

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

SPA CONSTRUCTION

The spa will be under construction starting this month. See below for more details.

ACTIVE KIDS - NOW HIRING!

Looking for a job within our Children's Services department? Check out page 2 for more details!

FALL DRIVE FOR THE FOOD PANTRY

This month we will be running a food drive for Franklin Food Pantry. See page 3 for more information

AQUATICS

- SWIM SCHOOL COORDINATORS

Thank you to everyone who participated in our summer swim school! We've loved watching everyone grow and become stronger, safer swimmers!

As many of you know, this year's fall session will start later than normal due to the work on the spa that starts Tuesday, September 5th. This work permits us from putting the dome up until early October. Keep an eye on future emails containing details for fall swim and the announcement of our new Swim School Coordinator!

Please be aware that the construction work from September 5, 2023 through September 8, 2023 will likely be quite loud and dusty at times with the amount of expected cutting and jackhammering. Your weekly member updates contain further information on what to expect week to week.

Thank you again for your patience and understanding while we work hard to improve a popular amenity of the Club!

LABOR DAY HOURS

CLUB: 7:00AM - 6:00PM

POOLS: 7:00AM - 5:00PM

WATERSLIDE: 12PM - 5PM

CAFE: 11:30AM - 6:00PM

(GRILL CLOSES AT 5:30PM)

NO GROUP X CLASSES |

NO CHILDCARE | CHILL CLOSED



TENNIS

- TARA VOLPE

Our Fall Tennis and Pickleball sessions begin on Tuesday, September 5th. We still have some openings in classes, but they are filling up quickly so enroll soon!

ADULT TENNIS UPDATES:

Our 4 USTA teams had fun and competitive seasons and we are excited to be adding two additional women's DBH teams and a USTA 7.0 Mixed Doubles team this Fall. Growing our adult tennis program has been a priority for us and we will continue to look for more playing opportunities to offer our members.

JUNIOR UPDATES:

This summer we had our largest junior program enrollment in years. Our staff worked tirelessly to improve every junior's game in a fun and competitive environment, and the results showed! We are excited to continue to work with our junior members this year.

PICKLEBALL:

As pickleball continues to grow, we will continue to offer clinics and round robins for all skill levels. And coming soon, a Pickleball Challenger program! Stay tuned for more details.





SPORTS PERFORMANCE

The Fall Sports Performance Training Session runs September 5th - November 20th. Prorating Available!

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 get a free trial.

NEW GUIDE: 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

Fall is right around the corner. How did you summer go? If it didn't go as well as you would have liked. Don't beat yourself up. Fall is a great time to reset and start moving towards your health and fitness goals. Check out this article on getting moving in [September](#).

[Join Our Fitness Newsletter](#)

[Try A Free Semi Private Personal Training Session](#)

Need help getting back into a fitness routine this fall? 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.

Fill out the form below to schedule your FREE session with our team today.

[Free Semi-Private Training Form](#)

[Protein Recipe Guide](#)

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.

Download your copy: [Protein Recipe Guide](#)





MEMBER SERVICES

- LEXI BEAHM

It seems like each year the summer goes by quicker and quicker and the next thing you know its, September 1st, and we are getting ready for the start of school.

Thank you all for a wonderful summer! We say this every year, but watching everyone poolside, in camps and throughout the Club, having a blast and enjoying each day gets better and better each year.

September is always a big month here at the Club with the start of our Active Kids after-school programming, new Club programming and the reintroduction of our Kids Group X classes.

While normally we'd also be prepping for the dome to go on, this year that portion of our transition is slightly delayed due to the work on our Spa! So while the summer has come to an end, we are going to give you a few extra weeks of outdoor pool time!

In addition to all of the changes, we are also hosting a fall food drive with a heavy focus on family and kid-friendly foods in connection with back-to-school. Think cereal, mac & cheese and more. A full list of their current needs can be found [here](#) if you need some inspiration. The drive will start on Tuesday, September 5th.

As always, if you are interested in having us host a drive for a charity you are involved in, please email Lisa Marchioni [here](#).

If you are interested in a donation for a fundraiser or charity event, please fill out the donation request form found [here](#). Due to the influx in requests, we will no longer be able to accept in person or phone requests.

