

Columbia Athletic Clubs 2020 Spring/Summer Guide

Summer Camps

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PROGRAMS



CAC Summer Camps 2020

Registration Rules:

Registration is ONLINE and must be received at least 24 hours in advance. Your placement will be secured once a form of payment is added to your completed registration form. Full payment will be collected within 2 weeks prior to each Camp.

Refund/Cancellation Policy:

For cancellations and withdrawals from camp, a refund/credit will be granted if the request is received in writing at least one week prior to camp. No refund/credit will be granted with less than a week notice.

Before and After Camp:

You have the option to utilize our Kids Club prior to or after camp at an hourly rate. Kids Club will accept appointments starting at 8am and as late as 7pm, but reservations must be made ahead of time. Extended Care rates will apply. Advanced and cancellation reservations are required.

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Drop-Ins:

When space permits we will allow Day of Registration. Fee will be \$95 + tax Member per day, \$125 + tax/Non-member per day.

What to Expect:

Prior to each camp you will receive an email communication from our Program Director which will confirm your placement and included all necessary details for the upcoming week. Upon arrival you will be greeted by a Camp leader who will sign your little one in for the day. Each Camper should bring a swim suit, sunscreen, bottle of water with their name on it, snack and a sack lunch (full day camper only). Fresh fruit and snacks will be provided for a full day campers as they await pick up. For more information on Summer Camps, you can email Camila at camilab@columbiaathletic.com.
Times: 9am – 12pm (Half Day Camp)
9am – 3:30pm(Full Day Camp)

SUMMER CAMPS

Week 1: Little Picassos

Each day we will make a new project that may include drawing, painting, printmaking, or sculpture. Our local artist Susan Baker will be teaching some arts techniques to the children a few days during the week. They will finish the day at the pool after a morning of creativity.
Dates: June 22 – 26
Ages: 5 – 12
Fees: \$280 + tax Member/ \$320 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Week 2: Basketball and Soccer Camp

Some basketball in the morning and soccer in the afternoon! We will include skills and drills and assorted activities to improve balance and focus while building strength and motor skills. Your team is counting on you! Come join the fun!
Dates: June 29 – July 3
Ages: 5 – 12
Fees: \$280 + tax Member (Full Day)
\$320 + tax Non-member (Full Day)
\$165 + tax Member (Half Day)
\$205 + tax Non-member (Half Day)



Week 3: Tumble and Stretch

Let’s stretch and tumble through the week with some fun activities. They will start the day with some gymnastics offered by Jet’s Gymnastics where they will teach sound, basic tumbling and gymnastic skills in a fun, non-competitive environment. It will be followed by a Yoga class and swimming. Lots to do and the kids will have a blast!
Dates: July 6 – 10
Ages: 5 – 12
Fees: \$280 + tax Member/ \$320 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Week 4 & 5: Camp Columbia

Have you ever wonder what our club offers? Join us for these 2 week camp. Each day campers will participate in a 30 minutes swim lesson with a trained instructor, a 45 minute tennis lesson with one of our pros and the rest of the camp of pure adventure with sports, games, crafts and fun. Per request this camp now is a full day camp Monday through Friday from 9am to 3:30pm. No tennis or swim lessons on Fridays. The kids will have a break and explore Pine Lake Park instead.
Dates: July 13 – 17 and July 20 – 24
Ages: 5 – 12
Fees: \$460 + tax Member/\$535 + tax Non-member (2 weeks)
No Half Day option.

Week 6: Summer Olympics

With the 2020 Summer Olympics this year we will create a whole week full of sports and fun activities related to the Olympics! They will create their own team flags, make their own medals and have an Opening Ceremony celebration. We have planned a really great mix of activities – some inspired by actual Olympic events and others that are focused more on team and cooperation. Let’s the fun begin!
Dates: July 27 – 31
Ages: 5 – 12
Fees: \$255 + tax Member/\$275 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Week 7: Kids Animation Week

Let’s bring a little bit of Disneyland to our summer camp! Every day is going to be a different Disney character theme! We will start with Star Wars and after that we will let our imagination takes us to the next adventure. Lots of fun activities and we will end the day having a pool party to cool off!
Dates: August 3 – 7
Ages: 5 – 12
Fees: \$235 + tax Member/\$275 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Week 8: Robotics

In this fun Robotics camp the kids will peel away the covers and discover how things work behind their favorite games, robots and computer work! Techventure will be helping the kids explore their creativity with technology! They will be playing and building robots and other fun coding materials. The classes will

be from 1 to 3pm in the afternoon and the kids will play at the gym in the morning. Kids will have a blast!
Dates: August 10 – 14
Ages: 5 – 12
Fees: \$280 + tax Member/\$320 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Week 9: It's a Zoo!

