

CAC - Juanita Bay 2024 Spring/Summer Guide

**SUMMER
CAMPS
2024**

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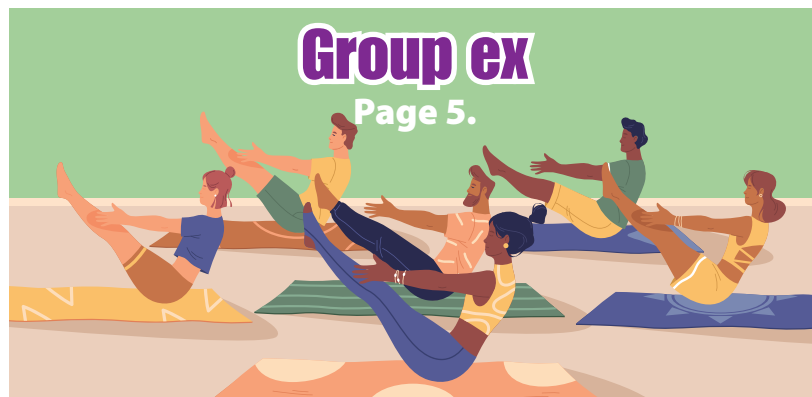
Aquatics

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Group ex

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COLUMBIA[®]
athletic clubs

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PROGRAMS



Campers ages 4 to 12 will enjoy each week with theme-based activities that typically include crafts, sports, swimming, and games. We will also travel to Juanita Beach Park (weather permitting) for a nature walk, free play on the equipment, sand castle building, or another fun adventure. Full day camp runs from 9am – 3:30pm.

Each day, please be sure to pack your camper with a swimsuit, a couple small snacks, a water bottle, appropriate footwear, a change of clothes (optional), and a sack lunch. Please also be sure your camper arrives to camp with sunscreen applied.

Registration Rules

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

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

Cancellations

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

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

*Exceptions include illness and emergencies.

Fees:

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

\$295 + tax Member/\$375 + tax Non-member per week

FULL-DAY CAMPS 2024

Camp Columbia Kick-Off Pt. 1: June 24 – 28

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

Camp Columbia Kick-Off Pt. 2: July 1 – 3

Come kick it with Columbia for Pt. 2 of our kick-off. All the great things you love about summer camp; classic games, relay races, crafts, and more! See you there to start summer the right way!

Fees: \$175 + tax Member/ \$225 + tax Non-member



Snapology

Snapology: July 8 – 12

Our first partner camp of the summer will focus on the following subjects from our friends at Snapology:

Science of Superpowers: In Snapology's Science of Superpowers program, children will learn about the science behind their favorite heroes' powers. Students will learn about gravity, aerodynamics, forces, motion, and much more as they learn about flight, super villain fights, and superhero vehicles.

Snapology's Amazing Race: This program will allow our campers to travel the world without having to leave their Snapology classroom! This summer, the campers will be

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425.821.0882

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

NORMAL CLUB HOURS*

Monday – Friday: 5am – 10:30pm

Saturday & Sunday: 6am – 8pm

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

SUMMER HOLIDAY HOURS

Memorial Day: Monday, May 27, 5am – 3pm

Independence Day: Thursday, July 4, 5am – 3pm

Labor Day: Monday, September 2, 5am – 3pm

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traveling to Italy, China, Australia, and Iceland while competing in team challenges that will earn them points and help determine which team is the winner of the Amazing Race camp!

Fees: \$410 + tax Member/ \$485 + tax Non-member per week

Workout Warriors: July 15 – 19

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

Outdoors Adventure Camp: July 22 – 26

Let's get outside! Each day we will include a craft, games, and other fun outdoor adventures like nature walks and scavenger hunts as we enjoy the sunshine.

CAC's Got Talent: July 29 – August 2

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

Sports of All Sorts: August 5 – 9

Help us gear up for a season of athletics with this camp devoted to our love of all sports! Your mini athlete can plan on brushing up on his or her skills through drills, skills, and agility training, as well as fun team games with friends! Go Team!

