

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

WELCOME KOTCHAWAN!

We are thrilled to introduce you to our new Tennis Pro! Read more below.

CHILDCARE REMINDERS

If you use childcare please check out page 2 for important information.

FEBRUARY REFERRAL BONUS

This month we are offering a referral bonus! Check out page 5.



TENNIS

- TARA VOLPE

We are thrilled to welcome our new pro, Kotchawan lang-Im to our Tennis Pro Staff.!

She is a talented tennis player who brings passion and enthusiasm to every class she teaches. As a child in Thailand, she developed a love for tennis on the courts with her Aunt. She competed as a junior in U14, U16 and U18 tournaments. While pursuing a BS in Sports Science, she played for two years on her college team in Chonburi. She continued her education in the US and obtained a Master's in Exercise Science from the University of South Florida. During college, she began teaching tennis and has been a tennis professional for the past 6 years in Thailand, Florida, and Massachusetts. Kotchawan coaches all ages and levels and is excited to share her love for the game with the Adirondack members. If you are interested in private lessons or a hit with the pro, you can email her directly [here](#).

Registration is now open for our Winter Vacation Tennis Programs from February 19th - 23rd. [Register Here](#).

JDT/Yellow Ball | Monday - Friday | 1:00pm - 4:00pm
This program is perfect for all high school players looking to get ready for tennis tryouts!

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

Red/Orange Aces | Monday - Thursday | 9:00am - 11:00am

GROUP EXERCISE

- JILL ANZALONE

Please continue to sign up for Group X classes on the app. If you are unable to attend the class, please ensure you cancel so members on the waitlist can get in. Your cooperation is appreciated by all!

Don't forget to check out our new classes! Warm Vinyasa Flow Monday mornings at 6:30am with Stephanie and Yin Yoga on Sundays at 4pm with Ann.

Meg will be teaching a Valentines Cardio Dance Class on Wednesday February 14th from 6:00pm - 7:00pm in Studio 1! Stay tuned for more themed classes this month!

SUMMER CAMP

- JAMES CONNELLY

Summer Camp Brochures are here, and Summer Camp registration has been open for a month. We have seen unprecedented early enrollments with multiple weeks in multiple camps already filled!! Arts Camps and Blue Groups are now full for multiple weeks, but some select weeks have a couple of spaces left! Adventure Camp and Sports Camp are also seeing weeks beginning to fill, so don't wait long, or you might miss out!

If you have any issues or questions about any part of the Summer Camp process or experience, please contact our Summer Camp Team.

SUMMER CAMP DIRECTOR

James Connelly – jconnelly@adirondackclub.com

CHILDREN'S SERVICES SPECIALIST

Meredith Preto – mpreto@adirondackclub.com
508-541-1400 ext. 203 (M-F 8:30am – 12:00pm)

SUMMER CAMP ASSISTANT DIRECTOR

Tiffani Lane – tlane@adirondackclub.com

Visit our [website](#) for updated and additional information.

If you are a family with an active Adirondack Club Family Membership or a family that has signed up for a 2024 Summer Membership please contact Meredith or James for the promo code that will activate the Member Rate and will save you \$25 per week! Please do not submit your cart until the promo code has been added to ensure your savings are applied!

SUMMER CAMP EMPLOYMENT

We are currently looking to fill some of the final openings for our Summer Camp Team. We have positions in our Adventure Camp and Arts Camp. All interested applicants should stop by the front desk at The Adirondack Club to fill out an application. If any applicants are already back at school or not in the area, they should email Camp Director James Connelly at jconnelly@adirondackclub.com to inquire about the application process. These positions will not be available for long, so don't wait!

ACTIVE KIDS

If you are interested in your child joining our after-school program Active Kids for the 2024 – 2025 school year, registration will begin Monday, March 18, 2024. Our currently enrolled Active Kids and their siblings have early access to registration.

We can currently offer bussing from Norfolk Public Schools, Wrentham Public Schools, The Benjamin Franklin Charter School in Franklin, and Franklin Public Schools, excluding the Kennedy School and the Jefferson School.

Please email our Children's Services Specialist Meredith Preto if you would like to sign up starting on Monday, March 18, 2024.

