

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

CYCLE STRONG

Join us on December 16th for our Cycle Strong Event in support of the Nick Strong Foundation. Read more below.

SUMMER CAMP

Yes, we said it! Summer '24 information is launching soon. Read about the latest updates on page 4.

31 DAY SLAY

Keep it balanced and healthy over the holidays with our "31 Day Slay" challenge! Check out page 2 for more details.



HOLIDAY HOURS

DECEMBER 24TH

CLUB: 7AM - 1PM

POOLS: 7AM - 12PM

DECEMBER 25TH

CLOSED

DECEMBER 26TH

CLUB: 7AM - 9PM

POOLS: 7AM - 8PM

CHILDCARE: 8AM - 12PM

DECEMBER 31ST

CLUB: 7AM - 1PM

POOLS: 7AM - 12PM

**COLLEGE STUDENT
MEMBERSHIPS ARE BACK
FOR A LIMITED TIME!**

1-MONTH: \$68

2-MONTHS: \$136

**HAVE YOUR STUDENT STOP BY
THE DESK FOR MORE INFO!**

COMMUNITY

- LISA MARCHIONI

On Saturday, December 16th, we are hosting *Cycle Strong*, a special fundraising event for the Nick Strong Foundation. This unique Cycling event will take place from 7am-10:30am in our beautiful Cycle Studio.

Space is limited to 30 bikes and they are selling out quickly! You can ride as an individual for this 3-hour event or you can form a team and split the time. Each 3-hour spot is \$150. One person per team can register [here](#).

If you can't ride the day of the event, there are other ways you can participate. You can donate an item for our raffle; you can buy a raffle ticket or you can donate directly to the Nick Strong Foundation [here](#). Please contact Lisa M. [here](#) if you would like to donate something.

We would love for you to help us keep Nick's legacy alive through the Nick Strong Foundation and Cycle Strong.

SNOW TEAM

The Adirondack Club is forming this year's snow shoveling team and we are looking for hardworking team members interested in working during winter storms.

Details:

- Shifts are typically 4-8 hours depending on the storm (meals provided for large storms)
- Pay is \$18 per hour cash
- Available shifts and staffing needs are sent out about 48 hours before a storm

Qualifications:

- Must be at least 16 years old
- Must have reliable transportation to the Club during inclement weather
- Must have your own waterproof coat, pants, boots and gloves

If interested, please text or email Rich at (508) 213-8839 or email him [here](#).

GROUP EXERCISE

- JILL ANZALONE

This month we are running a *31 Day Slay December Habit Tracker* challenge! Pick up your calendar at the front desk and track your habits all month long in order to have a successful holiday season!

December Holiday Group X Schedule

Sunday, December 24th || Normal Schedule

Monday, December 25th || Club Closed - No Classes

Interested in taking a class? Don't forget about our virtual library!

Tuesday, December 26th || Classes Begin at 9am

Sunday, December 31st

- 8:00am: Cycle with Patty
- 9:00am: Hydro with Sharon
- 8:30am: P90x with Lara
- 9:30am: NYE Cardio Dance Party with Meg
- 9:30am: 90 Minute Release and Renew Yoga with Jackie
Release what has not served you in the past. Renew what brings you joy in 2024.



SPORTS PERFORMANCE

- COLIN MCCULLOUGH

The Winter Sports Performance Training Session Started November 27th!

Many Slots Have Sold Out. Prorating Available!

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.

- 13-Week High School Speed, Agility, And Strength Training
- 13-Week Middle School Speed Agility And Strength Training
- Youth Athletic Development Training (8-10 Years Old)
- 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. For questions or to try a free session email [Colin McCullough](mailto:Colin.McCullough).

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

MEMBER SERVICES

- LEXI BEAHM

As we say goodbye to 2023, we extend our heartfelt gratitude to each and every one of you for contributing to an extraordinary year. The Club has witnessed the addition of numerous new members, the introduction of new services, the reopening of our state-of-the-art spa, and a host of other exciting developments. Reflecting on the past year, it is evident that its success is truly attributed to your participation and support.

As we anticipate the arrival of 2024, we wish you a year filled with new milestones and the accomplishment of ambitious goals. Stay tuned for special holiday programming and upcoming challenges that promise to add an extra dash of excitement to your experiences with us. To those currently enrolled in the fitness challenge, keep up the outstanding work - we're cheering you on!

To conclude the year on a high note, we are thrilled to announce our final family promotion, launching on Monday, December 4th, and running through Sunday, December 24th. If you have friends or family interested in joining, encourage them to mention your name as a referral and enjoy up to \$50 in account credit per membership.

Join us for the grand finale of the year - "[Cycle Strong](#)," a cycling event dedicated to raising funds for the Nick Strong Foundation. Your participation will not only contribute to a meaningful cause but also add a memorable touch to our closing festivities.

We look forward to celebrating these moments of success, growth and community with you. Cheers to a great year and the adventures that lie ahead in 2024!

AQUATICS

- TIFFANY SEARS

Our Winter Session is open for enrollment, offering an array of engaging classes for all ages and skill levels. From parent-child bonding in the water to advanced swim techniques, we have a class for everyone.

The Adirondack Club Swim School is committed to creating a positive and supportive environment where swimmers of all levels can thrive. With the addition of Adult Beginner Classes on Thursdays, there's something for everyone in the family! Classes are filling up quickly, so dive in and secure your spot.