Snapology: August 12 – 16

Our second partner camp of the summer will focus on the following subjects from our friends at Snapology:

Foundational Engineering: Machines & Contraptions: Does your child love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside? If so, they're going to love Snapology's Foundational Engineering: Machines and Contraptions program! This program gives your student the tools they need to understand mechanical movement and the importance of simple machines. They will see these moving parts up-close as they follow instructions to build various machines and contraptions, then use the models to develop new design ideas, test out physics concepts, and even play games with their partners and classmates! Whether they are the creative-constructive type or prefer the inquisitive-deductive way of learning, this program is sure to spark their engineering interests!

Amusement Park Adventures Engineering: Design your own amusement park in this super fun program! Learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides. Can you design the next Disney World?

Fees: \$410 + tax Member/ \$485 + tax Non-member per week

Water Works August 19 – 23

Prepare to get soaked! We are doing all things wet and wild this week; water balloon toss, water gun target practice, water

brigade, sponge tag, and much more! We will even break out a camper favorite; the Slip n Slide! Join us for all things cool on a hot summer day!

Big Summer Blowout! August 26 – August 30

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

mini CAMPS 2024

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

Each day, please be sure to pack your camper with a swimsuit, a small snack, a water bottle, appropriate footwear, a change of clothes (optional), Please also be sure your camper arrives to camp with sunscreen applied.

Fees:

Registration policies are the same as full day camps
\$205+tax Member/\$245 + tax Non-member per week

Camp Columbia!: June 24 – July 5

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

Little Picassos: July 8 – 12

Your "Little Artist" will explore their creativity with engaging crafts, paintings, collage, clay and paper-maché. We will finish camp with a "Gallery Day" where they can show off all their hard work.

Say 'YES' to the Mess: July 15 – 19

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

Outdoor Adventures: July 22 – 26

Let's get outside! Each day we will include a craft, games, and other fun outdoor adventures like nature walks, scavenger hunts and outdoor art projects as we enjoy the sunshine.

Out of this World: July 29 – August 2

This week will be a "blast" as we head to outer space. Campers will learn about spaceships, planets and stars with fun activities, crafts, and games.

Summer Camps continued on next page.

Superheroes: August 5 – 9

We need all super heroes to grab their capes and masks and get ready to save the day. Campers will play a variety of superhero games, create super powers with arts 'n' crafts projects, and capture evil villains all morning.

Underwater Explorers: August 12 – 16

Dive deep into fun! This week camp will have a variety of actives that will keep campers excited about our great blue sea! Campers will be creating all kinds of sea creatures and sea life while learning about our oceans.

Make a Splash: August 19 – 23

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

Dinosaurs: August 26 – 30

This week will be full of dino fun! We will be digging for dinosaur bones, hunt for dino eggs and do the dinosaur stomp! Your smallest Paleontologist will be sure to be impressed.

AQUATICS

Wahoos Land Sharks Conditioning Program

Join our Land Sharks program today! Our Wahoos swim team now provides dryland training once a week **Friday evenings**. Practice consists of intermediate strength and conditioning, and takes place in the Group Ex studio and Gymnasium, although other areas of the Club will be included based on the program emphasis. Coach Sam, an NASM certified Personal Trainer & Strength Coach, will introduce students to a number of different modalities and exercises designed to increase both in water and overall athleticism. Students will also be introduced to basic physical therapy & recovery training to help prevent injuries. Participants are required to bring athletic clothing and shoes. To enroll, email Coach Sam directly at Jbcswimteam@columbiaathletic.com. Each class is 1 hour long.

Group 1 time: 4 – 5pm

Group 2 time: 5 – 6pm

Group 3 time: 6 – 7pm

While Land Sharks will be scheduled and billed on a 6-week schedule, participants can join the current session at any time. Cost for the program is \$120 + tax a session for Members and \$150 + tax a session for Non-members. Land sharks will run year-round, with unenrollment available at any time after the end of the existing sessions. Just like standard Wahoos, prorated sessions for absences are not available, nor are credits for missed sessions. For any questions please feel free to speak with Coach Sam or email Jbcswimteam@columbiaathletic.com.