Kids will explore the world of animals and reptiles this week as well as get a visit from Animal Encounters with a petting zoo and some friendly dogs. They will learn about some animals from all over the world and act like them too. We will make sure this camp is packed with wild fun.
Dates: August 17 – 21
Ages: 5 – 12
Fees: \$280 + tax Member/ \$320 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Week 10: Pirates and Mermaids Camp

Ahoy ye pirates and mermaids! Join the Captain and his crew as we spend a week with the pirates and mermaids. Each day, campers will read about both pirates and mermaids and engage in themed crafts. Have fun painting seashells, decorating pirate masks and even walking the plank. Every day, bring your bathing suit, towel and a change of clothes because we will be splashing around in the lake and pool with the mermaids.
Dates: August 24 – 28
Ages: 5 – 12
Fees: \$235 + tax Member/\$275 + tax Non-member (Full Day)
\$165 + tax Member/\$205 + tax Non-member (Half Day)

Programs



CAC Easter Egg Hunt

Members and their guests can participate in the epic Easter Egg Hunt! Eggs will be hidden all over the Club so bring your own basket and find as many eggs as you can.
Date: Friday, April 10
Time: 4:30 – 5:30pm

Kids Night Out

Parents, it’s your time on this night! We offer this program once per month so that you can enjoy a quiet evening at home or take in a movie and dinner out while we entertain the kids. We start with games in the gymnasium, eat pizza, make a craft and watch a G or PG movie. We even extend our program to the Kids Club so the younger siblings (under 4yrs) can enjoy too. This program is for members of CAC but they are welcome to bring guests. To enroll, email us at camilab@columbiaathletic.com.
Date: Fridays, March 20, April 17, May 15, June 19, July 17, August 21, September 18
Time: 5:30 – 9:30pm
Ages: 6mo – 12yrs
Fees: \$15 + tax Member/\$28 + tax Non-member

Programs continued on next page.

425.313.0123
Columbia Athletic Clubs – Pine Lake
2930 228th Ave SE • Sammamish, WA 98075

CLUB HOURS

Monday – Sunday, 5am – 10:30pm

www.columbiaathletic.com



The following four youth programs take the summer off when Issaquah School District is on break.

Kids Fit

Get the kids to exercise! One hour of fun running around, games, dodgeball and making new friendships. Parents get to work out at the fitness floor, while the kids get a work out in of their own.

No enrollment is required for this class, so come on by! This class does not run on Issaquah School District Breaks.
Days: Tuesdays and Thursdays
Time: 5:30–6:30pm
Ages: 4–11
Fees: Free with Family Membership and \$10+ tax Non-member (guest of a member)



Kids Yoga

Playful Yoga poses, animated breathing exercise and imaginative relaxation, teach kids about the foundations of Yoga.
To enroll in this class you can email us at camilab@columbiaathletic.com.
Date: Wednesdays
Time: 4:30–5:15pm
Ages: 4–8
Fees: Free with Family Membership \$30+ tax Non-members

Kids Zumba

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children’s lives by making fitness fun. Pre-register through the Activities Desk or online.
Date: Mondays
Time: 4:30–5:15pm
Ages: 4–8
Fees: Free with family membership \$60+ tax Non-member

Tween Yoga

Students ages 9 to 13 will explore how yoga can build confidence, manage stress, and promote self-awareness. We will explore yoga postures, breath techniques and simple forms of meditation.
Day: Thursdays, 4:30–5:15pm
Ages: 9–13
Fees: Free with family membership \$30+ tax /month Non-member

TENNIS

JUNIOR SUMMER TENNIS

WEEKDAY SESSION DATES:

Session 1: June 22–25	Session 6*: July 27–30
Session 2: June 29–July 2	Session 7*: August 3–6
Session 3*: July 6–9	Session 8*: August 10–13
Session 4*: July 13–16	Session 9: August 17–20
Session 5*: July 20–23	Session 10: August 24–27

