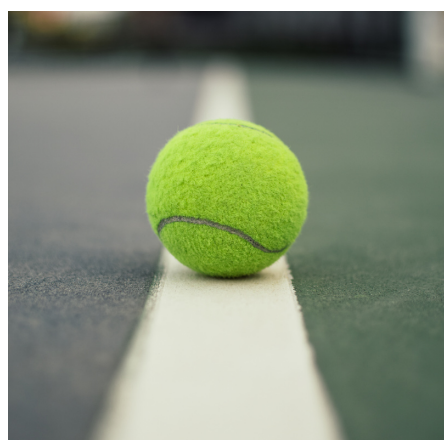


THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

HAVE YOU RESUBSCRIBED?

Have you seen our push to get you re-subscribed? See page 2 for more information.



FALL REGISTRATION

Tara, Jeannette and their teams are currently working hard creating fall programming for both tennis and group swim.

More details will be announced within the next week or so but as of now we do anticipate fall registration to open mid-August.

Keep an eye on our website, social media and weekly updates.

SUMMER GUIDE

Thank you to everyone who has read our Summer Guide. If you haven't read it yet, you can do so [here](#).

TENNIS

- TARA VOLPE

JUNIOR TENNIS

Our junior clinics are going strong! We have four weeks of camp left in August and there are still a few openings in the below programs:

Orange / Green Ball
9:00am - 12:00pm || Monday - Friday

Red Ball
3:30am - 4:30pm || Monday - Thursday

Yellow Ball
4:30am - 5:30pm || Monday - Thursday

You can register online for these clinics [here](#).

AUGUST ADULT TENNIS

We are excited to offer some new adult classes in August! Classes will be offered weekdays throughout the month and will include Try Tennis, Round Robins, Advanced Beginner, Doubles Strategy and more!

Best part? Enrollment will be daily so you can pick and choose what days work best for you without committing to a 4-week program, which we know can be difficult during the summer!

If you do not see something that meets your needs, Tara would happy to customize a private lesson or clinic for you! You can email Tara [here](#).

For more details on our August adult programming, click [here](#).

EMPLOYMENT OPPORTUNITIES!

We have several employment opportunities right now at the Club! Check out page 3 to see.

ACTIVE KIDS

- JAMES CONNELLY

ACTIVE KIDS FALL 2022

Our After-School Program, Active Kids, has space for all five days this fall. Availability is limited depending on the day, and by August, we expect to begin hitting capacity on certain days. If you are interested in enrolling in our program, please email Meredith at mpreto@adirondackclub.com, and she will send you more information on the enrollment process.

SUMMER CAMP 2022

Summer Camp has been having a great season filled with fun activities and fantastic trips! If your child has been attending camp, make sure you check out our weekly photo albums on [The Adirondack Club Facebook page](#). New albums are posted at the end of each camp week!

If you have a moment and would like to share your camper's experience or your experience as a camp parent, we would love to hear your review on [our Google account](#). We appreciate every review we receive so thank you for taking the time to let us know!

If you are having issues getting our weekly camp newsletter, you can check out [our website](#), where we post the same newsletter each Thursday, the same day we send out the email.





GROUP EXERCISE

- JILL ANZALONE

Summer Pop Up Class with NEW INSTRUCTOR KAYLIN!!

4-week Pop Up Tuesdays 8:30-9:30 AM

August 9th - August 30th

Build and Burn- Full Body Strength and Conditioning Class. Come try something new this summer! Kaylin will have you smiling and sweating. Get ready to lift heavy and work hard! Don't Miss It!!!

National Workout with Your Kids Week!

The week of August 8th is National Workout with Your Kids Week! We are finalizing our plans so keep an eye on your email for further information. Throughout the week we will be offering some fun parent/child classes!

Kids Group X Classes will resume in September with our Fall Session. More info coming soon with our Fall Group X Schedule! Stay tuned.

MEMBER SERVICES

- LEXI BEAHM

We have had quite the summer so far! It has been so wonderful seeing all of our members and families out by the pool and around the Club however, I can't believe that we are already in August and prepping for our fall season. Our teams are full speed ahead in getting some great programming planned so be sure to keep an eye on your emails throughout the month with registration launch dates.

