

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

SUMMER 2023 IS ALMOST HERE!

We can't believe our summer season kicks off on the 17th! Check out important information below.

SUMMER CAMP OPEN HOUSE!

Our 2023 Open House is happening this month! Everything you need to know is on page 2!

ALREADY GOT THE GRILL OUT?

Colin just released a new Summer Grilling Guide! Click the link on page 3 to get some serious meal inspo!

MEMBER SERVICES

- LEXI BEAHM

The summer season is quickly approaching with Saturday, June 17th being the first official day!

Summer hours (effective 6/17/23) will be as following:

Monday - Thursday: 5am - 9pm

Friday: 5am - 8pm

Saturday: 6am - 8pm

Sunday: 7am - 8pm

We encourage you to read through our 2023 Summer Guide, [found here](#), which includes important pool rule reminders, more detailed hours of operation, menus & more.

This year we are adding several lawn games back to the outdoor area! Think foosball, corn hole, ladder golf and more! For our avid whiffle ball players - don't worry - there will be plenty of space for that as well!

To our summer members - we look forward to welcoming you on the 17th! You will be able to pick up your scan tags starting, Monday, June 12th at the front desk. Keep an eye on your email for more detailed information regarding your membership.

The Café will reopen on Friday, June 16th at 11am serving up your favorite poolside food again and Chill will kick off their all day hours starting on the 17th.

As you may remember from previous years, the last couple weeks of June and into July are very busy down at the pools and because of this, we will not be approving any additional guests outside of the allotted 3.

Finally, we sent out an email regarding a change in our billing process and it's frequency. Due to our new software, effective July 1, 2023, any charge added to your Club account will be collected that evening as opposed to once a month per billing. We realize this is an adjustment but we are confident that in time, it will become routine. For more details about this change please check your inbox for the email "Adirondack Club Billing Change." Thank you in advance for your commitment to the Club and your understanding.





CHILDREN'S SERVICES

- JAMES CONNELLY

Important Upcoming Date for the Children's Center

- Saturday, June 10th: Childcare is CLOSED for the Summer Camp Open House.
- Friday, June 16th - Active Kids After School Program Final Day
- Monday, June 19th - Adirondack Club Summer Camp First Day!

Summer Camp for 3 - 4 Year Olds!

We're excited to offer a camp experience with low counselor-to-camper ratios this summer. This limited space 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.

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. Camp Week availability 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](#) then click "START YOUR 2023 SUMMER CAMP REGISTRATION."



GROUP EXERCISE

- JILL ANZALONE

June Group X Adjustments:

- June 1st - June 4th - No Hydro due to the dome removal
- June 4th - Bike Bootcamp will run
- June 19th - the last SplashHIIT (Don't worry - we hope to bring Carly back in the fall!)
- June 25th - Summer Group X Schedule to launch

Marissa will be taking the month of July away from the Adirondack Club to work towards her Master's in Educational Leadership. Marissa will be graduating in June 2024. Good luck Marissa!

While she's away, Dawn Richardson will be taking over her Wednesday 7:30am Class. Dawn has been a yoga teacher/student for 12+ years. She teaches a variety of yoga styles and we are very excited to have her. Dawn will be teaching Wednesday mornings starting the week of June 25th.

Stay tuned for some fun Father's Day classes!

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 2023 Open House

Our final Summer Camp Open House will be on Saturday, June 10th, from 9:00am - 11:30am. As our tradition continues celebrating our 21st year of Summer Camp, this Open House is for campers and families to meet their Summer Camp Counselors and our Summer Camp Team! You will also be able to drop off any remaining paperwork and pick up their Summer Camp T-Shirts! If you cannot make it, no worries; we will get your camper their shirt during the first week of Summer Camp. We can also give you a look at what our camp lunch menu will look like, and you will be able to sign up for camp lunches during the Open House.

Vintage Camp Tees will be on sale if you are looking to make your mornings a bit easier this Summer while you get your camper ready for a full day of Summer Camp fun at The Adirondack Club!

