

THE ADIRONDACK CLUB

MONTHLY NEWSLETTER

CYCLE STRONG FUNDRAISER

See below for our second Nick Strong Foundation fundraising event.

SWIM SCHOOL REGISTRATION

Registration now open for Spring Swim School! Check out page 4 for details.

MYOFASCIAL WORKSHOPS

Find relief from muscle discomfort. Check out Page 2 to see how.



MEMBER SERVICES

- LEXI BEAHM

Spring is just around the corner, and there's so much to look forward to—including the countdown to the dome coming down in less than 100 days!

Our next season of youth programming is now open for enrollment, including Tennis, Group Swim School, and Sports Performance. Be sure to check each department's updates within this newsletter for details on scheduling and how to secure your spot.

We're also excited to share that we've installed EV charging stations in our parking lot! With six designated spots and three terminals, each with two ports, these chargers are reserved for actively charging vehicles. Help us keep them accessible by parking in these spots only while charging.

Please join us in giving a warm welcome to JoHanna, Tricia, and Daryle, the newest members of our Member Services Team! They may look familiar, so be sure to say hello the next time you visit.

Finally, we want to take a moment to express our heartfelt gratitude to you, our members. The incredible community you've helped create makes The Adirondack Club such a special place. Your energy, support, and commitment to health and wellness inspire us every day. Thank you for being part of it—all we can't wait to kick off a fantastic spring season with you!

COMMUNITY

• LISA MARCHIONI

Join us for our 2nd Annual Cycle Strong Fundraiser to support the Nick Strong Foundation in raising money for pediatric cancer research. Last year we raised over \$6700 and we are hoping to raise at least that this year.

This year's event will take place on Sunday, March 30th, from 8:00 AM to 11:30 AM. Secure a 3-hour time slot for \$150—ride solo for the full duration or form a team and split the time among members. With 31 bikes available, spots fill up fast, so gather your team and register today!

This meaningful ride honors Nick Gaspar, who lost his battle with cancer in 2021 at just 14 years old. His family established the Nick Strong Foundation to support others facing the same fight. Join us in making a difference—ride, support, and stand strong against pediatric cancer. Sign up on your app today under Group Ex classes!



FITNESS

- MORGAN TULLAR

Congratulations to all of our AdIRONdack Challenge participants! We are excited to celebrate your hard work and dedication as we draw names for the grand prize raffle among our finishers. This challenge was a huge success, and we hope it inspired you to step out of your comfort zone and explore new workouts. More importantly, we hope you discovered new fitness habits that will keep you moving forward. Thank you for being part of this incredible journey, and we look forward to seeing you in future challenges as you continue to push your fitness to the next level!

If you set out to accomplish a new fitness routine and you have struggled or fallen off completely - It's ok. It happens to us all. A common mistake we see early in the year is over-complicating the process. Start March off strong by keeping it simple. [How to set and keep fitness goals.](#) Need a bit more guidance? Reach out to Fitness Director Morgan at mtullar@adironackclub.com for a free fitness strategy session.

MYOFASCIAL RELEASE WORKSHOPS

Join Ann for the Breathe and Roll Workshops, where you'll learn self-massage techniques to relieve pain, ease muscle tension, and improve flexibility. Using myofascial release, ball rolling, stretching, and breathing, you'll break up restrictive knots and restore mobility. Each week focuses on a different area of the body, helping you move and feel better!

First session focusing on feet, calves and shins is Sunday March 9th from 2:45-3:45pm. \$17.50 members \$22.00 non-members. [Click here to register](#)

RECIPE OF THE MONTH:

Healthier Corned Beef & Cabbage



Looking for a healthier version of Corned Beef & Cabbage? This is the perfect option for St. Patrick's Day. Load up on the cabbage and carrots for an even healthier option. [Click here](#) for the recipe.

STAY CONNECTED



@adironackclub



@theadironackclub

GROUP EXERCISE

- JILL ANZALONE

Spring is in the air, and it's the perfect time to stay committed to your resolutions! Keep up your momentum by joining your Group X classes and embracing the fresh energy of the season. If you can't make it to class, please remember to cancel on your app so others have the opportunity to attend.

We're also currently working on our spring schedule – look for it to be released in mid-April! Plus, our spring session of Kids Group X will be kicking off then too.

We have several new classes, and if you haven't tried Stephanie's Warm Vinyasa Flow and Meditation class on Mondays at 6:30 AM, now is the perfect time! It's a great way to start your week with movement, mindfulness, and positive energy. Stay active, stay motivated, and make the most of every workout—see you in class!

SPORTS PERFORMANCE

- RYAN OHNEMUS

SPRING SPORTS PERFORMANCE STARTS 3/17

The spring sports performance session starts March 17th! Our program and coaches help athletes get faster, stronger and more confident on and off the field. Our programs are great for athletes new to training as well as athletes who have plenty of experience, and athletes both in season and during their off season. Our program has everything your athlete needs to build strength, increase power and improve speed, agility and reaction time and reduce their risk of injury.

SESSION DATES

March 17th - June 14th (No Training 4/21/25 - 4/26/25 and 5/26)

Don't miss this opportunity to train with our passionate coaches in a supportive, high-energy environment. Spots are limited, so be sure to register early! Sign up on your app today!