Wahoos

Our Wahoos swim team is a non-competitive, junior swim team. We focus on technique development for all four strokes through drill work and coach feedback to teach efficient swimming. Participants swim twice a week and practices are 45 minutes long. We have a growing number of participants that use our team as a springboard to make it on competitive, year-round club teams. Participants should be 6 years of age before starting Wahoos. All new participants are asked to join a practice as try-out to make sure it's a good fit.

Days: Monday/Wednesday or Tuesday/Thursday, 3:15 – 4pm, 4 – 4:45pm, 4:45 – 5:30pm, 5:30 – 6:15pm, 6:15 – 7pm (Capacity will be restricted due to lane availability)
Saturdays, 9 – 9:45am, 9:45 – 10:30am, & 10:30 – 11:15am, 1:15am – 12pm

Swim Lessons

We exclusively offer private lessons as we believe this format creates the quickest path to success by ensuring consistency of instruction and scheduling, as well as tailoring the curriculum to the needs of each individual swimmer. Lessons are available for both youth and adults

Private lessons are scheduled based on instructor availability. Email us at jbcswim@columbiaathletic.com with your available days and times and we will set you up with an instructor.

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. Register at waterbabiesusa.com.



Small Pool Open Family Swim Times

MONDAY & WEDNESDAY

10 – 11am, Half of the pool

12 – 8pm, Half of the pool

8 – 10pm, Full pool

TUESDAY & THURSDAY

2 – 4pm, Half of the pool

7 – 10pm, Full pool

FRIDAY

12 – 8pm, Half of the pool

8 – 10pm, Full pool

SATURDAY & SUNDAY

9am – 7:30pm, Two-Thirds of the pool



HOURS OF OPERATION

Hours of Operation:

Monday – Sunday 8am – 12pm

Monday – Thursday 4 – 8pm

Hours are subject to change based on enrollment.

Make your workouts count while your kiddos have a fun, safe time with our awesome staff! Please take moment to review Kids Club guidelines and parameters:

- Reservations are required!
- We welcome children 3 months to 8 years old.
- To ensure quality care, we allow 8 children per KC attendant. A maximum of one infant 3 to 12 months is allowed per KC attendant at any one time. Thus, availability for infants is limited and dropping in will not be permissible.
- If there are no reservations or children present, KC may open late or close early.
- Parents must remain in the Club while their children are in KC unless using our Extended Care option.
- We ask that you keep sick children home. CAC reserves the right to refuse service to children exhibiting signs of illness.
- There is a 90-minute time limit in KC unless using our Extended Care option.

VISIT FEES, UNLIMITED PLANS & EXTENDED CARE

If not on an Unlimited plan, a charge of \$7.50 per visit will be billed to your membership account. If you have two children in KC, a charge of \$7.50 for the first child and \$3.75 (half price) for the second child will be charged to your membership account.

Our Unlimited Kids Club plan is perfect for members who use the club regularly. Unlimited Kids Club allows you to drop off your child for one low monthly rate:

If All Children are on a Family Membership

1 Child:\$35/month

2 Children:\$55/month

3 or more Children:\$70/month

Parents are welcome to drop off their children in the safe arms of our trained staff while they leave the facility for up to 4 hours using our Extended Care option. This service only available for potty trained children over 3 years old. A charge of \$10 an hour will be billed to your membership account. If you have two children taking advantage of Extended Care, a charge of \$10 an hour for the first child and \$5 (half price) an hour will be charged to your membership account.

GROUP EX

Summer Holiday Schedules

Please note the following holidays we will be offering a special Group Exercise schedule, see in Club flyers closer to the specified holidays!

- Memorial Day, Monday, May 27
- Independence Day, Thursday, July 4
- Labor Day, Monday, September 2

Your Hour of Group Power

Group Power is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong! It combines traditional strength training with full-body, innovative exercises using as adjustable barbell, weight plates, body weight, a step, heart-pound music and expert coaching!

You can catch Group Power Monday at 5:30pm with JoAnne, Wednesday at 5:30pm with Mary and Sunday morning at 8:15am!

Yoga Know

Because we offer several different styles of yoga, it can be challenging to know what class is best suited for you. While we do our best to make classes accommodating to all, please give each format description a brief read to make the best choice for your yoga goals!

