

THE ADIRONDACK CLUB



2024 SUMMER GUIDE

YOUR GUIDE TO A SAFE AND FUN
SUMMER AT THE CLUB!

EFFECTIVE 06.15.24 - 09.02.24



CLUB HOURS

Monday - Thursday 5:00am - 9:00pm

Friday 5:00am - 8:00pm

Saturday 6:00am - 8:00pm | Sunday 7:00am - 8:00pm

POOL HOURS

Monday - Thursday 5:30am - 8:00pm

Friday 5:30am - 7:30pm

Saturday 6:00am - 7:30pm | Sunday 7:00am - 7:30pm

Starting June 17th, the Crimson swim team will be swimming in the lap pool Monday through Friday from 5:30am - 8:30am

Junior Rest Periods will take place every hour in the afternoon. Everyone 13 and younger will have to exit the pool for 10 minutes. This is in place for the safety of our swimmers and guard staff.

FOOD & BEVERAGE HOURS

Chill Juice Bar Monday - Friday 8:00am - 4:00pm

Chill Juice Bar Saturday & Sunday 9:00am - 4:00pm

Café 11:30am - 7:00pm Daily (Grill open until 6:30pm)

Inclement Weather May Alter These Hours

RECREATIONAL SWIMMING

Monday - Thursday 11:00am - 8:00pm

Friday 11:00am - 7:00pm

Saturday & Sunday 11:00am - 7:00pm

THE BEACH ENTRY OPENS DAILY AT 10:00am

THE SLIDE IS OPEN DAILY FROM 11:00am - 6:00pm (closed during Junior Rest Periods)

SPRAYGROUND OPEN DAILY FROM 10:00am - 7:00pm

LAP SWIM HOURS FOR FITNESS MEMBERS

Monday - Friday: Before 10:00am and After 6:00pm

Saturday & Sunday: Before 11:00am and After 6:00pm

FUN OUT OF THE SUN

While the pools are the place to be in the summer, we have plenty of indoor activities still available for our family members who need a break from the sun or need something to do on a rainy day.

FIELD HOUSE HOURS

The Field House is open to members when it is not in use for Club programming or rentals. The schedule is posted outside of the Field House and can also be found here.

Hours are subject to change without notice for rentals, personal training, sports performance and other in-house programming

<https://www.adirondackclub.com/field-house-schedule>

BASKETBALL COURT

The basketball court is open to members daily however, camp has reserved the court during various times throughout the week. The court is also used by camp during inclement weather days. The schedule is posted at the basketball and can also be found here.

TENNIS & PICKLEBALL COURTS

Members with tennis privileges can book courts through the front desk. All memberships are permitted to book pickleball courts. Fees apply.

GUEST POLICY

Members must be at least 16 years old to sign in a guest.

Student members do not have guest privileges

The same guest can visit the Club (2) times per month
and a total of (8) visits per year.

The member registering a guest is responsible for their
guest and must remain with them at all times.

A maximum of 3 guests are permitted per membership
per day. All guests must pay the guest fee.

The number of pool guests permitted into the Club each
day is limited.

Pool guests may be reserved up to 24 hours in advance.

Guests coming to the pool after 5pm do not need to be
registered beforehand.

GUEST FEES

Fitness Guest: \$15 | Pool Guest: \$20

KEY POOL AREA RULES

All members and guests must follow instruction from
Staff and Lifeguards

No person is allowed in the pool area unless a Lifeguard is on duty

Parents of non-swimmers **MUST** accompany children in the water
and be within arm's length (non-swimmers are children who
cannot swim at least 15 yards of the pool unassisted or who require
a swim aid of any kind)

Glass is prohibited in the pool area
including the deck, grass, and patio areas

Junior Rest Periods will take place every hour, on the hour in the
afternoon during the outdoor season – everyone 13 and younger
will have to exit the pools for 10 minutes

Non-toilet trained swimmers must wear swim diapers **WITH**
rubber pants or a bathing suit over the swim diaper

The Adirondack Club reserves the right to alter rules and
regulations, hours of operation and procedures at any time

All rules can be found on our website:





CHILL

SMOOTHIES ■ JUICES ■ MASSAGE

FRUIT SMOOTHIES

- Green Monster - pineapple, mango, banana, spinach, coconut water
- The Patriot - strawberry, banana, blueberry, coconut water
- *Cacao Almond Bliss - cacao powder, almond butter, banana, agave, cinnamon, vanilla, almond milk
- *Strawberry Banana - strawberry, banana, gf granola, chia, agave, almond milk

PROTEIN SMOOTHIES

- *Maxed Out - banana, oats, peanut butter, chocolate protein, almond milk
- Mint Chocolate Sip - banana, spinach, maple syrup, cacao nibs, chocolate & vanilla protein, peppermint, almond milk
- The Bulldog - cold brew coffee, banana, chocolate protein, cinnamon, almond milk
- Blueberry Pie - blueberry, oats, maple syrup, cinnamon, vanilla protein, almond milk
- Be Like Brady - blueberry, banana, almond butter, vanilla protein, hemp & chia seeds, almond milk

