

Columbia Athletic Clubs 2020 Spring/Summer Guide

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CAC Summer Camps 2020

Half Day Camp (Ages 3 – 5): Our half day camps are designed to meet the needs of a new and younger camper. Each week will offer theme-based activities that typically include crafts, sports, swimming, and games. Half day camp runs from 9am to 12pm. **All children attending camp must be fully potty trained.**

Full Day Camp (Ages 5 – 12): Campers who attend full day camp will also enjoy each week with theme-based activities that typically include crafts, sports, swimming, and games. We will also travel to Juanita Beach Park (weather permitting) for a nature walk, free play on the equipment, sand castle building, or another fun adventure. Full day camp runs from 9am to 3:30pm.

Each day, please be sure to pack your camper with a swimsuit, a small morning snack, a water bottle, appropriate footwear, a change of clothes (optional), and a sack lunch (for Full Day campers only). Please also be sure your camper arrives to camp with sunscreen applied. We will provide an afternoon snack for our Full Day campers so please let us know of any allergies or restrictions upon registration.

Fees

A registration fee of \$10 per camp per child, up to 4 camps will be collected at time of online registration. This will be billed to your Membership account or card on file. If you are a Non-Member and do not yet have a card on file, we will reach out for this information. Please note that your child's spot in camp will not be secured without the registration fee.

Half Day Camp

Fees: \$140 + tax Member/\$180 + tax Non-member per week
\$30 + tax Member/\$40 + tax Non-member per day

Full Day Camp

Fees: \$225 + tax Member/\$295 + tax Non-member per week
\$60 + tax Member/\$80 + tax Non-member per day

Please register online at <http://columbiaathletic.com/jb-camp-event-registration/>. Space is limited and camp fills quickly.

Registration Rules

Registration is ONLINE and must be received at least 24 hours in advance.

If there is room and you're dropping in or have registered within 24 hours of the camp day, there is a camp drop in fee of \$10 IN ADDITION to the daily camp rate.

Cancellations

For withdrawals or cancellation from camp, a refund/credit will be granted if the withdrawal or cancellation request is received at least 1 week prior to camp.

No refund/credit will be granted with less than 1 week notice.*

Registration fee is non-refundable.

*Exceptions include illness and emergencies.



Week 1: Camp Columbia Kick-Off

Come kick it with Columbia! All the great things you love about summer camp; classic games, relay races, crafts, and more! See you there to start summer the right way!

Days: Monday, June 22 – Friday, June 26



Week 2: Party in the USA

Celebrate America's birthday with us! We will be learning about the states in our great country through activities, games, and crafts! **Camp will be prorated due to shortened week.**

Days: Monday, June 29 – Thursday, July 2,
NO CAMP FRIDAY, JULY 3

Week 3: Workout Warriors

Each day the campers will get to do a special workout just like mom and dad! We will dance like no one is watching with Zumba instructor Lisa (Monday and Wednesday), explore mindfulness and thoughtfulness with Kid's Yoga instructor Maylen (Tuesday and Thursday), and run fun circuit workouts with a different trainer every day!

Days: Monday, July 6 – Friday, July 10

Week 4: Say 'YES' to the Mess

This promises to be the most fun, messiest arts and crafts week ever! All the art inspired activities that are a bit too messy for home will be done here! We will even have a slime making day – sure to be a hit!

Days: Monday, July 13 – Friday, July 17

Week 5: Adventurers of the PNW

Have a blast of a week exploring all things Washington! Each day we will include a craft, games, and other fun outdoor adventures like nature walks and scavenger hunts as we learn more about the wonders of the Northwest!

Days: Monday, July 20 – Friday, July 24

Week 6: Mini Seahawks Training Camp

Help us gear up for a season of football with this camp devoted to our love of all things blue and green! Your mini quarterback can plan on brushing up on his or her skills through drills, skills, and agility training, as well as fun team games with friends! Can we get a 'GO HAWKS'?!

