

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

NEW LUNCHTIME GROUP X CLASSES

Join us during your lunch break this month! Read more below.

CHILDREN'S SERVICES - HIRING!

Our Children's Services team - is hiring several positions! Check out page 2

EASTER SUNDAY HOURS

Check out page 3 for details surrounding our Easter Sunday hours.



PRESCHOOL

- CLAIRE HANSOM

March 2nd marks Dr. Seuss Day, and we're gearing up for a week celebrating his timeless books and engaging in related activities in the preschool class. Pre-K will journey into outer space, discovering the different planets, sequencing them in order, and embarking on an adventure to learn about astronauts and satellites. Teeth will be our next focus, with a special visit from a Dental Hygienist. She'll be bringing along her friendly dragon companion, adding an extra element of excitement. Together, they'll help us explore the importance of dental hygiene in a fun and engaging way.

This Month's Article: [11 Advantages of Puzzles for Your Child's Development](#)

COMMUNITY

- LISA MARCHIONI

Our CPR/AED classes held in February were such a success that we have now opened up another on Monday, March 11th from 5pm - 7pm. If you missed it in February, please join us in March. Class is open for both members and non-members. Sign up [here](#).

This month we will be collecting children's clothing for Cradles to Crayons. Cradles to Crayons provides children from birth through age 12, living in homeless or low-income situations with the essential items they need to thrive. Now is the perfect time to do some spring cleaning and pack up your children's gently used clothing for a great cause. The donation box will be located in the front hallway.

GROUP EXERCISE

- JILL ANZALONE

We are thrilled to announce the launch of our pilot pop-up this month - 30 Minute Lunchtime Express classes! Join Jill on Tuesdays for Cycle and Thursdays for Strength from 12:15pm - 12:45pm. While these classes are only set to run through March, if the demand is high enough we will work hard to get them on the schedule in a more permanent manner!

In observance of Easter Sunday, we will not be running any classes on Sunday, March 31st.

MARCH 2024

ACTIVE KIDS - NOW HIRING!

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 a 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](#). Please be sure to note any previous experience working with children when you apply or contact the Director. 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.

SUMMER CAMP - EARLY BIRD PRICING

It's officially March, which means the countdown is on to lock in your Early Bird Special Summer Camp Prices for 2024! Sign up and pay in full to save big on your camp weeks! We will sell out quickly as we get closer to March 31st. Don't wait and miss out on the most fun your camper will have this summer! Find out more online [here](#).

ACTIVE KIDS - APRIL VACA. CAMP

We are accepting sign ups for all currently enrolled Active Kids for our Active Kids 2024 April Vacation Camp. The remaining roster space for this camp will be opened to Adirondack Club Members and the public beginning Monday, April 3. Please reach out to our Children's Services Specialist, Meredith Preto [here](#). 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 - EMPLOYMENT!

- **JAMES CONNELLY**

Are you ready for an unforgettable summer adventure? We're on the lookout for a few more enthusiastic and dedicated individuals to join our team of camp counselors for the upcoming summer!

Our Adventure Camp has Assistant Counselor positions, a couple of Lead Counselor roles, and one coordinator position available to join our Ropes Course Team's Lead Coordinator. If you thrive in a fast-paced environment and love working with kids, we want to hear from you!

We're also searching for creative and crafty individuals to fill some highly sought-after positions in our Arts Camp. If you have a passion for arts and crafts and want to inspire young minds, this could be the perfect opportunity!

Whether you have professional experience working with children or simply a knack for connecting with kids, we encourage you to reach out to our Summer Camp Director, [James Connelly](#). We're eager to welcome individuals who are enthusiastic, compassionate, and dedicated to making a positive impact on the lives of our campers and working with the best team around to ensure an unforgettable summer.

These positions won't stay open for long, so don't wait! Swing by The Adirondack Club at any time to fill out an application at the front desk. Join us for a summer filled with fun, growth, and lifelong memories!

APPLICANTS MUST BE 16 YEARS OR OLDER AND BE AVAILABLE TO WORK AT LEAST EIGHT WEEKS OF THE NINE-WEEK SUMMER CAMP SEASON.

ACTIVE KIDS - 2024-2025 PROGRAM

We are now enrolling all currently enrolled Active Kids for our Active Kids 2024-2025 After School Program. On March 18th, registration will open for all Non-Active kids. Please reach out to Meredith Preto [here](#) to receive the paperwork and any other information needed.

For the current 2023-2024 school year, Active Kids is 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. We will update all interested parties if anything changes in terms of bussing and availability. 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 - March 18 is a Monday and Meredith can be reached [here](#).

