

Columbia Athletic Clubs 2020 Spring/Summer Guide

Summer Camps

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Junior Tennis

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IMPACT Training

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PROGRAMS



Complimentary Programs at CAC - Silver Lake: April – September

ALL COMPLIMENTARY YOUTH PROGRAMS: Please sign your child up with the front desk to reserve their spot. Space is limited for our programs to provide a safe and fun environment for your family. Also, we can contact you if anything changes with the program your child is signed up for. For a supervised activity, a parent/guardian must sign in the participant and check them out. Unless, you have specific instructions for the Programs Staff and the Kid's Club for pick up and drop off, please communicate with everyone and put the information on the sign-in at the Kid's Club or with Program Staff.

FIT 'N' FUN: (Ages 3 – 6) Thursdays, 4:45 – 5:45pm
Gym games, tag, lots of movement and fun.

KID MOVERS: (Ages 3 – 6) Fridays, 9:30 – 10:30am
Tag games, follow the leader, stretching, balance and eye/hand coordination games and lots of running.

KARAZY KIDS: (Ages 2 & 3) Fridays, 10:30 – 11am
Kids are introduced to balancing, catching, throwing and a lot of running games in the gym.

OPEN GYM PICKLEBALL: (Ages 10+) Fridays, 11am – 1pm, full gym, Tuesdays, 7:30 – 9:30pm, half-gym
Staff will set up the pickleball nets so you can show up and play with other club Members.

SUPERVISED GYM GAMES: (Elementary School Ages)
Saturdays, 11am – 12pm
A wide variety of games in the half gym like kickball, flyer's up, foursquare, geezerball or dodgeball supervised by Program Staff.

TURBO Kids: (Ages 3 – 7) Saturday, 10 – 11am
Learn how to juggle, jump rope and play lots of games in half the gym.

We will continue to offer *Fit 'N' Fun*, *Turbo Kids*, and *Supervised Open Gym* through the summer.

Karazy kids, *Kid Movers* and *Open Gym Pickleball* will go on summer vacation after June 20th and return Mid-September.

FAMILY FUN NIGHTS SUMMER 2020

Please sign up for the following programs, so we know you are coming.

Dates: Friday, April 24
Time: 6:30 – 8pm
Place: Full Gym
Activity: Family Nerf Wars

Dates: Friday, May 29
Time: 6:30 – 8pm
Place: Full Gym
Activity: Family Boot Camp

Dates: Friday, June 19
Time: 6:30 – 8pm
Place: Full Gym
Activity: Family Friendly Capture the Flag

Dates: Monday, July 13
Time: 5 – 7:30pm
Place: Throughout the club
Activity: Member Appreciation BBQ (Please sign up!)

Kid's Night Out

Kids come in for a night of fun, swimming, adventure, good food and lots of activities throughout the club. We provide the action and the kids provide the energy! Dinner served around 5:45pm.

(We recommend participants bringing their own lifejacket if they are not strong swimmers).

Dates: Saturday, April 18 (5 Senses)
Saturday, May 30 (Pokemon)
Saturday, June 20 (Surf's Up!)
Saturday, July 11 (Great Outdoors)
Saturday, August 22 (Harry Potter)
Saturday, September 19 (Back to School)

Time: 4 – 8pm

Ages: 3 – 11

Fees: \$25 + tax Member/\$35 + tax Non-member

"Spring Break" Camp Day(s)

During this camp week, kids will play basketball, swim, a variety of games in the gym, workout with a fitness instructor, dance, science projects, crafts, meet new friends and have a picnic lunch on "Fun Friday"! Participants need to wear their swimming suit to camp, bring or wear tennis shoes, pack snacks, bring sack lunch Monday through Thursday, an extra change of clothes and a water bottle. We will provide lunch for campers on Friday, April 10th. Space is limited, please sign up at the front desk to reserve your child's spot.

Ages: 5 – 11 (Full Day)

Date: April 6 – 10 (Monday – Friday)

Time: 9am – 4pm (5 and older)

Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member



Basketball Clinics and Monthly Trainings

Gary Gardner is a basketball coach who has helped elementary school, middle school, high school, college and professional athletes to achieve their goals as basketball players. Gary offers a wide range of programs and services—from ball handling, shooting, basic body control, perimeter play and post play. He brings an extensive knowledge, great work ethic and motivational skills to our program. Please wear tennis shoes, bring a water bottle and wear comfortable clothing.

Do you want a Full Day Camp with Basketball Training? "ACTION BASKETBALL" Camp w/FASTR training or the "BASKETBALL & SWIM" Camp are great options for the Basketball enthusiasts or beginners.

If you are interested in monthly training or private training, please contact Bari Dockens at Barid@columbiaathletic.com for more information.



CAC SUMMER CAMPS 2020

We appreciate having your kids here joining us for our Camp Adventures. Our Camp Week is Monday through Friday.

Due to our summer camps filling up, we will no longer accept drop in campers the day or morning of camp. Staffing is based on the number of campers enrolled so we provide the best possible care for your child and a safe camp environment. We recommend enrolling your camper into the camp week(s) that you want prior to your desired camp week in order to guarantee a spot. Your payment for a camp or program guarantees you have a spot. If something changes and you need to switch to a different week or an unexpected emergency, we will give you a full refund or find a different camp that is the same fee. We want you and your kids to be happy and provide a positive experience while they are here!

Full Day Camp Hours: 9am – 4pm (Ages 5 – 11)

- Full Day campers need to bring a lunch, snacks and water bottle.
- Every Friday, we will provide lunch for the campers. Please let us know if your child has any allergies.
- We recommend campers wearing their swim suit and have sunscreen on in the morning.
- Pack or wear tennis shoes, a water bottle, snacks and a change of clothes.
- First camp morning, please fill out our liability waiver when you check in your child with the camp staff.



Summer Camps continued on next page.

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425.745.1617

Columbia Athletic Clubs – Silver Lake
505 128th Street SE • Everett, WA 98208

NORMAL CLUB HOURS*

Monday – Friday, 5am – 10:30pm
Saturdays, 7am – 10:30pm
Sundays, 7am – 8:30pm

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

www.columbiaathletic.com



"SAMPLE" itinerary for the Full Day Campers!

(We adjust timing on activities based on the space(s) and number of campers for the week)

8:45 – 9am	Parents drop off their campers and sign them in with the Camp Staff in the gym. Please write down any special instructions for the day.
9 – 9:30am	Campers meet and greet in the gym.
9:30 – 11am	Open Swim! (Outdoor Pool)
11 – 11:15am	Campers bring their own snacks for the morning, snack time, and water break.
11:15am – 12pm	Gym Activity: Kickball, Geezerball, tag games, dodgeball, four square, color game and lots of tag games. Or an activity that relates to the Camp Week theme. For example, Nerf wars during Megamind's Camp Week.
*11:30am – 12pm	Mini Campers will head into Group Ex. room for a workout, play night at the museum, freeze dancing or Charades or crafts in conference room for parent pick up!
12 – 1pm	Lunch and Afternoon Outside Activity by the Tennis Courts. If weather is not good, we will eat lunch in the group ex. studio.
1 – 3pm	This time frame will be used for Tennis/ Golf for Camp Columbia Week Sports camp will use the gym and each day will focus on a different sport: B-ball, Soccer, Floor Hockey, Volleyball, Badminton and Pickleball. Mythbuster's Science Campers will use this time frame for science experiments. Creative Arts Camp will have their Craft(s) time.
3 – 4pm	Weather permitting, outside games by the outdoor tennis courts. Or gym activities, relays and crazy games!
4 – 4:15pm	Parents pick up their Camper(s) and sign them out.

Front Desk will know where the campers are so feel free to ask when you come. On nice days, we try to be outside as much as possible.

Half Day Camp Hours: 9am – 12pm (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, swimming and gym games.

- All children attending camp must be fully potty trained.
- Please wear swimming suit and sunscreen to camp, bring a change of clothes, a water bottle and a morning snack.

"SAMPLE" for the Half Day schedule for our Mini-Campers!

9 – 10:30am	Gym games and Icebreakers to get everyone comfortable. Activities include: tag games, crab soccer, duck/duck goose, simon says, red light green light and a variety of age appropriate games.
10:30 – 11:30am	Open Swim! (Outdoor Pool) Please bring a life jacket for your child if they need to wear one swimming.
11:30am	Campers bring their own snacks for the morning, snack time, and water break.
11:30am – 12pm	Craft project in the Conference room or in Group Ex for dancing or night at the museum.
12 – 12:15pm	Parents pick up their Camper(s) and sign them out. Pick up in Group Ex. Studio or Conference room.