Days: Monday, July 27 – Friday, July 31

Week 7: Star Wars Camp

Are you prepared to embark on the greatest adventure ever seen in a galaxy long ago and far away? Campers begin the week preparing to begin their Jedi training. Throughout the week, they'll be challenged through daily Star Wars camp activities (along with traditional camp activities), ending their week as a Jedi Master! May the force be with you!

Days: Monday, August 3 – Friday, August 7



Week 8: Water Works

Prepare to get soaked! We are doing all things wet and wild this week; water balloon toss, water gun target practice, water brigade, sponge tag, and much more! We will even break out a camper favorite; the Slip 'N' Slide! Join us for all things cool on a hot summer day!

Days: Monday, August 10 – Friday, August 14

Week 9: CAC's Got Talent!

Let your inner star shine! Find your moment in the spotlight with activities like a lip-sync challenge, dance off, skits, magic tricks, and talent show.

Days: Monday, August 17 – Friday, August 21

Week 10: Last Blast

Campers! This is your last chance to have a blast before school! We will be recapping all of our favorite camp days from the previous themed weeks. This camp won't disappoint. End summer with a bang!

Days: Monday, August 24 – Friday, August 28

ONGOING YOUTH PROGRAMS

Swim 'N' Gym

A favorite of CAC kids! We will head down to the family pool for some fun, free swim! We will then transition back up to the basketball court for lots of tag games, sports, and organized play! Please have kids come with swimsuits on already under their clothing. Drop off and pick up are in the basketball court. Please register at the front desk in advance.

Please note that Swim 'N' Gym will not run when Lake Washington School District observes a holiday, school break, or summer break, but be sure to check out our day camps and/or Extended Care in Kid's Club. This Program is set to resume in September.

Dates: Tuesday and Thursday

Time: 4:15 – 5:45pm

Ages: 4 – 12 (Must be fully potty trained)

Fee: Complimentary with Membership
\$10 + tax Non-member

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425.821.0882

Columbia Athletic Clubs - Juanita Bay
11450 98th Ave NE, Kirkland, WA 98033

NORMAL CLUB HOURS*

Monday – Friday: 5am – 10:30pm
Saturday: 6am – 8pm
Sunday: 6am – 8pm

*The indoor pool closes 30 minutes prior to club closing time.

www.columbiaathletic.com



AQUATICS



Swim Lessons

At Columbia we work to distinguish ourselves by providing a quality learning environment with an emphasis on instruction, small classes and warm water. The knowledge our staff has acquired from over 100 years of combined practical swimming and teaching experience has resulted in the development and implementation of a quality swim lesson program that is always working to learn and grow. We believe the fundamental components to success in swimming stem from focusing on safety, fun, positivity, and providing young swimmers with a technical skill set that they can depend on for the rest of their swimming life. We combine these core beliefs with a customer service driven approach to registration and coordination. We do all of this because we genuinely care about your child's experience in the water.

We start a new session of lessons every month and classes are offered during the week on Monday/Wednesday or Tuesday/Thursday in the morning and the afternoon. In addition we have a Saturday morning program if you are looking to swim once per week. During the summer months we offer a two week intensive program that provides your swimmer of valuable repetition while maximizing the time summer provides.

For programming fees, see the Aquatics registration form.

Spring Weekday Lessons – 12 (35 minute) classes:

Dates: March 30–May 7
May 11–June 18 (No class May 25)

Summer Weekday Lessons – 8 (35 minute) classes:

Dates: June 22–July 16
July 20–August 13

Summer 2 Week sessions – 8 (35 minute) classes,

Monday – Thursday:

Dates: June 22–July 2 August 3–13
July 6–16 August 17–27
July 20–30

Saturday Lesson – 4 (45 minute) classes:

Dates: April 4–25 June 6–27
May 2–30 July 11–August 1
(no class 5/23) August 8–22 (3 lesson session)

Wahoos

Our non-competitive swim team has several different practice options! The goal of this program is to provide swimmers of all abilities the exposure to proper stroke technique through drill work and games. Our weeknight program features 45 minutes of pool time and fifteen minutes of dry land activity that will focus on core strengthening.