*= session includes a full day camp option

SATURDAY SESSIONS (4 CLASSES):

Session 1: July 11–August 1	Session 2: August 8–29
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Half Day Camps

These are weekly junior tennis camp for all skill levels and abilities. Classes will run Monday through Thursday with competitions on Fridays as part of the Eastside Jr. Tennis League. Each class will be a mixture of learning tennis fundamentals as well as plenty of fun games. Players may sign up for either time or both regardless of age or skill level.
Days: Monday–Thursday
Time: 1–2:30pm or 2:30–4pm
Ages: 5+ (All Skill Levels)
Fees: \$140+ tax Tennis Member/\$163+ tax Athletic Member \$199+ tax Non-member

Full Day Camps

We offer six one-week Full day camps. Each camp is Monday through Thursday and is for all skill levels and ages. We break mid-day for swimming in the pool and lunch before returning to the courts for more point play. These camps are a great way to have an activity filled week and improve your game while having fun. Campers need to bring bathing suit, water and a sack lunch.
Days: Monday–Thursday
Time: 9:15am–4:15pm
Ages: 5+ (All Skill Levels)
Fees: \$591+ tax Tennis Member /\$623+ tax Athletic Member \$726+ tax Non-member

Saturday Camps

Similar to our Half Day Camps but take place one day a week.
Time: 10:30–11:15am
Ages: 4–6
Fees: \$74+ tax Tennis Member/\$93+ tax Athletic Member \$115+ tax Non-member
Time: 10:30–11:30am
Ages: 7–10
Fees: \$99+ tax Tennis Member/\$124+ tax Athletic Member \$153+ tax Non-member
Time: 11:30am–1pm
Ages: 11+ All Skill Levels
Fees: \$140+ tax Tennis Member/\$163+ tax Athletic Member \$199+ tax Non-member



ADULT GROUP TENNIS LESSONS

Drop-in Drill

2.5–3.0 skill level with weekly sign up at the front desk. Focus on doubles drills and strategy. Max participants 6. Priced based on # of players.
Day: Mondays, 10:30–11:45am

Adult Advanced Beginners 2.5

Training session designed to improve their performance for competitive or social play. Focus is on doubles strategy. Registration is required. Contact Tricia at triciad@columbiaathletic.com. Price based on # of participants.
Days: Mondays, 11:45am–1pm
Tuesdays, 5:30–6:45pm
Fridays, 10:30–11:45am

Adult Intermediate 3.0

Co-ed training session for those who have played tennis previously but need a refresher or those looking to improve their game competitively. Stroke production, strategy, technique and doubles play are all part of this class. Registration required. Contact Tricia at triciad@columbiaathletic.com. Price based on # of participants.
Days: Tuesdays, 6:45–8pm
Thursdays, 10:30–11:45am

Men’s Flights*

Organized doubles play with players of equal ability Contact Tricia to enroll in an upcoming session or sub in. Tennis members only.
Days: **Level 2.5–3.5:** Tuesdays, 6:45–9:15pm
Level 3.5–4.5: Thursdays, 6:45–9:15pm

Ladies Flights*

Organized doubles play with players of equal ability. Contact Tricia to enroll in an upcoming session or sub in. Tennis members only.
Days: **Levels 2.5–3.0:** Wednesdays, 6:45–8pm
Levels 3.0–4.0: Wednesday, 9:15–11:45am
Levels 3.5-4.0: Mondays, 6:45–8pm

Cardio Tennis

Co-ed aerobic workout with emphasis on hitting a number of balls and with music! Sign up at the front desk at least 24 hrs ahead.
Day: Fridays, 6:45–8am
Fees: \$19+ tax Tennis Member
\$23+ tax Athletic Member
\$25+ tax Non-member

Ball Machine Ace

Fees: \$22+ tax per court time/\$245+ tax for 6 Month unlimited use
*Flights and Cup workouts are for Tennis Members only, see Price list for fees.

To register for adult tennis classes, email tricia at triciad@columbiaathletic.com or call 425.313.0123.

Outdoor Klahanie Adult Tennis

Register by calling Columbia Athletic Club at 425.313.0123 and asking for Activities Desk between 3 to 7pm Monday through Thursday or Frday, 9am to 12pm. You can also email Tricia Diebner in the tennis dept. at triciad@columbiaathletic.com.
Dates: **Session 1:** July 7–16
Session 2: July 21–30
Session 3: August 4–13
All lessons are held at the Mt View Courts. Minimum of 4 participants to hold class.