If you had fun this summer, we'd love for you to leave us a [Google review](#) and refer a friend! Referrals and reviews help us continue to grow our business and welcome friends & family to the Club. Not to mention - the bonus is always a nice perk! Need a Referral Program refresher? Click [here](#).

CHILDREN'S SERVICES

- JAMES CONNELLY

NOW HIRING FOR CHILDREN'S SERVICES, ACTIVE KIDS AFTER SCHOOL & CHILDCARE

Want to join our amazing Children's Services Team? If so, you are in luck, as we are accepting applications for open positions on both our Childcare Team and our Active Kids Team!

In Childcare, we are hiring for weekday and weekend shifts. At this time, the open positions for Childcare would be from 8:00AM - 12:00 PM Monday through Friday. On the weekends, we are looking for staff to work a Saturday position that would be from 8:00AM - 11:00AM.

We are also hiring for our Active Kids After School Program. Join the team that runs the most awesome After School programs around! Shifts for Active Kids will be during the week from 3:00 PM - 6:00 PM. The only age requirement for the After School Program is mandated by the EEC and candidates must be 16 or older to apply.

If you are interested in either of these positions and want to work with an awesome team on any combination of these days, we would love to see your application! Any experience with children is a big plus but not required! If you have any questions, please reach out to The Children's Services Director, [James Connelly](#).

Applications can be filled out at The Adirondack Club's Front Desk.



PRESCHOOL

- CLAIRE HANSOM

PRESCHOOL TOURS FOR SCHOOL YEAR 2024-2025

It may seem far away, but registration for next Fall starts this January. The best way to learn about our wonderful preschool before registration starts is via a tour. We have several scheduled tours this Fall. Please click on [this link](#) to sign up or email [Claire Hansom](#) for further information about the preschool.



GROUP EXERCISE

- JILL ANZALONE

Our 2023 Fall schedule will start on Sunday, September 17th. You will also be able to view the schedule online the week prior. Brochures will also be available at the front desk.

With our new schedule, we are excited to introduce new classes, new instructors, and new class times! Don't worry, pop-ups will be back as well, stay tuned for those details.

Time Changes:

9:30am ADK Ride | Monday-Thursday | New Time: 9:00am
(Fridays will remain at 9:30am)

6:00am ADK Ride with Maggie | Mondays | New Time: 5:30am

New Class Times:

Hydro with Donna | Tuesdays | 8:00am

(Tuesdays 9am Hydro with Donna we remain on the schedule as well!)

Bike Bootcamp with Kristen | Tuesdays | 9:00am

Pilates with Julie | Wednesdays | 7:30am

Bike Bootcamp with Kristen | Sundays | 9:45am

New Classes & Instructors:

Ramped Up with Sarah | Fridays | 5:30am

This class will be a fun, challenging workout. You will work in groups, with partners and by yourself. Most exercises are ramp up sets which will increase power and strength in your lifts. Free weights, medicine balls, bands and gliders will all be used. Modifications will be provided, and all levels are welcome!

Simply Stretch & Flow with Elissa | Tuesdays | 10:30am

We are so happy to welcome Elissa to our team! This class offers floor based and standing stretches that prepare the body for a moving flow of yoga poses to develop strength, flexibility, and balance. Transitions are slow-paced and gentle. The class includes breathing and mindfulness techniques to relax and refresh. The support of blocks, straps, bolsters, the wall, or a chair allow accessibility for all fitness levels. This class is suitable for newcomers to yoga, those returning to yoga after lapsed practice and those seeking a back-to-basics approach.

ADK Ride with Becky | Tuesdays | 6:00pm

Becky is a new instructor that we are welcoming to the team. We are very excited to have her!

Kid Group X Fall Session

This 6-week session will begin the week of September 17th with enrollment opening up on September 10th.

Kids Yoga | Mondays with Ann | 4:00pm - 4:45pm

There will be no Kids Yoga on October 9th. We will make up that class on the 30th.

Kids Cycle | Tuesdays with Patty | 4:00pm - 4:45pm

Walk/Run Club | Thursdays with Lara | 4:00pm - 4:45pm

NEW AUDIO APP

We have installed a new audio app for the cardio floor called AudioFetch. The App Store or Google Play app can be downloaded at the links below and will replace the previous app.

[Apple App Store](#)

[Google Play](#)

Once the app is installed, the stations will automatically load as long as you are connected to the Club's guest WiFi "AClub_Guest"

