

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

RED CROSS CERTIFICATIONS

Our winter Red Cross certification schedule is out! See below for details.

CHILDREN'S SERVICES UPDATES

Our Children's team has a lot going on this month! Be sure to see page 2!

THANKSGIVING HOLIDAY HOURS

We will have 3 days of altered hours this month. See page 4 for details.



PRESCHOOL

- CLAIRE HANSOM

Preschool is excited to have a special visit this month from Franklin Fire Department with their Fire Truck! This ties in with our topic of Fire Safety, when we have lots of fun learning what to do if the fire alarm sounds at home and at school, what to do if there is smoke inside the home, and to Stop - Drop & Roll!

Preschool is currently full, but tours are available before registration opens to the public on January 23, 2024 for the new school year starting in September 2024. Families that take a tour have the added advantage of the registration link being open a few days earlier on Friday, January 19th. Spaces do fill up quickly and a tour is highly recommended. Please use this [link to sign up](#).

This month's early years article talks about using mindfulness techniques to take the stress out of parenting.

[Practice Mindful Parenting](#)
[Mindfulness Techniques](#)
[Child Mind Institute](#)

AQUATICS

- TIFFANY SEARS

Our group swim lessons are in full swing, providing a fun opportunity for young swimmers to improve their skills. Keep an eye out for our instructors sporting their brand new blue Instructor shirts. Our private and semi-private lesson waitlist is open and we are making waves through it, with talented new instructors set to join the team soon.

As you may already know, our winter Red Cross Certification schedule is now live! For more information and to enroll, click [here](#).

Lifeguard Recertification: December 23rd

Water Safety Instructor (WSI): December 26th - 28th

Lifeguard Certification: December 29th & 30th

Lifeguard Instructor Review: December 31st

Lifeguard Instructor Training: January 6th & 7th





CHILDREN'S SERVICES

- **JAMES CONNELLY**

MONTHLY UPDATES

Childcare will continue with the same hours in November, with some slight changes due to the start of the holiday season!

Monday through Friday: 8:00am - 12:00pm

Saturdays: 8:00am - 11:00am | Sundays: CLOSED

- Childcare will be closed on Thanksgiving however, will be open regular hours on Friday, November 24th.

As always, we do ask you to make reservations in order to maintain proper staffing. Reservations should be made the day before by noon time. Our team will do its best to monitor the phone from 12 PM through 5 PM. There will be multiple days this month that will undoubtedly be busier than usual and our team may need to turn members away without a reservation. This month, the days to be prepared and make reservations include:

- Tuesday, November 7, 2023: ELECTION DAY
 - Franklin Public Schools: NO SCHOOL
- Friday, November 10, 2023: VETERAN'S DAY OBSERVED
 - All Local Public Schools: NO SCHOOL
- Wednesday, November 22, 2023: DAY BEFORE THANKSGIVING
 - Franklin Public and Franklin Charter School: NO SCHOOL
- Friday, November 24, 2023: DAY AFTER THANKSGIVING
 - All Local Public Schools: NO SCHOOL

There is typically always room in childcare when you make your reservation by 12:00pm the day prior. Reservations can also be made for the month we are currently in. If you have made a reservation and you are not able to make it, please give us a call and let us know in case we have parents looking for a spot. We will be reviewing our "no-show" policy over the next few weeks, and depending on the results, we may need to implement our "no-show" fee on busy days when a reservation is not canceled.

Please remember that our part of the building is NUT-FREE and GLASS-FREE. Please send in any items your child may need during their time in the Adirondack Club Childcare Center. Items can include but are not limited to a water bottle, snacks, diapers, wipes, and a change of clothes, including underwear, bottoms, and tops. We are not responsible for any outside items that are brought in with your child, including electronics, toys from home, etc.

WANT TO WORK WITH THE CHILDCARE TEAM AT THE ADIRONDACK CLUB?

We are approaching the time of year when some of our Active Kids After School and Childcare Staff begin different sports seasons and other activities, opening up some space to join our amazing Children's Services Team! We are currently accepting applications for candidates who love working with kids.

Active Kids After School is looking for staff aged 16 and older who have availability at least two days per week, Monday through Friday, starting at 3 PM and ending at 6 PM. We are also looking for applicants who are 18 and over who may qualify as a Group Leader or a Lead Counselor. If you are interested, please stop by The Adirondack Club Front Desk to fill out an application. If you have filled out an application at any other time previously, please email our Director, James Connelly.

Are you under 16 and not able to work for Active Kids yet? We are also looking for a couple of assistant childcare staff members to work with our team on Saturdays from 8:00am - 11:00am. The Childcare position can begin at 15 years old, and this role is an excellent step in the direction to joining our Active Kids After School Team and puts you in a good spot for the 2024 Summer Camp Counselor hiring process if that is something you are interested in.

SUMMER CAMP 2024

It feels like we just started the 2023-2024 school, but we are excited to announce that the countdown for Summer Camp 2024 is on!! We will release marketing material and brochures on the 2024 Summer Camp season at the end of this month! Stay tuned!

SPORTS PERFORMANCE

The Winter Sports Performance Training Session Starts November 27th!

We help youth athletes get faster, stronger, and more confident through age-appropriate programming and coaching so your athlete can level up their game on and off the field. Don't miss this opportunity to set yourself apart and get noticed by your coaches this Spring.