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



MARCH 2025

TENNIS

- TARA VOLPE

MARCH TENNIS UPDATE

Believe it or not, it is already time to think about spring tennis! Registration for our spring session opened March 1st. The session will run from April 27th to June 21st, and we will be offering new adult and junior tennis classes, as well as pickleball.

USTA TEAMS

We are forming USTA teams this spring, including men's and women's teams at the 3.0 to 4.0 levels. Last year, one of our women's 3.0 teams advanced to the District Championships! The USTA season runs from mid-May to mid-July. If you're interested in joining on of these travel teams, please contact [Tara Volpe](#).

WEEKLY DROP-IN CLASSES

Enhance your game and stay active with our weekly drop-in classes—no commitment required; sign up 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

NEW RACQUET DEMOS

Looking for a new racquet? We have the 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! We also have many junior racquets available to purchase.



PRESCHOOL

• CLAIRE HANSON

EXCITING VISITORS AT ACTIVE KIDS PRESCHOOL

February was a month full of hands-on learning and unforgettable experiences at Active Kids Preschool!

We kicked off the month with a visit from Mass Audubon, where the children explored the fascinating world of wiggly worms and other soil creatures. Our young scientists got up close with real worms, learning all about their important role in keeping the earth healthy. Through hands-on exploration, they discovered how worms help plants grow, what they like to eat, and even got to see them wiggle and squirm!

During February break, our preschoolers roared into Dinosaur Camp! This special week was packed with prehistoric fun. The children made dinosaur fossils, face masks, and footprint art, baked dinosaur-shaped cookies, and even enjoyed swim time and a fitness lesson. It was a dino-mite adventure filled with creativity, movement, and discovery!

Looking ahead to March, we are excited to welcome Miss Jamie and her pet dragon, Sparkles! She will teach us all about how to care for our teeth with a fun and interactive lesson—plus, with Sparkles by her side, there's sure to be a little mischief in the morning!



SUMMER CAMP

- JAMES CONNELLY

JOIN OUR SUMMER CAMP TEAM – NOW HIRING!

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! If you have already applied our team will be in contact soon on your status as we have begun the screening process and setting up initial interviews!

MARCH 2025

CHILDCARE

- JAMES CONNELLY

CHILDCARE RESERVATIONS AND UPDATES

Due to increased demand, we want to remind you about The Adirondack Club's Childcare reservation process and upcoming changes. Reservations are required and can be made via email, phone, or in person. Voicemails left on Fridays do not count unless confirmed by a staff member. Saturday reservations open the Sunday prior. Email reservations must be confirmed by Meredith or our team to be valid.

We allow for a set amount of children per each specific age range below. 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 without reservations lasting a full 3 hours.

To keep belongings organized, we've added a labeling station at the Childcare Front Desk with bag tags and adhesive labels. Please label all items and ensure your child has essentials like a nut-free snack, water, and diapers/wipes.

For parents of diapered children, please check and change their diaper before drop-off. While we provide diapering when needed, arriving with a fresh diaper is greatly appreciated.

Please sign in and out on the required Sign-In Sheet at the Childcare Desk. Provide accurate details, including first and last name, contact number, and your location within The Adirondack Club. It is vital we have correct information before filing reservation lists and sign-in sheets at the end of the day.

CHILDCARE TEAM AT THE ADIRONDACK CLUB – NOW HIRING!

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

Position Details:

Part-time: 3-4 days/week (Mon-Thurs)

Shift: 8 AM - 12 PM (flexible to 9 AM - 12 PM)

Age: 18+

Ideal for those seeking family-friendly hours!

If you have experience working with children and seek a rewarding role in a supportive, active environment, apply today! Responsibilities include supervision, engagement, and creating a safe, nurturing space. Visit [The Adirondack Club Employment](#) page to learn more and apply. Join our amazing team and help create a fun and safe space for children at The Adirondack Club!

AQUATICS

- TIFFANY LEAL

MARCH AQUATICS UPDATE – SPRING SESSION REGISTRATION & EXCITING NEW PROGRAMS!

Spring is almost here, and that means it's time to dive into our next session! Spring session registration opened March 3 at noon, with classes running from March 30 through May 24. Be sure to sign up early to secure your spot!

NEW FOR SPRING!

- Tiny Tides Evening Option - By popular demand, we've added a 5:30 PM Tiny Tides class on Tuesdays & Thursdays, perfect for families looking for evening swim preschool lessons.
- Introducing Swim Club Pro - Designed for Level 5/6 swimmers looking to take their skills to the next level with advanced stroke work, endurance training, and technique refinement.
- Swim Club Returns! - Our Swim Club is back for Level 4 swimmers (ages 8-13), offering a structured and fun way to build endurance and improve technique outside of traditional lessons.

LIFEGUARD & WSI CERTIFICATION COURSES

Looking to become a lifeguard or Water Safety Instructor (WSI)? Our April certification courses will get you ready for summer! Whether you're renewing your certification or training for the first time, don't miss this opportunity.

QUESTIONS ON REGISTRATION?

Email the Aquatics Director, [Tiffany](#). See you at the pool.



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

[ADIRONDACK CLUB](#)
[MEMBER LIST](#)