

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

2024 SUMMER CAMP

Summer Camp registration is open! Learn all about it below.

WINTER II KIDS GROUP X

Back by popular demand - Kids Group X Winter II - see page 2 for details.

TENNIS COURT REMINDERS

Check out some friendly court reminders on page 3.



SUMMER CAMP

- JAMES CONNELLY

It's that time of year! Summer Camp Registration is now OPEN, and spaces are filling quicker than ever!

If you're enjoying our Family Membership's perks, check your inbox for an exclusive promo code that will save you \$25 per week for each camp you enroll in! Our Summer Family Members at The Adirondack Club also have access to these benefits and should contact our Summer Camp Team for your exclusive promo code! This code should be entered before you make a payment.

Secure your spot and pay your balance before March 31st to enjoy great Early Bird Pricing. Plus, any cart checking out with at least six weeks of Summer Camp will automatically save 5% on the order.

We're excited to share that lunch is now included for all campers at no extra cost. More time for fun, less worry in the morning on your way out the door.

We are seeing camp sell out earlier than ever before so don't wait, sign up soon for a summer of fun! Visit our [website](#) to see our brochures and sign-up links, or visit our camp [sign-up](#) to jump right in!

If you have any issues or questions about any part of the Summer Camp process or experience, please contact our Summer Camp Team.

PRESCHOOL

- CLAIRE HANSOM

Preschool had an incredibly enjoyable day with special guests Ben Franklin, Frankie, and Officer Grove from the Franklin Police Department last month. Both Ben Franklin and Frankie captivated everyone with their charm, and the children were thrilled to greet them with enthusiasm and hugs!

Our preschoolers took immense pride and joy in bringing home the snowmen they dedicated so much effort to create, meticulously sanding, painting, and decorating. Each snowman was personalized to the height of every child, ensuring a cherished keepsake for their families.

For those interested in learning more about our preschool, we're hosting an open house on Saturday, January 20th, from 9:30am to 11:00am. Feel free to drop in during this time to meet our exceptional teachers and discover the exciting details of our engaging program!



GROUP EXERCISE

- JILL ANZALONE

Our next Kids Group X session will open for registration on January 8th with the session starting the week of January 15th. This is a (6) week session however, no classes will run during February Vacation Week.

Tuesdays - Cycle with Patty - 4:00pm - 4:45pm

Thursdays - Fun Fit Kids with Lara - 4:00pm - 4:45pm

Group X Winter Schedule Changes:

- Warm Vinyasa Flow/Mediation with Stephanie
 - Mondays - 6:30am - 7:30am starting January 15th
- Evening ADK Ride with Erin
 - Mondays - 6:30pm - 7:15pm starting January 15th
- Bootcamp with Sarah
 - Thursdays - 9:00am - 10:00am starting January 18th.
- Yin Yoga with Ann
 - Sundays - 4:00pm - 5:00pm starting January 21st



SPORTS PERFORMANCE

• COLIN MCCULLOUGH

The Winter Sports Performance Training Session has started. Many slots have sold out. Prorating is available!

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

- 13 Week High School Speed, Agility, And Strength Training
- 13 Week Middle School Speed Agility And Strength Training
- Youth Athletic Development Training (8-10 Year olds)
- Performance Plus Drop-In Training
- Private Performance Training
- Sport Specific Speed and Agility Training
- Field House Turf Rental

Check out our [website](#) for complete program details. Questions or to try a free session email [Colin McCullough](mailto:ColinMcCullough).

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](#)

MEMBER SERVICES

- LEXI BEAHM

Happy New Year to our Adirondack Club family! We can't believe another year has gone by and we are getting closer to reaching the incredible milestone of 25 years in business.

Here at the Club, we are so excited to see what this year brings. With our membership organically growing, we are thrilled to see so many new and returning faces working hard to be 1% better each and every day. Don't think for a second we don't see how hard you are all working.

As we plan for the months ahead, we'd love to know what you'd like to see being offered in the Club. Whether it's a member benefit or a new class style, we'd like to know how we can further the value of your membership with us. Please send us a comment [here](#).

Don't forget to keep an eye out for new and exciting programming around the Club and be sure to get your kids signed up for camp ASAP as weeks fill fast! James and his team have put together an absolutely incredible program this year that we know our campers will love. Best part for parents - lunch is included for ALL campers this year allowing one less thing for you to worry about!

To wrap up, we have also launched our 2024 Summer Memberships which can be purchased online [here](#). Memberships are limited so be sure to let your friends know if they are interested in joining us this season. For our current members who like to add on a summer membership, you can do that on the link above.