Days: Mon./Wed./Fri. or Tues./Thurs./Fri., 4 – 4:45pm,
4:45 – 5:30pm, 5:30 – 6:15pm, 6:45 – 7:30pm

Please contact the aquatic department with any questions regarding Wahoos at jbcswim@columbiaathletic.com.

Private Swim Lessons

Private lesson request forms are available at the front desk or in the Aquatic Department. Lessons are scheduled based on instructor availability. Contact jbcswim@columbiaathletic.com for pricing and availability.

High School Swimming Off-Season Conditioning Program

Designed for high school swimmers (13 & over) who want to stay prepared during the off season by focusing on stroke technique while also improving their physical and mental conditioning. Participants may join at any time.

Days: Monday – Friday, 3 – 4pm

Adult Group Lessons

This program is designed with you in mind. Our instructors work with each individual's goals and needs. Small class sizes allow our instructors to work with you on a personal level. Whether you are new to swimming or looking to refine your strokes, our Adult Group Lessons are for you. Contact jbcswim@columbiaathletic.com for pricing and availability.

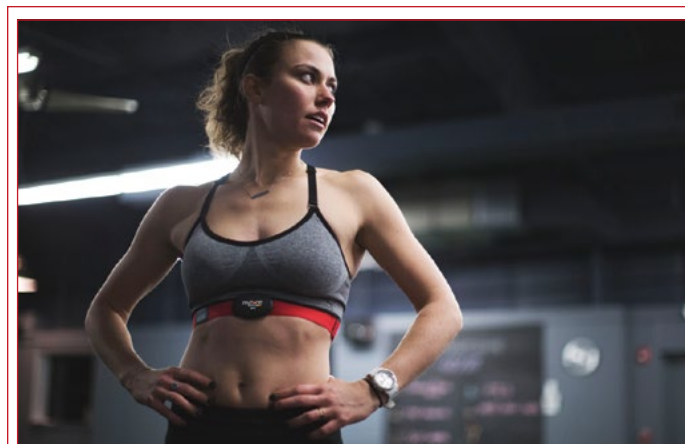
Days: Monday or Wednesday, 7:30 – 8pm



Waterbabies

For those under the age of three, CAC offers a parent-tot program through a company called Waterbabies. Classes are once a week for 30 minutes and are organized by both age and skill level. Students, ages 4 months through 3 years, attend class with a parent or another adult in the water. Waterbabies' instructors guide parents and children through a series of songs and games, teaching parents the techniques to successfully submerge, float and practice safety skills with their little swimmers! Parents will introduce their child to the joys and pleasures of the water while bonding, building confidence and boosting self-esteem. Pricing and registration is available at www.waterbabiesusa.com.

FITNESS



myzone[®]

MyZone is Here!

CAC - Juanita Bay is excited to announce MyZone heart-rate monitoring is now in all IMPACTraining classes.

Contact Fitness Director Brandi Ohlsen at brandio@columbiaathletic.com to get your belt today, and see the difference HRM can make for your workouts!

IMPACTraining

Intense | Multi-faceted | Performance-driven | Athletic | Cross Training

IMPACTraining is CAC's own Small-Group training program with classes and courses developed and taught by our personal training staff. If you're looking for the perfect way to supplement or start your own training program, improve your strength, balance, flexibility and endurance, or are just looking to get in the best shape of your life IMPACTraining is the right fit for you! Find the full class schedule online at columbiaathletic.com or grab a schedule in the Club, and prepare for IMPACT!

Our IMPACT series classes run periodically throughout the year. Please refer to the newsletter or schedule for dates and times.

To register for the classes, sign up at the Front Desk or for more questions, contact Fitness Director Brandi Ohlsen via e-mail brandio@columbiaathletic.com.*

*Cancellations must be made within 24 hours of the start time. Failure to do so will result in a full charge of the small group training fee being applied to the member's account. Note that IMPACT series classes are progression based and enrollment is not on a per class basis. Series are non-refundable within 24 hours of start time.



