

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

AQUATICS LESSONS

See Page 4 for all we have to offer for swim lessons.

SUMMER CAMP REGISTRATION

Interested in Summer Camp? Read all about it on page 4.

SPORTS PERFORMANCE

Read all about Sports Performance on Page 2.



GROUP EXERCISE

- JILL ANZALONE

The group fitness department is looking forward to a strong 2025! Our winter schedule will be going into effect the week of January 12th! Look for some new classes coming to the schedule including the return of Yin Yoga with Ann on Sundays at 4pm.

Kids Group X Winter session will also be starting at the end of January. Stay tuned for specific dates and classes.

The busy season is here. Please remember to sign up for classes and reserve your spot. If you are on the waitlist and do not receive an email confirming your registration, please do not show up to class. If you are unable to attend a class, please cancel yourself out of class so that members on the waitlist can get in. Let's all work together to make this a successful winter season.



MEMBER SERVICES

- LEXI BEAHM

Happy New Year from all of us at The Club! As we welcome the start of another year, we're thrilled to see so many of you embracing your fitness goals.

Most importantly, we would like to welcome Lexi back from her maternity leave. She will be back in her office on Monday, January 6th. Please make sure you say hi!

A lot is happening this month. Camp registration has officially begun. Summer memberships are now on sale and winter swim and tennis programming has begun. Please stop by the front desk if you have any questions. This is a very busy time of year, so please bear with us during this busy season as we work hard to ensure everyone has the best experience possible. Thank you for your patience and understanding—we're here to support you every step of the way on your journey to better health and wellness!

Not Getting Our Emails? Click the link below to (re)subscribe!

**[Adirondack Club
Member List](#)**



FITNESS

- MORGAN TULLAR

As we welcome 2025, envision your health and fitness goals beyond numbers. Click the link below to see how you can 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 emailing Fitness Director, Morgan Tullar to schedule your FREE Fitness Strategy session.

mtullar@adironackclub.com

[Download our Fit After 40 Training Guide](#)

January 2 is National Personal Trainer Awareness Day—a perfect time to recognize and celebrate the incredible dedication, expertise, and support personal trainers provide. These fitness professionals inspire us to reach our health goals, push past limitations, and adopt healthier lifestyles. Whether they're crafting personalized workout plans, offering motivational advice, or guiding us to better habits, personal trainers play a vital role in our wellness journeys. Take a moment today to thank your personal trainer for their commitment to helping you become the best version of yourself!



SPORTS PERFORMANCE

- RYAN OHNEMUS

It's not too late to sign up your athlete for the remainder of our Winter Sports Performance session!

Our program is designed to help athletes of all levels enhance their strength, speed, agility, and overall performance. By registering now, your athlete can still benefit from 8+ weeks of training to get them ready for the upcoming spring sports season.

Why sign up now?

- Complete Training: Targeted sessions to build strength, agility, and endurance for your athlete's sport.
- Spring Preparation: Help your athlete get ahead of the competition and hit the ground running when the spring season starts.
- Flexible Scheduling: We offer convenient times to fit into your family's busy schedule.

Don't let the chance to set your athlete up for success this spring slip away. Spots are filling up, so secure your athlete's place today!

For more details or to register, email Ryan at rohnemus@adironackclub.com

For Team Training or Field House Rental, contact Ryan at rohnemus@adironackclub.com for availability.



COMMUNITY

• LISA MARCHIONI

Thank you all to contributed to our Food Drive for the Franklin Food Pantry. We collected over 450 lbs. of food for the town. We appreciate your support in this drive.

This month, we have a couple of special member activities. Please keep your eye out for these events in the next couple of weeks.

If there is a charity you work with and would like The Club to support, please reach out to Lisa at lmarchioni@adironackclub.com.



PRESCHOOL

• **CLAIRE HANSOM**

At Active Kids Preschool, we enrich our curriculum each month by inviting exceptional external providers who bring unique experiences to complement and broaden our students' learning journey. This month we had the pleasure of hosting the amazing Mr. Ken the Music Man, who delighted both classes with engaging songs and rhythm activities that had everyone singing and moving!

Looking ahead to January, we're thrilled to welcome the Southwick Zoo's Zoomobile to our school. The Preschool class will explore the fascinating world of senses in the interactive "Sense-sational" program, while the Pre-K class will dive into the exciting "We Like to Move It, Move It" program, focusing on animal movement and behaviors. It's going to be a wild and wonderful learning adventure!

