

MAY 2024

# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

### SUMMER SWIM SCHOOL

Our summer schedule is now available online! Read more below.

### MEMORIAL DAY HOURS

The Club will have adjusted hours on Memorial Day. See page 3.

### EXERCISE IS MEDICINE

Our next collaboration with Sports & Wellness PT is coming up! See page 2



## PRESCHOOL

### - CLAIRE HANSOM

As we enter the last few weeks of preschool, we are busy planning and preparing for a series of special celebrations to mark the end of another wonderful school year. At our preschool, we cherish every milestone achieved by our students and take pride in the supportive community we've built with our families.

One of the highlights of our end-of-year festivities is the Pre-K graduation ceremony. We celebrate the achievements and growth of our graduating students. From their first day of preschool to this momentous milestone, we've watched them learn, grow, and blossom into confident young learners.

Our preschool wouldn't be the vibrant community it is without the unwavering support of our families. To express our gratitude, we host a very special family breakfast for our families and especially love when grandparents, siblings and anyone who is part of their family to join us. Field day follows and is lots of fun for everyone. Weather permitting, field day is outside with lots of activities, some involving water and a special rope tug between each class and their families! Time on the splash pad is also a favorite for the students and staff.

If you would like more information about our preschool, please reach out to [Claire Hansom](#).

Article of the Month: [Why Making Mistakes Now, May Benefit Us Later](#)



## AQUATICS

### - TIFFANY SEARS

Our Swim School calendar for the summer session is now available on the website! Registration will open on Monday, May 6th at 12 noon, so be sure to secure your spot early.

We also have openings in our May 27th American Red Cross Lifeguard Recertification course, with more courses planned for the summer. If you're looking to enhance your skills or maintain your certification, this is a perfect opportunity.

We're actively hiring WSI-certified Swim Instructors for both summer and fall, as well as lifeguard positions. If you're passionate about swimming and safety, we want to hear from you!

For more details and to access the calendar please visit our [website](#).

# SPORTS PERFORMANCE

- COLIN MCCULLOUGH

## The Summer Sports Performance training session is Now Enrolling!

We help youth athletes get faster, stronger, and more confident through age appropriate programming and coaching so your athlete can level up their game both 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
- 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](#).

## ADK's Performance Athletes 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 why this often skipped meal is so important to academic and athletic performance, ideas on how to incorporate breakfast into your diet and some of our favorite go to recipes.

[Athletes Guide To Breakfast](#)



# FITNESS

- COLIN MCCULLOUGH

It's not uncommon to try to be perfect when you start a new fitness or nutrition routine. Get your mindset to move in the right direction. Check out our newsletter article of the month: [Progress, Not Perfection](#)

[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. In this program, you will work with one of our coaches in a 1v1 hybrid format through an 8-week program to help you upgrade your nutrition "operating system."

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 this spring use this link: [NutritionOS Discovery Call](#)

## Foam Rolling Workshops

Foam rolling is a self-myofascial release technique that can help alleviate muscle tightness, improve flexibility, and enhance overall movement quality. In this workshop, you'll learn the fundamentals of foam rolling and how to incorporate it into your daily routine for maximum benefits.

May 10th: 11:30am-Noon or May 11th: 9:15am - 9:45am | FREE | Register [Here](#)

## Exercise is Medicine: The Shoulder

Join Sports And Wellness Physical Therapy and the ADK Fitness Team for a workshop focused on common injuries, treatment strategies, and training for your shoulders. Whether you're recovering from an injury, looking to prevent future issues, or simply curious about shoulder health, this workshop is for you.

Tuesday, May 14th | 10:30am - 11:30am | FREE | Register [Here](#)

## Get a copy of our NEW Protein Recipe Guide today for free!

Protein is essential for building muscle, but it's also important for maintaining a healthy metabolism and keeping you full longer. That's why we created a guide with our fav 15 delicious recipes that are high in protein so you can eat well without feeling deprived. [Protein Recipe Guide](#)



## COMMUNITY

### - LISA MARCHIONI

Thank you to all who donated sneakers during our sneaker drive last month. Due to your generous donations, we were able to collect over 180 pairs of sneakers for Sneakers4Good, an organization that recycles sneakers and helps communities in developing nations.

