

MARCH 2023

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

SPRING SWIM SCHOOL

Spring Swim School starts in less than 2 weeks! Be sure to read below for more info and get your kids signed up!

PRE-SCHOOL SUMMER CAMP

This summer we will be launching our Pre-School Summer Camp! Get more details on page 2.

SPECIALTY FITNESS PROGRAMMING

We are featuring two specialty fitness programs this month around pickleball and golf! Read more on page 3.



COMMUNITY SPOTLIGHT

- LISA MARCHIONI

Last month we received an incredible amount of women's and children's clothing and supplies for Compassion New England and The Blessing Barn.

Because of all of you, the clothing will be used to fund Vocational Training Programs and Friend's Day Clubhouse. Their Crisis Centers in Boston & Mendon serve individuals in need of basic necessities.

We will be announcing our March partnership soon as we are finalizing the details.

As we plan ahead, in April we will be focusing on gently used athletic shoes staying within the marathon theme and in June we are planning a blood drive. Stay tuned for more details.

If you are a part of an organization that you'd like to highlight within the Club, please email Lisa Marchioni [here](#).

AQUATICS

- JEANNETTE VITALE

Spring Group session is open for registration and spots are filling fast. Click [here](#) to sign up and save your spot. We are looking forward to our busiest session of the year teaching your children how to swim and to be safe in and around water. Each group class not only focuses on swimming skills, but it also has a safety topic built in. Swimming is a very popular activity for most families and we are here to help educate everyone on how to do so safely. We are dedicated to decreasing the amount of water related incidents each year by properly preparing everyone that takes a lesson with us.

Registration for the spring session will close on March 8th. The session will be 9 weeks (Sunday classes 8 weeks due to Easter) and starts Sunday, March 12th (skipping April vacation week) ending on Saturday, May 20th. Please remember no one is waterproof and there is always room for improvement when it comes to being around water. We are here to help you and your family have fun safely in the water.

We are looking for more WSI instructors and Lifeguards to add to our growing team. Individuals must be 16 or older and certified through American Red Cross. If you are interested and need a certification, we hold classes right here at the Club. Click [here](#) to see our next scheduled certification classes. Please reach out to Jeannette Vitale for swimming instructor questions and Mike Polly for lifeguarding questions. We can't think of a better place to work than here!

REVIEW OF THE MONTH

Clean workout areas, excellent equipment, friendly and knowledgeable trainers, and programs geared toward every age and ability. I'm rehabbing from hip replacement surgery and Carol has been a huge help in my getting back to 100%. I've been a member for 17 years and love everything this club offers. - Terri F.



CHILDREN'S SERVICES

- JAMES CONNELLY

Active Kids After School Program Registration: 2023-2024 School Year

We are now enrolling all current and new Active Kids for our Active Kids 2023-2024 After School Program. Please contact our Children's Services Specialist, Meredith Preto, for the paperwork and any other information for the upcoming school year. We can currently offer bussing from Norfolk Public Schools, Wrentham Public Schools, The Benjamin Franklin Charter School in Franklin, and Franklin Public Schools, excluding Kennedy and Jefferson (at this time.) Sign-ups have been open for about a month for our currently enrolled Active Kids, and space is beginning to fill, so don't wait and miss out!

Active Kids April Vacation Camp

We are enrolling all currently enrolled Active Kids for our Active Kids 2023 April Vacation Camp. The remaining roster space for this camp will be opened to Adirondack Club Members and the public beginning Monday, April 3rd. Please reach out to our Children's Services Specialist, Meredith Preto. 2-day, 3-day, 4-day, and 5-day options are available but may vary due to currently enrolled Active Kids signing up.

Summer Camp Early Bird Pricing will end after Friday, March 31, 2023

It's officially March, which means the countdown is on to lock in your Early Bird Special Summer Camp Prices for 2023! Sign up and pay in full to save big on your camp weeks! We are selling out of weeks quickly as we get closer to March 31st, so don't wait and miss out on the most fun your camper will have this summer! Find out more online at adirondackclub.com/camps

Summer Camp Employment Opportunities

We are almost fully staffed for the upcoming Summer Camp season but still need some new employees to help round out our amazing Summer Camp Team here at the Adirondack Club. We are looking for energetic and teamwork-oriented candidates from all backgrounds, but experience with children is a big plus! Please stop by the Adirondack Club Front Desk and fill out an application.

Part-Time Childcare Staff

We are looking for a candidate to open our Childcare area during the week. Depending on the situation, the shifts would be from 8 AM - 11 AM or 12 PM. We would prefer to have a Monday-Friday new hire in this position but do not let that hold you back from applying if you can only work certain days out of the five listed. We look forward to reviewing your application!



ACTIVE KIDS PRESCHOOL

- CLAIRE HANSOM

We are excited to be running a pre-school age summer camp this year!

The camp is for children aged 3-4-year-olds who are fully toilet trained.

Camp will run Monday through Friday from June 19th to August 19th, 9am to 3pm. Registration will open mid-February. Please use the link below to leave your details for further information and a reminder email for when registration opens.

Please email Pre-School Director, [Claire Hansom](mailto:Claire.Hansom@adirondackclub.com) for more information.





MEMBER SERVICES

- LEXI BEAHM

While the weather isn't quite sure if it is ready for spring, here at the Club we certainly are!

As I'm sure you have read, all of our Spring programming launches sometime this month so be sure to get yourself and/or your little ones signed up soon to get your preferred day and time!