Information For All CAC - Silver Lake Camps!

Due to the variety and severity of allergies, we will no longer provide snacks during the day for campers. Feel free to pack a special snack for your child to have during the mid-morning and late-afternoon time frame.

Campers who want to order a smoothie from the Silver Lake Café will need to wait until the end of the camp day to order and drink their smoothie.

All personal electronics must be kept in campers' backpack or left at home. We want the kids to be engaged and have fun with each other vs. spacing out on their electronics. Thank you!

Every Friday, is "Fun Friday". Campers and staff can dress crazy, backwards, colorful, comfy PJ's or the camp theme of the week. We encourage campers to use their creativity and have fun. This should not be stressful.

We are happy to offer Extended Hours on both ends of our Camps Days to help accommodate families that may need extra time for their kids to have more fun! \$10 + tax per hour for 1st child/additional \$5 + tax per hour for additional sibling. THE EARLIEST time for drop off is 7:30am. THE LATEST pick up time is 6pm.

You must reserve your time frame for the early morning drop off or late pick up 1 week prior to your camp week. This allows us to staff accordingly for early drop off or late pick up.

Contact Bari Dockens to reserve early drop off or late pick up, Barid@columbiaathletic.com

Ages 12 – 15 Camp Opportunities

IMPACTeens

Intense. Multi-faceted. Performance-driven. Athletic. Cross-Training. To you, that means MORE RESULTS! IMPACTtraining allows you to pick a training group that meets your individual needs, places you in the right intensity you need to achieve your goals and holds you accountable while under the watchful eye of an expert Personal Trainer. Participants will go swimming and hit golf balls at the driving range. TRX, Group Core, Yoga, Cycling and Step will be offered throughout the week. Please bring a swimsuit, a water bottle, tennis shoes, proper workout attire, snacks, lunch and ready to workout. Friday, we will provide lunch for all the IMPACTeens.

Date: July 6 – 10

Time: 9am – 4pm (Includes Golfing, Fitness Component and Swimming)

Ages: 12 – 15

Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

Jr. Camp Counselor Camp

Participants 12 years and older who are interested in learning what it takes to be a camp counselor, this is the camp for you! Assist the Camp Counselors with daily activities, games and crafts. Help team up with younger kids and be a positive role model and leader. Participants will have the opportunity to swim every day and have fun.

In order to be a Jr. Camp Counselor, he/she must have attended CAC - Silver Lake Camp(s) in the past. He/She must be a positive role model and want to be a "BIG" kid participating in games and show leadership qualities.

Bring swim suit, wear tennis shoes and comfortable clothes and bring a water bottle.

The following Camp Weeks are available but space is limited to 2 Jr. Camp Counselors per week. Please sign up and reserve your Jr. Camp Counselor spot!

Dates: June 22 – 26 "Aqua Nuts" Camp
June 29 – July 3 "Basketball and Swim" Camp
July 13 – 17 "Golf and Swim" Camp
July 20 – 24 "Action Basketball" Camp Week
July 27 – July 31 "Disney/Superhero Theme" Camp
August 3 – 7 "Megaminds" Camp
August 10 – 14 "Mythbuster's" Science" Camp
August 24 – 28 "All American Sports" Camp

Time: 9am – 4pm

Ages: 12 – 15

Fees: \$150 + tax/\$40 + tax a day Member
\$210 + tax/\$60 + tax a day Non-member

(Ages: 3 – 11) Camp Opportunities

"THE ORIGINAL" Camp Columbia

Learn how to play tennis, hit a golf ball, increase swimming endurance, workout, play games and enjoy a variety of fun activities in the gym. Please bring or wear a swimsuit, a water bottle, energy and tennis shoes! Bring a lunch (Monday through Thursday). Friday, we will provide lunch for the campers.

Dates: **Week #1:** June 15 – 19 (Monday – Friday)

Week #2: July 6 – 10 (Monday – Friday)

Time: 9am – 4pm (Swimming 1x a day, Tennis and Golfing)

Ages: 5 – 12 Group A (Introduction to Tennis and Golfing)
Group B (Has some Tennis and Golfing experience)

Fees: \$300 + tax/\$70 + tax a day Member
\$360 + tax/\$90 + tax a day Non-member

Aqua Nuts

This camp has everything to do with water. Water relays, water balloons, games, eating (watermelon), Otter Pops, swimming in the outdoor and indoor pool, swim with the "Wahoo's" swim team and having a good time getting wet! Please wear swimsuit and wear sunscreen, bring extra clothes to change into, sandals-no flip flops, water bottle and a sack lunch Monday through Thursday! We will provide the "dry and soggy" lunch on Friday.

Ages: 5 – 11

Date: **Week #1:** June 22 – 26

Week #2: August 17 – 21

Time: 9am – 4pm

Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

"MINI" Campers at Columbia

Get ready for fun games in the gym, lots of activities using large and small motor skills, make crafts and go swimming! Bring or wear a swimsuit, wear gym shoes and a water bottle. Each camp week will offer a different experience based on the theme. Mini Campers are picked up before lunch time. If your child needs a snack for after swimming, please pack a snack and water bottle for your child.

Ages: 3 – 6

Dates: **Week #1:** "Aqua Nuts" June 22 – 26

Week #2: "Lil' Putters" July 13 – 17

Week #3: "Lil' Hoopers" July 20 – 24

Week #4: "Disney & Superheroes" July 27 – 31

Week #5: "Megaminds" August 3 – 7

Week #6: "Mythbusters" August 10 – 14

Time: 9am – 12pm

Fees: \$160 + tax/\$40 + tax a day Member
\$220 + tax/\$60 + tax a day Non-member

Summer Camps continued on next page.



New! Basketball & Swim

For the campers who love basketball and swimming. Campers will have a lot of time in the gym playing basketball (and other gym games) and swim twice a day (depending on weather). We recommend tennis shoes, a swimsuit, a water bottle, 2 snacks and a change of clothes. Monday through Thursday campers bring their lunch. Friday, we provide lunch for the campers.

Ages: 5 – 11
Dates: June 29 – July 3
Time: 9am – 4pm
Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

Golf 'N' Swim Camp

Please wear swimsuit and wear sunscreen, bring extra clothes to change into, sandals-no flip flops, water bottle and a sack lunch Monday through Thursday! We will provide lunch on "Fun Friday".

Campers will go to the driving range everyday and learn how to putt, chip and drive. Campers will swim 2x a day (weather permitting). Space is limited for this camp week so they have the best opportunity for learning how to golf and enjoy swimming with their friends.

Date: **Week #1:** July 13 – 17 (5 day camp)
Time: 9am – 4pm
Ages: 6 – 11
Fees: \$275 + tax/\$60 + tax a day (5 day camp) Member
\$335 + tax/\$80 + tax a day (5 day camp) Non-member

Date: **Week #2:** August 31 – September 3 (4 day camp)
Fees: \$210 + tax/\$60 + tax a day (4 day camp) Member
\$270 + tax/\$80 + tax a day (4 day camp) Non-member

Action Basketball Camp W/Fastr Training

Adventure, Crafts, Tumbling, Ice breaker games, Outside activities (Swimming in outdoor pool) and Never ending fun! Participants will have Basketball Training sprinkled in every camp day. Campers will train with a fitness trainer and try a FASTR class. They will have the opportunity to meet new friends and have a blast learning different games like pickle ball, geezerball, badminton, kickball and capture the flag. We recommend tennis shoes, a swimsuit, a water bottle, 2 snacks and a change of clothes. Monday through Thursday, campers bring their lunch. Friday, we provide lunch for the campers.

Dates: July 20 – 24
Ages: 5 – 11
Time: 9am – 4pm
Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

"Disney/Superhero Theme" Camp

Calling all superheroes, characters and princesses! Are you creative? Join us for a week of adventures and quests only superheroes, Disney characters and princesses can handle. We will solve mysteries, create adventures of our own through activities and games the gym, swimming, dancing, crafts and

using our imaginations. Learn how to dance and move to music. On Friday, July 31st, at 3:30pm, campers will perform their dance moves and superheroes will showcase their heroic skills in the Group Ex Studio! We recommend tennis shoes, a swimsuit, a water bottle, 2 snacks and a change of clothes. Monday through Thursday campers bring their lunch. Friday, we provide lunch for the campers.