We loved seeing everyone participate in our April Walk/Run Marathon Challenge! It was our hope that this would kick start your spring/summer motivation and keep you going as the weather gets warmer. Congratulations to all of the winners!

This month, we are focusing on the PMC Franklin Kids Ride. It's a great activity for your kids to get involved in. The PMC Franklin Kids Ride is a local bike ride supporting the mission of the PMC which gives 100% of funds raised to Dana Farber Cancer Institute through its Jimmy Fund. Kids can choose to ride 3, 6 or 10 miles and for those on more than 2 wheels, there is a contained Tikes and Trikes Ride. Look for our table in the front hallway to sign up or contact [Lisa](#) for more information.



## GROUP EXERCISE

### - JILL ANZALONE

May is going to be a fun month in group fitness!

May 4th is [International Pilates Day](#) and to celebrate we are hosting two specialty classes! Our experienced Pilates goers can join Kathy Colwell on the basketball court while our newcomers to the technique can join Julie Low in Studio 2 as she leads an intro class. Both classes are being held at 9:30am and sign ups are open! Please remember to bring your own mat.

This month, join Elissa in Studio 2 for our pop up class of the month - Simply Yoga & Meditate! This class will run every Friday morning from 11am - 12pm in Studio 2.

Don't forget - our spring session of Kids Group X is up and running and there are still spots left!

Tuesday - Kids Cycle with Patty - 4:00pm - 4:45pm

Wednesday - Walk/Run with Lara 4:00pm - 4:45pm

Sign up on the app today! Both classes are complimentary for our family memberships.



## MEMBER SERVICES

### - LEXI BEAHM

It's incredible how quickly May has crept up on us, signaling the imminent arrival of our summer season here in Member Services! As we gear up for the warmer months ahead, keep an eye out towards the end of this month and early next month for important updates regarding schedule changes, pool preparations, and other pertinent seasonal information. If you're not already receiving Club emails, make sure to subscribe [here](#) to stay in the loop.

This month, we're excited to welcome four new additions to our front desk team - Leah, Will, Aiden, & Rylee. They'll be undergoing training over the next few weeks, so please extend a warm welcome when you see them at the desk!

For those anticipating the return of college students, our College Student Memberships are now available in convenient 2 or 3-month contract options. These memberships require full payment - \$158 or \$237, respectively - along with a one-time enrollment fee of \$29. Students can drop by the desk anytime to fill out the necessary paperwork.

As we embrace the transition into warmer weather, I encourage you to explore our unique range of classes happening throughout the month. From specialty International Pilates Day classes to our pop-up Simply Yoga & Meditate sessions, Kids Group X, Foam Rolling workshops, and more, there's something to try. And for our dedicated walkers & runners, don't forget to enjoy our half-mile outdoor track.

## Memorial Day Hours

Club: 7am - 7pm

Pool: 7am - 5pm

No Group X Classes

Childcare Closed



## TENNIS

### - TARA VOLPE

We have wrapped up our winter session and would like to offer a big congratulations to the Adirondack Women's SNEITA and CMITA teams who qualified for the playoffs in their divisions. They have worked hard all season, and it has paid off! All three SNEITA teams qualified for the playoffs:

- 4.0 team, captained by Beth Peterson and Melinda Arthur
- 3.5 team, captained by Christine McCluskey and Alex Trinanes
- 3.0 team, captained by Laura Juszcyszyn

The CMITA B Team, captained by Jenn Thoren, also qualified for the playoffs.

The first round of the playoffs is this Friday, 5/3 and Saturday, 5/4. Congratulations and good luck to everyone!

