

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

COMMUNITY HIGHLIGHT

Check out May's featured non-profit run by our very own Lisa M!

2023 SUMMER CAMP

We have very few spots left in our 2023 Summer Camp! See page 2 for details!

CHI WALKING & CHIRUNNING

Interested in improving your gait, strengthening your core and staying injury-free? Check out page 3



GROUP EXERCISE

- JILL ANZALONE

International Pilates Day is Saturday, May 6th. Come celebrate with Julie and Kathy. They will be co-teaching on the basketball courts from 9:30am - 10:30am. Sign up on the app!

Bike Bootcamp dates for the month of May are the 7th, 14th and 21st. Don't miss out on this amazing class with Kristen! Class time is 9:45am -10:45am in the cycle zone.

Mother's Day Rev Up and Restore - Join Marissa on Mother's Day in Studio 2. She will be teaching a special Rev Up and Restore Class for all the moms out there!

Group Fitness is taking a break on Memorial Day! Check out our Virtual Class Schedule in Studio 1 or our entire pre-recorded library [here](#).



AQUATICS

- JEANNETTE VITALE

This is the last month our pools will be indoors with the dome scheduled to come down the first weekend of June! We can't wait to splash around with you in the fresh spring air next month.

Friendly reminder for those enrolled in our current group Swim School - this sessions ends on Saturday, May 20th. Our next group swim program will be the first two weeks in June. June's intensive swim program information will be posted by the end of next week. There will be morning and afternoon classes offered Monday through Friday.

MEMBER SERVICES

- LEXI BEAHM

We want to first thank everyone for being incredibly patient and understanding as we transitioned to our new software and as we learned new features along the way!

We hope you are enjoying the new app and are navigating it confidently. If you are having challenges with the app, do not hesitate to send us an email [here](#) or stop by the desk. Anyone on our team will be happy to assist you.

Last month we had a VERY successful shoe drive for Sneaker Impact and thanks to your contributions, Julie Low was able to send out 9 boxes of sneakers!

This month our highlight is the Franklin PMC Kids Ride which is run by our very own Lisa Marchioni and is being held on Sunday, June 4th this year. For more information or to sign your kids up please visit this [website](#).

MEMORIAL DAY HOURS

Club Hours: 7am - 7pm
Pool Hours: 7am - 5pm
Group X Classes: No Group X Classes
Child Care: Closed



TENNIS

- TARA VOLPE

Pickleball Clinics!

Junior Pickleball Beginner Clinic (Ages 8-12) | May 7th - June 11th
Sundays, 3:00pm - 4:00pm | Members: \$90 | Non-Members: \$120

Pickleball Drill and Play | Completed 101 and 201 and looking for more technical drills, shot selection & strategy? This clinic will bring your game to a new level!

Members: \$144 | Non-Members \$198

Tuesdays, 1:00pm - 2:30pm | Fridays, 1:30pm - 3:00pm

Evening Pickleball Round Robin

Tuesdays, 6:30pm - 8:00pm

Members: \$12 | Non-Members: \$17

New Spring Tennis Programs:

Hit with the Pro

All hitting, no instruction. Pro is your human ball machine and will hit whatever shot you request! | Members: \$70 | Non-Members: \$85

Turbo Tennis

Fridays, 12:00pm - 1:30pm | Fun, fast-paced drills, and point play with music. You will hit a lot of balls and get a good workout! For players 3.0+ who love to run. | Members: \$35 | Non-Members: \$40

Weekly Round Robins

Thursdays, 9:00am - 10:30am (3.5+) | 10:30am - 12:00pm (3-3.25)
Supervised Round Robins will provide feedback on shot selection, tactics, and positioning. | Members: \$25 | Non-Members: \$30

SENIORS Drill and Play: 3.0

Tuesdays, 10:00am - 11:30 am. Drill and play for mature players who prefer to play with their peers.

Register for all programs [here](#).



CHILDREN'S SERVICES

- JAMES CONNELLY

Summer Camp Recyclables and Donations

Are you in spring-cleaning mode? Our Summer Camp is looking for supplies/recyclables 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 (i.e. baby food, sauce)

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 are looking to get rid of, we'd be happy to find a new home where they will get plenty of use!! Please drop your donations off down in Childcare.

Summer Camp for 3 - 4 Year Olds!

We're excited to offer a limited space camp experience with low counselor-to-camper ratios this summer. Our Adventure Camp has added the Green Group Preschool Age Camp, which is the perfect way to keep your campers engaged and having fun on each scheduled day tailored for their age at The Adirondack Club!

From 9:00am - 3:00pm, kids will get to spend their days in our outdoor spaces and get creative with art projects, storytelling, music and movement, group games, and more! We also offer additional activities like swimming lessons, tennis lessons and other exciting options at an additional cost.

With only a limited number of spaces available for this unique camp experience, don't miss out! Campers must be between the ages of 3-4 years old and fully bathroom trained in order to attend Green Group Preschool Age Camp.

Green Group Campers will not be going on our scheduled Adventure Camp field trips and will remain on-site at The Adirondack Club. Camp Week available will be Week 1, Week 2, Week 4, Week 5, Week 6, Week 7, and Week 8, which can be found in our Adventure Camp Brochure. Lunch can be provided as an additional add-on. Pre-Camp and Post-Camp will not be available for Green Group Camp, and campers must be picked up by 3:00pm daily.

In order to enroll click [here](#) and click "START YOUR 2023 SUMMER CAMP REGISTRATION."

Summer Camp Space is Very Limited

If you are still interested in Summer Camp, we would love to have your camper join us this summer at The Adirondack Club! Please head over to adirondackclub.com/camps and click "START YOUR 2023 SUMMER CAMP REGISTRATION." in order to enroll your camper.

You will also be able to see what weeks are currently on a waitlist. If you have any questions, please get in touch with Camp Director James Connelly or Children's Services Specialist [Meredith Preto](#).



SPORTS **PERFORMANCE**

The Spring Sports Performance Training Session Is Still Enrolling!
Summer Program Details Coming 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 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.

[Pre-Performance Nutrition Guide](#)

Most of our athletes struggle to fuel themselves properly not realizing how much this can impact their game. No more wondering what to eat before practices and games.

In this packet we put together a few go to foods that will help you get ready to compete.

Grab your copy [here](#).

FITNESS

- **COLIN MCCULLOUGH**

If you feel spring has slipped you by, don't worry...it's never too late to get started on your fitness journey. Check out [this article](#) from the fitness team on getting started.

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

[Myofascial Release Workshops 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.

Sunday May 7th & May 30th: 2:45pm - 3:45 pm
Member Price: \$16 | Non-Member Price: \$20

No experience needed to attend. Please bring 2 Tennis balls, a long sock OR Yoga Tune Up Balls, and Coregeous Ball, water, and a yoga mat. Please wear comfortable clothing. Students will receive a handout after the workshop via email.

Click [Here](#) to enroll | Question? Email [Colin McCullough](#)

[ChiWalking And ChiRunning Workshops](#)

The ChiWalking and ChiRunning approach will help you improve your gait, strengthen your core, improve your posture, and help you stay injury-free this summer.

June 11th: Open To All Levels

ChiWalking Workshop: 9:00am - 11:00am | Members: \$99 | Non-Members: \$142
ChiRunning Workshop: 9:00am - 1:00pm | Members: \$149* | Non-Members: \$194*
**Includes the ChiWalking Workshop*

Enroll [Here](#) | Questions? Email [Marc Waxman](#) | *Workshops are limited to 20 participants*

[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. Get your copy [here](#).