- Fusion Flow is the best of all the yoga worlds; a little Hatha, Flow and Yin! Each class will focus on alignment and different targets of the body. This class is meant to make you feel good and leave you pain-free!
- Gentle Flow Yoga is a great place to take it slower, and still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility.
- Yin Yoga is a slow, passive practice that works into the deep connective tissues of the body. Using props, postures are held for several minutes allowing the ligaments, joints and fascia to slowly soften. This is an all levels class designed for beginners to advanced practitioners.
- Yoga Flow is an active style of yoga linking one movement into the next with breath. This class includes standing postures, core work, hip openers, relaxation and more! Modifications and options are given to make this appropriate for all levels.



FITNESS



PERSONAL TRAINING CONSULTATIONS AT CAC - JUANITA BAY

Are you looking to take the next step in your fitness routine? Grab a consultation with a CAC Fitness Professional and see the difference personal training can make!

Fitness consultations are available throughout the week, and include an opportunity to discuss fitness background and goals in the Club, as well as physical limitations or impingements that may exist. Training staff will also take measurements, body fat and body weight, and help draft a baseline for you as you begin a new journey towards health. Lastly, a Fitness Consultation can provide insight and direction on beginning or developing a fitness routine, including an overview of equipment, range of motion of specific equipment and exercise, and more.

To book your consult or to learn more about training options, contact the Fitness Department via email at jbfitness@columbiaathletic.com.



Bruce Bullard: ACSM Health/Fitness Instructor, ACE-CPT Certified, Trigger Point
bruceb@columbiaathletic.com



Michelle Ohlson: NASM-CPT, CAFS, B.S. Exercise Science, USA Level I triathlon coach, Precision Nutrition Level II, Trigger Point, TRX
michelleo@cactrainers.com



Bre Rubbo: B.S. Exercise Science ACSM Health/Fitness Specialist
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Erin Barr: ACE Certified Personal Trainer; ACE Certified Group Fitness Instructor; Barre; Schwinn certified
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Christopher Wilson: AA Health Sciences; NASM-CPT; NASM-PES; NASM-Weight Loss Specialist
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Nickolas Korpi: B.S. Exercise Science NSCA-CSCS, Trigger Point, Nutrition Level I
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Ed Brandt: ACE-PT Certified Personal Trainer
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Kristen Greene: ACE-PT Certified Personal Trainer
kristeng@cactrainers.com



Caroline Fuller: BS Dietetics, ACE-PT
carolinef@cactrainers.com

MEMBERSHIP



Summer Passes

If you have kids home from college, or family visiting from out-of-state, we've got you covered! Temporary Passes are available for various lengths of time, and Members' Guests receive a 10% discount. Please contact the Membership Department at jbcmem@columbiaathletic.com to find the option that works best for your situation.

Family Upgrade

Looking to keep the kids busy this summer while home from school? Did you know that youth 13 and older may use the club without an adult? Also, dependents as young as 8 years old can use the cardio equipment and upstairs strength equipment if they are supervised by an adult while exercising.

Contact the Membership Department for more details at jbcmem@columbiaathletic.com.

CAC Child & Youth Policies



At CAC we believe fitness is for everyone, and love seeing our youngest members moving in the Club! The following policies reflect our desire for kids and teens to move and play safely and healthily while in the Club, while also contributing to a positive environment for all other members and guests. Please contact the Club Manager or the appropriate Department Supervisor in the Club with any questions regarding these policies.

General Club Access:

Youth 16 and up are considered adults for all Club activities and have no limitations on their access.

Children 13 and up may be in the Club without parental supervision, children under 13 must have a parent or guardian over the age of 16 on site.

Children 8 and up may use the Club lounge, Squash courts, and Basketball court without direct parental supervision.

Fitness:

Infants 0 – 7 months are allowed in the upstairs cardio and weight areas while buckled into a car seat and placed directly next to the parent. Strollers, backpacks, and front pack carriers are not allowed. Please remove your infant from an area if they become fussy or begin to cry.

Children ages 1 – 7 are not allowed on any strength, cardio, or IMPACT/GRAVITY equipment regardless of parental supervision.

Children ages 8 – 12 may use all cardio and upstairs strength equipment with direct parental supervision.

