

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

MEMBER REFERRAL IS BACK!

Refer a friend, a family member or someone you just met and receive Club credit! Read more below!



REVIEW HIGHLIGHT

I'm writing to offer some recognition for Personal Trainer Lisa Sawyer. She's knowledgeable, practical, flexible, encouraging, and engaging. Wicked smart. But on a serious note, she makes small group training feel personal. Lisa is connected to each client she works with and makes each one of us, and our individual fitness needs, a priority. Very thankful to call Lisa my trainer and my friend.

- Meaghan A.

SPRING GROUP SWIM

Enrollment is now open for our Spring group swim sessions. Read more on page 2.

DID YOU KNOW?

Did you know The Club has it's own Running Coach? Read more over on page 3.

MEMBER SERVICES

- LEXI BEAHM

What a month February was, wasn't it?! We officially welcomed Chill Juice Bar to our lobby, we relaunched our Member Referral program and brightened up the fitness floor with new carpeting! If this is the first time you are hearing about the Member Referral Program, allow me to tell you about it.

Refer a NEW Family Member and receive \$50 in Club credit for you and the new member.

Refer a NEW Full Member and receive \$35 in Club credit for you and the new member.

Refer a NEW Fitness Member and receive \$25 in Club credit for you and the new member.

We hope you are able to take advantage of this new benefit! If you are someone who pays in full, there are still plenty of other services you can charge to your account such as personal training, guest fees, court fees and merchandise.

As you may have seen the email sent yesterday, effective April 1st our membership dues will be increasing for everyone except for those who are in a current contract or joined within the last year. To continue bringing current and future members the very best experience, we must have the resources needed to keep pace with ever-increasing overhead. We have made great strides over these past 24 months and invested hundreds of thousands of dollars in the facility including air handling and quality upgrades, have completed numerous space renovations and improvements and made many mechanical enhancements behind-the-scenes. Each of these will help maintain the quality experience you have come to expect. We have more to do but are proud of how we have kept up with the needs of members and our facility.

We appreciate your understanding and hope you are looking forward to the future as much as we are.



CHILDREN'S SERVICES

- JAMES CONNELLY

SUMMER CAMP EARLY BIRD PRICING AND SUMMER CAMP OPEN HOUSE

It's officially March which means the countdown is on to lock in your Early Bird Special Summer Camp prices for 2022! Sign up and pay in full to save big on your camp weeks! We are selling out of weeks quickly as we get closer to March 31st, so don't wait and miss out on the most fun your camper will have this summer!

If you have any questions about Summer Camp or want to meet our Summer Camp Director and Assistant Director, stop by our Camp Open House on Saturday, March 19th, from 9:00 AM - 11:30 AM.

CHILDREN'S SERVICES MASK POLICY

Beginning on Monday, March 7th, the Children's Services Department will update the mandatory mask policy to an optional mask policy. The updated policy will be in place for Childcare, Active Kids After School, and Active Kids Pre School. Until Monday, March 7th, we ask that you please continue to follow our current policy and be sure to only enter this area with a mask for yourself and any child over the age of 2.

ACTIVE KIDS AFTER SCHOOL

We will begin taking registration for the 2022-2023 school year at the beginning of March. Please reach out to our Children's Services Specialist, Meredith Preto, mpreto@adirondackclub.com, for the paperwork and any other information for the upcoming school year. We can currently offer bussing from Norfolk Public Schools, Franklin Public Schools, excluding Kennedy and Jefferson, and Wrentham Public Schools. Sign-ups have already started for the Active Kids, so space is limited for the remaining roster spots.

AQUATICS

- JEANNETTE VITALE

Starting TODAY, you can sign up for our spring group swim session in the app or online. This session is a 9-week program running from March 20th through May 28th. These classes will fill up very quickly so we encourage you to register [here](#).

For those looking for private or semi-private swim lessons, we appreciate your patience as we work to hire more swim instructors. Last month we hosted a WSI certification and have more planned for the spring. While this doesn't guarantee us instructors, it does move us in the right direction.

If you are looking for an aquatics certification or recertification, please take a look at our spring schedule below. Registration is currently open and can be found [here](#).

Lifeguard Certification

April 21st and 22nd

April 23rd and 24th

May 28th & 29th

Lifeguard Recertification

April 19th

May 30th

Water Safety Instructor Certification

April 16th, 17th and 18th

May 15th, May 21st and May 22nd

Lifeguard Instructor Training

April 9th

Lifeguard Instructor Review

March 26th and 27th

TENNIS

- SCOTT TEDFORD

Spring Tennis Registration will begin for players currently enrolled in the Winter Session on March 21st. General registration will begin on March 28th.

Information on Summer Advanced Training, Orange Ball, Green Ball and Junior Development Training with Miguel will be available soon with limited availability.

The Adirondack USTA Junior Team Tennis Team will be participating in their league playoffs on March 5th in Lakeville. Good luck to all players involved!!

As a courtesy to all players, please keep cell phones on silent and refrain from conversation while inside the dome.





FITNESS

- COLIN MCCULLOUGH

It's that time of the year again where we tend to lose our motivation when it comes to our New Year's resolutions we set a month or two ago. Usually, when we lose our way, it's not the lack of motivation that is the problem. The problem may lie in the fact that there was no plan from the beginning. There was no plan to help you stay on track. In this month's featured article we help you build the plan needed to help you reach your goals. [Motivation](#)

NEW: Fit After 40 Training Guide

Feel like Father Time has caught up to you after you turned 40? Have you gained a few pounds? Is your strength not quite what it used to be? Not sure what to do? In this guide you will discover the 3 main areas to focus on plus training programs so you can crush your 40s and beyond. Download your copy [here](#).

PERFORMANCE

We are now enrolling for the Spring Sports Performance Training session which starts March 21st. Our performance programs can help your athlete get faster, stronger and more confident so that they can take their game to the next level.

Spring Programming For complete spring program details click [here](#).

- High School Speed, Agility and Strength Training
- High School In-season Strength Training
- Middle School Speed, Agility and Strength Training
- Youth Athletic Development (must be 7-10 years old)
- Semi-Private Performance Drop-In Training
- Private and Duet Training

If interested, we would love to get your athlete in to try a free session. [Email](#) Colin to get your athlete started or with any questions you may have.

Youth Performance Guide | Download Now

ADK Performance Training Pre-Performance Nutrition Packet: *Discover a few simple ways any athlete can optimize performance through proper nutrition.*

Basketball Skill Training with Coach Josh

Does your basketball player need help improving their on-court skills? Coach Josh is giving away 5 free 30 min basketball skills training sessions. [Email](#) Colin to redeem this offer. Please note that this offer is for new clients only.

GROUP EXERCISE

- JILL ANZALONE

Our Spring Session of Kids Group X will start mid-April. As we get closer, keep an eye on your email and our website for more information.

We still have room, in the current Kids Group X Cycle class, with Patty, on Tuesdays from 4pm - 4:45pm! If your child is between 10 -14 years old and is interested, you can sign them up [here](#).

With cycle class numbers rising, we will gradually be adding in more bikes! Please remember to sign up for all cycle classes and if you cannot make the class, please cancel yourself out of class or call the front desk. You can now cancel up to 2 hours before the class start time on the app. This allows the front desk time to call anyone on the waitlist.

DID YOU KNOW?

Did you know the Club has its own Running Coach?

Using the online platform/app, Final Surge, [Coach Marc Waxman](#), develops customized training plans for runners based on each runner's current fitness level and their goals. Each plan is detailed with daily workouts at just right pace, effort and distance.

If interested, [email](#) Marc here and learn more about his program [here](#).