Date: July 27 – 31
Time: 9am – 4pm
Ages: 5 – 11
Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

"MEGAMINDS" Camp

Kids who like to be imaginative, creative, mobile and adventurous will enjoy this Camp week.

Monday, Pokemon: Kids will create their own Pokemon world using boxes and exercise mats in the gym. (They will put people to sleep using their freeze power or fire power, no killing)

Tuesday, Legos/Bionicles/Transformers: If you want to bring a ziplock baggy, labeled with your own Legos or Bionicles to build, please do. We will build throughout the day using these toys.

Wacky Wednesday, Star Wars Theme: Dress up in character, bring a light saber or whatever you love about Star Wars. We will play games with Star Wars fun sprinkled in.

Thursday, Harry Potter Theme: Make a glow in the dark wand, learn how to play CAC's version of quiddage and enter Harry Potter's world.

Friday, Nerf Wars Day! All participants must wear protective eye wear in order to play with the Nerf Toys. We will set up boxes in the gym and make a war zone or rooms for the Nerf Fun. We recommend participants bringing in their own Nerf gear and ammunition. PLEASE label it with first and last initials.

We recommend tennis shoes, a swimsuit, a water bottle, 2 snacks and a change of clothes. Monday – Thursday campers bring their lunch. Friday, we provide lunch for the campers.

Dates: August 3 – 7
Time: 9am – 4pm
Ages: 3 – 11
Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

"Mythbuster's Science" Camp

For the camper who doesn't enjoy the physical activity all day can have fun mixing liquids, play with gooey stuff, flying paper airplanes, exploding plastic bottles and doing lots of experiments, this camp is for you! Participants will have the opportunity to go swimming every morning in the outdoor pool. We recommend tennis shoes, a swimsuit, a water bottle, 2 snacks and a change of clothes. Monday – Thursday campers bring their lunch. Friday, we provide lunch for the campers.

Date: August 10 – 14
Time: 9am – 4pm
Ages: 5 – 11
Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

"All American" Sports Camp

This camp will give your child the opportunity to try basketball, floor hockey, dodge ball, soccer, kickball, pickle ball, badminton, whiffle baseball, swimming and more! Each participant will learn the fundamentals of these games and have fun developing the skills to play them. There will be a fitness component every day to keep kids moving and having a variety of activities to keep them engaged. We recommend tennis shoes, a swimsuit, a water bottle, 2 snacks and a change of clothes. Monday through Thursday campers bring their lunch. Friday, we provide lunch for the campers.

Date: August 24 – 28
Time: 9am – 4pm
Ages: 3 – 11
Fees: \$250 + tax/\$55 + tax a day Member
\$310 + tax/\$75 + tax a day Non-member

Group Exercise Camps/Clinics

Cheer & Dance Camp

Join our spirit and dance pros as you cheer, move and dance your team to victory!

Campers will learn the basics in cheering, stunting and half-time dances. They will have the opportunity to show off their spirit with chants, cheers, take home crafts and dances designed to get everyone fired up! The final day of camp will include a special performance.

Please bring a water bottle and wear athletic shoes. Snacks provided.

Cheer & Dance Clinic:

2 full days to energize bodies and minds and show off spirit with take home crafts

Dates: June 29 & June 30 (Monday & Tuesday)
Time: 9am – 4pm
Ages: 3 – 6, 7 – 11
Fees: \$170 + tax Member/\$220 + tax Non-member

2 Summer Sessions to choose from:

Session 1:

Recommended for those new to cheer camp.

Dates: July 6 – 10, Monday – Friday
Time: 1 – 4pm
Ages: 3 – 6, 7 – 11
Fees: \$170 + tax Member
\$220 + tax Non-member

Session 2:

Recommended for those with cheer or dance experience - all levels still welcome

Dates: August 3 – 6, Monday – Thursday
Time: 1 – 4pm
Ages: 3 – 6, 7 – 11
Fees: \$135 + tax Member
\$185 + tax Non-member



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 you swimmer of valuable repetition while maximizing the time summer provides.

Weekday Lessons – 8 (35 minute) classes:

Dates: March 30 – April 23 June 22 – July 16
April 27 – May 21 July 20 – August 13
May 26 – June 18*
Fees: \$70 + tax Member/\$98 + tax Non-member
*No class 5/25, M/W only - \$61.25 + tax M/\$85.75 + tax NM

Summer 2 week sessions (Monday – Friday, 10 lessons):

Dates: June 22 – July 3 August 3 – 14
July 6 – 17 August 17 – 27*
July 20 – 31
Fees: \$87 + tax Member/\$123 + tax Non-member
*8 lessons M – Th - \$69.6 + tax M/\$98.40 + tax NM

Saturday Lessons – 4 (45 minute) classes:

Dates: April 11 – May 2 July 11 – August 1
May 9 – 30* August 8 – 22**
June 6 – 27
Fees: \$70 + tax Member/\$98 + tax Non-member
*no class 5/23, 3 lesson session - \$52.50 + tax M/\$73.50 + tax NM
**3 lesson session - \$52.50 + tax M/\$73.50 + tax NM

Silver Lake 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: Monday/Wednesday/Friday or Tuesday/Thursday
Friday, 4 – 5pm, 5 – 6pm, 6 – 7pm, Saturdays, 9am, 9:45am, 10:30am, 11:15am and 12pm
Fees: \$90 + tax Member/\$110 + tax Non-member (per month)
Please contact the Aquatic Department with any questions regarding this program at slcswim@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.

High School Swimming Off-Season Condition 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, 3:15 – 4pm

Fees: \$55 + tax Member/\$80 + tax Non-member (per month)

Masters Swim Club

Workout and have fun! Designed for high school swimmers and older, this program provides organized workouts and technical improvement for all abilities. Participants should have an understanding of the basic strokes and be able to swim two lengths of the pool. Receive group and individualized feedback by a qualified swim coach. Improve your strokes, increase your fitness level, and/or prepare for competition. Free program for members, practice is Monday and Thursday from 12 to 12:45pm.

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.

Day: Saturdays, 8 – 8:45am, Thursdays, 7:30 – 8:15pm

Fees: \$15 + tax Member/\$20 + tax Non-member (per class)

Supervised Swim

From 12:45 to 1:45pm on Saturdays we will be offering supervised swim for children five years of age and over. Parents can drop their kids off for free and workout while our Lifeguards supervise you child in the pool. All swimmers will be required to take a swim test and those that do not pass will stay in the teaching pool with a life jacket. Children participating must be listed on the family membership.

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. Register at www.waterbabiesusa.com.

GROUP EX

MOSSA LAUNCH - APRIL 2020

MOSSA Launches MOVE US!

Join us this spring and summer for not one but TWO fantastic launches of motivating music, inspiring instruction and results driven classes! The variety of programming options will surely meet your fitness goal needs and take your workout to the next level.

Group Power, Group Blast, Group Ride, Group Centergy, R30 and Group Core

Let's Move...Together!

SPRING LAUNCH SCHEDULE:

Saturday, April 18:

- 9am Group Ride
- 9am Group Power
- 10:15am Group Blast

Sunday, April 19:

- 9am R30
- 5pm Group Centergy

SUMMER CELEBRATION - Monday, July 13th MOSSA SUMMER LAUNCH

Members of Silver Lake, we appreciate you and are looking forward to kicking off this summer in style!

Mark your calendars for Monday July 13th for our 11th annual MOSSA Launch, Club-wide BBQ, and Tennis Exhibition!

Our summer launch has proven to be a yearly highlight, as we workout together then take the party outside. We'll have Group Core, Group Blast and Group Ride classes to choose from, so take your favorite or try something new!

Event Schedule:

4:45 – 5:15pm: Group Core (Strength Training focused on muscles from shoulders to hips)

5:20 – 6pm: Group Blast (Athletic-style Interval Training)

6 – 7pm: Group Ride (Indoor Cycling)

Tennis Exhibition: 6:30 – 7:30pm, Center Court

If you've been hoping to see our tennis pros in action, now is your chance!

Join us on center court as our tennis pros go racket-to-racket in a summertime tennis showdown.

Member Social/BBQ: 5 – 7:30pm

BBQ dinner will be served in the tennis building with seating out on the patio and tennis courts.

Enjoy class, great weather, fantastic tennis and the company of your fellow members!

Please reserve a space for each family member attending the BBQ at the front desk.



