

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

FALL STEP CHALLENGE

Read all about our October Fitness Challenge on Page 2.

CHILDCARE UPDATES

Read all about updates for this Fall on Page 3.

RED CROSS CERTIFICATION

Read all about different swim certification classes on Page 4



GROUP EXERCISE

- JILL ANZALONE

October is all about the theme rides in the Cycle Zone. We will be having a variety of Saturday morning theme rides this month. Be sure to check out our social media pages to find out when they are happening.

We will be having a Pop Up Halloween Cycle class on Thursday October 31st at 7am with Jill.

We have a few spots open in two of our Kids Group X classes. Kids Yoga with Camila on Mondays and Kids Cycle with Patty on Wednesdays. Sign up on the app today!

Classes are beginning to fill up again after the summer months. Please make sure if you are unable to attend a class that you signed up for, cancel yourself out of that class. By canceling, you are allowing a fellow member on the waitlist to get into the class.

Just a reminder, Please do not enter Studio 1 or Studio 2 to set up for your class if there is another class going on or if there is a virtual class in session. It is distracting to the members taking the class. Please wait until the class is finished to enter.



MEMBER SERVICES

- LEXI BEAHM

It's hard to believe October is already here and all of our Fall programming has kicked off. We have lots of fun things happening for members during this Fall season.



Leaf It Behind Board - We are "leafing" our bad habits behind in October. Stop by the front desk, grab a leaf and write down the habit you will leaf behind and add it to the board in our lobby.

This month we are having a Parent/Child Pumpkin Painting activity run by Lisa Marchioni, our Member Services Coordinator! It will be held at the end of the month and pumpkins will be done in time to show off on Halloween. Look for information to come!

October is National Eat Better Together Month and each week we will highlight a different healthy recipe from our staff. Look for it on our social media pages.



OCTOBER 2024

FITNESS

- MORGAN TULLAR

With fall in full swing, you might be experiencing an intense craving for fall comfort food. Check out this collection of all things pumpkin that won't ruin your diet! <https://adirondackclub.ck.page/pumpkinrecipes>



October Fitness Challenge:

The summer heat is behind us, which makes for the perfect opportunity to get moving this Fall! This is a great time to stay on track with goals you may have set last month. The ADK Fitness Department challenges you to walk 10,000 steps per day from Monday, October 7th to Thursday October 31st. Pick up a tracking sheet at the front desk and get ready to start the challenge! Participants who complete at least 240,000 steps (that's 109 miles!) will be entered to win some ADK swag!

Our Fitness & Nutrition Workshop was such a success and we hope to be doing more workshops in the coming months. If there is something you are interested in learning more about in regards to fitness and nutrition, please reach out to me at mtullar@adirondackclub.com.

COMMUNITY

• LISA MARCHIONI

We are currently collecting gently used Halloween costumes through October 14th. All costumes will be donated to Annie's Closet in Norwood where kids in need can actually "shop" for their very own costumes. I am so excited to already see the donation bins filling up. Thank you for all the excitement around this event.

Coming in November...our annual Food Pantry Food Drive.

If there is a charity that you would like us to highlight, please reach out to me at lmarchioni@adirondackclub.com.



TENNIS

- TARA VOLPE

Tennis and Pickleball Update

Our Fall tennis and pickleball programs are off to a fantastic start! We introduced new adult tennis and pickleball Drill and Play clinics, and we're thrilled that all sessions filled up quickly. The next session of pickleball clinics begins on October 28th and runs through December 21st. Enrollment is now open online, so don't miss your chance to sign up!

Adult Team Tennis is Back!

Our DBH, SNEITA, CMITA, and USTA Mixed Doubles teams are back on the courts and off to a strong start this season. We're excited to announce the addition of a second DBH 2 team, bringing our total to 10 teams proudly representing Adirondack this year.

Weekly Clinics

For those who can't commit to a full session, we offer a variety of weekly drop-in classes that you can join anytime. Register online to secure your spot.

- 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
-

We look forward to seeing you on the courts!

RECIPE OF THE MONTH: PUMPKIN PIE OVERNIGHT OATS



OCTOBER 2024

CHILDREN'S SERVICES

- JAMES CONNELLY

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

Exciting Job Opportunities in Childcare!

Do you have a child 15 or older looking for a part-time opportunity, or do you know someone who might be interested? We are hiring assistant childcare staff members to join our team on Saturdays from 8 - 11 AM! This is a great way to gain experience and start a path toward future opportunities with our Children's Services team.

Upcoming Opportunities to Join the Team at Active Kids Afterschool Program!

For those interested in opportunities beyond our Childcare team, such as the Active Kids After School Program, we have roles that include Assistant Group Leader, Group Leader, or Site Administrator. Be sure to keep an eye out for updated job listings on our website in October!

