

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

SUMMER CAMP JOB OPPORTUNITIES

See Page 4 for all of the details.

FREE BALANCE WORKSHOP

Interested in how to improve your balance? See page 2 for details.

TENNIS WINTER VACATION CAMPS

Looking for something to do over February break? See page 3 for details.



MEMBER SERVICES

- LEXI BEAHM

I'm thrilled to be back from maternity leave and so excited to see all of you again! I've missed the energy and sense of community here at the Club, and have enjoyed catching up with everyone thus far. Thank you for your continued support and kind words during my time away.

February is National Heart Health Month, and what better time to focus on keeping our hearts strong and healthy? Whether you're hitting the gym, joining a group fitness class, or making heart-healthy choices, every little step counts toward a healthier you. Be on the lookout for special heart health tips and social media posts throughout the month!

Plus, don't forget – school break is just around the corner! We have a variety of programs and activities lined up to keep your kids active and engaged while they're off from school. Be sure to check our schedule and sign up early to reserve your spot.



GROUP EXERCISE

- JILL ANZALONE

January was an incredible month in the Group X world! We love seeing you show up for yourselves, and we're excited to keep that energy rolling into February.

February is Heart Health Month and we're encouraging you to prioritize your heart health with three simple steps:

Eat Well – Fuel your body with a variety of fruits, vegetables, whole grains, and lean proteins. Limit sugar and saturated fats to keep your heart strong.

Move More – Aim for at least 30 minutes of moderate exercise daily. Our Group X classes make it fun and easy to stay active—come join us!

Manage Stress – Yoga, meditation, and mindful movement can work wonders for stress relief. Check out our schedule for some fantastic mind-body classes!

Meg will be leading a Valentine's Cardio Dance Pop-Up Class this month—stay tuned for details via email and social media! You won't want to miss it.

Friendly Reminder: If you can't make it to a class, please cancel your reservation. Many of our classes have waitlists, and by canceling, you're giving a fellow member the chance to join. We appreciate your help in making Group X accessible to all!

Get ready for our Second Annual Cycle Strong Ride to support the Nick Strong Foundation. Stay tuned for details.

FITNESS

- MORGAN TULLAR

The first month of 2025 is in the books! How did it go? Did you hit the ground running and burn out? Or are you still waiting to get started? Either way, don't sweat it! Fitness is less about intensity and more about consistency. Read more about the [power of consistency here](#).

[Join Our Fitness Newsletter](#)

EXERCISE IS MEDICINE FEBRUARY FREE WORKSHOP: BALANCE!

Falls are the most common cause of serious injuries in older adults. While balance issues tend to start after 40 there are steps you can take. 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 spring. Wednesday, February 26, 2025, 12:00PM - 1:00PM | FREE

TO TRI AND TRAIN FOR A TRIATHLON TRAINING PROGRAM

We are now enrolling for our 2025 Triathlon training program. 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 your spring/summer race. With the first local Triathlon being June 8th, this program will start February 17th.

For those of you who 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](#)

Interested in any of the above? Email [Morgan](#).



SPORTS PERFORMANCE

- RYAN OHNEMUS

Ready to level up your game? Join us for our February Basketball Skills Clinics! Whether you're just starting out or looking to sharpen your skills, we've got sessions for 8-10 year olds and middle schoolers!

DATES & TIMES:

February 17
10:00am-11:00am | 8-10 yr olds || 11:00am-12:00pm | Middle School

February 18
5:00pm-6:00pm | 8-10 yr olds || 6:00pm-7:00pm | Middle School

February 20
11:00am-12:00pm | 8-10 yr olds || 12:00pm-1:00pm | Middle School

February 21
10:00am-11:00am | 8-10 yr olds || 11:00am-12:00pm | Middle School

February 22
10:00am-11:00am | 8-10 yr olds || 11:00am-12:00pm | Middle School

Limited to 12 athletes per group – sign up now in the club app or online! Email [Ryan Ohnemus](#) or [Josh Shuman](#) with questions!

For team training or Field House Rental, contact [Ryan](#) for availability.