Please be sure to upload any record of immunizations no later than June 9th for your camper. Required medication may be dropped off at the Children's Center prior to the start of camp or on your camper's first day.





SPORTS PERFORMANCE

The Summer Sports Performance Training Session Starts June 19th!

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 fall.

- 9 Week High School Speed, Agility, & Strength Training
- Middle School Speed Agility & Strength Drop In Training
- Youth Athletic Development Training (7-10 Year olds) Drop In
- Private Performance Training
- Lacrosse and Basketball Skills, Speed and Agility Training
- Field House Turf Rental

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

NEW GUIDE ALERT: ADK's Performance Athlete's 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 it's importance, ideas on how to incorporate breakfast into your diet and some of our favorite go to recipes.

Grab your copy [here](#).

FITNESS

- COLIN MCCULLOUGH

Most of us make nutrition more complicated than it needs to be. The truth is, the simpler the better. The simpler we have our nutrition plan, the easier it will be to follow and the better results we'll get. Check out this short article from the fitness team on keeping your nutrition simple this summer. [3 Things](#)

Like 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, June 11th & 25th: 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*

Summer Grill Recipe Guide

Just because it's summer time, it doesn't mean you should put your health and fitness on the back-burner! We've put together a collection of over 50 healthy and delicious recipes specifically for summer BBQs and get-togethers. To download, use this link: [Summer Grill Recipe Guide](#).





TENNIS

- TARA VOLPE

This summer we will be offering weekly junior tennis, adult tennis and pickleball clinics.

Our Junior programming is already open for enrollment! Click on the link below to see the full details and pricing.

We are still finalizing our adult programming but will have enrollment open soon!

As always, pros will continue to be available for private and semi-private lessons.

[Junior Tennis](#) | [Adult Tennis](#) | [Pickleball](#)

COMMUNITY SPOTLIGHT

- LISA MARCHIONI

Join us for our blood drive, taking place right here at the Club, in collaboration with the American Red Cross on June 16th from 1:00pm - 6:00pm!

All presenting donors will receive a \$10 gift card by email to a merchant of their choice!

To schedule an appointment click [here](#).

0-LB SUMMER ONLINE TRAINING PROGRAM

You know how it goes. Summer rolls around, and between the BBQs, vacations and the laid-back vibe, our fitness routine can take a bit of a back seat. It doesn't have to be this way.

Join our Summer 12 week online training program! This program includes access to our app with a full workout library (body weight, dumbbell only, full gym access), nutritional support and weekly check-ins from your coach. Deadline to join is June 17th.

To reserve your spot or for more information click - [0-lb Summer Online Training Program](#)

AQUATICS

- JEANNETTE VITALE

We are gearing up for a fun summer with all of you and can't wait for the pools to be outdoors.

Friendly reminder, the pools close June 1st at 6pm to prep for the dome to come down and will reopen Monday, June 5th, weather permitting.

June Group Intensives are running from June 5th to June 15th with summer group swim starting in July.

Our summer groups run weekly Monday - Thursday with Friday as a makeup day if needed. In addition, we will have a weekly Saturday session that will run for 8 weeks this summer. Registration will open soon.

Fitness members, please remember that starting June 17th, you are limited on when you can lap swim. For full details please read through our summer guide found at the link above.

Our pool rules are in place to help everyone stay safe while having fun in and around the pools. Please always remember to follow instructions from the lifeguards and stay within an arm's reach of your child if they are a non-swimmer.

Junior Rest Periods will be in place again this summer and are scheduled every hour in the afternoon. These are for 10 minutes to ensure the safety of our children. Even the best swimmers are not waterproof. We look forward to enjoying the summer days with all of you. See you at the pool soon!



Our Lifeguard staff will be participating in a Summer In-Service training on

Saturday, June 10th
8:00am - 11:00 am
&
& Tuesday, June 13th
6:00pm - 9:00pm

The pools will be open at this time but may have restrictions as to areas available.