

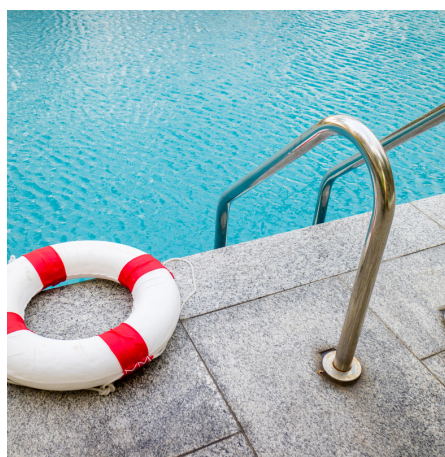
# THE ADIRONDACK CLUB

## MONTHLY NEWSLETTER

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### CERTIFICATIONS

We have a few certification courses coming up this month! Learn more about what we are offering below.



### FITNESS

Have you downloaded our "Fit After 40" guide? If not, head over to page 3 for the link.

### ACTIVE KIDS

Learn all about what is going on in our Children's Services department over on page 4.

## AQUATICS

- JEANNETTE V. & JONATHAN J.

We are happy to report that we have promoted two of our Aquatics team members!

Jeannette Vitale is our new Swim School Coordinator. Jeannette has been with the Club on and off for many years. Not only will she oversee our Swim School programs but she will also continue teaching lessons and training her fitness clients. Interested in Swim School or lessons? Click [here](#) to inquire further.

Jonathan Joseph-Torres has been with the Club for a few months as one of our full-time lifeguards. He has recently stepped into the role as Head Lifeguard overseeing our entire team of guards.

The Aquatics Department will be offering three courses this month which are detailed below. For more information click [here](#).

Water Safety Instructor | February 19th, 20th and 21st | 8am - 6pm

Lifeguard Training | February 26th & 27th | 8am - 6pm

Lifeguard Review/Re-Certification | February 22nd | 8am - 6pm

These are blended courses, meaning a portion of the coursework will be done online before the respective class start date. Additional information will be provided by the instructor prior to the class starting.



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The Rec Pool will be closed Friday, February 4th from 9:30am - 2:30pm due to a photoshoot.

Lap swim will be unavailable from 9:30am - 10:30am for Hydro.

Lap swim will be available before and after Hydro and the Rec Pool will reopen to members at 2:30pm.



## **MEMBER SERVICES**

- **LEXI BEAHM**

We got through yet another month of a New England winter! With these freezing temperatures, I commend every single one of you for making it to the Club each week. That in itself is a huge feat, especially when it is so cold out.

February is filled with so much good stuff! Chill Juice Bar will be opening in just a few days. We know the anticipation has been building but you can officially order your juice, smoothie or bowl starting soon! We can't wait to see your post-workout selfies, smoothie in hand.

If you have some friends looking to join, don't forget to tell them about our 21 Day Experience which is a great way to experience the Club prior to committing. In addition, we have a great promotion for new Fitness and Full members who commit for a full year.

Feeling the love? I encourage you to spread the love with our Group X challenge of the month. Between the winter blues, the pandemic still lingering and life in general - it can all get tough! Leave some love on the board...you never know who's day you may turn around!

Lastly, we all want to hear from you! Whether you just want to say hi, have a compliment or even some constructive criticism, we want to hear it and we've created a new place on our website where you can send these comments to us. Click [here](#).

As always, thank you for all that you do to make the A-Club everything it is today.

## **GROUP EXERCISE**

- **JILL ANZALONE**

With capacity limits still in place, please don't forget to sign up for classes! Reserving your spot in class is easy and can be done right on the app. If you do not sign up for class and the class is full, you will not be permitted to partake. In addition, if you are unable to attend the class, please be courteous of members on the waitlist and remember to cancel your reservation.

As a reminder, we added a NEW Hydro class on Tuesdays at 8:30AM with Donna.

We want to welcome back Eve to our Cycle Team. Eve will be teaching Cycle Fridays at 9:30AM starting this month. Join her in the Cycle Zone!

February is Heart Health Month and the month of LOVE. Please stop by our Heart Board in the lobby and leave a KIND message about someone or something at The Adirondack Club. **SPREAD THE LOVE AT THE ACLUB!!!**

Don't forget, our Kids Group X winter program is still going on and there are still spots left in our Yoga and Cycle classes. Family members - you can always drop in to either of these classes if you find your kids are available that week!

CLASSES STILL AVAILABLE:

Monday | Kids Yoga with Anne | Ages 6-12 | 4:45pm - 5:30pm

Tuesday | Kids Cycle with Patty | Ages 10-14 | 4:45pm - 5:30pm

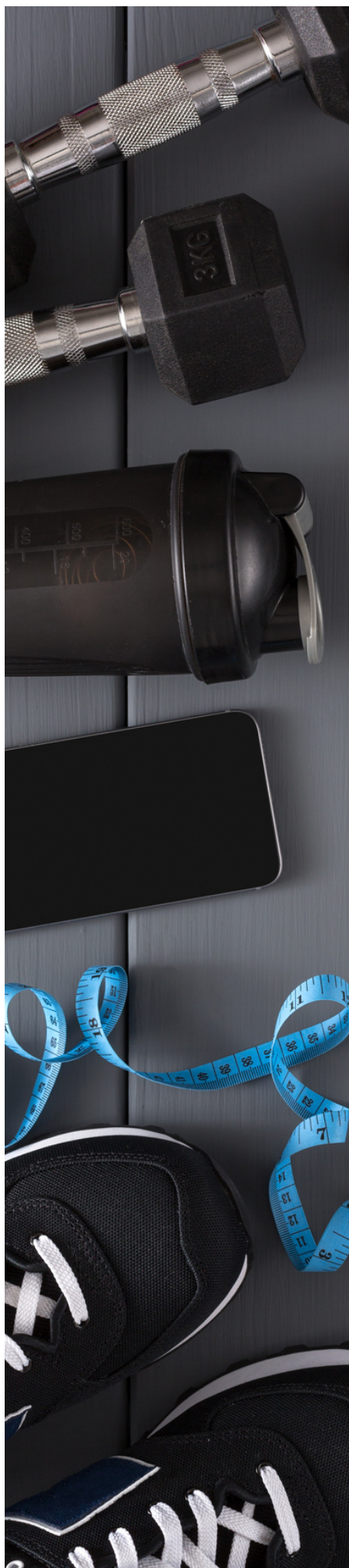
Full class descriptions can be found on our website [here](#).