COMMUNITY

• LISA MARCHIONI

The First Annual AdIRONdack Challenge Kicks Off Today! We're thrilled by the enthusiasm and interest in this event! If you signed up, you should have already received information on how to track your mileage. Throughout the challenge, we'll keep you updated on everyone's progress. You have the entire month of February to complete your miles—this is a great opportunity to shake up your routine and stay active! Good luck to all participants! If you have any questions, please contact [Morgan](#).

Friday, February 7th 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.



PRESCHOOL

• **CLAIRE HANSOM**

This month, Active Kids Preschool had a special visit from Southwick's Zoo and their amazing animal ambassadors! The children learned all about how different animals move, see, hear, feel, and the parts of the world they call home. It was an engaging and educational experience and so much fun!

We are also excited to announce our Preschool Open House on Saturday, February 8th, from 9:30AM to 11:00AM. Feel free to stop by anytime during this window to explore our classrooms, meet our dedicated team, and discover what makes our program and curriculum so unique.

We are currently adding families to the September 2026 waitlist for both classes. If you're interested in joining the waitlist, please contact [Claire Hansom](#) for registration details. We look forward to welcoming you!



RECIPE OF THE MONTH:
Maple Glazed Salmon for 2



Looking to stay in this Valentine's Day? This is the perfect healthy recipe to make for you and your significant other. Click [here](#) for the recipe.

TENNIS

• **TARA VOLPE**

Our Winter session is off to a fantastic start! Due to overwhelming demand, we've added even more adult and junior tennis classes, and 95% of our classes are now fully booked. Thank you for your continued and support!

NEW RACQUET DEMOS

Looking for a new racquet? We have the new 2025 Wilson Blade and Clash, along with the 2025 Head Boom, Gravity, and Instinct racquets in the pro shop. All are available to demo, and you can sign them out directly in the pro shop. Don't miss the chance to try out these top-of-the-line racquets!

FEBRUARY VACATION PROGRAMS

Looking for engaging and instructional tennis programs for you or your child during the winter vacation? We've got you covered with options for all skill levels and ages.

JUNIOR PROGRAMMING

Monday, February 17th – Thursday, February 20th
9:00AM – 12:00PM

- Red/Orange Aces: Ideal for beginner and advanced beginner players, ages 5 – 10.
- Orange/Green Academy: Designed for intermediate to advanced players, ages 7 – 12.

Monday, February 17th – Friday, February 21st
1:00 PM – 4:00 PM

- JDT/Yellow Academy: Perfect for intermediate to advanced players preparing for high school tryouts! This intensive program will help your child excel and stand out on the court.

ADULT PROGRAMMING

We are offering group clinics from 9:00AM – 10:30AM and 10:30AM – 12:00PM, Monday – Thursday. You can design your own group or request to be placed in a group that is your level. We are also offering a weekly drop-in class every day.

SERVE TO WIN AND STROKE OF THE WEEK

- Monday and Tuesday, 12:00PM – 1:00PM

CARDIO TENNIS

- Wednesday and Friday, 2/19--8:00 AM–9:00 AM
- Thursday, 2/20--12:00 PM–1:00 PM

STAY CONNECTED



@adirondackclub



@theadirondackclub

AQUATICS

- TIFFANY LEAL

SWIM SCHOOL IS BACK!

Our Swim School is in full swing for 2025! Most classes are full, but there is still space in our adult lessons as well as Level 3 on Tuesday at 4 PM. Stay tuned for information on our Spring Swim School session! Please note: There will be no Swim School during February vacation, February 16 through 22, although private lessons may continue as scheduled.

ADULT SWIM CLASSES – LIMITED SPACES AVAILABLE

Looking to refine your technique or start swimming as an adult? A few spots remain in our popular adult swim classes:

- Beginner: Tuesdays at 12:00PM
- Beginner: Tuesdays at 6:00PM
- Beginner: Thursdays at 6:30PM
- Intermediate: Thursdays at 6:00PM

LIFEGUARD CERTIFICATION AND RECERTIFICATION OPPORTUNITIES

Start or renew your lifeguard certification with us this February!