Adult Beginners/Advance Beginners

Co-ed beginners/Advanced class for those who would like to learn the game of tennis. This 2 week session will cover the fundamentals of the game: stroke production, rules, scoring, and etiquette. Our emphasis will be on building skill through repetition.
Days: Tuesdays & Thursdays, 6–7pm
Fees: \$76+ tax per session for Klahanie residents
\$87+ tax Non residents
Payment required at time of registration.

Adult Intermediate

Co-ed class designed for those who have completed the beginning level class or have been away from the game for a period of time. This 2 week session will focus on refining your strokes with emphasis on doubles play, court positioning, shot selection and tactics.
Days: Tuesdays & Thursdays, 7–8pm
Fees: \$76+ tax per session for Klahanie residents
\$87+ tax Non residents
Payment required at time of registration.

Private Lessons in Klahanie

Klahanie homeowners have the opportunity to participate in private or individualized group lessons. Private lessons are \$79+ tax per hour for Klahanie resident & \$85+ tax for non Klahanie resident. Arrangements for private lessons can be made by calling CAC-Pine Lake directly. Please call 425.313.0123 and ask for tennis.

AQUATICS



Group Swim Lessons

Group Swim lessons are a great way to help your child improve on skills throughout the year at a comfortable pace. Lessons are structured in 8 Lesson sessions and go 2 days per week for weekday sessions during the school year and 1 day a week for Weekend classes. Once schools are out we offer morning classes that will run Monday through Thursday for 2 week sessions. For more information or to register contact the activities desk at plcactivities@columbiaathletic.com.

Saturday Classes

Dates: April 25 – June 20 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 4/13 M & 4/15 NM

Dates: June 27 – August 22 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 6/15 M & 6/17 NM

Spring Morning and Evening Classes

Dates: March 30 – April 23 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 3/23 M & 3/25 NM

Dates: April 27 – May 21 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 4/20 M & 4/22 NM

Dates: May 26 – June 18 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 5/18 M & 5/20 NM

Summer Morning Classes

Dates: June 22 – July 2 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 6/15 M & 6/17 NM

Dates: July 6 – 16 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 6/29 M & 7/1 NM

Dates: July 20 – 30 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 7/13 M & 7/15 NM

Dates: August 3 – 13 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 7/27 M & 7/29 NM

Dates: August 17 – 20 (4 Classes)
Fees: \$34 + tax Member/\$56 + tax Non-member
Registration starts 8/10 M & 8/12 NM

Summer Evening Classes

Dates: June 22 – July 16 (8 classes)
Fees: \$68 + tax Member/\$112 + tax Non-member
Registration starts 6/15 M & 6/17 NM

Dates: July 20 – August 20 10 Classes
Fees: \$85 + tax Member/\$140 + tax Non-member
Registration starts 7/13 M & 7/15 NM

Junior Lifeguard Training

The Red Cross Junior Lifeguarding Program is designed to guide adolescents ages 11 to 14 to the Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills of future lifeguards. It serves to bridge the gap between Learn-to-Swim and Lifeguarding, and includes the following topics:

- Development of swimming skills and endurance
- Victim recognition
- First Aid/CPR/AED
- Water rescue skills



Spring Dates:

Dates: April 6 – 9, Monday – Thursday, 9 – 11am
Fees: \$68 + tax Member/\$112 + tax Non-member

Dates: April 13 – 16 Monday – Thursday 9 – 11am
Fees: \$68 + tax Member/\$112 + tax Non-member

Summer Dates:

Dates: June 22 – July 2, Monday – Thursday, 12 – 1pm
Fees: \$68 + tax Member/\$112 + tax Non-member

Dates: July 6 – 16, Monday – Thursday, 12 – 1pm
Fees: \$68 + tax Member/\$112 + tax Non-member

Dates: July 20 – 30, Monday – Thursday, 12 – 1pm
Fees: \$68 + tax Member/\$112 + tax Non-member

Dates: August 3 – 13, Monday – Thursday, 12 – 1pm
Fees: \$68 + tax Member/\$112 + tax Non-member

BASIC REQUIREMENTS TO PASS EACH LEVEL OF THE GROUP SWIM LESSON PROGRAM:

Pre 1 (3 – 6yrs old)

Be able to enter the water independently. While in shallow water, perform supported front/back floats; comfortably submerge body and head into the water while blowing bubbles and have basic knowledge of kicking on front/back. Swim from stairs of small pool to opposite wall (half-length of small pool).