We look forward to reviewing all applications and welcoming more amazing team members soon!



**Student Led Toy Drive -
September 23-October 6th**

We are excited to announce that we're hosting a Toy Drive to support Horizons for Homeless Children, a non-profit organization dedicated to improving the lives of young homeless children in Massachusetts through early education, play opportunities, and comprehensive family support services.

This toy drive is even more special to our team as it is being organized by one of our former Active Kids and current Summer Camp CITs, and we would love your support! You can drop off new or gently used toys in the designated area outside of Childcare from now until October 6.

All toys will be delivered in person by the student running the drive to the early education centers supported by Horizons for Homeless Children. Thank you for your generosity!



CHILDCARE

- JAMES CONNELLY

CHILDCARE RESERVATIONS & UPCOMING NO-SCHOOL DAYS:

As a reminder to anyone who is planning to utilize our Childcare Services, you need to make a reservation the day prior by Noon.

For all Saturday reservations, they must be made no later than Noon on Friday to ensure we have the proper staffing. There are a couple of days this month that will undoubtedly be busier than usual and our team will need to turn away anyone without a reservation. These days are Thursday, October 3, as Franklin Schools are closed to observe Rosh Hashanah, and Monday, October 14, where all schools are closed for the Federal Holiday. Please be sure to sign up beforehand with Meredith or our Childcare team. Keep in mind that you can make reservations for Childcare a week before the day you make reservations.

IMPORTANT CHILDCARE REMINDERS:

CHILDCARE IS NUT-FREE & GLASS-FREE ZONE

We want to kindly remind all families that our area of the Adirondack Club Childcare Center is strictly NUT-FREE and GLASS-FREE to ensure the safety of all children, especially those with severe nut allergies who require epi-pens. If we notice any snacks containing nuts or that may contain nuts, we will send a friendly reminder home.

ITEMS TO BRING FOR A SUCCESSFUL TIME IN CHILDCARE

Please also ensure your child has everything they need during their time with us. Labeled bags are incredibly helpful for our team. Essential items for a great time in Childcare may include:

- Water bottle
- Nut-free snacks
- Diapers and wipes
- A change of clothes in case of an accident
 - (including underwear, bottoms, and tops)

Please note, we cannot be responsible for any personal items brought from home, such as electronics, toys, etc.

Thank you for helping us maintain a safe and enjoyable environment for everyone!



AQUATICS

- TIFFANY LEAL

Join us this fall in swim class, which has a few spots still open. Email Tsears@adirondackclub.com for signup information.

- **Adult Swim Club**

Join us for this new adult offering for experienced swimmers. This class is designed for adults looking to improve their swim technique, conditioning and overall fitness in the water. Kathy White will focus on drills and swim techniques suitable for all skill levels, helping participants build confidence and efficiency in the water. This pilot program will run from 7am-8am on October 21st, 28th and November 4th. Cost for the three sessions is \$45 for members | \$60 for non-members.

- **Tiny Tides Preschool Swim**

Perfect for the little ones! Taught by Susan George (Tues/Thurs at 10:30am) and Iris Park (Tues/Thurs. at 4:30pm)

- **Adult Beginner Swim**

Whether you're just starting or looking to build confidence in the water, join us Tuesdays at 6:00pm with Jeremy Leal for a supportive and structured learning experience.

- **Level 3 Swim Class**

Wednesdays at 4:00 PM

- **Level 2 Swim Classes**

Wednesdays at 11:00 AM, Saturdays at 10:00 AM

- **Parent/Child Swim Class**

Saturdays at 10:30 AM

Plus, don't miss out on our Red Cross Certification Courses:

- **Lifeguarding:** October 25/26/27 or November 22/23/24
- **Lifeguarding Recertification:** November 10
- **CPR/AED:** October 10

Our October Aquatics Challenge is on the way—details coming next week! A huge shout-out to all of our past challengers—you rocked it!



SPORTS PERFORMANCE

- RYAN OHNEMUS

Fall programs are still enrolling! There are still a few open spots in Youth Athletic Development, the Middle School and High School Speed, Agility and Strength Training Fall Session. Youth Athletic Development is open for 8-10 year olds, Middle School training is open to 11-14 year olds looking to improve their athleticism, strength, power and gain confidence. High School training is open for novice and advanced high school athletes looking to get faster, jump higher, get stronger and become more confident in their sport.

This Fall session runs through November 22nd and fees will be pro-rated. Don't miss this opportunity to set yourself apart and get noticed by your coaches this winter. 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. Register [here](#).



BASKETBALL SKILLS TRAINING

Interested in basketball Skills training? Coach Josh is available for coaching. Email him at jshuman@adirondackclub.com to schedule.

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

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

**[Adirondack Club](#)
[Member List](#)**