- Speed, Agility, And Strength Training
 - High School
 - Middle School
 - Sport Specific - Lacrosse, Baseball, Softball & Basketball
- Youth Athletic Development Training (8 - 10 years old)
- Performance Plus Drop-In Training
- Private Performance Training
- Field House Turf Rental

Check out our [website](#) for complete program details. For questions or to try a free session email [Colin McCullough](#).

ADK's Ready To Perform Workshops ACL Injuries and Modifying Your Risk Factors

Join us this month for a workshop on ACL injuries. Discover the modifiable risk factors that can help you avoid this injury that has increased 148% over the last 10 years according to the American Pediatric Society.

We will guide you through practical training techniques and programming that can help strengthen and increase stability in your knee joint.

Monday, November 20th
6:00pm - 6:45 pm
[Ready To Perform: ACL Injuries](#)

Questions? Contact [Colin McCullough](#) or [Ryan Ohnemus](#)

[ADK's Performance: Parents Guide To Elite Athletic Development](#)
[Download Now](#)



FITNESS

- COLIN MCCULLOUGH

With the holidays fast approaching, the pull to stop and wait until this busy season is over to work on your health can be strong. Don't hit the pause button this year. Check out this newsletter on how you can keep moving forward through whatever life sends your way. [Keep Moving Forward](#)

[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 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 Fall, click [here](#) to learn more and schedule a discovery call.

Try A Free Small Group Personal Training Session

Need help getting started on a routine but don't know where to start or what to do? Achieve your health & fitness goals with the attention, knowledge, and accountability you need through working with our training team.

We help 40+ adults 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.

Start now by filling out the form below to schedule your FREE session.

[Free Small Group Personal Training Form](#)

HEALTHIER HOLIDAY RECIPES

Want healthier versions of your holiday favorites?

We believe you should be able to have your cake and eat it too, so that's why we've put together these 3 recipe books for the holidays! Get healthier versions of your favorite holiday dishes, drinks, and desserts today here: [Healthier Holiday Recipes](#)



MEMBER SERVICES

- LEXI BEAHM

I feel like I start each month with this saying but, how is it November already?!

We want to sincerely thank all those who donated to the Franklin Food Pantry over the last couple of months. Due to your generosity, we were able to donate over 10 large bins of goods to help restock their shelves.

This month we are running so many wonderful events! See our schedule of events below:

- ALL MONTH: we will be running a men's clothing drive for Mass General Hospital again this year. Homeless men & women are seen daily in the Emergency Department and often leave without any warm clothes. Please help us support this wonderful foundation by donating men's sweatpants, sweatshirts, sneakers/boots, athletic socks and more.
- VETERAN'S DAY: In honor of Veteran's Day and our members who have served, we invite you to post a note of appreciation in the lobby. We will have a dedicated board on display. In addition, all Veteran members will receive free court time and guests on Saturday, November 11th.
- FAMILY TURKEY TROT: Grab your kids and join us for our 1st Annual Family Turkey Trot on November 18th from 9:30am - 11:00am. This run/walk event will be filled with raffles, laughter, movement and yes, charms! Sign up on your App under Classes.
- BLACK FRIDAY/CYBER MONDAY PROMO: Do you have friends who are interested in joining the Club? Make sure they check out our Black Friday/Cyber Monday Family promotion that will be going on November 24th through 27th only! PS - there are no limits on referral credits so be sure they put your name down!

The first Sunday in November we will be launching our new Sunday Morning Resource email! This is going to be carefully curated by a different staff member each week highlighting some of their favorite health related things! For instance, what are they reading, watching, listening to and/or eating. We hope you enjoy these as much as we enjoy sharing them.

GROUP EXERCISE

- JILL ANZALONE

Our next Kids Group X session will begin on November 13th! You can register [here](#) starting on November 6th. All classes will run on their scheduled days from 4:00pm - 4:45pm.

Mondays

Yoga with Ann | Ages 6 - 12 | \$54 for non-members

Tuesdays

Cycle with Patti | Ages 10 - 14 | \$54 for non-members

Thursdays

Fun Fit Kids with Lara | Ages 7 - 12 | \$45 for non-members

(This class will not run on Thanksgiving)

TENNIS

- TARA VOLPE

Just a reminder, we require 24 hours' notice to cancel court time. Cancellations received less than 24 hours in advance will be charged for the full court time. We strongly encourage hosts to provide us with the names of ALL players at the time of booking to ensure accurate billing and collections.

Our Fall 2 session begins next week:

- Adult Beginner | Register [Here](#)
 - Tuesday: 5:30pm - 6:30pm
 - Friday: 10:30am - 11:30am
- Pickleball | Register [Here](#)
 - Pickleball 101 & 102
 - Drill & Play 3.0
- Red Ball 1 and 2 | Register [Here](#)

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

- Serve 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 Robins:
 - Wednesdays 1:30pm - 3:00pm
 - Sundays from 8:30am - 10:00am

THANKSGIVING HOLIDAY HOURS

WEDNESDAY, NOVEMBER 22ND
CLUB: 5AM - 7PM | POOL: 5:30AM - 5PM
CHILDCARE: 8AM - 12PM

THURSDAY, NOVEMBER 23RD
CLOSED

FRIDAY, NOVEMBER 24TH
CLUB: 7AM - 7PM | POOL: 7AM - 5PM
CHILDCARE: 8AM - 12PM