

AUGUST 2023

# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

### EXCITING SPA NEWS!

The dates have been set and a new Spa will be finished in the Fall! Read below for further details.

### REVIEWS & REFERRALS

Having fun this summer?! We'd love for you to leave us a [Google review](#) or refer a friend!

### FREE RESOURCE!

Get our free Protein Recipe guide now. [Click here to download.](#)

## AQUATICS

### - SWIM SCHOOL COORDINATORS

We have a couple more weeks of summer group swim! As you may already know, our summer programming runs Monday - Thursday with makeup days on Fridays when necessary.

Please take note that the pools will be closed starting on Monday, August 28th at 8:00am until about 3:00pm on Tuesday, August 29th. This is due to our continued high standard of maintenance to ensure the pools are operating as safely and cleanly as possible.

While we understand it is summer and you probably don't want to start thinking about the fall yet, we wanted to share this exciting news! Effective, Tuesday September 5th the Spa will be closed for 6 weeks so we can replace it!

The new spa will be roughly the same size, but will have larger stairs for easier entry, improved jets and an ADA lift for handicap access.

Please be advised, there will be times when the pool area will be closed or restricted due to the demolition and noise.

With this project, the dome will go up on Saturday, October 7th once most of the construction is completed. All construction should be complete in mid-October.

Finally, we want to inform you of several great Aquatics positions. We are currently hiring for - Swim School Coordinator, Head Opening Lifeguard & Swim Instructors! For more information on these positions please click [here](#).



## PRESCHOOL

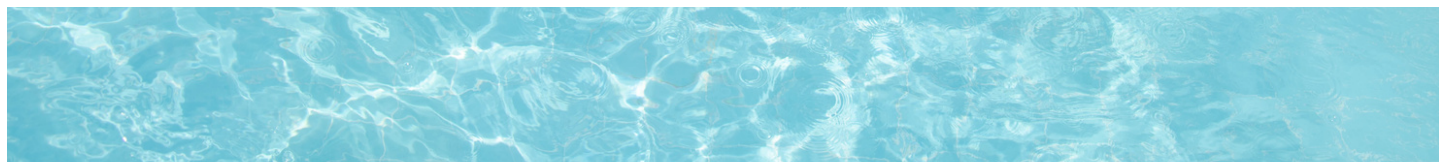
### - CLAIRE HANSOM

#### VERY LIMITED SPOTS AVAILABLE IN PRE-K FOR FALL

Preschool is excited to be planning for the start of the new school year! While there are waitlists for most of our programs, we do have 2 spots open in the 2-day program in the Pre-K class (4-5Yrs). This program is Tuesdays and Thursdays from 8:45am to 11:45am, with the option of adding Stay & Play and taking the day to 1:15pm. As part of our curriculum, children enjoy weekly swim lessons and monthly fitness classes which are included in the tuition fee. For more information or to enroll, please email [Claire](#).

#### PRESCHOOL TOURS FOR SCHOOL YEAR 2024-2025

It may seem far away, but registration for next Fall starts this January. The best way to learn about our wonderful preschool before registration starts is via a tour. We have several scheduled tours this Fall, please click on [this link](#) to sign up, or email [Claire Hansom](#) for further information about the preschool.





## SPORTS PERFORMANCE

The Summer Sports Performance Training Session ends August 25th. Prorating Available! Fall session opening soon!

We help youth athletes get faster, stronger and more confident through age appropriate programming and coaching so they can level up their game. Don't miss this opportunity to set yourself apart and get noticed by your coaches this fall.

- 9 Week High School Speed, Agility, & Strength Training
- Middle School Speed Agility & Strength Drop In Training
- Youth Athletic Development Training (7-10 Year olds) Drop In
- Private Performance Training
- Lacrosse and Basketball Skills, Speed and Agility Training
- Field House Turf Rental

Email [Colin McCullough](#) with any questions or to get a free trial.

### NEW GUIDE: ADK's Performance Athlete's Guide to Breakfast

For athletes, breakfast might be the most important meal of the day. Unfortunately most student athletes skip this meal not realizing the impact it can have on their performance in the classroom and in their sport.

In this guide you will learn it's importance, ideas on how to incorporate breakfast into your diet and some of our favorite go to recipes.

