

AUGUST 2024

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

GROUP X POP UP - SUNRISE YOGA

Please see info on page 2 about our Pop Up class in August.

WELCOME NEW FITNESS DIRECTOR

Read about our new Fitness Director, Morgan Tullar on page 3.

AUGUST SWIM CHALLENGE

Read all about our Boston Harbor Swim Challenge on Page 3.



MEMBER SERVICES

- LEXI BEAHM

Please welcome Emerson Penelope Beahm to the Adirondack family. Lexi gave birth on Thursday, July 25th. Everyone is healthy and doing great. She is now enjoying a much deserved rest and we will see her at the beginning of January. In the meantime, please feel free to contact Member Services at memberservices@adirondackclub.com or by calling the front desk and we will assist you with any questions you may have.

It's hard to believe that it's already August and we are planning for all of our fall programming. Be on the lookout throughout the month for launch dates for Sports Performance, Tennis clinics and Swim School. We will be offering lots of opportunities for your children to grow stronger and more confident.

For our lap swimmers - Crimson's last morning practice was July 26th which opens up the lap pool in the mornings for you! The swim team will resume their practices when school is back in session.

Enjoy the rest of your summer!

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

[Adirondack Club
Member List](#)



ACTIVE KIDS PRESCHOOL

- CLAIRE HANSOM

Opening In Pre-K 3-Day Morning Program!

Don't miss this rare opportunity to secure a spot in Active Kids Preschool's 3-day morning program! Our unique curriculum includes:

- Weekly Swim Lessons: Taught by WSI certified instructors.
- Monthly Fitness Lessons: With Adirondack Club's fitness instructor Lara Grady.
- Healthy Morning Snacks: Nutritious and delicious options for your child.

Program Details:

- Timing: 8:45 AM - 11:45 AM
- Optional Stay & Play: Extend the day to 1:15 PM

Open spots are rare, so act now to ensure your child benefits from this exceptional program!

Contact Claire Hansom to reserve your spot or for further information: chansom@adirondackclub.com.

AUGUST 2024



GROUP EXERCISE

- JILL ANZALONE

SUMMER POP-UP CLASS

We will be running two Sunrise Yoga pop up classes in August. On August 2nd and August 16th, Stephanie will be teaching a Sunrise Flow Yoga class outdoors from 5:45-6:45am. The class will take place behind the pool area on the grass. Please bring your own mat and towel to the class. You can sign up on the app TODAY for both classes.

Each month the Group Fitness Department will be highlighting a different Group X class. We want to introduce you to new classes and new instructors that maybe you've never seen before. We run so many amazing classes, you really should try them all! You can find out more about each highlighted class and our instructors in our Tuesday emails.

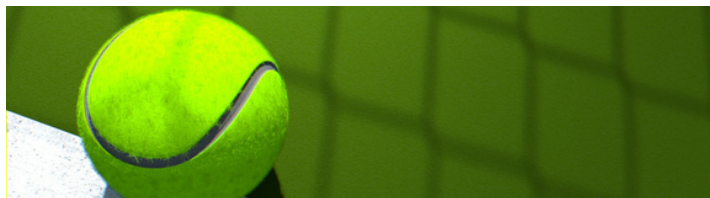
Speaking of new instructors, we have added Dawn Richardson to our Yoga Team. Dawn teaches a Warm Vinyasa Flow on Wednesday mornings at 9:30am.

We are very excited to roll out our fall schedule in September. New classes, new instructors and new class times are coming soon. Be on the lookout for our fall kids Group X schedule too. That will be coming in late September.

SUMMER CAMP

- JAMES CONNELLY

Summer Camp 2024 has been having a great season filled with fun activities and fantastic trips. If your child has been attending camp, make sure you check out our weekly photo albums on The Adirondack Club Summer Camps Facebook page. New pictures are posted at the end of each camp week.



TENNIS

- TARA VOLPE

Our Summer Adult and Junior Tennis programs are still going strong. We have had excellent participation and progress from all players.

The USTA league tennis teams have finished their regular seasons, and we want to congratulate the Women's 18+, 3.0 Red team for finishing in 1st place in their division! We wish them luck as they advance to the District playoffs.

Our Fall session begins on September 3rd and ends on December 21st. Registration for junior programs has begun, and adult registrations are open.

Court Resurfacing - Please note that our courts will be **CLOSED** for resurfacing from August 19th until August 23rd. Thank you for your understanding.

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



PICKLEBALL FOR ADULTS AND JUNIORS

Want to be a part of the pickleball craze? Look for our new fall schedule for Pickleball. We will be offering 8-week 101 and 201 classes, Drill & Play Clinics and weekly Round Robins.

We will also be offering Intro to Pickleball classes for 8-11 year olds and 12+. Registration is now open. Sign up [here](#).



AUGUST 2024

FITNESS

- MORGAN TULLAR

We would like to officially welcome Morgan to the Adirondack team. Morgan completed her first week as Fitness Director. She is familiarizing herself with the Club's systems and workflow and we are excited to see how Morgan has jumped into her role as Fitness Director. Please reach out to Morgan at mtullar@adirondackclub.com if you have any questions regarding personal training and fitness.

SUMMER GRILL RECIPE GUIDE

Is it possible to stick to your healthy eating goals and still enjoy your Summer BBQ? YES! Just because it's summer, it doesn't mean you should put your health and fitness on the back-burner! We've put together a collection of over 50 healthy and delicious recipes specifically for summer BBQs and get-togethers. To download, use this link: [Summer Grill Recipe Guide](#).

FITNESS

Summer is here and with that comes summer vacation. With a few simple strategies you can enjoy your summer vacation without undoing months of hard work. Check out the article below for tips on staying healthy and balanced during your getaway. [How To Handle Vacation](#)

[Join Our Fitness Newsletter](#)

RECIPE OF THE MONTH: BANG BANG CHICKEN SKEWERS



SPORTS PERFORMANCE

- RYAN OHNEMUS

Our Fall Sports Performance 2024 Training schedule is now complete. 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. If you have a young athlete who needs help perfecting their skills to get faster, stronger and more confident, registration is open! Members and non-members are welcome! Click [here](#) to register.

Check out our website [ADK Performance Training](#) for complete program details. Questions or to try a free session click [here](#).

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](#)



AQUATICS

- TIFFANY LEAL

August at The Adirondack Club: Exciting Opportunities and Challenges!

August Fitness Challenge: Get ready to push your limits and achieve new goals with our August Swim Challenge and swim the equivalent length of the Boston Harbor! Grab your tracker at the Front Desk and track your progress throughout the month. You will complete 5 miles in the pool which comes out to be 330 laps. This challenge is a great motivator to swim. Turn in your tracker at the end of the month and you will be entered in a raffle to win a \$25 gift card to Chill.

Water Safety Instructor Course: We are thrilled to announce our upcoming Water Safety Instructor (WSI) course, taught by our experienced in-house instructor, Susan George. This course will run from August 19th to August 22nd in Lanes 1 and 2 of the Lap Pool, from 9:00 AM to 5:00 PM daily. This is a fantastic opportunity to become a certified instructor and contribute to our community's water safety. Sign up now on the app or by calling Member Services at 508-541-1400.

August Classes Open for Registration: We are excited to announce that our August classes are now open for registration!

Fall Class Schedule Coming Soon: Keep an eye out for our fall class schedule, which will be available soon. We have an exciting lineup of classes planned to help you stay active and achieve your fitness goals throughout the season.

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