This Spring and Summer we are fielding four USTA teams out of Adirondack; Men's 4.0, Women's 3.5 and 2 Women's 3.0 teams. Good luck to everyone!

Summer Tennis Registration is now open. Below are the weekly intensive camps we are offering:

- Monday - Thursday Clinics
  - 9:00am - 11:00am - Red/Orange Aces
  - 4:00pm - 5:30pm - 11+ Beginner/Advanced Beginner
- Monday - Friday Clinics
  - 9:00am - 12:00pm - Orange/Green Academy
  - 1:00pm - 4:00pm - JDT/Yellow Intensive

## SUMMER CAMP RECYCLABLES AND DONATIONS

### - JAMES CONNELLY

Are you in spring-cleaning mode? Our Summer Camp program is looking for the supplies/recyclables listed below for this summer's art projects.

We will be accepting recyclables like Magazines, Toilet Paper Rolls, Paper Towel Rolls, Wrapping Paper Rolls, Shoe Boxes, Water Bottles, Egg Cartons, Jars With Lids (baby food, sauce, etc.)

We will also be accepting general art/school supplies like Crayons, Paints, Markers, Craft Paper, Scrapbooking Materials, and Party Decorations.

If you have any crafting supplies or recyclables you want to get rid of, we'd be happy to find a new home where they will receive plenty of use!!

Please drop your donations off in Childcare. Thank you!





# **SAVE THE DATE FOR OUR SUMMER CAMP OPEN HOUSE**

Get ready to kick off our 22nd year of Summer Camp fun at the Adirondack Club! We're thrilled to invite you to our Summer Camp Open House on SATURDAY, JUNE 8TH, from 9:00 AM to 11:30 AM. It's a tradition we have continued through the years that officially kicks off the camp season! Summer Camp Open House is where you can meet your camp counselors and our dedicated summer camp team!

During the Open House, you'll have the chance to:

- Connect with your child's camp counselors
- Drop off any remaining paperwork
- Pick up your camper's Summer Camp T-Shirts!

If you're unable to attend, no worries! We'll ensure your camper gets their shirt during the first week of Summer Camp.

Vintage Camp Tee's will also be available for purchase, making your mornings a breeze as you prepare your camper for a day of adventure at The Adirondack Club!

To ensure a smooth start to the summer, please upload any immunization records no later than Thursday, June 13th. If you encounter any issues with uploading, please feel free to email documents directly to Summer Camp Director, [James Connelly](#).

Additionally, any waivers or medications can be dropped off during the Open House or you can bring them on the first day of camp.

We can't wait to welcome you and your camper to another exciting summer at The Adirondack Club! If you have any questions or need further assistance, don't hesitate to contact our Summer Camp team. Summer Camp Open House is located in our Children's Center. Childcare will be closed on Saturday, June 8th in order for us to host Summer Camp Open House.



## **LIMITED SUMMER CAMP POSITIONS AVAILABLE**

Our Summer Camp are still looking for enthusiastic and qualified individuals to join our exceptional Summer Camp Team. We're seeking a couple of experienced assistant summer camp counselors (minimum age 16) and staff members (minimum age 18) to fill lead or assistant positions. Additionally, we need some versatile team players who describe themselves as "go-with-the-flow" and have the ability to support the team wherever needed.

For those with an adventurous spirit, we're also searching for an applicant to assist our Ropes Course Coordinator with our challenging team-building low ropes course, including the not-so-low 30-foot zipline!

If you or someone you know would be a great addition to our team and are interested in joining our dynamic Summer Camp Crew, please get in touch with Camp Director, [James Connelly](#) for more information.

Applicants must be able to work Monday - Friday. Hours vary, but a typical camp day is 8:45 AM - 4:00 PM. Summer Camp runs for nine weeks, and any applicants are preferably able to work a minimum of eight weeks, but they should still apply if they can commit to seven weeks during the season.

Don't miss out on this incredible opportunity to be part of the best Summer Camp Team!