

# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

### SPRING SESSION: KIDS GROUP X

Our Spring session for Kids Group X starts this month. Read more below.

### JUNIOR TENNIS: APRIL VACATION

Tara & her team are running vacation camps this month. See page 3.

### ATTENTION TRIATHLETES!

We are enrolling in our 2024 Triathlon program. Read more on page 4.



## GROUP EXERCISE

### - JILL ANZALONE

Our Spring Group X schedule will go into effect Sunday, April 14th. Members will be able to view the new schedule the week prior to the release.

Kids Group X Spring Session will begin April 22nd and run for 6 weeks! Mark your calendars as registration will begin on Monday, April 15th.

Tuesday: Kids Cycle with Patty | 4:00pm - 4:45pm  
Wednesday: Walk/Run with Lara | 4:00pm - 4:45pm

Join us to raise money for autism awareness through the Doug Flutie Jr. Foundation on Saturday, April 6th. Laurie Farnsworth will be teaching both the 7:30am and 9:30am class. Choose to ride for one or both classes. Each bike will have a card with a QR code on it if you'd like to donate to a great cause. Come and join the FUN!

## COMMUNITY

### - LISA MARCHIONI

Thank you to all who donated to our Cradles to Crayons March fundraiser. With your help, we donated 63 bags of children's clothes. This will certainly make a difference in a child's life.

### Celebrate Marathon Month

Lace up your sneakers this month; track your mileage and run or walk your way to completing a marathon. You have all month to complete 26.2 miles. Pick up a tracking form at the front desk and write down your daily miles. Once complete, put your name on the form and turn it back in to the front desk and be entered into our ADK raffle! Fun Fact: Wednesday, April 3rd is National Walking Day! This is a perfect opportunity to get a jumpstart on your marathon miles. It's all about getting out and moving!

### SNEAKERS 4 GOOD

For the month of April, we will be collecting gently used sneakers (no rips or tears) for Sneakers4Good. This is a non-profit organization that collects and recycles sneakers and sends them to communities in developing nations. They also promote sustainability by helping microenterprises in countries such as Haiti, Honduras, Ukraine and Columbia. A collection box will be located in the front hallway.

### National Pickleball Month

April is National Pickleball month and we will be celebrating by having a Round Robin Tournament on Saturday, April 13th from 5-7pm. Cost is \$15 for members and \$20 for non-members. Join us in the Pickleball craze and be entered in our Pickleball raffle. Remember to "get out of the kitchen".

APRIL 2024

# SUMMER CAMP POSITIONS STILL AVAILABLE

- JAMES CONNELLY

Are you or someone you know looking for an unforgettable summer experience? Look no further! The Adirondack Club Summer Camps are still looking for enthusiastic and qualified individuals to join our exceptional Summer Camp Team. We're currently seeking a few more assistant summer camp counselors (minimum age 16) and staff members (minimum age 18) to fill our 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. Professional experience with kids in other roles like babysitting, camp counselor, coaching, etc., is certainly encouraged but not required.

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 contact Camp Director, James Connelly at [jconnelly@adirondackclub.com](mailto:jconnelly@adirondackclub.com) for more information.

Applicants must be able to work Monday through Friday. Hours vary, but a typical camp day is 8:45 AM – 4:00 PM. Summer Camp runs for nine weeks, and 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 summer camp season.

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



# JOIN OUR TEAM AT THE ACTIVE KIDS AFTER SCHOOL PROGRAM

We're in need of passionate and dedicated individuals to join our team in our Active Kids After School Program.

We have openings for both lead and assistant staff positions, offering flexible schedules of 2, 3, 4 or 5 days per week. If you're 16 years old or above and love working with children, we want to hear from you!

As a member of our team, you'll have the opportunity to engage with children in a dynamic and supportive environment, fostering their growth, development, and enthusiasm for learning through a variety of exciting activities and experiences.

Whether you're a seasoned childcare professional or someone who simply enjoys working with kids, we welcome applicants from all backgrounds who share our commitment to creating a safe, nurturing, and inclusive environment for every child.

These positions start immediately! Don't hesitate to apply! If you're ready to embark on an adventure filled with laughter, learning, and lasting memories, we encourage you to reach out to us today we encourage you to reach out to our Children's Services Director, [James Connelly](mailto:jconnelly@adirondackclub.com). Please be sure to note any previous experience working with children when you apply. If you have previous qualifying experience and are older than 18, you may be eligible to start off as a lead counselor in Active Kids.