Pilates Barre

Barre workouts have been growing in popularity these past several years, and they are here to stay at Columbia Athletic Club! Pilates Barre combines Ballet, Pilates and Yoga to give you an amazing 45 to 60 minute workout that will sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You don't need to be a dancer to participate. We take inspiration from dance and ballet, melding these with fitness moves gleaned from Pilates as well as the grace and wisdom of Yoga. You will experience a well-rounded workout that incorporates isometric holds to build strength, as well as small range of motion moves to get deep into your musculature, resulting in a sleek, sculpted look. We use some dynamic, low impact movement to increase your cardio and add excitement. You'll also experience some deep stretching for recovery and to keep your body long and lean.

Great as a stand-alone or even better when combined with one of our other great classes, join us and you'll notice a difference in your posture and your posterior!

Please see Mind/Body Schedule for current class times offered.

MELT Method

Tired of chronic pain and soreness? Relieve aches and pains brought on by stuck stress caused by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better.

The MELT Method is a simple self-treatment method that eliminates chronic pain, improves performance and decreases stress brought on by everyday living. This class uses specialized soft body rollers and small MELT Hand and Foot balls to simulate the results of manual therapy.

Join Certified MELT instructors Cheree Brodrick and Rayna Hwynn and experience changes in how your body looks and feels. You will learn simple self-treatments that will help you remain active, healthy and pain-free for life!!

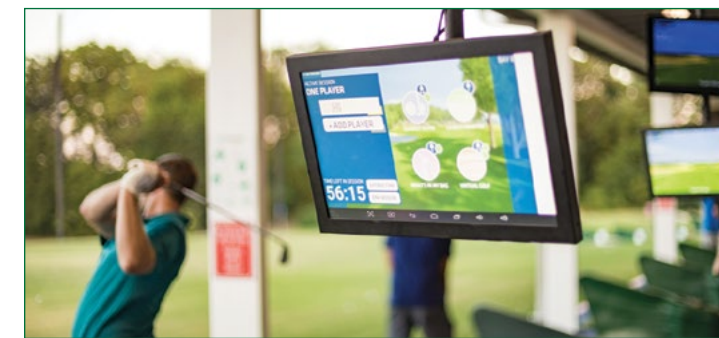
At Silver Lake, we offer complimentary MELT Classes but require that you first attend the MELT Introductory Workshop. Please contact Group Exercise Director Dot Chase for information regarding the next Intro to MELT Method Workshop.

Please see Mind/Body Schedule for current class times offered Group Exercise Camps/Clinics.

GOLF

Golfers - now is the time to GET READY FOR SPRING!

Let our instructors help you with any part of your game so you will be ready when spring arrives. Call to schedule a private, series package or group lesson at 425.338.2424.



TOPTRACER RANGE
AVAILABLE at COLUMBIA SUPER RANGE

TOPTRACER "KP Contest" Continues - Every month a winner!

ANYONE can play the Closest to the Pin contest, stop in and give it a try!

If you don't want to play in the rain, come play one of the Toptracer courses under cover (and heated)! It's a fun way to play the course and not get wet!

Fee: \$10/Hour + the cost of range balls

Columbia Super Range joins Washington State Golf Association-Youth On Course

Columbia Super Range is proud to be a part of the Washington State Golf Association and we are passionate about growing the game by supporting juniors that become involved in this program.

There is a link below to register your junior. When you do this please read on for what your junior will receive:

- WSGA YOC annual membership Fee: \$15
- Welcome packet
- WSGA/YOC Membership card
- Opportunity to establish USGA Handicap Index
- WSGA and PNGA membership benefits
- Access to \$5 rounds at YOC participating courses
- Access to participating YOC courses throughout the country

No limit to number of times playing at any participating course

To register go to: <https://thewsga.org/juniors-home/junior-membership-youth-on-course/>.

Columbia Super Range is the only golf range and practice facility connected with this program. We look forward to seeing a lot of participants this year.

Golf continued on next page.



Junior Golf Academy

Junior Golf Academy: Ages 10 – 14

Program for beginner and intermediate juniors. Program details includes game history, rules and etiquette, swing fundamentals, camp booklet with lunch on at range days, Skills contests each day at range. Final day on golf course. Lunch and course fees included.

Dates: June 22 – 25, August 17 – 20

Fee: \$195 (per session, max of 24 students)

Junior Golf Academy: Ages 6 – 9

Program for beginner and intermediate juniors. Details are Game history, rules and etiquette, swing fundamentals, camp booklet with lunch all days. Skills contests each day.

Dates: July 7 – 9, August 4 – 6

Fee: \$145 (per session, max of 24 students)

Advanced Junior Academy: Ages 11 – 17

This program includes 2 days at the Super Range and two days on a golf course. Designed to improve existing playing skills only. Daily skill contests. Juniors must have playing experience as this is not a beginner level camp. Lunch provided on Range days only. Summary improvement booklet provided at camps conclusion.

Dates: July 20 – 23

Fee: \$210 (max of 12 students)

Payment made at registration. Deadline date 1 week prior to the camps start.

Girls Golf

Register online www.girlsgolf.org/site-directory and select Columbia Super Range. Parents must register girls through this site.

The LPGA Girls Golf Program at Columbia Super Range will be 8 week sessions.

Dates: Saturdays, March 21, 28, April 4, 11, 25

Times: 1 – 2pm

Fee: \$10 per session (May pay in advance or weekly)

Call with any of your questions 425.338.2424 or email Val Patrick at valp@columbiaathletic.com This is our 4th year running the LPGA USGA Girls Golf Program.

TENNIS

Special Events/Tournaments:

USTA Silver Lake NTRP Adult Tournament - Doubles only

Take part in Silver Lake's annual USTA NTRP doubles tournament. Divisions are based on the combined ratings of the doubles partners and are single elimination. Divisions will start at 6.0 and go up to 8.0. Women's, Men's and Mixed doubles will be offered. There is a two-event limit. If playing two events one must be mixed doubles. Online registration is available through USTA's Tennislink. You must be a member of the USTA to play in this tournament. For questions contact Mark Bergman.

Date: April 23 – 26

Fees: \$20 + tax per player/\$40 + tax per team

Entry Deadline: April 13 (Online Registration Available at USTA's tennislink)

USTA Silver Lake NTRP Adult Tournament - Singles only

All Singles players should sign up for our annual USTA/NTRP Singles Tournament. Playing divisions will start at 2.5 and go up to 5.0. This is a single elimination tournament; players can sign up for two events. Online registration is available through USTA's Tennislink. You must be a USTA member to play this tournament. The entry deadline is May 4th. For questions contact Mark Bergman.

Date: May 14 – 17

Fees: \$30 + tax per entry (two entry limit)

Entry Deadline: May 4 (Online Registration Available at USTA's tennislink)

Club Championships - Tennis Members Only

First and foremost, it's for Tennis Members only! The Club Championships are more than just about crowning the top players at the club. It's also a celebration and appreciation of all the hard work our tennis members put into their game. Yes, we will have playing divisions for singles and doubles. We also plan to have a lot of fun every evening with food and beverage. If you're not playing that night, but are a tournament participant we'd love for you to come out and enjoy the tournament play and partake in the food and beverage.

How does it work? You can sign up for up to 2 events. However, you can only do one singles event, one mixed doubles event and one gender doubles event. The entry fee might seem a bit high, but we plan on using the proceeds towards the food and beverage every night as well as the prizes. Play will be from 4pm to close during the week, draws will be posted by July 10th. There will be no Ladies Night or Men's Night this week due to the tournament. For questions contact Mark Bergman.

Date: July 13 – 16

Fees: \$45 + tax for 1st event/\$25 + tax for 2nd event

Entry Deadline: July 2nd

USTA Silver Lake Junior Advanced Tournament

One of the last tournaments of the summer, this tournament can be a great tune up for the area boy's high school season. The USTA Advanced level is the top tier, which is tougher than the Entry level and Intermediate levels. This tournament offers both Singles and Doubles, with first match consolation for Singles. Doubles is single elimination. Age levels will be 12-18. You must be a member of the USTA to participate in this tournament. You can register online through Tennis Link at the www.usta.com website or pick up an entry form in the tennis lobby. For questions, contact Mark Bergman.