For those interested in becoming a teacher or lifeguard themselves, we have upcoming WSI and lifeguard courses also available for registration now. Please click [here](#) for more information on dates.

TENNIS

- TARA VOLPE

Our Fall session ends on December 22nd and winter registration is now open for Adult, Junior and Pickleball classes. Our Winter session begins on January 2nd and ends on April 13th.

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

- Serving to Win: Mondays
 - 12:00pm - 1:00pm
- Turbo Tennis: Fridays
 - 10:30am - 12:00pm
- Cardio Tennis: Saturdays
 - 8:00am - 9:00am
- Pickleball Round Robin: Wednesdays
 - 1:30pm - 3:00pm

TEAMS

Our DBH, SNEITA, CMITA and USTA Mixed Doubles teams are off to a great start! All are enjoying fun and competitive matches.

JUNIOR MATCHPLAY

Parents--don't forget that we offer supervised Matchplay on Sundays for all juniors currently enrolled in a clinic. There is no charge, but we do ask that you enroll online so that we can plan our staffing. Click [here](#) for more information.

NEW ADULT PROGRAMS/TEAMS THIS WINTER

- USTA 18+ Mixed Doubles Teams: We are hoping to have a 7.0 and 8.0 team this winter.
- Matchmaker Program: Do you need help finding a hitting partner? Our new matchmaker program will pair you with players who are at your level.
- Singles Flex League: A new, in-house league for players who want to play competitive singles.

Stay tuned for more details!

Pictured: Part of our new DBH 4 Team



FITNESS

- COLIN MCCULLOUGH

Now that Thanksgiving is behind us, we have 2 paths we can follow for the rest of the year. One leads to a strong finish another not so much. Check out this fitness newsletter on finishing the year strong. [Five Weeks and Counting](#)

[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](#)

LETS GET SOCIAL



ACTIVE KIDS

- JAMES CONNELLY

ACTIVE KIDS 3-DAYS OF FUN VACATION CAMP

Are you looking for full-day childcare coverage for your child during the upcoming holiday break? 3-Days of Fun is back for 2023!

We will be accepting enrollment for our 3-Days of Fun Vacation Camp for all Adirondack Club Members on Monday December 11th. Space will be extremely limited as we already have registration open for our currently enrolled Active Kids. Our 3-Days of Fun Vacation Camp will include fun activities, unique take-home projects, daily swim and more! In order to enroll or join the standby list, please email Meredith at mpreto@adirondackclub.com to put your name and contact information on our list. If we have remaining roster space, you could be contacted as early as December 11th. 3-Days of Fun will be open to children in Grades K-6. We will not be able to accept any enrollment for children in the camp under the age of 5 years old.

ACTIVE KIDS AFTER SCHOOL UPDATES

Looking ahead to the 2024-2025 school year, the Active Kids After School Program is gearing up for registration. In January 2024, we will be accepting registrations for all of our currently enrolled Active Kids and their siblings. This early registration period allows our existing families to secure their spots for the upcoming school year. For those not currently enrolled, we'll open the remaining roster spots to everyone in February 2024, starting the week after February School Vacation Week. Stay tuned for the exact dates, which will be released after the new year. We're excited about the upcoming school year and can't wait to continue fostering growth, development, and joy within our Active Kids community.



SUMMER CAMP

- JAMES CONNELLY

SUMMER CAMP INFORMATIONAL UPDATES

Excitement is building as we prepare for an incredible Summer Camp season in 2024! Mark your calendars for Friday, December 15th, when the Summer Camp 2024 brochures will be available online and here at The Adirondack Club! Registration opens on Monday, January 1st, 2024! These brochures will be your guide to showcase a snapshot our award-winning camps, providing helpful information, including dates for all nine weeks of the upcoming summer season. We're thrilled to announce some fantastic changes to our weekly field trip schedule, promising even more excitement and adventure for your campers, no matter their age! Of course, we will be returning to some of the fan-favorite field trips in Summer 2024 so be sure to grab a brochure to discover all the amazing experiences we have in store for Adventure Camp, Arts Camp and Sports Camp!

JOIN OUR SUMMER CAMP TEAM FOR SUMMER 2024!

Are you ready to be part of one of the most amazing Summer Camp teams around? We are actively seeking enthusiastic individuals to join our Summer Camp staff. If you're passionate about creating memorable experiences for children and are interested in a Summer Camp position, stop by the Front Desk of The Adirondack Club and fill out an application ASAP. Hurry, as we have a limited number of positions, and they fill up fast! Any questions about Summer Camp employment can be directed to our Camp Director, James Connelly, via email at jconnelly@adirondackclub.com. Don't miss out on the opportunity to be part of an unforgettable summer for both you and our campers!

PRESCHOOL

- CLAIRE HANSOM

Preschool had a special visitor in November! The Franklin Fire Department visited with their fire truck! This coincided with our topic of fire safety which incorporated learning all about what to do when a smoke alarm sounds, when to dial 911 and when not to, practicing fire drills and finding alternative ways out when an exit is blocked. This topic was both very important and so much fun, and all the children loved the activities, especially the fire truck!

We only have two scheduled preschool tours left before our Open house on Saturday, January 20th, 9:30am - 11:30am. Enrollment opens to the public on January 22nd, families who have previously toured this school year have the advantage of the link being sent out a few days earlier. Please use the link to sign up for a tour or for our Open House. [Sign Up Here](#)

This month's article is [Teaching Young Children Gratitude](#).