CHILDCARE UPDATES

We have been impressed to see how many families have been utilizing Childcare at the Club. Because of this increase, we want to make sure you have some reminders about the Childcare Department, the reservation process, and some changes.

As a reminder, reservations are required to attend. We have seen families stop making reservations as they have assumed that we will always have space for their children. With the amount of demand, this is no longer the case. Please be sure to email, call or sign up in person to make a reservation.

- Calling on a Friday and leaving a voicemail does not constitute a reservation unless you have been confirmed by a staff member with a return call.
- Email reservations will be accepted however you must receive a confirmation email from Meredith or our team.
- We allow for a set amount of children that are sorted into three categories. Saturdays will have more limited space for Infants compared to the weekdays.
 - Infants: 3 Months – 12 Months Old
 - Toddlers: 13 Months Old – 3 Years Old
 - Pre-School/School Age: 4 Years Old – 12 Years Old
- Bookings for Saturdays are allowed for 1.5 hours MAX in order to give all families the chance to book time on the weekend.
- Remember to label all items and ensure you have essentials for you child like a nut-free snack, water and diapers/wipes.
- Check in with our staff every time you come to childcare. Sign in on the required Sign-In Sheet.
- Remember to also sign out, as it is vital we have correct information before filing reservation lists and sign-in sheets.

With February Vacation right around the corner, we suggest reservations be made in the coming weeks as we will see some, if not all days at full capacity. We will be assessing multiple items in February, including Childcare rates, reviewing the reservation process, implementing a non-cancellation fee, adding additional staff, and more we hope to share soon!

Any childcare questions or concerns can be addressed to the Children's Services Director, James Connelly, or Children's Services Specialist, Meredith Preto.

PRESCHOOL

- **CLAIRE HANSOM**

February 7th is World Read Aloud Day and this upcoming month the preschool class promises a literary extravaganza as young minds embark on a thrilling adventure into the enchanting world of books and the captivating concept of sequencing. With a focus on literacy and cognitive development, we are gearing up to create a month filled with engaging activities centered around storytelling, sequencing, and a love for reading.


Preschool Open House on January 20th was a huge success allowing families a chance to embark on guided tours of the preschool's classrooms, each transformed into a colorful and inviting space for learning and play. The tours allowed parents to witness firsthand the stimulating environments designed to foster creativity, socialization, and cognitive development.

Article Of The Month
[Guiding Children by Using Questions | NAEYC](#)



AQUATICS

- **TIFFANY SEARS**

Our winter session is going swimmingly, and we're thrilled to announce upcoming training opportunities for Water Safety Instructor (WSI) candidates, Lifeguards, and CPR/AED certification, available on our app or website. Be on the lookout for details about the registration dates for our Spring Session coming soon. Whether you're looking to enhance your aquatic skills or pursue a rewarding career in water safety, we've got you covered. Connect with us on social media if you haven't already, and stay tuned for all the latest updates and announcements 

SPORTS PERFORMANCE

• **COLIN MCCULLOUGH**

The Winter Sports Performance Training session has started & prorating is available. Spring Session information coming soon!

We help youth athletes get faster, stronger, and more confident through age appropriate programming and coaching so your athlete can level up their game on and off the field. Don't miss this opportunity to set yourself apart and get noticed by your coaches this spring.

- 13 Week High School Speed, Agility and Strength Training
- 13 Week Middle School Speed, Agility and Strength Training
- Youth Athletic Development Training (8-10 Year olds)
- Performance Plus Drop-In Training
- Private Performance Training
- Sport Specific Speed and Agility Training
- Field House Turf Rental

Check out our [website](#) for complete program details. Questions or to try a free session email Colin.McCullough.

ADK's Performance Athletes 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 why this often skipped meal is so important to academic and athletic performance, ideas on how to incorporate breakfast into your diet and some of our favorite go to recipes for athletes.

[Athletes Guide To Breakfast](#)



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 Winter, click below to learn more and schedule a discovery call.

NutritionOS Discovery Call

Try A Free Small Group Personal Training Session

Need help getting a jump start on your New Year's resolution? Achieve your health & fitness goals this year 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.