Youth 13 – 15 may use the free weight and IMPACT studio equipment with direct parental supervision.

All youth ages 8 – 15 are highly encouraged to book a complimentary fitness consultation with a Club trainer.

These appointments are available throughout the week and can be booked by contacting the Fitness Department at jbfitness@columbiaathletic.com.

Aquatics:

During open swim, children ages 0 – 8 must have an adult or guardian over the age of 16 in the water with them, or have passed a lifeguard monitored swim test. If they have passed the test, the adult does not need to be in the water with them, however they must remain in the pool area.

During open swim, youth ages 9–12 may use the pool(s) without an adult present, if they have passed a lifeguard monitored swim test, and an adult remaining in the Club has “checked in” with the attending lifeguard. The adult may leave the pool but must remain in the Club.

All youth under the age of 16 may only use the Aquatic facility while a lifeguard is present.

Life jackets are available and encouraged for non-water safe children.

Group Exercise:

Youth ages 13 – 15 may attend a non-cycle Group Exercise class with a parent present. An instructor may request any participant of any age leave a class if they are being disruptive.

Youth under 16 may not attend Cycle classes regardless of parental supervision.



Kids Club:

Children ages 3 months to 8 years are welcome to use the Club's Kids Club facility. Reservations are required.

Programs:

Youth programs, including Summer Camps, Swim & Gym, Parents Night Out etc are designed for children ages 4 – 12 years old. For specific programming and sign-ups visit the Club, or visit us online at www.columbiaathletic.com.

Membership:

Youth-only Memberships are available for youth starting at age 13.



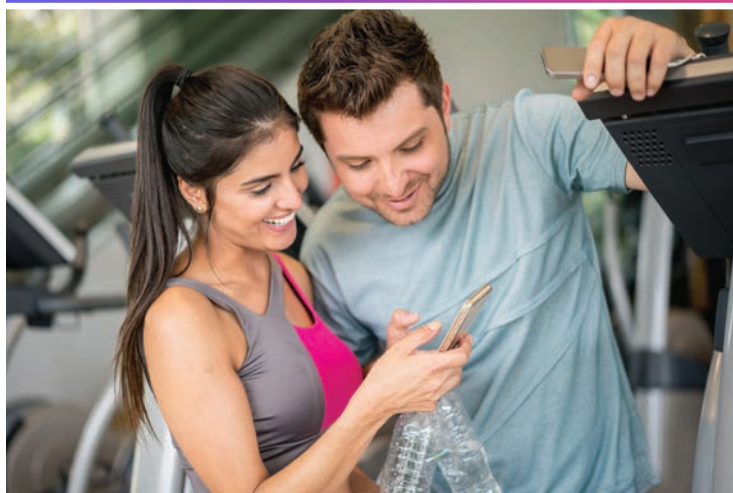
Get in the Zone!

myzone®

Are you looking to take your workouts to the next level? A MyZone heart rate monitor can help! Whether you're hitting an IMPACT class, working with a trainer, or going this one alone a MyZone belt will help you track your workouts, goals, and challenges, and is available right here at CAC!

Contact Cody at codyg@columbiaathletic.com to get your belt and get started.

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.juanitabay.

Tag us when you post your inspiration!

#JBinspires

#CACinspired

@cac.juanitabay



Manage Your Account Online.

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

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

1. For your first time logging in, your username and password will be your member ID, found on your membership card under the barcode. (Note that CAPS matter!)

2. Once you enter both, you'll be prompted with an option to change your username, and will be required to change your password. (Note the first box when changing your password is for your current password, NOT your new one!)
3. If you've logged in before and can't remember your password, simply hit the "forgot password" button and a new one will be emailed to you with a link back to the site. You can do same process for a forgotten username.
4. Once you log in, you can view and change payment methods, view your account history, check out Club schedules for Fitness and Group Ex, sign up for IMPACTraining and GRAVITY classes, and much, much more.
5. Specifically for Club access reservations, all bookable programming can be found under the "my upcoming classes" tab, simply click the "class schedule" icon and find the program your looking for. To unenroll, click on the program or class you want to change under your "my upcoming classes" dashboard and click unenroll.

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