Grab your copy [here](#).

## FITNESS

### - COLIN MCCULLOUGH

When many start on their road to fitness they over-complicate and overshoot. Check out this short article from the fitness team on keeping it simple. [One Step At A Time](#)

[Join Our Fitness Newsletter](#)

### Try A Free Semi Private Personal Training Session

Need help getting back into a fitness routine after your summer vacation? Achieve your health & fitness goals with the attention, knowledge, and accountability you need through working with our knowledgeable training team.

Fill out the form below to schedule your FREE session with our team today. [Free Semi-Private Training Form](#)

### Summer Fitness and Pilates Specials

You know how it goes. Summer rolls around, and between the BBQs, vacations, and the laid-back vibe, our fitness routine can take a bit of a back seat. It doesn't have to be this way. Let us help you stay on track this Summer with our Summer Specials.

- Four Semi-Private Training Sessions \$120
- Three 60 min Training session \$199
- Four 30 min Private Training Sessions \$179

Ready to get started? Contact [Colin McCullough](#). *New Clients Only*

### 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 time, 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](#).





## CHILDREN'S SERVICES

- **JAMES CONNELLY**

### ADIRONDACK CLUB SUMMER CAMPS

We have been having an amazing season in our Adirondack Club Summer Camps!

If you would like to check out some amazing photos from this awesome summer you can head over to our [private Adirondack Club Summer Camp Facebook page](#) and our [private Adirondack Club Summer Camps Instagram account](#)!

We will also post the previous week's photos by the end of each week on the main Adirondack Club Facebook page!

Signed up for any upcoming weeks of Summer Camp? You will be getting an email on Thursday evening that will contain the upcoming week's newsletter. If for some reason you do not receive the newsletter please visit [adriondackclub.com/camps](http://adriondackclub.com/camps) where each Thursday evening the newsletter will be uploaded.



## GROUP EXERCISE

- **JILL ANZALONE**

We are currently working on the Fall Group Fitness schedule! We are excited to be adding new classes, new times, and pop ups. Stay tuned for more details!

For our kiddos - Kids Group X Fall session planning is under way! Look for registration for our Fall Kids Group X Session the week of September 9th. Days, times and classes will be announced in the coming weeks so be sure to keep an eye on your email.



## MEMBER SERVICES

### - LEXI BEAHM

It has been wonderful seeing everyone throughout the Club this month! With the warm weather finally here, the pools have been busy and the Club has been full of life!

If you've been having fun this summer, we'd love for you to leave us a [Google review](#) and refer a friend! Referrals and reviews help us continue to grow our business and welcome friends & family to the Club. Not to mention - the referral bonus is always a nice perk! Need a Referral Program refresher? Click [here](#).

As we get further into August we start working hard on our fall programming, projects and initiatives making there so much more to look forward to.

This month we are also able to focus again on our community efforts! If you are involved with an organization or know of an organization that you think would be a good fit, please email [Lisa Marchioni](#) with the details.

Due to the influx of found items at the Club, we have developed a new system, which will go into effect immediately. All items found throughout the property will be kept for 7 days except for items with a perceived value of over \$200. Items with a perceived value of over \$200 will be kept for no more than 1 month.

Items such as pool toys, towels and other wet items will be kept either on the pool deck or in the lifeguard office. All other found items will be available at the front desk.

As a reminder, the Club is not responsible for lost or stolen items. We strongly recommend all valuables be locked up or not brought into the Club. Lockable lockers are provided in each locker room for securing property.

More about Club policies can be found [here](#).

## TENNIS

### - TARA VOLPE

#### FALL REGISTRATION

Our Fall junior tennis programs are open for registration! Please email Tara if you have any questions regarding placement.

#### NEW WILSON RACQUET DEMOS!

We now have demos of the Wilson 2023 racquets. Come and try the new Blade, Clash, Ultra and new Shift racquets. We are also going to start offering Wilson NXT and Luxilon strings.

#### PICKLEBALL PADDLES

Want to buy a pickleball paddle? We have the Head Radical Pro for sale in our pro shop. The Radical Pro provides a nice balance of power and comfort. It also incorporates a fiberglass hitting surface with Extreme Spin Technology to give you even more pop and feel.