BOWLS

- *Chocolate PB - banana, pb, cacao powder, almond milk. Toppings - pb, banana, gf granola, chia seeds
- *Aloha Bowl - pitaya (dragonfruit), banana, mango, pineapple. Toppings - banana, shredded coconut, gf granola
- *Classic Acai - acai, banana, strawberry, blueberry. Toppings - banana, mixed berry, gf granola
- *PB Acai - acai, peanut butter, banana, blueberry, vanilla protein, almond milk. Toppings - blueberry, banana, peanut butter, gf granola, cacao nibs
- *Chocolate Almond Chip - almond butter, cacao nibs, cacao powder, avocado, banana, agave, almond milk. Toppings - almond butter, almonds, cacao nibs, strawberry
- South Beach - banana, vanilla protein, agave, blue majik, almond milk. Toppings - blueberry, banana, shredded coconut

*BEFORE PLACING YOUR ORDER PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

FRESH JUICE

- The Rebel - sweet potato, carrot, orange, apple, ginger
- Beauty and the Beet - beet, cucumber, spinach, apple, ginger, chia seeds
- Ultimate Green Detox - celery, cucumber, apple, kale, lemon, ginger, mint
- Turmeric Ginger C Boost - orange, apple, lemon, ginger, turmeric, ground pepper
- Pineapple-Rita - pineapple, apple, lime, mint
- Morning Meditation - ginger, beet, pineapple, carrot, orange

WELLNESS SHOTS

SUPERFOOD ADD-ON'S

- chia seeds
- cacao powder
- maca powder
- cacao nibs
- spirulina
- hemp hearts
- flax seeds
- matcha powder
- greens
- protein powder
- charcoal
- collagen
- peanut butter
- almond butter

THE ADIRONDACK CLUB

CAFE



MENU

Build Your Own Salad - Burgers - Wraps
Grilled Chicken Sandwich - Quesadilla
Veggie Burger - Hot Dog - Chicken Tenders
Grilled Cheese - Pizza
French Fries - Sweet Potato Fries
Cookies - Chips - Candy Bars - Soft Drinks

KIDS MENU

Chicken Tenders - Pizza Slice
Hot Dog - Burger - Grilled Cheese

ONLINE ORDERING AVAILABLE HERE:
BETWEEN 12PM - 5PM
STARTING FRIDAY, JUNE 14TH



GENERAL POOL AREA

(INCLUDING POOL DECK, GRASS, AND CAFÉ PATIO)

No glass is allowed in the pool areas

No gum, tobacco or drugs are allowed

Trash and litter shall be placed in proper containers

Adult swimmers are prohibited to throw young swimmers

Pool Furniture: Between the hours of 12:00pm - 5:00pm daily, please limit chair use to 2 chairs per family

Small pool toys are permitted. Please no noodles or inflatables as they can obstruct the view of the lifeguards.

The Club strongly recommends the use of footwear on the pool deck and all wet areas inside the Club.

No loud, abusive, or profane language or other breach of good behavior will be tolerated

Food is not permitted on the pool deck and must be consumed at the picnic tables or on the café patio

No intoxicated persons shall be allowed in the facility

Swimmers under the age of 14 need to be under direct adult supervision at the pool and all other areas of the Club.

SPA

Swimmers must be 12 or older to use the hot tub/spa

No swimming, jumping or inappropriate behavior while in the hot tub

Please no sitting on the hot tub stairs, people need the steps to enter

SPLASHPARK

Parents or guardians are responsible for the safety of their children in the Splashpark

The rock slide is only for children 48" or under

OUTDOOR SLIDE POLICIES

The slide opens daily at 11:00am

Height Requirement: While standing flatfooted on the pool deck and at the top of the slide, children **MUST** be at least 48 inches tall, **NO EXCEPTIONS**

The slide will close during junior rest periods

Users **MUST** be swimmers (able to swim one length unassisted)
Only one person on the slide at any give time

No items may be thrown to the person using the slide

No swimmer, parent or other bather is permitted in the slide discharge area when slide is in use

INCLEMENT WEATHER

Weather conditions may dictate operations at the Club.

In the event of inclement weather the café may be closed.

The slide will close anytime it is raining.

The pools will close for thunder and lightening and/or if the lifeguards cannot see the bottom of the pool due to heavy rain.

In the event of lightening, the pools will be closed for 30 minutes following the last observed lightning.

Guest fees can be refunded for those who arrive to the pools and they have to close due to weather within an hour of arrival.

Camp will utilize a lot of the indoor areas of the Club when they cannot be outside. This can include the basketball court, Field House and tennis courts.