Pre 2 (3 – 6yrs old)

Confidently float front/back for a minimum 5 second count, swim using streamline arms with kicking front/back for the length of the small pool, and swim using combined arm and leg actions on front/back for the length of small pool while using some type of breathing method for front swimming. Swim the full length of the small pool while being able to take at least one unsupported breath.

Pre 3 (3 – 6yrs old)

Push off and swim using stream line arms, combined arm and leg actions on front and back using a method of side breathing for front stoke at a distance of 15 yards. Be able to perform elementary back stroke (chicken, airplane, soldier) as well as breast stroke kick.

Level 2 (6yrs old and up)

Step from side into chest deep water, demonstrate a front and back float for 5 seconds, and then recover to a vertical position. Push off and swim using streamline position as well as combined arm and leg actions on front/back for the length of the small pool or 15 yards using some type of breathing method for front swimming.

Level 3 (6yrs old and up)

Jump into deep water from the side, swim in streamline position both front/back with a strong kick for 25 yards each, swim front stoke for 25 yards with side breathing, be able to complete 25 yards back stroke, demonstrate efficient elementary back stroke. Must have an effective breast stroke kick and be able to demonstrate complete breaststroke with fair timing.

Level 4 (6yrs old and up)

Swim front streamline with strong kicking 50 yards, front stroke with side breathing for 50 yards, swim back streamline with strong kick for 50 yards, backstroke for 50 yards, elementary backstroke for 50 yards, swim breaststroke for 25 yards with good timing and swim be able to demonstrate dolphin kick/harmonics. Be able to tread water for 1 minute.

Level 5 (6yrs old and up)

Swim front/back streamline for 100 yards without stopping, swim front (with effective side breathing) and backstroke 100 yards, swim breaststroke for 50 yards with effective timing, and swim butterfly for a distance of 25 yards. Be able to tread water for 2 minutes.

Level 6 - Pre Competition (6yrs old and up)

Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 100 yards of each stroke, being able to demonstrate appropriate turns for each including IM turns. Be able to tread water for 3-4 minutes. Be attentive and ready to go without being asked. Know how to look at a set and complete it without needing too much instructing.

Waterbabies

For those under the age of 3 we offer a parent-tot program through a company called waterbabies. They offer classes year round (4 sessions per year). Classes are once a week for

30 minutes. Classes are organized by both age and skill level. Once registered for a session, your child will attend the same day and time each week. Students, ages 4 months thru 3 years attend class with parents or another adult in the water. Classes generally have an 8:1 student/parent to teacher ratio.

Their highly trained instructors work together with parents in the aquatic education of their child. They guide parents and children through a series of songs, games and activities, 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. To get class information and enroll see their website www.waterbabiesusa.com

Private Lessons

Private Swim Lessons are also available throughout the years. Many families take advantage of these as they can be flexible and can be cancelled during vacations much easier than group lessons. Private Lessons will also allow the instructor focus on skills that the child needs to work on vs. a normal class program. Scheduling of lessons is done based on instructor availability. If you are interested in setting up some lessons for your child please contact the activities desk to fill out a private lesson request form.

Private Lesson Rates:

Fees: \$30 + tax/half hour Member
\$45 + tax/half hour Non-member

Semi Private Lesson Rates: (up to 3 children)

Fees: \$45 + tax/half hour Member
\$60 + tax/half hour Non-member

For those who take private lessons on a regular basis we now are offer package pricing of 10% off lesson purchases of 5 or more.

Piranha’s Swim Team

We offer a swim team program that is unique when compared to most other teams in the area. A majority of our workouts are based on technical training and hydro dynamics. This combination not only helps team members improve their swimming abilities but it also helps them improve their overall strength and stamina for other sports they may be involved in.

For more information on the swim team including scheduling a tryout please email the activities desk at plcactivities@columbiaathletic.com.

Registration for the summer program is separate from the year round team and will open on May 1st. Practice times will remain the same through June 19th.

Practice times for the summer program are June 22nd through July 30th.