Date: August 7 – 9

Fees: \$35 + tax Singles/\$30 + tax per Doubles team

Entry Deadline: July 27 (Online Registration Available at USTA's tennislink)

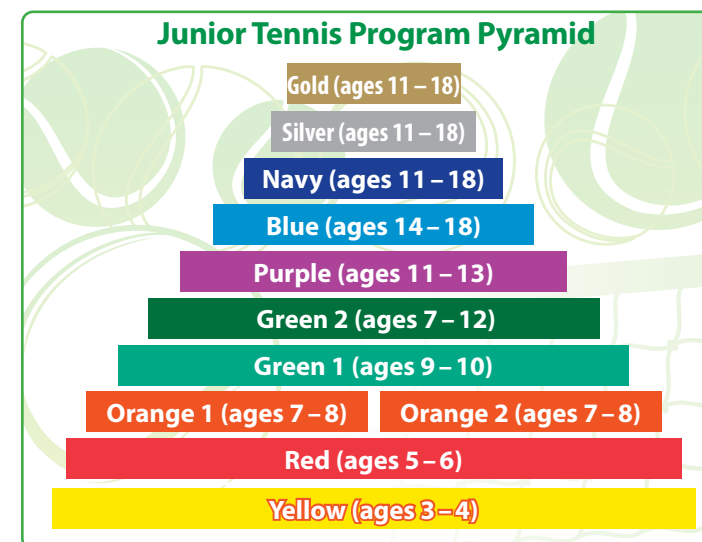
Junior Tennis



Silver Lake Junior Team offers year around tennis training for students ages three to eighteen. We offer beginner classes for every age. Aside from our developmental program that covers all ages, we offer a high performance program for ages ten to eighteen where students set their goals towards college tennis and beyond.

With SLJT we prioritize camaraderie, character growth, respect, discipline, and of course fun ahead of winning and losing. We utilize a curriculum that allows students to progress with success at every step of the way. We strive to teach much more than tennis and are proud to offer you a program where our students feel more like a family than opponents. Simultaneously we strive to teach rock solid fundamentals, tactics, mental fortitude, physical fitness, and overall general health.

Questions, please contact Jesse Schouten or Elliot Beam at 425.745.1617



If you are new to Silver Lake's Junior Tennis program please go to our website: www.columbiaathletic.com/locations/silver-lake/, go to Tennis, select Youth Tennis and click on SLJT. Please click on the 'Registration Request' button after you find the class you are looking to join and fill out our registration form. Current members in our SLJT program may also contact the front desk to enroll their child; you just need to mention the first date of class. By making payment you finalize your spot in the class or camp.

Class Descriptions:

YELLOW

The Yellow class is for kid's ages 3 to 4. We use the Foam and Red transition balls which are the slowest balls and easiest for kids to control. We also play on a smaller court. Games and drills are meant to work on coordination for tennis.

Ages: 3 – 4 (36' court/Foam & Red balls)

RED

The Red class is for kids ages 5 to 6. We use the Foam and Red transition balls which are the slowest balls and easiest for kids to control. We also play on a smaller court.

Ages: 5 – 6 (36' court/Foam & Red balls)

ORANGE

The Orange class is for kids ages 7 & 8. We use the Orange transition ball, which is faster than the Red ball. We also use a smaller court in this class.

Ages: 7 – 8 (60' court/orange ball)

ORANGE 2

The Orange 2 class is for ages 7 – 8. For those kids that demonstrate at an early age the skill and the desire to start tournaments at an early age. This class is by invitation only from either Jesse Schouten, Elliot Beam or Charlie Jordan.

GREEN

The Green class is for ages 9 & 10. In this class we use the Green Dot ball, which is the last of the transition balls and the closest to the traditional ball. We will also transition the kids towards the full court.

Ages: 9 – 10 (Full court/Green Dot ball)

ADVANCED GREEN

The Green 2 class is for ages 10 – 12. For those kids that demonstrate at an early age the skill and the desire to start tournaments at an early age. This class is by invitation only from either Jesse Schouten, Elliot Beam or Charlie Jordan.

PURPLE

The Purple class is for our beginners who are between the ages of 11 to 13. The kids learn the fundamentals of the game on the full court with the traditional ball.

Ages: 11 – 13 Beg./Adv. Beg

BLUE

The Blue class is for kids ages 14 to 18. The kids learn the fundamentals of the game on the full court with the traditional ball.

Ages: 14 – 18 Beg./Adv. Beg

Tennis continued on next page.

NAVY

The Navy class is meant for those kid's ages 11 to 18 that can play the game, play high school tennis and/or play USTA league or entry level tournaments. These players generally need to work on skill development, proper footwork and point play.
Ages: 11 – 18 Int./Adv/USTA Entry Level Tournaments

SILVER

The Silver class is meant for high level varsity players who need more work in detailed skill development, point play, mental coaching and fitness.
Ages: 11 – 18 USTA Tournaments

GOLD/HIGH PERFORMANCE

These players are playing USTA Advanced Level Tournaments. High level players working on detailed skills, point play, mental coaching, fitness and teamwork built inside of a highly competitive yet cooperative environment. Space is limited.
Ages: 11 – 18 USTA Advanced Level Tournaments

Spring Session Dates:

Session IV: March 23 – April 26 (No classes April 6 – 12)

Session V: April 27 – May 21 (No classes 5/23 & 5/24)

Session VI: May 26 – June 21 (No classes 5/25)

School Year/Spring Quarter Schedule:

YELLOW CLASS

Day: Saturdays, 10 – 10:30am
Fees: \$46 + tax TM/\$56 + tax AM/\$60 + tax NM

RED CLASS

Day: Wednesdays, 6 – 6:45pm
Fees: \$58 + tax TM/\$69 + tax AM/\$74 + tax NM
Day: Saturdays, 10:45 – 11:30am
Fees: \$58 + tax TM/\$69 + tax AM/\$74 + tax NM

ORANGE 1 CLASS

Day: Wednesdays, 6 – 7pm
Fees: \$72 + tax TM/\$86 + tax AM/\$92 + tax NM
Day: Saturdays, 11:30am – 12:30pm
Fees: \$72 + tax TM/\$86 + tax AM/\$92 + tax NM

ORANGE 2 CLASS*

Time: Thursdays, 4 – 5:30pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
 *Pros Approval needed

GREEN 1 CLASS

Day: Wednesdays, 6 – 7pm
Fees: \$72 + tax TM/\$86 + tax AM/\$92 + tax NM
Day: Saturdays, 11:30 am – 12:30pm
Fees: \$72 + tax TM/\$86 + tax AM/\$92 + tax NM

GREEN 2 CLASS*

Day: Thursdays, 4 – 5:30pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Saturdays, 1 – 2pm
Fees: \$72 + tax TM/\$86 + tax AM/\$92 + tax NM
 *Pros Approval needed

BLUE CLASS

Day: Mondays, 5 – 6:30pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Wednesdays, 5 – 6pm
Fees: \$72 + tax TM/\$86 + tax AM/ \$92 + tax NM
Day: Saturdays, 1 – 2pm
Fees: \$72 + tax TM/\$86 + tax AM/ \$92 + tax NM

NAVY CLASS

Day: Mondays, 3:30 – 5pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Wednesdays, 3:30 – 5pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Sundays, 2:30 – 4pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM

SILVER CLASS

Day: Mondays, 3:30 – 5pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Wednesdays, 3:30 – 5pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Sundays, 4 – 5:30pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM

GOLD/HIGH PERFORMANCE*

Day: Tuesdays, 4 – 5:30pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM
Day: Thursdays, 4 – 5:30pm
Fees: \$108 + tax TM/\$129 + tax AM/\$138 + tax NM

*Pros Approval needed

Key: TM = Tennis Member, AM=Athletic Member, NM = Non-member

SUMMER QUARTER JUNIOR TENNIS

Summer quarter for our Junior Tennis Program is starting June 22nd. We have camps and classes going throughout the summer. Camp details are listed below. If you can't commit to an entire camp we have the SLJT classes running all summer long as well. If you have any questions about our Junior Tennis Program, please contact either Jesse Schouten or Elliot Beam.

CLASSIC SUMMER TENNIS CAMP

CAMP #1: June 22 – 25 (Monday – Thursday)

CAMP #2: June 29 – July 2 (Monday – Thursday)

NO Camp July 6 – 9

CAMP #3: July 13 – 16 (Monday – Thursday)

CAMP #4: July 20 – 23 (Monday – Thursday, This camp is focused on ages 13 – 18)

NO Camp July 27 – 30

CAMP #5: August 3 – 6 (Monday – Thursday)

CAMP #6: August 10 – 13 (Monday – Thursday)

CAMP #7: August 17 – 20 (Monday – Thursday)

CAMP #8: August 24 – 27 (Monday – Thursday, This camp is focused on ages 13 – 18)

CAMP #9: August 31 – September 3 (Monday – Thursday)

Ages: 8 – 18, except for Camps #4 & #8 which is 13 – 18
Level: Beginner – Intermediate/ High School JV

Time: 11:30am – 3:30pm
Fees: \$225 + tax Tennis Member/\$270 + tax Athletic Member \$290 + tax Non-member

Daily Schedule:

11:30am – 12:30pm: Skill Development: Hands on learning: 6 Primary strokes: groundstrokes, volleys, overhead and serves.