For our lap swimmers - Crimson's last morning practice for the summer was July 29th which opens up the lap pool in the mornings for you! The swim team will resume their practice around Labor Day.

We are hiring a part-time Member Services Specialist to work Thursdays and Fridays from 9:00am - 3:00pm! For the full job description please visit our website [here](#).

Lastly, to those who have been utilizing our new electronic sitter form - thank you! This seems to be working great. As a reminder, you can find our full revise Nanny/Sitter policy here along with the electronic sitter form.

P.S. - Have you re-subscribed?! If not, look for the email to the right sent on July 12th and click "Confirm Subscription"!



AQUATICS

- JEANNETTE VITALE

NEW single day option for swim lesson in August... FUNDamentals! Levels 1 and 2 do require an adult to enter the water with the child during the lesson. For level 3 your child must be able to swim 3-4 body lengths on their own. This is a one-day class that will be run as a circuit. You can sign up for one or all of them!

Fall swim school registration will open mid-August! Morning and afternoon classes will be offered during the week along with Saturday morning classes. Saturday will have a parent and child class option.

So far this summer, we've celebrated our young ones from being non-swimmers to confident ring divers, welcomed new and experienced swim instructors to the team and sent countless members down the slide!

If you didn't get a chance to join our August swim programs, don't worry, there is still time to sign up for the remaining 2 weeks of our Summer Swim Series! || August 1 - 4 || August 8 - 11

For more information and to sign up, please visit our website or click [here](#). You can also sign up for a Summer Swim Series through the App!

CLICK IT OR MISS IT!



Please confirm your subscription by clicking the link below.

We ask for your confirmation to protect you from receiving unwanted email. If you do not respond, your email address will NOT be added to our list.

Thank you,

The Adirondack Club

Confirm Subscription

AUGUST 2022

ACTIVE KIDS PRE-SCHOOL

- **CLAIRE HANSOM**

EMPLOYMENT OPPORTUNITY!

LEAD TEACHER

Our teachers are passionate about teaching and deliver a play-based curriculum that fires up children's curiosity, imagination, creativity and seeks to instill into children a passion for learning. We value parents as partners and see children as capable. Active Kids is a small preschool with a kind and caring team who are dedicated, love to learn and support each other. Teachers enjoy consistent weekly schedules in assigned classrooms with low student/teacher ratios, weekly planning time and assistance in meeting professional development requirements.

Job type – School year, part time,
Approx. 32-35 hrs. / week

For the full job description click [here](#). To contact our Pre-School Director, Claire Hansom click [here](#).



FITNESS

- **COLIN MCCULLOUGH**

A common theme that is talked about when we meet with new clients is feeling better and moving better now and in the future. These clients are usually looking for longevity. Longevity refers to a long length of life, but for our purposes, we want that life to be healthy and full of vitality ... being strong and active, full of energy. Check out this article on a key component of training for [Longevity](#).

[Join Our Fitness Newsletter](#)

[Summer Grill Guide](#)

Is it possible to stick to your healthy eating goals and still enjoy your summer BBQ? YES! Just because it's summer time, 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. [Summer Grill Guide](#).

[Miles and Muscles! | Wednesdays | 6:00am - 6:45am](#)

Who's up for some early morning OUTDOOR conditioning and circuit training? Join Jill for the remainder of her 4-week program that will have you feeling strong and confident. We will use the track, bands, and bodyweight to get your morning started right. 2 weeks left (August 3rd & 10th)

Click [here](#) for more information. Questions? Email [Jill Anzalone](#).

PERFORMANCE

The fall sports performance training information will be coming out shortly. If you are looking to get your athlete started now - all our summer programs are still enrolling.

[9 Week High School Speed, Agility, Strength and Conditioning](#)

[Drop In Middle School Speed, Agility, and Strength Training](#)

[Drop In Youth Athletic Development Program](#)

For complete summer program details click [here](#).

Questions? [Email](#) Colin McCullough

[Youth Performance Guide | Download Now](#)

The Parents Guide To Elite Athletic Development: *Discover the 5 simple things you can do to increase your young athletes' athletic development in 30 days or less.*

[ADK Performance Training Pre-Performance Nutrition Packet | Download Now](#)

Discover simple ways any athlete can optimize performance through proper nutrition.