Strength and Conditioning with Brandi, Michelle, Alicia, Valerie and Nick

Get it all in this jammed packed hour designed to keep your heart rate up, full body focus and most important FUN! Great way to learn how to use all of the various fitness tools in our IMPACT Studio plus a great workout.

Space limited to 8 participants.

Days: Mondays, 5:45 – 6:45am (Brandi with cycle intervals)
Tuesdays, 5:15 – 6:15am (Alicia)
Thursdays, 6 – 7am (Michelle)
Thursdays, 9:45 – 10:45am (Alicia NEW TIME!)
Fridays, 5:15 – 6:15am (Alicia)
Saturdays, 9:30 – 10:30am (Alicia)
Saturdays, 11:30 – 12:30pm (Valerie) NEW TIME!
Sundays, 10 – 11am (Nick) NEW TIME!

Fee: \$20+ tax/workout



IMPACT 4-Week Youth Sport Conditioning with Nick

Youth Sports Conditioning is a class designed for the young athletes who are highly competitive or just working toward getting better at sports. We will be using scientific proven methods to help increase speed, agility, quickness, strength,

reaction time, and injury prevention. Developing these skills is vital in establishing a young athlete's foundation for improved performance and long term enjoyment of sports participation.

Youth Sports Conditioning is open athletes ages 12 to 17.

Days: Wednesdays

Time: 4 – 5pm

Ages: 12 – 17

Fees: \$80+ tax for 4-Week Series



IMPACT Core Infusion with Michelle

An emphasis will be placed on core strengthening, hip stability work, and mobility exercises that runners, triathletes, cyclists, swimmers, and SUP athletes need to work on to balance out their cardiovascular activities. If you want to get faster, reduce your risk of common overuse injuries, and feel stronger this class is for you.

Day: Wednesdays, 9:35 – 10:05am

Fee: \$15+ tax/workout

Fitness continued on next page.





IMPACT Metabolic Madness with Brandi

Hit the body with a healthy dose of high-intensity training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

Days: Mon., 10–11am, Brandi
Wed., 5:45–6:45am,
12–1pm, Brandi

Fee: \$20 + tax/workout



IMPACT TRX EXPRESS with Michelle

This class is designed to efficiently work your entire body in 30 minutes. Learn proper TRX technique so you can get the most out of your workout. If you want to move better, challenge your core, improve strength, posture and balance, this class is for you.

Days: Wednesdays, 6:15–6:45pm,
Fri., 9:35–10:05am

Fee: \$15 + tax/workout



GRAVITY GTS Classes

We offer 3 disciplines in our GRAVITY GTS programs; GRAVITY Personal Training; GRAVITY Pilates; and GRAVITY Group.

GRAVITY Pilates is a blend of traditional pilates reformer and mat exercises with a revolutionary evolved repertoire designed to fit all levels of fitness. It was developed from a desire to calibrate the appropriate resistance load based on the participant's level of fitness, as well as the need to alleviate common compensation patterns due to limits of strength and flexibility. The incline of the GTS also addresses the challenges of cervical tension and hamstring inflexibility, allowing the participants to correctly perform the exercises and feel successful. The repertoire of GRAVITY Pilates significantly challenges core strength, dynamic stability and coordination.

GRAVITY Group and GRAVITY Personal Training allows the trainer to incorporate a complete series of resistance training exercises for each major muscle on one modality. The personal trainer will be able to provide a unique and time effective program specifically designed to achieve the participant's individual health and fitness objectives in a private or semi-private environment.

Take a look at our small group training schedule or the schedule posted right outside the GRAVITY room. You will not be disappointed on the results achieved with the GTS. Sign up for all classes at the front desk.

30 Minute GRAVITY Blast with Brandi and Erin

Get an effective and time-efficient workout using our GRAVITY GTS machines. Each week will be something challenging and new to the participants. The great news is it is only 30 minutes. But don't let the short time frame fool you. These classes are high energy and still give you a full body workout. Space is limited to 4 participants.