12:30 – 1:30pm: Cooperative team drills to practice new skill. Fun competitive team format.

1:30 – 2pm: Lunch (Bring own lunch and water). Our club does have a full service café for students to use. The café will need prepared order forms before the class starts to ensure food will be prepared for 1:30pm.

2 – 3:30pm: Point Play and game based learning. Strategy, mental toughness, and overall match play experience.

Maximum participants: 36 players/6 courts (4 indoor/2 outdoor)

Head Coaches: Jesse Schouten and Elliot Beam

Student/Coach ratio: 6:1

Our philosophy is to create a warm and welcoming environment where camaraderie and team building come first. We work hard and get the most out of our students, all the while having a great time. The more fun the kids have the more motivated they are to learn.

SUMMER SESSION CLASSES

Class Sessions run Weekly (twice a week)

For class descriptions and pyramid please refer to the previous page. All classes are subject to Washington State Sale Tax.

Summer Session I: June 29 – July 23

(4- week session/8 total classes)

Summer Session II: August 3 – 20

(3- week session/6 total classes)

YELLOW

Days: Mon./Wed., 10 – 10:30am
Fees: **Session 1:** \$80 + tax TM/\$96 + tax AM/\$104 + tax NM
Session 2: \$60 + tax TM/\$72 + tax AM/\$78 + tax NM

RED

Days: Mon./Wed., 10:30 – 11:15am
Fees: **Session 1:** \$100 + tax TM/\$120 + tax AM/\$130 + tax NM
Session 2: \$75 + tax TM/\$90 + tax AM/\$97 + tax NM

ORANGE/GREEN

Days: Tues./Thurs., 10:30 – 11:30am
Fees: **Session 1:** \$120 + tax TM/\$144 + tax AM/\$156 + tax NM
Session 2: \$90 + tax TM/\$108 + tax AM/\$117 + tax NM

ORANGE 2/GREEN 2

Days: Mon./Wed., 3:30 – 5pm
Fees: **Session 1:** \$240 + tax TM/\$288 + tax AM/\$312 + tax NM
Session 2: \$180 + tax TM/\$216 + tax AM/\$234 + tax NM

PURPLE/BLUE

Days: Mon./Wed., 3:30 – 5pm
Fees: **Session 1:** \$240 + tax TM/\$288 + tax AM/\$312 + tax NM
Session 2: \$180 + tax TM/\$216 + tax AM/\$234 + tax NM

NAVY/SILVER/GOLD

Days: Tues./Thurs., 3:30 – 5pm
Fees: **Session 1:** \$240 + tax TM/\$288 + tax AM/\$312 + tax NM
Session 2: \$180 + tax TM/\$216 + tax AM/\$234 + tax NM

Key: TM = Tennis Member, AM=Athletic Member, NM = Non-member

Adult Group Lessons Summer Schedule

Adult group lessons are designed to develop and improve basic tennis skills and strategies. Each class is tailored to the ability of the participants and will progressively work toward steady improvement in both singles and doubles. Generally, there are six players per class, except for Cardio Tennis, which can accommodate more players. Please contact the instructor directly.

Ability	Time	Instructor
Adult Beginner	Sunday, 11am – 12pm	Dan Lum
Cardio Tennis**	Monday, 8:45 – 9:45am Thursday, 8:45 – 9:45am	Mark Bergman Mark Bergman
2.5/3.0 Workout	Sunday, 10 – 11am	Dan Lum
3.0 Skills & Drills*	Mondays, 6:30 – 7:30pm	Elliot Beam
3.0 Workout	Friday, 9 – 10am	Mark Bergman
3.0 Workout	Friday, 10 – 11am	Mark Bergman
4.0 Workout*	Thursday, 7:30 – 9pm	Elliot Beam

Group Lesson Rates

Tennis Member Fees: \$20 + tax per class
 *\$28 + tax per class

Non-Member Fees: \$27 + tax per class
 *\$35 + tax per class

Athletic Member Fees: \$24 + tax per class
 *\$32 + tax per class

****Cardio Tennis & Stroke of the Week Fees (per class):** \$17 + tax Tennis Member
 \$20 + tax Athletic Member
 \$22 + tax Non-member

Private/Semi-Private Tennis Lessons

For those who like to learn in a one-on-one or smaller group atmosphere, private and semi-privates are available. All of our pros are USPTA certified. Contact the individual pro directly or contact Tennis Director Mark Bergman for assistance.

Mark Bergman - Tennis Director
 markb@columbiaathletic.com

Jesse Schouten - Tennis Professional/Jr. Coordinator
 jesses@columbiaathletic.com

Elliot Beam - Tennis Professional/Jr. Coordinator
 elliotb@columbiaathletic.com

Dan Lum - Tennis Professional
 danl@columbiaathletic.com

Charlie Jordan - Tennis Professional
 charliej@columbiaathletic.com

Luong Hau - Tennis Professional
 luongh@columbiaathletic.com

Tennis continued on next page.

Private/Semi-Private Tennis Lessons Rates			
Lesson type	Tennis Mem.	Athletic Mem.	Non-Mem.
Private (1 hour)	\$75	\$80	\$90
Private (1/2 hour)	\$40	\$43	\$46
2 Person Semi-Private	\$40pp	\$43pp	\$46pp
3 Person Semi-Private	\$29pp	\$31pp	\$34pp
4 Person Semi-Private	\$24pp	\$27pp	\$29pp

All prices above subject to Washington State sales tax.

Columbia-Silver Lake Tennis Professionals



Mark Bergman- Tennis Director

Mark has been the Tennis Director and an Elite USPTA Tennis Professional at Silver Lake for over 19 years. Besides running the Tennis Department, Mark enjoys teaching and developing tennis players of all ages and skill levels. Mark is also owner of Racquet Rehab, the Tennis pro shop located within the club and can help

you with your equipment needs. Mark has been active in the PNW Tennis scene serving on various boards over the years. A graduate of Washington State University, he has degrees in Communication-Broadcasting and Recreation/Leisure-Sport Management. Mark also enjoys competing in the PNW Senior Open tournaments when time allows. Outside of work, the whole family enjoys playing tennis, wife Angelica and kids Ben, Hannah and Ashton.
markb@columbiaathletic.com



Jesse Schouten- Tennis Professional/Junior Coordinator

Jesse Schouten works full time as an Elite USPTA Professional with all ages and abilities. As Co-Junior Coordinator, Jesse has extensive experience developing High Performance players ages 4 to 18. Jesse has developed over twenty players

that have gone on to play collegiate tennis, including several NCAA D1 scholarship athletes. As a player, Jesse continues to compete as an Open level player as well as one of the top 35 & over players in the PNW. Collegiately, Jesse won the NWAACC singles and doubles titles, was named Coach of the Year (Skagit Valley College Men's Team) by his peers, and SVC Athlete of the Year in 2003. Between 2003 and 2014 Jesse was a hitting partner at the BNP Paribas; players included Federer, Isner, Raonic, Halep & Bouchard. Jesse's wife, Janine, daughter, Gracie, and sons, Ryler and Griffin all love to play tennis too.
jesses@columbiaathletic.com



Elliot Beam- Tennis Professional/ Junior Coordinator

Elliot is born and raised in the Puget Sound. He's a former #1 Junior in the PNW and top 100 in the nation in the 18's. He's been an Elite USPTA certified Professional for 11+ years and has a passion for coaching players of all ages and levels. Elliot has coached 3A State Champs in singles and doubles

and Division 1 and 3 players. In his spare time, he enjoys golf, basketball, hiking and watching the Seahawks.
elliott@columbiaathletic.com



Dan Lum- Tennis Professional

Dan has been involved with the Tennis department for quite some time now putting in time as a junior and now as a USPTA Tennis Professional. He has the passion and desire to share what he has learned to help young junior players as well as adult beginners move up to the next level. He now teaches juniors and adult

beginners on the weekends as a part time Professional.
danl@columbiaathletic.com



Charlie Jordan- Tennis Professional

Charlie has been with the Tennis department for over eight years now, starting as a junior player in the Silver Lake Tennis program and now as a full-time USPTA Tennis Professional. Charlie continues to compete in the Open division

in the PNW. He is our lead Tennis Professional for our weekend junior program and teaches all ages and all levels on weekends.
charliej@columbiaathletic.com



Luong Hau- Tennis Professional

Luong has been a USPTA Professional for a year now. He also coaches Everett High School tennis teams during their seasons. Luong is available on weekends for Tennis lessons. Before getting his Tennis certification Luong was working in the fitness industry and is also a Trainer in the Fitness Department. His story started in the

weight room before it moved onto the tennis court. Although Luong has been around strength training and bodybuilding longer, he would happily admit that his knowledge of both weight training and tennis are equal. Luong enjoys helping a wide range of people, whether it be grandparents or toddlers. He finds that people who are over 40 appreciate his knowledge of injury prevention while attaining strength and mobility; all those under 40 appreciate his diverse knowledge base. Luong works with many individuals who have permanent injuries and will always manage to work around them.
luongh@columbiaathletic.com

FITNESS

WAKE.
WORKOUT.
EAT.
SLEEP.
REPEAT.