Group 1: Monday – Thursday, 7 – 7:45am
Group 2: Monday – Thursday, 7 – 8am
Group 3: Monday – Thursday, 8 – 9am
Group 4/Teen Training: Monday – Thursday, 8 – 9am

Aquatics continued on next page.

Masters and Pre Masters

We offer more than your traditional masters training program as we aim to accommodate any level of swimmer, from your novice to those training for Ironman races. If you are not quite comfortable swimming with the Masters group we have Pre-Masters which may be a better fit for you. Pre-Masters classes provide a greater emphasis on stroke technique and increasing your swimming endurance and confidence. You do not have to attend all of the sessions to be a part of either group; just choose the sessions that work for you and your schedule. Our coaches mold each workout to accommodate the various ability levels that show up to each session.

The differences between the two are:

Pre-Masters

50% of each workout focuses on stroke technique and 50% on building swim fitness and endurance!

All ability levels are welcome.

Masters

Only 10-20% of each workout focuses on stroke technique with a primary focus on gaining speed, endurance and swim fitness.

Swimmers must be able to swim a minimum of 100 yards without stopping.

There is a minimum requirement of being able to swim 100 yards of continuous freestyle with side breathing but other than that you will see all ages and abilities attend the various Master's workouts. For Pre-Masters we ask that you can swim continuously for at least 25 yards.

Masters workouts are:

- Mondays, 5:30 – 6:30am (Masters), 9:45 – 11am (Pre-Masters)
- Wednesdays, 5:30 – 6:30am (Masters), 9:45 – 11am (Pre-Masters)
- Fridays, 9:45 – 11am (Pre-Masters)
- Saturdays, 7 – 8:30am (Masters)
- Sundays, 6:30 – 8am (Freestyle/Triathlon Focused)

For the summer we make a few changes to the Masters and Pre-Masters schedule. Pre Masters will go through June 19th, then take a break for the summer. The masters group will change to the following schedule beginning the week of June 1st.

- Mondays, 5:30 – 6:30am
- Wednesdays, 5:30am, Un-official Lake Swim (Contact activities desk for location)
- Thursdays, 5:30 – 6:30am
- Sundays, 6:30 – 8am, Un-official Lake Swim (Contact activities desk for location)



GROUP EX



Summer Member Party & Les Mills Launch Friday, July 24th, 6 – 8pm

This Summer Launch party will be extra special as we celebrate our 25th Anniversary! CAC - Pine Lake opened for business and served the Sammamish community since 1995 so this annual summer BBQ will celebrate our Club, members and their guests with this 90's themed fiesta.

Les Mills Classes

Did you know that Pine Lake offers 6 LES MILLS formats? LES MILLS is a global fitness company dedicated to creating a fitter planet through the best Group Fitness classes. Every 3 months, a brand new set of music and movements reflecting current scientific research are sent to our instructors to bring to you! Come see the latest releases at our Summer Member BBQ and Launch Party!

We offer 6 Les Mills Programs:

LES MILLS BODYCOMBAT BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, burn calories, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

LES MILLS BODYFLOW Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life.

During BODYFLOW™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered and happy.

LES MILLS BODYPUMP BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS BODYSTEP LesMills BODYSTEP™ Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.

LES MILLS CXWORX LesMills CXWORX™ Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together.

LES MILLS SH'BAM LesMills SH'BAM™ A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

For more information about Les Mills classes, contact Katy at Katys@columbiaatheltic.com.

This Summer, Get in the Zone!

myzone®

Myzone monitors heart rate, calories and time exercising in real time and converts it into Myzone Effort Points (MEPs), so that everyone is rewarded for their effort in class, regardless of their fitness level. The Myzone heart rate monitor has an accuracy rate of 99.4%, making it more reliable than other fitness wearables for tracking your progress and helping you achieve your goals! Look for the symbol on the schedule to see which classes are currently using this system and check out our special summer challenges to help you achieve your summer fitness goals and stay connected to our CAC -Pine Lake community!

YOUTH FITNESS



Help your young athletes prepare for their upcoming seasons close to home with CAC - Pine Lake!

