

OCTOBER 2023

# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

### DOME & SPA UPDATES

Interested in an updated timeline for the pool? Check out page 2.

### BIKE BOOTCAMPS ARE BACK!

Back by popular demand - Bike Bootcamps! Read below for more.

### NEW CLUB RETAIL IS HERE!

Just in time for the holidays - NEW Club gear. Stop by the front desk!



## GROUP EXERCISE

### - JILL ANZALONE

We hope everyone is enjoying the new fall schedule!

As we prepare for the dome installation, we wanted to inform you that there will be no hydro classes on Saturday, October 7th or Sunday, October 8th. Hydro will resume on Monday, October 9th under the dome!

Bike Bootcamp on Sundays are BACK for this month's Pop-Up class! Kristen will be teaching her Bike Bootcamps from 9:45am - 10:45am on Sundays throughout the month! Look for this class on the schedule on Oct 8th, 15th, 22nd and 29th!

We are excited to run an 8-week Guided Meditation & Yoga Workshop with Stephanie Selwyn. This workshop will started on October 1st however, space is still available! Join us on Sundays from 4:00pm - 5:00pm in Studio 2. With only a handful of spots left be sure to sign up on the app before week 2.

In good fun - we will be hosting a couple of Halloween themed classes and rides towards the end of the month. Stay tuned!

A couple of years ago we implemented Group X class sign ups via our app. Amongst many reasons, two were to ensure all attendees had the appropriate amount of space to partake in the class and to ensure everyone had the equipment needed. **If you are on the waitlist for any given class, please wait for an email confirming that you got into the class before showing up. If you are registered and can no longer attend, please don't forget to cancel out of class.** Canceling will allow for another member to get into the class. As always, thank you for your understanding and cooperation!

## AQUATICS

### - TIFFANY SEARS

I'm happy to introduce myself as the new Swim School Coordinator at The Adirondack Club. I have participated in aquatics since high school and worked in the field of aquatics lessons and safety for the last four years. I'm excited to work with the wonderful families already a part of The Adirondack Club Swim School and grow the program with even more amazing WSI Certified Instructors. The Adirondack Club will be hosting a WSI course in October. Please feel free to contact me [here](#) if you are interested in participating in this highly sought after program.

As we dive into Fall, I am pleased to announce that our Group Swim schedule for the upcoming session is now available on our website. Registration is open, so be sure to secure your spot and embark on this enriching swimming journey with us. Group Lessons are set to begin October 16th, and will be taught in the dome environment, allowing for learning, improvement, and most importantly fun, regardless of the weather outside.





## MEMBER SERVICES

### - LEXI BEAHM

NEW CLUB RETAIL IS HERE! Can you sense our excitement?

We love providing opportunities for our members to purchase Adirondack Club clothing for themselves or loved ones so this time around we launched sweatshirts and long sleeve shirts in some classic, neutral colors for adults and some fun, bright colored sweatshirts for the kids! In addition, we have Adirondack Tennis sweatshirts available for our adult and junior tennis players. With the cold weather creeping in quickly and the holidays around the corner (yes, I said it!) be sure to stop by the front desk to grab one before they are gone!

Due to the Franklin Food Pantry's ongoing need of goods, we have decided to extend our food drive through October! A full list of their current needs can be found [here](#) if you need some inspiration. We appreciate those who have donated already and continue to donate.

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](#).

## POOL UPDATES

### **DOMES INSTALLATION**

Saturday, October 7th - Dome Installation - Pools will be closed the entire day. Please note that the installation date is subject to change based on the weather.

### **SPA UPDATE**

While the dome is going up on the 7th, the Spa will not be complete until mid to late October however, we are still on track! There are still some steps in this process that will be completed underneath the dome. As we get a confirmed "reopen" date, we will be sure to let you know. In the meantime, anticipate the feeling of 40 new jets!

## CHILDREN'S SERVICES

### - JAMES CONNELLY

### **MONTHLY UPDATES**

As a reminder to anyone who is planning to utilize our Childcare Services, we need you to make a reservation before you arrive. For all Saturday reservations, they must be made no later than 12 PM on Friday to ensure we have the proper staffing.

For our Active Kids After School families - we will be closing at 5:30pm on Halloween.

### **NOW HIRING FOR CHILDREN'S SERVICES!**

We are currently accepting applications for open positions on both our Childcare Team and our Active Kids Team!

Childcare, is hiring for weekday and weekend shifts. At this time, the open positions for Childcare would be from 8:00AM - 12:00 PM Monday - Friday. On the weekends, we are looking for staff to work Saturdays 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 program 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](#).



## 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.



## SPORTS PERFORMANCE

### NEW TEAM MEMBER IN SPORTS PERFORMANCE TRAINING

We are excited to introduce the newest member of the fitness and performance team, Ryan Ohnemus! Ryan comes to us from 5 Tool Performance, a baseball skills and performance facility where he was the head strength and conditioning coach. Ryan's other experiences include being Wellness Director at the YMCA, Sports Performance Coach at the Strength House in Worcester, and Athletic Based Training in Milford.

Ryan is taking on new clients and is also offering a free baseball/softball speed, agility, and movement assessment. If you are interested in getting your athlete in for a free assessment, email [Colin McCullough](mailto:Colin.McCullough).

**The Fall Sports Performance Training Session Started September 5th! You Can Still Enroll. Session Ends 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.

Email [Colin McCullough](mailto:Colin.McCullough) with any questions or to get a free trial.

### ADK'S PERFORMANCE ATHLETE'S GUIDE TO BREAKFAST

Grab your copy [here](#).

## FITNESS

### - COLIN MCCULLOUGH

With fall in full swing. You might be experiencing a few cranky joints or some body part hurting. Check out this newsletter on of the reasons you could be experiencing pain. [My \[fill in the blank hurts\] Hurts](#)

[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, use the link below to learn more and schedule a discovery call.

### TEST DRIVE OUR SEMI PRIVATE PERSONAL TRAINING

Sometimes a coach and a community of like-minded people is just what you need to get motivated and work on becoming your best self.

We have 5 spots we are giving away to try out our small group personal training the week of October 9th-October 13th (2 training sessions).

Use the link below to set up a time to chat with Colin about your goals and get you scheduled for your first session.

[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](#)

## TENNIS

### - TARA VOLPE



Enrollment for our Fall 2 Red Ball classes is now open! As a reminder, the Fall 2 Session will run from October 29th to December 23rd. Register [here](#).

We have new racquets and tennis bags for sale in the pro shop. Stop by and start your holiday shopping early!

### Junior Racquets Available

Minions 23" - \$35 || Wilson Federer Junior 25" - \$49  
Wilson Blade Jr. 25" - \$59 || Head Speed 26" - \$99

For more information or to purchase a junior tennis racquet, email [Tara Volpe](mailto:Tara.Volpe).