- Lifeguard Certification Course: February 17, 18, 19
- Lifeguard Recertification Course: February 2

Become part of a skilled team that prioritizes safety and leadership at the pool.

WATER SAFETY INSTRUCTOR (WSI) COURSE – BECOME CERTIFIED

Join our Water Safety Instructor course to learn how to teach swimming and water safety effectively. Limited spaces are available!

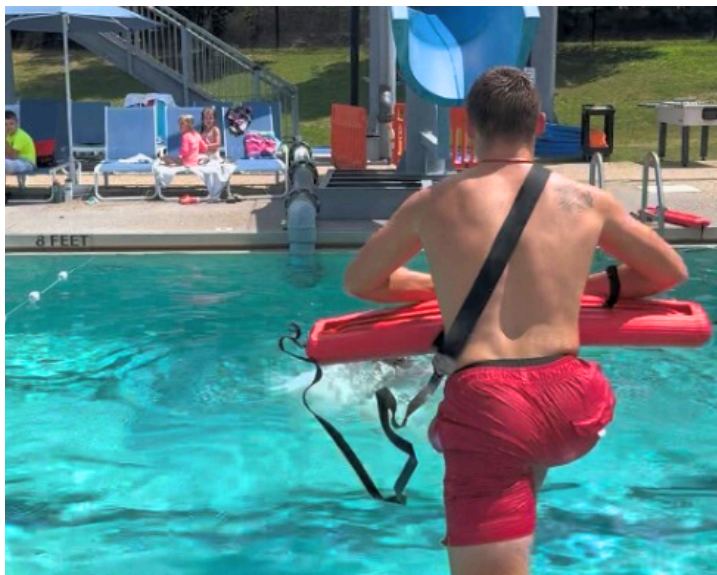
- Dates: February 20, 21, 22

WATER SAFETY REMINDER

For the safety of all swimmers, non-swimmers must have an adult in the water within arm's length at all times. Thank you for helping us maintain a safe and enjoyable environment for everyone.

QUESTIONS ON REGISTRATION?

Email the Aquatics Director, [Tiffany](#).



SUMMER CAMP

- JAMES CONNELLY

The Adirondack Club is officially hiring for Summer Camp 2025, and we're looking for enthusiastic, responsible, and energetic individuals to join our amazing camp team! If you or someone you know enjoys working with kids, being outdoors, and making a difference, this is the perfect summer job opportunity.

Positions Available in:

- ✓ Adventure Camp - Traditional camp for ages 3-13
- ✓ Sports Camp - Great for applicants with a sports background (ages 8-12)
- ✓ Arts Camp - Perfect for those who love arts & crafts!

We have a variety of roles for high school students, college students, recent graduates, and individuals with experience looking for a fun and rewarding summer position.

All applications are now completed online—interested candidates can apply directly through our hiring platform. To learn more and submit an application, visit [The Adirondack Club Employment Page](#).

Don't wait—applications fill quickly! We can't wait to build another fantastic camp team!

Now Hiring: **Lead Childcare Staff at The Adirondack Club**

Are you passionate about working with young children in a fun and engaging environment? The Adirondack Club is looking for a Lead Childcare Staff Member to join our Childcare Center team!

Position Details:

- ✓ Part-time role: 3-4 days per week (Monday - Thursday)
- ✓ Shift hours: 8:00AM - 12:00PM (some flexibility for 9:00AM - 12:00PM)
- ✓ Age requirement: 18+
- ✓ Great for those seeking family-friendly, abbreviated work hours!

This role is perfect for individuals who have experience working with children and are looking for a rewarding opportunity in a supportive and active setting. Responsibilities include supervising and engaging with children, fostering a safe and nurturing environment, and assisting with daily activities.

Apply today! Visit [The Adirondack Club Employment Page](#) to learn more and submit your application. Join our amazing team and help create a fun and safe space for children at The Adirondack Club!

NOT GETTING OUR EMAILS? CLICK THE LINK BELOW TO (RE)SUBSCRIBE!

[ADIRONDACK CLUB MEMBER LIST](#)