# AQUATICS

## - TIFFANY SEARS

The Aquatics Department is excited to announce that our updated list of upcoming Lifeguarding certification and recertification courses are now listed on our website. Hurry, as there are only a few spots remaining in each class! Plus, stay tuned for more details coming in April about our next session of swim school. We are also hiring lifeguards for spring and summer work. If you're interested in the lifeguard courses or looking to join our team, please contact [Tiffany Sears](#).



DBH 3 Team | Photo Credit: Miro McIntyre Clere

# TENNIS

## - TARA VOLPE

Our Winter session ends on April 13th and our Spring session begins on April 21st. Registration is still open for Adult, Junior and Pickleball classes.

We are also running junior clinics over April vacation and enrollment is open to all levels and ages.

### April Vacation Schedule

- 9:00am - 11:00am: Red/Orange Aces
- 9:00am - 12:00pm: Orange/Green Academy
- 1:00pm - 4:00pm: JDT/Yellow High School Training

### Adult Teams

Our DBH teams wrapped up their seasons this month. Congratulations to all players on a successful season! Our SNEITA, CMITA and USTA Mixed Doubles teams are still going, and many are in contention for the playoffs!

Don't forget about the adult classes you can sign up for weekly!

- Serving to Win: Mondays from 12:00pm - 1:00pm
- Turbo Tennis: Fridays from 10:30am - 12:00pm
- Cardio Tennis: Saturdays from 8:00am - 9:00am
- Pickleball Round Robin: Wednesdays from 12:00pm - 1:30pm
  - *New time for the spring!*

As a reminder, we added a **new feature to the desktop version of your member portal**. This feature shows you when pickleball and tennis courts are available so that you know what is open when you call! Again, this is only available on the desktop version. To view the courts, log into your member account, click "Reserve a Court." The grey shows which courts are booked and the white shows open court times.



# PRESCHOOL

## - CLAIRE HANSON

Preschool had a visit in March from a dental hygienist, Miss Jamie and her magical companion, Sparkles the friendly pet dragon!

During her visit, Miss Jamie gave the children valuable insight on how to take care of their teeth, what to expect during a dental visit, and which foods promote healthy smiles. Through the interactive activities, our little learners gained a deeper understanding of the importance of oral hygiene.

The highlight of the day was undoubtedly meeting Sparkles! With his whimsical presence, Sparkles added an element of magic to the learning experience, making it truly unforgettable for our preschoolers.

# MEMBER SERVICES

## - LEXI BEAHM

We have so many amazing things going on this month around the Club and to make it even better we have 12 new pieces of cardio equipment arriving on April 8th!

For those interested in setting a new (or maybe ongoing) goal, I suggest taking part on our Club wide marathon. Run or walk 26.2 miles this month, turn your tracking sheet in and be entered to win one of several prizes! Dog walks, neighborhood strolls, for multi-mile runs all count! Once you've dominated your marathon, consider donating your sneakers to our Sneakers 4 Good drive.

We also are excited to announce that Tiem cycle shoes now has a men's line! Demos are now available at the front desk to try on along with the order forms.

Finally, as many of you have probably already seen, our membership dues will be increasing on May 1, 2024. We are committed to transparency and want to ensure that you have all the information you need. If you have any questions or concerns regarding these changes, please do not hesitate to reach out to our Member Services team.

# SPORTS PERFORMANCE

• **COLIN MCCULLOUGH**

## **The Spring Sports Performance Training Session Started March 18th!**

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**

Discover how to overcome the "I don't have time" mindset in our latest newsletter. Shift your perspective, embrace efficient workouts, and reclaim your wellness journey. [Finding Time For Fitness](#)

[Join Our Fitness Newsletter](#)

## **Be Our Guest in a Small Group Personal Training Program**

Need help getting a jump start on your training this Spring? We help adults 40+ 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. Get started toward your goals now by using the link [Free Small Group Personal Training](#) to schedule your FREE Small Group Training Session. (new clients only).

## **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 Spring, click on the link to learn more. [NutritionOS Discovery Call](#)

## **Attention Triathletes!**

We are now enrolling in our 2024 Triathlon training program. This 16-week training program is for those who are interested in completing their first triathlon or maybe have done a few and don't want to "wing it" again. Training for the Whalen City and Sharon Triathlons start next month. Fill out this form [Triathlon Training](#) for more information.

## **Myofascial Release Workshops (Foam Rolling)**

This workshop series is for anyone looking to put the power of self-massage into their own hands. Ann Lynch will show you how to find relief from muscle discomfort and areas of tension, increase your range of motion, and improve muscle imbalances. If you are interested in learning more about this program click here: [Myofascial Release](#) contact [Colin](#) or sign up [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](#)