Days: Tuesdays, 6–6:30am (Brandi)
Thursdays, 9:45–10:15am (Erin)
Saturdays, 9:15–9:45am (Erin) NEW TIME!

Fee: \$15 per workout

GRAVITY Full-Body Blaster with Brandi and Michelle

In this hour we cover the entire body from head to toe. The great part of the GRAVITY program you are you are able to take it at your pace and work in a 3-D space (great way to build stability in the joints). You are the guide on how hard you want to work. Space is limited to 4 participants.

Days: Mondays, 12–1pm (Michelle)
Wednesdays, 9:35–10:35am (Brandi)
Fridays, 6:50–7:50am (Brandi)

Fees: \$25 + tax per workout.

All IMPACT small group training and GRAVITY classes have a 24-hr cancellation policy. There are no pro-rates and/or refunds for unused series classes. Please sign up for all classes at the front desk.

Personal Training

Certification and education is the first thing to look for. A personal trainer should be certified. This gives you the assurance you are working with a trainer who has the knowledge to provide you with a safe and effective workout.

Look for a trainer who is able to assist you with your special needs. A personal trainer should always have you fill out a health history questionnaire to determine your needs or limitations. If you have a past medical condition/injury a personal trainer should design a session that takes this into account.

To get started on the most effective path to reach your fitness goals contact the fitness desk to set up an appointment with your favorite fitness specialist today!

We promise:

- To employ only highly qualified Personal Trainers to serve your entire family's health and fitness needs.
- To provide motivation, knowledge, safety, and accountability to all members.
- To take pride in offering the most up-to-date training protocols and Goal Setting services.
- To be available and accommodate your busy schedule, seven days a week.
- To design a path to better health and fitness that is right for YOU!

Our Team of Personal Trainers are held to the highest standard of professionalism in the industry in order to bring you the best experience possible!

We require our Personal Trainers to hold a Nationally Accredited Certification and a college degree.

Certifications we support:

• **NASM** www.nasm.org



• **ACSM** www.acsm.org



• **NSCA** www.nscs.com



• **ACE** www.acefitness.org



• **AFAA** www.afa.com



Our Team specializes in:

- Weight Management and Weight loss
- Functional Training and Rehab
- Endurance Training
- Sport Specific Performance Enhancement...and so much more!

Personal Training Prices

1-hour:.....\$85 + tax

1-hour sessions:

6 (1-hour) sessions\$480 + tax

12 (1-hour) sessions.....\$915 + tax

Half-hour:.....\$52 + tax

Half-hour sessions:

6 (½-hour) sessions\$300 + tax

12 (½-hour) sessions.....\$575 + tax

Partner training (1-hour session):... \$50 + tax each

3 people \$42 + tax each

4 people \$40 + tax each

Non-member Price:.....\$290 + tax

3 (1-hour) sessions

Body Composition:.....complimentary

Jump Start Package: 3 (1-hour) PT sessions for \$180 + tax

Nutrition & Jump Start Combo:

3 (1-hour) personal training sessions & 2 private consults with a nutritionist..... \$375 + tax

CAFS: CAFS session utilizes the local to global spectrum method, to identify common dysfunctions, create mobility and progress to stability and strength for any range of functional needs and for any population. Each session focuses on one joint: foot/ankle; knee; hip, lumbar spine, thoracic spine, shoulders, or cervical spine. Certified individuals are Brandi Ohlsen and Michelle Ohlson.

Fee:.....\$150 + tax per session.

For questions or to set up an appointment contact Brandi Ohlsen at brandio@columbiaathletic.com, or call 425.821.0882.

Private Nutrition Consultations with Brandi and Michelle

Are you noticing very little progress with exercise alone? If so, it is time to address your nutrition. We all know it is not about calorie restriction or deprivation (these never last and harmful to your health) or following a cookie cutter meal plan. We want to identify nutrient deficiencies in the diet, create balance at each meal, as well as offer proper substitutions. Once we identify these deficiencies we use food (not supplements) to re-fuel the body with the proper balance of lean protein, veggies, healthy fats, fiber and so much more. In the consultation process, it is all about manageable steps and gaining valuable information on how you currently eat. We identify your biggest limiting factor and create a plan going forward. Once that becomes a habit, we go to the next and so forth. We want this to be a lifestyle change, not just something you can manage for a few weeks. If you are interested in feeling and looking your best, contact Brandi Ohlsen or Michelle Ohlson, today to set up your first appointment.