We train athletes from ages 12 to 20, helping them through this essential period of development by building good fundamentals and technique. We provide periodized, crossfit-style workouts to develop strength, agility, speed, and coordination in the off-season, and maintain the athletes' gains through the competitive season. We strive to prevent overuse injuries by focusing on sport-specific pre-hab and conditioning to combat common issues in young athletes. Our strength and conditioning coaches have all of the tools to help your athlete get an advantage over the competition – for a fraction of the price that other facilities charge. Enroll in Advantage Sport today and maximize your potential!

Groups or teams will be scheduled by appointment. Please contact our Fitness Director, Joshua, at joshuav@columbiaathletic.com for scheduling information (Minimum of 4 athletes per group). **Fees:** \$10 + tax Member/\$15 + tax Non-member Non-members may also purchase 10-packs of Advantage Sport workouts for \$125 + tax.



Impact Teen Our Impact Teen program is designed for teens ages 13 to 19. Small Group Classes are led by our youth strength coach, Jacob Young CPT, FMS LII in a fun, supportive, and safe environment. The focus is on proper weightlifting technique and combines engaging, scalable workouts using body-weight, dumbbells and kettlebells in constantly varied movements. Choose Impact Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury. Class limits apply. **Day:** Mondays **Time:** 4 – 5pm, on the fitness floor **Fees:** \$60 + tax/month (1 class/week) \$20 + tax drop in Sign up at the activities desk or Fitness Director, Tamara Teague, tamarat@columbiaathletic.com.

ADULT FITNESS

Columbia Outdoor Fitness Group
Let's get out and play in this stunning wonderland we call home! We invite you to join the amazing Training staff at CAC - Pine Lake for some of our favorite local hikes on the 2nd Saturday of June, July and August. We encourage you to always be prepared and carry the ten essentials when hiking or spending time outdoors. Please visit <https://www.wta.org/go-outside/trail-smarts/ten-essentials> for more information.

Cougar Mountain Hike: Join trainer Nora O'Melia for a gentle, 2.5(ish) mile hike through an area rich in lush foliage and coal mining history.
Date: June 11
Time: 8am
Place: Meet at Trailhead Parking lot
Expected Duration: 1 – 2 hours
More Information: <https://www.wta.org/go-hiking/hikes/redtown-meadow>, noram@cactrainers.com

Poo Poo Point - Chirico Trail: Join Trainer Karrie D for this stunning, challenging hike up the locally famous Chirico Trail where you will be rewarded with sweeping views of the eastside and beyond. With 1,760 feet in elevation gain and 3.8 miles round trip this one is a thigh burner!
Date: July 11
Time: 7am
Place: Meet at Trailhead Parking lot
Expected Duration: 2 – 2.5 hours
More Information: <https://www.wta.org/go-hiking/hikes/poo-poo-point-chirico-trail>, karried@columbiaathletic.com

Evans Creek Preserve: Join Trainer Tamara T for this super local hike through Evans Creek Preserve. This 4.2 mile route is perfect for a family outing or a quick escape right in the heart of Sammamish. Leashed dog friendly.
Date: August 8
Time: 8am
Place: Meet at Upper Trailhead Parking lot off of 228th
Expected Duration: – 2 – 2.5 hours
More Information: <https://www.wta.org/go-hiking/hikes/evans-creek-preserve>, tamarat@columbiaathletic.com

Contact Fitness Director Tamara Teague, tamarat@columbiaathletic.com Or schedule with any of our inspiring personal trainers.



Follow us on Instagram

For inspiration and the most current events about the Club and our community you can now follow us on Instagram @CAC.pinelake.

Tag us when you post your inspiration!

#PLinspires #CACinspired

@cac.pinelake



Great News from Kids Club!

Members can add an Unlimited Kids Club pass to your membership for only \$15 + tax Member (per month)

Here are the details:

- All children associated with membership are included in the monthly fee.
- Dependent children must be added to membership account.
- Fee will be billed monthly and drafted at the same time as membership dues.
- Reservations are still required for Kids Club.
- Drop ins accepted if space is available.
- No show appointments will be charged \$5 fee.
- 2 hour limit per visit. Additional time would be charged \$3/ hour thereafter.
- Unlimited pass not available to use towards Extended Care or Kids Night out
- This unlimited option applies to Pine Lake location only

The Unlimited pass may be added to account at any time. To remove, contact the membership department in person or by email. Billing will be removed the following month.

See Membership Department or Kids Club to activate.