Spring Challenge April 5 - May 30

No matter which order they are done in or what you add during the day, aim for consistency and see what you can accomplish! Train better, eat smarter, rest efficiently, and feel the difference. #SC20

What can you accomplish in 8 weeks? Beginning April 5th, commit yourself to dedicated training, pushing your limits to the max. Whether you set out to increase your stamina, gain strength, enhance your endurance, become more agile, or are looking to shed a few pounds and tighten up, this challenge is for you! You decide what you want to accomplish and we'll guide you to those results. Why not you?

Components:

- Personal/Partner Training
- IMPACT Small Groups
- Nutritional Guidance
- Weekly Workouts + Recipes
- Amazing Race Event (May)
- Body Composition Testing (April 1st)
- Provided by BodySpec's mobile DXA scan. Schedule today at www.bodyspec.com (additional cost)



This Summer,
Get in
the Zone!

myzone®

Myzone is an innovative, wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor your exercise. Myzone is the only activity tracker based on the World Health Organization's physical activity guidelines. This exercise tool is for anyone who wants an accurate, gamified and motivating wearable. The strap will monitor heart rate, calories, and time exercising in real time, converting that into Myzone Effort Points (MEPs). MEPs focus on rewarding effort rather than fitness.

Myzone Benefits:

- View calories and effort in real time.
- Connect to third party equipment & apps for maximum versatility.
- Achieve Myzone status rankings based on effort, not fitness.
- Set goals and compete with others by measuring effort levels.
- Receive email workout summaries.

You will see Myzone marketed around the club and integrated into small group and personal training soon.

Next Steps:

- Get your MZ1 strap for just \$30 + tax. (contact Fitness Director)
- Download the Myzone app (available for Android and iPhone)
- Start tracking your progress!



Stay tuned for MEPs challenges!

Show up and feel the difference with Myzone at CAC - Silver Lake.

Fitness continued on next page.

Professional Nutrition Coaching



Kelsey DuBois

Are you looking to take your health to the next level? Do you have the fitness part down, but are lost when it comes to nutrition? The Health Advantage at CAC - Silver Lake is excited to bring you the guidance you need. From one-on-one consults to small group workshops, we will be offering a variety of options to help you expand your knowledge on nutrition.

You will learn practical ways to apply this knowledge and lead a healthier lifestyle. Working with Fitness Nutrition Specialist, Kelsey O'Brien, you will be one step closer to reaching your goals. Kelsey's focus is on whole foods and providing your body with the nourishment it needs to thrive. Fitness and nutrition paired together are essential for optimal health. Moving your body and eating well don't need to be complicated or make you miserable! Ditch the diet, and dial in on your nutrition the right way here at CAC - Silver Lake!

- 1-on-1 nutrition sessions
- Small group nutrition workshops
- Nutrition focused health talks

To schedule your nutrition session or if you have questions and inquiries, contact Kelsey at kelseyd@cactrainers.com. You can also pick-up a Nutrition Brochure.

"To eat is a necessity, but to eat intelligently is an art."



FREE Injury Screens with IRG

IRG Physical Therapy will provide FREE injury screens monthly. 15-minute consultations allow the

physical therapist to listen to your needs, ask the appropriate questions, and provide some hands on assessments, as well as offer next step advice. IRG is locally owned and operated with practices as close as Murphy's Corner.

Free Screens are on the 1st Monday of the month, 6-7pm Located in the Cardio Lounge

FREE hour with a Personal Trainer

This is your chance to learn from the best in the industry!

In this hour you will:

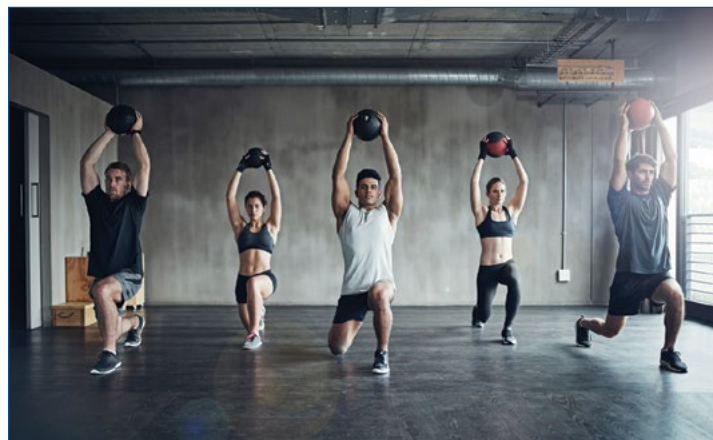
- Set realistic goals
- Learn proper equipment use
- Work with your Personal Trainer to design a plan that will get you RESULTS.

You'll meet with your Personal Trainer in a relaxed environment, get acquainted with all the club has to offer, and have a chance to ask all the health and fitness questions you've thought of.

To schedule your Free Hour contact Fitness Director, Bobby Sorensen.

IMPACTtraining

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



Our IMPACT Small Groups cover a broad range of styles and focuses. Our schedule includes everything from high-intensity intervals to speed/agility to sports specific training to the most current fitness trends, such as, heart-rate based training and CrossFit-style workouts. You get all the benefits of personal training mixed into a small group setting and at an affordable rate.

Grab some friends, join a small group today, and feel the difference! Schedules are posted around the club and can be found online.

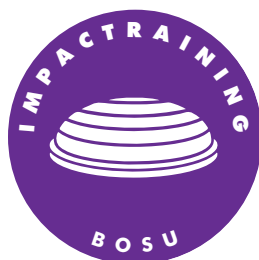
Space is limited. To register, you must enroll at the front desk prior to the small group training. For more information on any of the following small group trainings refer to the IMPACTtraining schedule or contact the Personal Training Department.

Small Group Fees:

- 30 minutes:** \$11 + tax per session (Non-member: \$20 + tax)
- 45 minutes:** \$13.50 + tax per session (Non-member: \$25 + tax)
- 60 minutes:** \$16 + tax per session (Non-member: \$30 + tax)

There is a 24-hour cancellation policy or the session will be charged to your account. In order to un-enroll, please contact the Front Desk or small group instructor. The small groups are 60 minutes in duration unless specifically listed otherwise.

For class days and times please refer to our IMPACT class schedule online at <https://www.columbiaathletic.com/locations/silver-lake/>.



BOSU+

BOSU small group training focuses on using the BOSU ball for a majority of the workout. However other training tools and elements are implemented to ensure the routine targets the entire body, improves overall strength, improves cardiovascular fitness, and pertains specifically to

the individual. By adding the BOSU to your weekly routine you will dramatically improve balance and stability, as well as improve your core strength. All fitness levels are welcome and encouraged to join. It only takes a little bit of practice to become a BOSU master!



Cardio & Core (30 minutes)

Give your body a blast of high intensity intervals using cardio and core exercises. This program is designed to keep you moving and challenge your foundation. You will get a total body workout and leave feeling accomplished.



Cycle+Shred

Get the best of both worlds in this multi-purpose 60-minute session! The first half will be a fast and effective cycling session aimed at getting your heart rate up and waking up your metabolism (located in the upstairs studio). The second half will focus on high intensity, full

body, bootcamp style exercises so that you are able to achieve an effective strength training session in a short amount of time (located in the IMPACT studio).