GROUP EX

Walking Club

Join us for CAC Walking Club this summer. This member led club runs every Thursday morning from April through October. Meet in the CAC lobby at 9am and bus or carpool to beautiful walking destinations like the Washington Arboretum, Discovery Park, Rattlesnake Lake and Bridle Trails Falls. We also walk in our own backyard along the Kirkland waterfront, or in St. Edwards Park. Email Bre Rubbo brer@columbiaathletic.com for weekly destinations or more information.



Kids Yoga

This fantastic class will run through summer! Maylen welcomes 4 to 8 year old and encourages them to bring out their inner yogini through music, crafts, playful yoga poses, books and cooperative games. Kids will build strength and flexibility, practice meditations and have fun!

For the Latest Club Info...

As we enter summer, be sure to check in the club and online for the latest, most up to date schedules! We look forward to seeing you in classes and keep you active through the season!



The Kids Club is dedicated to serving our youngest members and their families. Our Staff is trained and experienced to work with our youngest members. We specialize in making sure everyone in the family looks forward to coming to the Club. Washington State background checks are performed on all our Kids Club staff and they are all infant CPR certified.

Hours of Operation

Hours of Operation:	
Monday – Thursday	8am – 2pm/3:30 – 8pm
Fridays	8am – 2pm/3:30 – 7pm
Saturdays/Sundays	8am – 1pm
Hours are subject to change based on enrollment.	
Hourly Rates:	
\$6/1.25 hr	

Monthly Unlimited Plan

Unlimited Kids Club care is perfect for our members who use the club regularly. Unlimited Kids Club allows you to drop off your child for one low monthly rate. Stop by Kids Club for more information.

If All Children are on a Family Membership	
1 child:	\$35/month
2 Children:	\$55/month
3 or more Children:	\$70/month
Children NOT on a Family Membership	
1 Child:	\$50/month
2 Children:	\$80/month
3 or more Children:	\$100/month
For a Combo of Family Membership and Non-Family Membership	
1 Child Mem./1 Child Non-mem.:	\$70/month
2 Children Mem./1 Child Non-mem.:	\$85/month
1 Child Mem./2 Children Non-mem.:	\$95/month

Extended Care

Parents are welcome to drop off their children in the safe arms of our trained staff while they leave the facility for up to 4 hours. This service only available for potty trained children over 3 years old.

Extended Care Hourly Rates:	
Members:	\$10 per hour
Member Sibling:	\$5 per hour

Reservations are required, availability is based on capacity. Please call 425.821.0882.

Manage Your Account Online.



Hey Members! Did you know you can manage your CAC account on-line? It's true! Just visit us at www.columbiaathletic.com and click on the "member area>member log in" buttons to follow the link to our member self-service (MSS) portal.

From there, follow these easy steps to get your account into your own hands!

1. For your first time logging in, your username and password will be your member ID, found on your membership card under the barcode. (Note that CAPS matter!)
2. Once you enter both, you'll be prompted with an option to change your username, and will be required to change your password. (Note the first box when changing your password is for your current password, NOT your new one!)
3. If you've logged in before and can't remember your password, simply hit the "forgot password" button and a new one will be emailed to you with a link back to the site. You can do same process for a forgotten username.
4. Once you log in, you can view and change payment methods, view your account history, check out Club schedules for Fitness and Group Ex, sign up for IMPACTraining and GRAVITY classes, and much, much more.

Also, CAC is excited to also offer an app available on both the Apple and Android app store. The "My Columbia" app is a great way to set up a mobile check-in option, view Club schedules and programming, receive Club announcements, and more. Check it out by searching "Columbia Athletic Clubs" today!