Extended Care:

Whether you are a member of the Club or not, we offer Extended Care at the Kids Club. If you have errands, appointments, or just need an afternoon off for yourself your little one will be comfortable and safe under the watchful eyes of our CPR/First Aid certified trained staff. There is no time limit on your visit, we only ask you make an appointment ahead of time. Children must be 3 to 10yrs old and potty trained.

Extended Hours are:
Monday – Thursday, 8am – 8:30pm
Fridays, 8am – 6:30pm
Saturdays, 8am – 2pm
Sundays, 8am – 1pm

Massage at Pine Lake



CAC - Pine Lake has a staff of licensed massage therapists who are versed in various methods of massage and provide massage services throughout the week. Massage types include both Swedish and Deep Tissue.

Massage Pricing:

30 minute:	\$50 Member/\$60 Non-member
45 minute:	\$64 Member/\$74 Non-member
60 minute:	\$77 Member/\$87 Non-member
75 minute:	\$94 Member/\$104 Non-member
90 minute:	\$110 Member/\$120 Non-member

For those who get massages on a regular basis we offer packages of 6 massages at a reduced rate. Contact our front desk for more information.

Birthday Party Packages at Pine Lake

Party with us, it's a piece of cake

CAC - Pine Lake is a perfect way to celebrate your little one's Birthday. You just pick a theme and select whether you want us to lead games in the gymnasium or the pool. We do the rest. We set up, decorate, provide supervision and do all the clean up. All you do is have fun!

All Parties Include:

- 12 participants. Additional guests are welcome at \$10+ tax/pp
- 1 Hour in the Big Pool or Gymnasium
- 1 Hour in the Party room
- 2 Experienced Party Coordinators who will organize games and provide fun

Just The Basics:

- Fees:** \$210 + tax Member/\$300 + tax Non-member
We provide the space, and do all the cleanup.
- Bring your own party decorations, utensils, cake and food.
 - We supply the venue, tables, chairs, and party coordinators

Bring On The Works:

- Fees:** \$350 + tax Member/\$445 + tax Non-member
We provide the space, tables and chairs, party coordinators, lifeguards and towels (if needed), plus decorate according to your theme of choice. We also do all the cleanup.
- 1 Dozen Balloons, tables and chairs
 - Pizza, drinks, and 1/4 sheet cake
 - 1 gallon of ice cream
 - Decorated party room
 - All necessary party utensils

The Ultimate:

Want the ultimate Birthday party experience? we now offer these fun themes. We do all the work and the clean up. Contact us for pricing.

Reptile Man: Snakes, lizards and alligators oh my. A certified handler from the Reptile Man zoo will bring all the fun right here to the Club. You will learn about these amazing creatures plus have the opportunity to handle or touch some yourself.

Bouncy House: Add a bouncy house for the party. Whether you choose in a secure area of the parking lot or the gymnasium we will have it all set up and ready for fun.

Lego's: Bricks4Kidz brings oodles of creativity for hours of building and imagination.

Little Picasso: We supply the canvas, the easels and the paint. You supply the creativity and the artists. We even do all the cleanup while you take your budding artwork home for display.

Lil' Yoga or Zumba™: If theater is more your style, you can choose between a private Kids Yoga or Zumba Kids™ class. The Yoga class comes with your own junior yoga mat while the Zumba class includes a handmade coin skirt for all the participants (up to 12).

Party dates are scheduled for 2hr time spots on either a Saturday or Sunday afternoon.

Call today at 425.313.0123 or email Camila at camilab@columbiaathletic.com for more information.



Pine Lake

2930 228th Ave SE
Sammamish, WA 98075

Did You Know?

Columbia Athletic Clubs - Pine Lake is the Plateau's Destination for Health and Fitness.

- We offer over 90 Group Exercise classes per week including Hot Yoga.
- Our facility has nearly 63,000 square feet of indoor space.
- Large kids' club area.
- Our aquatic center has a salt-pure water system. Includes a 25yd lap pool, a warmer lesson pool, and a co-ed hot tub.
- Basketball gymnasium.
- Fully equipped locker rooms, each with their own dry sauna.
- We have 4 Indoor Tennis Courts.
- We offer Programs, Camps, Lessons and Activities for all ages and much, much more!
- Complimentary towel service.
- Massage service
- Pickleball
- Myzones Heart Rate training

Student Summer and Short-term Memberships available. Visit our website or call us at 425.313.0123 for your complimentary trial pass.