FASTR (45 minutes)

Increase your speed, agility and quickness. Incorporated components include strength, power, coordination, balance and flexibility. If you are looking to improve your neuromuscular adaptation, improve your athleticism, and increase your knowledge on injury prevention, then this small group is for you! FASTR athletes are better athletes.



IRONFit

IRONFit balances high-intensity, full-body, compound movements through strength and cardio exercises. Proper mechanics are stressed to ensure safety and progression. From barbells to med balls and kettlebells to box jumps, every muscle will be functionally challenged. IRONFit turns everyday people into high performance athletes.



Metabolic Madness

This effective, functional, total body group will add lean muscle, speed up your metabolism, and burn more calories. Using a variety of weight training equipment and adding heavy doses of cardio intervals, Metabolic Madness will challenge you in a fun and new way each week.



Sports Conditioning

This small group is designed for athletes, especially those prepping for winter and spring sports, such as basketball, skiing, golf, and tennis. People who want to work on balance, agility, and overall toning will benefit from this as well. There will be a lot of footwork components during

this session to help with quicker reflexes and stronger hip movements (for those athletically inclined). Also, lots of upper body high intensity interval training will occur (for those who want to tone out or have plateaued in their current training regimen and need to break through that plateau). For those looking forward to the upcoming USTA tennis season, this will undoubtedly be your game changer.



TRXtreme

Come push your physical abilities and transform your body into the best, well-rounded shape it can be. This 60-minute, volume intense, small group circuit utilizes an array of equipment in order to create a challenging and rewarding full-body workout. Be the resistance!



Warrior

Get a full-body workout that targets strength, endurance, and flexibility. This MMA-inspired small group incorporates circuit training with body weight, free weights and kickboxing. Punch, kick, grunt and sweat your way to a healthier you!



Zones

Blast away calories and get your heart pumping! Zones is designed to hit every muscle while training your heart among the appropriate zones for each individual. Zones is beneficial for all fitness levels and fitness goals from weight loss to improving endurance and increasing strength. Get fit and make your heart more efficient.

YOUTH FITNESS

Free Weight Room and IMPACT Studio Usage

Youth members (13 to 15 years old) may use the free weight room and IMPACTtraining Studio once they have completed the Iron Teens fitness program and have the approval of both the Personal Trainer they worked with and the Fitness Director.

Youth Fitness continued on next page.

Youth Facility Orientation:

30 minutes | FREE

Parents of youth ages 8 years 17 years old may request to have a facility orientation for their child on select equipment in the cardio room. Some of the equipment will not be accessible to youth based on their size, weight, and comprehension skills assessed by the trainer. This portion of the orientation is to identify what machines are suitable and which are injury risks.

Aside from facility orientation and limited equipment fitted for kids, youth will also undergo a basic fitness assessment that will measure their strength endurance, flexibility, coordination, and balance (proprioception). Most of the exercises will utilize body weight, resistance bands, medicine balls, and light dumbbells and kettlebells.*

Schedule with any Personal Trainer or through the Fitness Director.

*Note: your child must go through the orientation before using any equipment (cardio or fitness).

Kinetic Kids (8 – 12 years old)

Kinetic Kids is a great way to start introducing your child to the gym environment at a young age. Our coaches have specific education and training to design fun workouts for your youth that will help them improve coordination, weight control, and prevent injury not only in sports, but also be a great help to even the gamer needing some muscle tone in their posture muscles.

Connecting kids with coaches and other youth around exercise will help them become more “fitness” minded as they grow older will help encourage healthy lifestyles!

Registration is on first come, first serve basis and occurs monthly. Schedule with Fitness Director at bobbys@columbiaathletic.com.

Fee*: \$60 + tax
*FOUR 30-minute sessions

Iron Teens (13 – 17 years old)

Iron Teens is a novice weight training instructional hour that will focus on making sure every participant understands the proper joint paths when it comes to the press (flat, incline, overhead), squat (front and back), deadlift (conventional, RDL, wide leg), and the row (single arm, bent over, seated). Learning how the hips, shoulders and spine all work together as one system is the foundation to learning how to move correctly and adapt correct form.

The words “Weight Training” usually gets confused with “Weight Lifting”, but weight training is any movement in the gym utilizing gym machines, cables, dumbbells, fixed barbells, bands and body weight. Weight training programs are for teaching the body proper movement patterns under variable resistance levels. Positioning and posture are the primary focuses during these sessions.

Registration is on first come, first serve basis and occurs monthly. Schedule with Fitness Director Bobby at bobbys@columbiaathletic.com.

Fees*: \$160 + tax (up to 2 participants)
\$120 + tax (3 or more)
*FOUR 60-minute session

KIDS CLUB/ LITTLE THINKERS



Kids Club

The Kids Club at Silver Lake is the perfect place for you to bring your little one! We offer three levels of service, each one designed with the CAC vision statement of inspiring healthier lives - no matter what age!

Our standard level of care is seven-day-a-week childcare designed for your use while you are in the club. Daily care is available for up to 2.5 hours daily for children over 1 year. For children 3 to 12 months, daily care is available for up to 1 hour.

Extended care is also available seven-days-a-week, and allows you to leave your little one in the safe and exciting confines of the Kids Club while you leave the facility, for up to four hours at a time! Extended care is for toilet trained children only.

Kids Club Reservations and General Guidelines

The Kids Club asks for reservations 4 hours in advance in order to properly staff. Drop-ins are available but our policy places a firm 12:1 ratio for children to attendants, and drop-ins are based only on availability.

If there are no reservations or children, Kids Club may open late or close early.

Kids Club care is available for children ages 3 months to 8 years. Children under 3 months may be in the cardio and cardio circuit area with a parent or guardian in a car seat. Children 8 and older may be in the gym and lounge areas of the club, unsupervised, as long as a parent or guardian over the age of 18 is present in the club.

There is a strict 2 ½ hour limit for children ages 1 to 7 years, and a 1 hour limit for children 3 to 12 months.

We do not allow sick children in the Kids Club.

Although we do not change diapers, we are more than happy to locate parents in the club when necessary.

Kids Club is a nut-free zone, so please do not bring any foods containing nuts!

For a complete list of important rules, policies, and guidelines please drop by the Kids Club and speak with a staff member, or contact Kids Club Director Lisa Junkers at lisaj@columbiaathletic.com.

Little Thinkers Preschool

Little Thinkers move and learn throughout several areas in the club, similar to progressive Pre-K programs, by taking an active approach to learning. Children ages 3 to 5 will learn through swimming, outdoor exploration, music, and hands on creativity utilizing the five senses. When not using the general facility, Little Thinkers meets in the dedicated preschool room adjacent from Kids Club.

LT consists of two classes separated by age group:

Preschool meets Mondays and Wednesdays from 9am to 1pm.

Pre-K meets Tuesdays, Thursdays, and Fridays from 9am to 1pm.

For more information regarding tuition, teaching philosophy and curriculum, please contact Kids Club Director, Lisa Junkers at 425.745.1617 ext.2235, or via email: lisaj@columbiaathletic.com.



Parties at CAC-Silver Lake

Birthday Parties, End of the Season Celebrations or Outdoor Pool Party.

We can organize a wide variety of activities for a gym party or provide a fun and safe swimming party or a mix of both! Our indoor pool is used for all birthday party celebrations. Invite up to 24 guests for your indoor pool party or gym or ½ & ½ party. The member fee is \$225 + tax/Non-member fee is \$275 + tax.

If you are interested in having an Outdoor Pool Party, Friday, Saturday and Sunday Nights 8-10pm are available to reserve for your group. These are the only days/times available to organize an outdoor pool party. Outdoor Pool party fee is \$400 + tax for Members/\$500 + tax for Non-members.

You can invite up to 40 people for your Outdoor Pool Party and have 2 staff people helping you organize your celebration.

Please Contact Bari Dockens, Programs Director at CAC - Silver Lake for more information at barid@columbiaathletic.com, or call her at 425.745.1617 ext. 2226.



09.19.2020

5K, Kid's Dash and Toddler Trot

Help support the Colton's Army Guild and the Ironheart Foundation as we walk, jog and run through Mill Creek. 100% of your registration is donated! All entrants receive a t-shirt, snacks, race medal and access to our wonderful sponsor tents.

www.runwithheartmc.com



Silver Lake

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Everett, WA 98208

Snohomish County's Finest Athletic Facility

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- Preschool for 3 and 4 year-olds
- Programs, Camps, Lessons and Activities for all ages and much, much more!

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