Start now by filling out the form below to schedule your FREE session.

Free Semi-Private Training Form

You know you need to get stronger this year but aren't sure where to start, we have a strength training program built for you. Download our Fit After 40 Training guide now using the link below.
Fit After 40 Training Guide



FITNESS

- COLIN MCCULLOUGH

How did month 1 go? If it wasn't your best month for fitness that's ok. You may have aimed too big and couldn't keep it up or you're still waiting to get started. Either way, what is a small step you can do to help move you along in your journey? Read more about the power of these everyday decisions.

Focus on the journey(not the destination)

Join Our Fitness Newsletter

Exercise is Medicine: Balance

Falls are the most common cause of serious injuries in older adults. Balance issues tend to start after 40 but don't worry, there are a few things you can do about it. Join the Sports and Wellness Physical Therapy and The Adirondack Club Fitness staff on this collaborative balance workshop.

In this workshop, you will learn about why we lose our balance, medical conditions that could be impacting your balance, and how to train to improve your balance. You will be guided through balance-related and functional training exercises to help you stay injury-free and get results this fall.

Tuesday, February 13, 2024 | 10:30am - 11:30am | FREE | **Sign Up Here**

Questions? Contact **Colin McCullough**

Learn To Tri and Train for A Tri -Triathlon Training Program

We are now enrolling in our 2024 Triathlon training programs. This 16-week program is for those who are interested in completing their first triathlon or maybe have done a few and don't want to "wing it" again.

Coach Keith, our certified USA Triathlon coach will provide you with coaching and programming to help prepare you to complete the June 6, 2023 (or other triathlon you plan to complete).

The first local Triathlon is June 6th and training starts for it February 19th. If you are interested in learning more. Email **Colin McCullough** "Tri" and he will send over all program details.

LETS GET SOCIAL



COMMUNITY

- LISA MARCHIONI

This February we are focusing on National Heart Month. Heart disease is the leading cause of death in the US. We would like to do our part in spreading heart healthy awareness.

Friday, June 2nd, is National Wear Red Day. We will be wearing red at the Club and we hope you do too to help us spread the word in supporting heart disease prevention.

On Saturday, February 10th, we will be holding our first CPR and AED Training to members and the community. The power is in your hands to potentially save a life. Please join us from 2:00pm - 4:00pm. The class is \$50 for members and \$60 for non-members. Register here or on your app today or [here](#). Space is limited.



SNOW TEAM

The Adirondack Club is forming this year's snow shoveling team and we are looking for hardworking team members interested in working during winter storms.

Details:

- Shifts are typically 4-8 hours depending on the storm (meals provided for large storms)
- Pay is \$18 per hour cash
- Available shifts and staffing needs are sent out about 48 hours before a storm

Qualifications:

- Must be at least 16 years old
- Must have reliable transportation to the Club during inclement weather
- Must have your own waterproof coat, pants, boots and gloves

If interested, please fill out the form found at this link: [2024 Snow Team](#)



MEMBER SERVICES

- LEXI BEAHM

As we finished the first month of 2024, we hope you are still crushing your goal, whether physical, mental, spiritual or anything in between!

Between last month and this month, we have welcome several new team members to the Member Services team! We are thrilled to now have Michelle, Caleigh, Brooke & Laurie with us. You can find them at the desk throughout the week!

Within Member Services, we have quite a bit going on this month including the launch of our new Visitors Desk which will go into effect on Monday, February 5th. Not only will the launch of this desk help us control the high volume of guests we have in the afternoon, but it will also take pressure off the main desk, thus allowing for a quicker check-in process for you, our dedicated members. The Visitor Desk will be staffed from 3:30 pm to 7:00 pm, Monday through Thursday.

In honor of the month of love, we are offering a bonus referral incentive for the month of February! In addition, to Club credit, if you refer a friend or family member this month, you will receive (3) complimentary guest passes! Best part - there is no limit on how many people you can refer which means free guests and free money. Can't seem to go wrong there!

Lastly, this month we will be sending out a survey to our members. You may also see signs around the Club with a QR code. We would love if you took a few minutes to fill this out and your feedback is extremely important to us.

