December and the Holiday Season!



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the link below to (re)subscribe!**

Adirondack Club
Member List