TENNIS

- TARA VOLPE

We are ready to begin our Winter session on Tuesday, January 2nd! Most of our classes are full, but we do have a few openings in the following classes.

Junior Classes

- Red 1
 - Sundays 9:00am - 10:00am
 - Wednesdays 4:00pm - 5:00pm
- Red 2
 - Sundays 10:00am - 11:00am
 - Mondays 4:00pm - 5:00pm
- Orange 1:
 - Wednesdays 4:00pm - 5:00pm
 - Sundays 11:00am - 12:00pm

Adult Classes

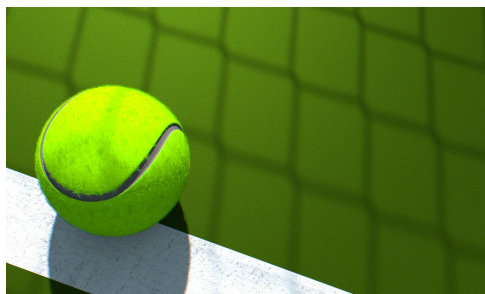
- Drill and Play 3.0:
 - Thursdays 10:30am - 12:00pm
- Adult Intermediate:
 - Fridays 5:00pm - 6:30pm

Pickleball

- Pickleball 201:
 - Mondays 8:00pm - 9:00pm
 - Tuesdays 1:00pm - 2:00pm
- Pickleball 101:
 - Thursdays 1:00pm - 2:00pm

Court Reminders

- Please be mindful of the time and do not enter the court until your scheduled start time and please exit the court at your scheduled end time.
- Double-check your court assignment before going to the court. Please remember that we may change your court assignment to fit our programming needs.
- Please wait until a point is over before walking across a court.
- Move pickleball nets back to where they belong when finished playing. If someone is on court 4, move them to the back of the court.



FITNESS

- COLIN MCCULLOUGH

As we welcome 2024, envision your health and fitness goals beyond numbers. Click the link below to see how you can achieve a happier and healthier you this year. [Happy New Year!](#)

Join Our Fitness Newsletter

NutritionOS

It's no secret that you can't out-train a bad diet...That's one reason we spend a lot of time talking about nutrition to help get our clients results.

Enter NutritionOS!

In this 8-week program, you will work with one of our coaches in a 1v1 hybrid format to "install" a new approach to your nutrition.

By the end of the eight weeks, you'll not only "know" good nutrition but you'll "do" good nutrition. If you are interested in getting your nutrition dialed in this Winter, click here to learn more and schedule a discovery call.

NutritionOS Discovery Call

Try A Free Small Group Personal Training Session

Need help getting a jump start on your New Year's resolution? Achieve your health & fitness goals this year 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 session.

Free Semi-Private Training Form

You know you need to get stronger this year but aren't sure where to start, we have a strength training program built for you. Download our Fit After 40 Training guide now using the link below.

Fit After 40 Training Guide

LETS GET SOCIAL



COMMUNITY

- LISA MARCHIONI

Last month, Cycle Strong was a huge success. We raised over \$6,500 for the Nick Strong Foundation. Thank you to all who supported us by riding or donating to this great cause.

This month, we are hosting a blood drive for the American Red Cross.

This will be held on Friday, January 12th from 1-6pm in Studio One. Sign up [here](#) to donate.

If there is a charity drive that you would like us to support, please contact Lisa Marchioni at lmarchioni@adirondackclub.com.



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 provided for large storms)
- Pay is \$18 per hour cash
- Available shifts and 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 and gloves

If interested, please fill out the form found at this link: [2024 Snow Team](#)



AQUATICS

- TIFFANY SEARS

Get ready for aquatic fun and safety in February with our Lifeguard Certification Course! Whether you're aspiring to become a certified lifeguard or looking to refresh your skills, our comprehensive program guarantees a deep dive into essential water safety techniques. Open for registration now, the course promises expert instruction and hands-on training. Don't miss your chance to be part of this crucial skill-building opportunity. Visit our website or app for more details and secure your spot today!

Limited Spots Available in Swim School Lessons! The Adirondack Club's Swim School lessons are making a big splash, and spots are filling up fast! Our Red Cross Certified Instructors are dedicated to providing a supportive and engaging environment for swimmers of all ages and skill levels. Whether you're a beginner or aiming to refine your strokes, our program offers tailored lessons to meet your needs. For adult beginner swimmers, check out our Thursday evening class. Check our website or app for more information and reserve your place before the last few spots are claimed!