Last month I mentioned we have started working hard on transitioning to a new member management system which will launch mid-April. What does this mean for you? A new and very much improved app! In a few weeks, we will be launching more details.

This app will be a significant upgrade from our current one and we are confident you will love it as much as we do.

Lastly, throughout this month and next, you will notice some of the current equipment being replaced up on the fitness and cardio floor!

Some of these upgrades include:

- 3 Matrix Treadmills
- 2 Matrix Ascent
- 2 Matrix Recumbent Bikes
- 2 Matrix Upright Bikes
- Plate Load Leg Press
- Plate Load Hack Squat
- Plate Load Glute Bridge
- 12 piece Life Fitness Strength Equipment



FITNESS

- COLIN MCCULLOUGH

Don't wait to get started on your health & fitness. Action=Momentum=Motivation. Check out this short article from our fitness team. [Action](#)

Like this content? [Join Our Fitness Newsletter](#)

Ready To Pickle is back with Jenn Goebel!

Pickleball is the fastest growing sport in the US but did you also know that the rates of injuries due to pickleball are rapidly on the rise? If you love pickleball but don't want to end up with the strains, sprains and soreness that can go along with it, join our program that focuses on strength training and injury prevention specific to the sport.

6-Week Session Starting March 6, 2023 | 11:30am - 12:30pm

Member Price: \$99 | Non-Member Price: \$124

Questions? Email [Jenn](#). Ready to sign up? Click [here](#).

Attention Golfers!

Do you need help adding 25 yards to your drive? Have nagging injuries that impact your game? Struggle to finish 18 holes? Adding a sound performance training program that improves mobility, stability, strength and power is a simple way to improve your long game this season.

Our performance training team is taking golfers into our jump start training program however, space is limited. Email [Colin McCullough](#) "Golf" for more information.

Need help getting started on your fitness this new year?

We have a program built for you. Download our Fit After 40 Training guide [here](#).

PERFORMANCE

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 Spring.

[13 Week HS Speed, Agility & Strength](#) | [13 Week MS Speed, Agility, & Strength](#)
[13 Week Youth Athletic Development \(7-10 year olds\)](#) | [Performance Drop In Training](#)
Private Training, Team Training & Field House Rental (Contact Colin for availability)

Email [Colin McCullough](#) with any questions or to sign your athlete up for a free trial.

Youth Performance Guide | Download Now

The Parents Guide To Elite Athletic Development: *Discover the 5 simple things you can do to increase your young athletes' athletic development in 30 days or less.*



GROUP EXERCISE

- JILL ANZALONE

This month we will unfortunately be saying goodbye to Melissa Barrile who teaches Vinyasa Yoga on Wednesday evenings. Melissa - thank you so much for your time here, we will miss you! Starting today, Linda Fitzgerald will be taking over the Wednesday evening class.

Friday Cycle instructor shuffle! Patty P. will be taking over the 5:30am class and Erin will be moving to the 7:30am class starting March 3rd!

Our monthly pop-up is featuring - Bike Bootcamp with Kristen! We will be running this 3-week pop class on Sundays at 9:30am starting March 5th. The format of this class will alternate between cycle and floor segments. Get your heart pumping and your muscles working, leaving you feeling confident, sweaty, and strong!

In true Group X fashion, we are excited for St. Patty's Day!! Be on the look out for themed classes and duo rides!

Looking for a new class to try? How about Cardio Kick Remix on Mondays at 9:30am with Meg or Cycle Jam on Thursdays at 6am with Kristen? Sign up on the app!

Don't forget about our Live Streaming Classes! We've recently starting streaming Body Pump Tuesday at 9:30am and Yin Yoga Sunday at 4pm.

FITNESS WORKSHOP

WITH ANN LYNCH

Myofascial Release workshop series is for anyone looking to put the power of self massage into their own hands. You will find relief from muscle discomfort and areas of tension, increase range of motion, improve muscle imbalances. Myofascial can help ease muscle tension.

March 5th, March 19th, April 16th & April 30th | 2:45PM - 3:45 pm

Member Pricing: \$16 per week | Non-Member Pricing: \$18.50 per week

No experience needed to attend. Please bring 2 Tennis balls, a long sock OR Yoga Tune Up Balls, Coregeous Ball, water and a yoga mat.

Please wear comfortable clothing. Students will receive a handout after the workshop via email.

Enroll [here](#). | Questions? Contact [Colin McCullough](#)



TENNIS

- TARA VOLPE

On March 6th we are celebrating World Tennis Day! Join us from 12:30pm - 2pm for Turbo Tennis followed by a social hour with light refreshments. This event is open to members 18+ with tennis privileges and is \$25 per person. We hope to see you there! Enroll [here](#).

New Adult Program

March 3rd - April 14th

Advanced Beginner

Fridays 9am - 10:30am

New Session of Pickleball Classes

Pickleball 101:

- Tuesdays, 2pm - 3pm | March 7th - 28th
- Thursdays, 1:30pm - 2:30pm | March 9th - 30th

Pickleball 102:

- Tuesdays, 1pm - 2pm | March 7th - 28th
- Thursdays, 2:30pm - 3:30pm | March 9th - 30th
- Mondays, 8pm-9pm | March 13th - April 3rd

And don't forget about our weekly Pickleball Round Robins every Wednesday from 1:30pm - 3:00pm!

CALENDAR OF EVENTS

Monday, March 6th
World Tennis Day
Turbo Tennis & Social

Friday, March 10th
Fresh Fruit Friday

March 13th -17th
Nutrition, Hydration & Sleep
Awareness Week