Active Kids Preschool is excited to announce a rare opening in our preschool program for children aged 2.9 to 3 years! This spot is available starting January 16th and offers flexibility with 5-day, 3-day, or 2-day options. The opening is in our morning program (8:45 AM - 11:45 AM), with the opportunity to extend the day until 1:15 PM. If your child is 2.9 years old or turned 3 between September and December, this is the perfect chance to join our nurturing and engaging learning environment with a curriculum that includes swim and Fitness lessons. For more details or to schedule a tour, please reach out to Claire Hansom, chansom@adirondackclub.com—we'd love to show you what makes Active Kids Preschool so special!

STAY CONNECTED

Instagram:
[@adirondackclub](https://www.instagram.com/adirondackclub)



Facebook:
[@theadirondackclub](https://www.facebook.com/theadirondackclub)



TENNIS

- **TARA VOLPE**

Winter Session Begins January 2nd!

Tennis and Pickleball classes begin Thursday, January 2nd.

There are still openings in the following adult classes:

- . Tennis 101: Thursdays 10:30-11:30
- . Adult Beginner: Tuesdays 5:30-6:30
- . Pickleball 101: Wednesdays 8-9 pm
- . Pickleball Drill and Play:
 - Monday 8-9 pm
 - Tuesday 12:30-2
 - Friday 1:30-3

Don't forget about our Weekly Drop-In Classes!

Join us for weekly classes designed to improve your game and keep you active! No commitment needed—sign up is weekly.

- . Serve to Win: Mondays, 11:30 AM - 12:30 PM
- . Stroke of the Week: Tuesdays, 11:00 AM - 12:00 PM
- . Turbo Tennis: Fridays, 10:30 AM - 12:00 PM
- . Cardio Tennis: Saturdays, 8:00 AM - 9:00 AM
- . Pickleball Round Robin: Wednesdays, 1:00 PM - 2:30 PM
- . NEW! Pickleball Open Play, Fridays 2x/month: 6-7:30 pm

RECIPE OF THE MONTH: Healthy Turkey Chili



Warm up on a cold day with this hearty and healthy turkey chili recipe! Packed with lean ground turkey, beans, and a medley of flavorful spices, it's a delicious and nutritious meal that's perfect for cozy nights in.

Click [here](#) for the recipe.

JANUARY 2025

AQUATICS

- TIFFANY LEAL

Make a Splash This New Year with Aquatics!

Our Winter Session of group swim lessons runs from January 6 through March 29—perfect for swimmers looking to build confidence and skills in the water. From splashing toddlers in Parent/Child classes to preschoolers diving into Tiny Tides twice a week, and everyone from Levels 1-4 swimmers to adults perfecting their strokes in Beginner and Intermediate lessons, there's something for every swimmer.

Don't miss Guard Club, an exciting opportunity led by our Swim Club Coaches to hone skills and build confidence! Limited spots remain, so don't wait to register!

Looking for a challenge? Join us for weekly swim workouts as part of this month's Aquatics Challenge, brought to you by Swim Club. Stay fit, improve your technique, and have fun in the water with us this winter!

For more details or to secure your spot, email Tsears@adirondackclub.com today.



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 are provided for large storms)
- Pay is \$20 per hour cash
- Available shifts for 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 & gloves.

If interested, please text or email Rich at (508)213-8839 or email him at rchinrichs@adirondackclub.com

SUMMER CAMP

- JAMES CONNELLY

Summer Camp 2025: Registration is Now Open!

It's that time of year! Summer Camp Registration is officially OPEN, and spaces are filling up faster than ever. Don't miss out on the opportunity to create an unforgettable summer for your camper!

Exclusive Benefits for Our Adirondack Club Family and Summer Memberships:

If you're an Adirondack Club Family Member, an exclusive promo code was sent to our Family Membership email list on 12/31/2024. Be sure to check your inbox! If you can't locate the email, simply stop by the front desk, where they can confirm your membership and provide the Family Membership promo code.

Planning to enroll with a Summer Family Membership? You qualify too! A separate promo code is available for Summer Family Members. Contact our Summer Camp Team once your membership is finalized to receive your code and apply your savings.

Please note: Your membership must remain active and in good standing through the final day of camp for your camper in 2025 to qualify for these exclusive benefits.

Early Birds Catch the Best Deals!

Secure your spot and pay your balance by March 31st to take advantage of Early Bird Pricing. Additionally, carts with six or more weeks of camp automatically receive a 5% discount on the entire order—stackable with your promo code!

Don't Wait—Camps Are Filling Quickly!

Camps are selling out earlier than ever, so register soon for a summer packed with fun and adventure.

- Ready to jump right in? Beginning on January 1st, head to adirondackclub.com/camps and look for the Sign Up for Camp button. This will take you directly to our enrollment platform for sign-ups.
- Visit our website to explore camp brochures and get all the details about the exciting programs we have planned.
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If you have any questions or run into any issues, our Summer Camp Team is here to help.

We can't wait to welcome your camper for an incredible Summer Camp 2025!!