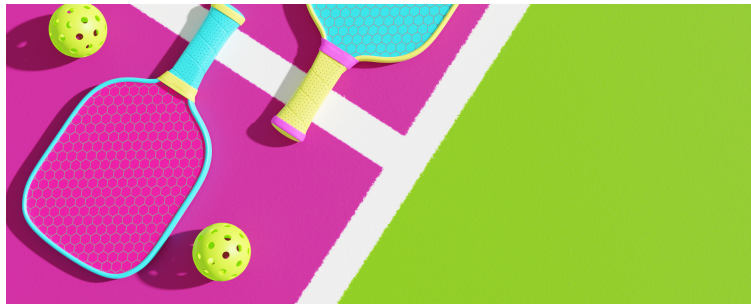
AQUATICS

- TIFFANY SEARS

Registration is filling up quickly for our Spring session so don't miss the opportunity to jump into these exciting programs.

In addition, we're excited to introduce new Preteen Swim classes, open to ages 9-14. For adults looking to learn or improve their swimming skills, we offer beginner and intermediate lessons, ensuring everyone can feel confident and safe in the water.

Coming up in March, April, and May we have several Red Cross Certifications, including CPR, First Aid, Lifeguarding, and Water Safety Instructor courses. These certifications are essential for anyone looking to pursue a career in aquatics or enhance their current skills. Plus, we're hiring for lifeguarding and swim instruction positions. Join our team and become part of our commitment to water safety and fun for all!



TENNIS

- TARA VOLPE

With our Winter programming still going strong, we are looking forward to the launch of our Spring and Summer Junior and Adult programming coming later this year. Be sure to keep an eye out for updates and registrations dates.

For our Junior players who are getting ready for the spring season, we encourage you to book some time with one of our pros to sharpen your skills so you can bring your best self to tryout! Whether you want to hit with a pro or work on your technique, our pros would love to meet you! If you are interested, contact our Tennis Director, Tara Volpe [here](#) so she can help schedule some court time for you.

The Winter II Pickleball clinics started this week but it isn't too late to join! We still currently have space in our Pickleball 101 class on Thursdays and our Pickleball Drill and Play 3.0 on Fridays. Click [here](#) to learn more and register.

Lastly, we have recently 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 what courts are booked and the white shows open court times.



MEMBER SERVICES

- LEXI BEAHM

Thank you to everyone who filled out the survey we sent out last month! We loved passing along your glowing comments to our well-deserving team members! Not only that, but with your help, we were able to pinpoint areas for improvement and are underway making changes where feasible.

This month we are working on expanding our team and are currently looking for a Member Services Specialist to join us Monday through Friday from 8am - 2pm. If you are interested in learning more, we encourage you to read more about the position [here](#) or email Lexi directly [here](#).

As we expand, we are also saying farewell to one of the brightest faces of the Club - Joanne! Many of you know Joanne from her opening shifts and from her shifts on Thursdays and Fridays during the day. Joanne has been such a wonderful addition to our team over the last several years and we will miss her greatly! Be sure to stop by to wish her well by March 8th.

Over the last few weeks our Dean College Intern, Miro, has been going around capturing photos and videos throughout the Club and she has been getting some incredible content of our spaces (see above!) and members working hard! She is with us for another couple of months so don't be surprised if she asks you if you want to be featured!

Outside of staffing, we have so much going on throughout the Club as we prepare for our spring programming and then believe it or not, our summer season!

For those looking at spring programming - our swim school, Red Cross certifications and sports performance registrations are now open! Stay tuned soon for information on our Spring tennis.

Lastly, we will have holiday hours on Sunday, March 31st in observance of Easter Sunday. The Club will be open 7am - 1pm and the pools will be open 7am - 12pm.

SPORTS PERFORMANCE

• **COLIN MCCULLOUGH**

The Spring Sports Performance Training Session Starts 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**

If your routines have struggled or you have fallen off. It's ok. It happens to us all. A common mistake we see early in the year is over-complicating the process. Start March of strong by keeping it simple. [Simplifying the Path](#)

[Join Our Fitness Newsletter](#)

Functional Aging Pilot Program With Carol

We're starting a new 6-week Functional Aging program to help men and women 65+ years old to help them get stronger, more mobile and improve their balance.

Our pilot program is limited to 6 slots. If you are interested in learning more about this program click here: [Functional Aging](#)

Exercise is Medicine Workshop: Balance

Falls are the most common cause of serious injuries in older adults. Balance issues tend to start after 40 but don't worry there are few things you can do about it.

Sports and Wellness Physical Therapy and The Adirondack Club Fitness staff are collaborating to provide a workshop on balance.

Tuesday March 26th 2024 | 10:30am - 11:30am | [Sign Up Here](#)
Questions? Contact [Colin McCullough](#)

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 below to learn more and schedule a discovery call. [NutritionOS Discovery Call](#)

ADK Adult 4v4 Pick Up Basketball Pilot League

Say goodbye to chaotic pick-up games and disorganized play. Join our pilot 4v4 adult pick-up basketball play this spring. Coach Josh will set up teams, get games organized, and keep the pace of play going. Use the link below for more information to register. [Pick Up Basketball](#)

You know you need to get stronger but not sure where to start?

We have a strength training program built for you. Download our Fit After 40 Training guide now using this link: [Fit After 40 Training Guide](#)