## **TENNIS**

- **SCOTT TEDFORD**

Just a reminder to members using the ball machines, the ball machines are now locked and the key is attached to the remote. Please remember to lock the machines when finished.

It's not too early to think about spring tennis registration. Information for our spring session will be available at the beginning of March and registration will begin on March 21st for participants who are currently enrolled in the winter session. The week of March 28th will begin the start of general registration.



## FITNESS

- COLIN MCCULLOUGH

When it comes to new fitness routines we tend to over-complicate things. As the month progresses, we fall out of our routine and back into old habits. Don't over-think it this year. Check out this article on the [5 Ways to Succeed In 2022](#).

### 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

The Winter Sports Performance Training session started 11/29/21. However, you can still enroll your athlete for a pro-rated amount.

Our performance programs can help your athlete get faster, stronger, and more confident so that they can take their game to the next level.

### Winter Programming

- 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

Keep an eye out for spring program details which will be launching soon.

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.

### Youth Performance Guides

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

[Download Now](#)

### Girl's Teen Fitness 8-Week Training Session with Jeannette Vitale

This session started 1/31/22 and runs through 3/22/22 from 7:00-8:00pm

Cost: \$128 members || \$160 non-members (pro-rating available)

Enroll on the club app or online services [here](#).

## FIELDHOUSE

Due to the back-ordered gates and other fencing parts, the opening of the Field to members has been delayed. We expect to have a revised opening date later this week!



# CHILDREN'S SERVICES

- JAMES CONNELLY

## ACTIVE KIDS AFTER SCHOOL ON THE BASKETBALL COURT

Beginning this Wednesday, February 2nd, our after-school program, Active Kids, will have all three hoops on The Court reserved from 3:30 PM – 4:45 PM every Wednesday. During this time, only our staff and children enrolled in the Active Kids After School program will be allowed on The Court. Please plan accordingly, and thank you, in advance, for your understanding.

## ACTIVE KIDS VACATION CAMP

Active Kids will be running its February Vacation Camp from Monday, February 21st through Friday, February 25th. The hours of the camp will be from 9:00AM – 4:00PM. As in previous years, Pre- and Post-Camp will be available for an additional fee, with Pre-Camp beginning at 8 AM and Post-Camp running until 6 PM.

We are now accepting sign-ups for all current Active Kids families. Sign-ups for all non-Active Kids families will begin Monday, February 7th. In place of a Wednesday field trip, we will be having a movie day at The Adirondack Club with a movie theatre experience filled with popcorn, snacks and spread-out seating!

The cost per day is \$70 for all children enrolled in Active Kids and all children who are part of an Adirondack Club Family Membership. For non-members, the cost per day will be \$85 per day. We are offering 2-day, 3-day, 4-day and 5-day options.

Pre- and Post-Camp will be an additional \$5 per day per service.

Please email Children's Services Specialist [Meredith Preto](#) to sign-up and be sure to include which days your child(ren) will be attending.

## ACTIVE KIDS AFTER SCHOOL 2022-2023 ENROLLMENT

Active Kids After School Program will be open for enrollment beginning Monday, February 21st. At this time, early registration is available for all currently enrolled Active Kids and their siblings. Please email [James Connelly](#) or [Meredith Preto](#) if you are interested in registering for the upcoming school year. We will update the website and send out an email with more details as we get closer to the enrollment opening for everyone!

## SUMMER CAMP 2022 AND SUMMER CAMP OPEN HOUSE

We are excited to see many campers returning for Summer Camp 2022 at The Adirondack Club and are already starting to see some weeks fill up! If you are interested in signing up for Summer Camp, please visit our website. Have any Summer Camp questions? Our guide is now available on our camp website, which is filled with important dates and helpful information. You can also give us a call at 508-541-1400 EXT.203 or send [James](#) or [Meredith](#) an email.

Want to meet our Camp Team in person?! Please stop by our Summer Camp Open House, which is scheduled for Saturday, February 5th, where you can meet our Camp Director James and our assistant Camp Director Tiffani, who can tell you all about our Summer Camps and how much fun your camper will have at The Adirondack Club this Summer. We can also assist with the sign-up process right on the spot! The open house will run from 9:00 AM- 11:30 AM in our pool overlook area. We hope to see you there!



## ACTIVE KIDS PRE-SCHOOL

- CLAIRE HANSOM

Due to the storm last week, the Pre-School open house has been rescheduled to Saturday, February 12th. The open house will run from 9:30 – 11:30 AM and is an excellent opportunity to meet our Pre-School Director, Claire Hansom, and Pre-School and Pre-K teachers while getting a look at our classrooms and curriculum.

If you want to fill out a registration form for the 2022-2023 school year, please check out our [website](#), where you will find a button for our registration request form. The Pre-School Director will review the submitted form and will inform you of the availability for the upcoming school year.

