

CAC - Pine Lake 2024 Spring/Summer Guide

**SUMMER
CAMPS
2024**

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COLUMBIA
athletic clubs

www.columbiaathletic.com

PROGRAMS



Registration Rules:

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

Refund/Cancellation Policy:

For cancellations and withdrawals from camp, a refund/credit will be granted if the request is received in writing at least one week prior to camp. No refund/credit will be granted with less than a week notice. There are no pro-rated refunds or make-ups offered for missed days of registered camps.

Before and After Camp:

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

Swim Test:

All participants are required to take a swim test. Our camp includes swimming in the afternoons and every first day of camp all kids will be taking a swim test (they will demonstrate they can swim one length of the pool without stopping). If the swim test is not successful the participant will have to wear a life jacket. The kids that pass the test will get a bracelet to wear for the time they will be attending Summer Camp.

Drop-Ins:

When space permits we will allow Day of Registration. Fee will be \$105 + tax Member per day, \$145 + tax/Non-member per day.

What to Expect:

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

Time: 9am – 12pm (Half Day Camp)
9am – 3:30pm (Full Day Camp)

SUMMER CAMP LINEUP

Jr. Camp Counselor Camp

Be an Assistant Camp Counselor! You will help our camp leaders with daily activities, games and crafts. Help team up with younger kids and be 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 a CAC summer camp in the past. This person must be a positive role model and want to be a "BIG" kids participating in games and show leadership qualities. Bring swim suit, wear athletic shoes and comfortable clothes, and bring a water bottle and a sack lunch every day. Space is limited, only 2 Jr. Counselors per week, it will be available for Weeks 1, 2, 3, 6 & 8.

Time: 9am – 3:30pm

Ages: 12 – 14

Fees: \$230 + tax Member/
\$285 + tax Non-member



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425.313.0123

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

CLUB HOURS

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

www.columbiaathletic.com



Week 1: Little Picassos

Each day we will make a new project that may include drawing, painting, printmaking, or sculpture. They will learn about different artists and recreate some of their art. They will finish the day at the pool after a morning of creativity.

Dates: June 19–21

Ages: 5–11

Fees: \$230 + tax Member/\$315 + tax Non-member (Full Day)
\$165 + tax Member/\$215 + tax Non-member (Half Day)

Week 2: Training Camp

Each day will be an adventure. Kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance and show them fitness is fun! This camp will awaken your child's love for exercise, enhance their cognitive skills and promote working in teams. The day will end at the pool for a relaxing time!

Dates: June 24–28

Ages: 5–11

Fees: \$355 + tax Member/\$430 + tax Non-member (Full Day)
\$230 + tax Member/\$315 + tax Non-member (Half Day)

Week 3: It's a Zoo!

Kids will explore the world of animals and reptiles this week as well as get a visit from Animal Encounters with a petting zoo and some friendly dogs. They will learn about some animals from all over the world and act like them too. We will make sure this camp is packed with wild fun.

Dates: July 1–3

Ages: 5–11

Fees: \$230 + tax Member/ \$315 + tax Non-member (Full Day)
\$165 + tax Member/\$215 + tax Non-member (Half Day)

Week 4 & 5: Camp Columbia

Have you ever wonder what our club offers? Join us for our most popular camp! Each day campers will participate in a 30 minutes swim lesson with a trained instructor, a 45 minute tennis lesson with one of our pros and the rest of the camp of pure adventure with sports, games, crafts and fun. Per request this camp now is a full day camp Monday/Friday from 9pm to 3:30pm. No tennis or swim lessons on Fridays instead we will have a break and explore Pine Lake Park. (Weather permitting)

Dates: July 8–12 & July 15–19

Ages: 5–11

Fees: \$700 + tax Member/\$860 + tax Non-member (2 weeks)
No Half Day option.

POMS Cheer -Youth Cheer Camp

Join us for POMS Cheer for Youth Cheer Camp Week (owned by Hailey Chamberlain) at CAC - Pine Lake. Cheerleaders will have themes each week. The week of July 8th is Skyline Spartans themed and July 15th is Seattle Seahawks themed. Each day cheerleaders will work on warm-ups, cheer technique, jumps, dance routines, cheers and chants, stunts work and performance skills. Campers should come ready to go in comfortable shorts/leggings and T-shirts, bring plenty of water and pack a snack. Our trained coaches will work with cheerleaders individually and in a group. No prior skills are

necessary, and all skill levels are welcome. Cheerleaders will be grouped throughout camp by age range for small group work and work as a large group in the beginning and end.

Dates: July 8–11, Mon.–Thurs. (Spartans Week)

July 15–18, Mon.–Thurs. (Seahawks Week)

Time: 12:30–3:30pm

Ages: 5–14 (Grades K–8)

Fees: \$300 + tax Member/\$350 + tax Non-member (per week)

Week 6: Tumble and Stretch

Let's stretch and tumble through the week with some fun activities. They will start the day with some gymnastics offered by Jet's Gymnastics where they will teach sound, basic tumbling and gymnastic skills in a fun, non-competitive environment. It will be followed by a walk to the park and swimming. Lots to do and the kids will have a blast!

Dates: July 22–26

Ages: 5–11

Fees: \$400 + tax Member/ \$470 + tax Non-member (Full Day)
\$275 + tax Member/\$325 + tax Non-member (Half Day)

Week 7: Lego Week by Snapology



Fun week with Snapology! The kids will be split into 2 groups; activities for the robotics part will be 3 hours every day. We will have the groups going into different times and every other day of the week your child will be enjoying the pool. Snapology is excited to offer these options:

Pokemania (using LEGO bricks) - Ages 5–7: Come join Snapology for Poke-Heroes. Students will build and explore the world of Pokémon as they create their own gyms, battles, and even their very own generation of Pokemon. Children will also learn about real world science as they learn about the habitats of the Pokémon. Your child will have a blast becoming the best Pokemon trainer ever.

Superstructures (Ages 8–11): Does your builder enjoy designing beautiful buildings or functional spaces for their minifigures? If so, this program is the perfect space for your young architect to sharpen their design and building skills! All buildings, from the Empire State Building to the house next door, started as an idea in an architect's head. Campers will learn how to take an idea from their head and turn it into a building in the real world. They will be guided through the building process, from creating a floor plan to disaster-proofing the structure, so that they will be able to create the next best thing in LEGO® architecture!

Dates: July 29–August 2

Ages: 5–11

Fees: \$400 + tax Member/\$470 + tax Non-member (Full Day)
No half day option

Summer Camps continued on next page.

SUMMER CAMPS continued

Week 8: Basketball Camp

Some basketball in the morning and swimming in the afternoon! We will include skills and drills and assorted activities to improve balance and focus while building strength and motor skills. Your team is counting on you! Come join the fun! After some serious training the kids will have some relaxing time playing games or in the pool.

Dates: August 5 – 9

Ages: 5 – 11

Fees: \$400 + tax Member/\$470 + tax Non-member (Full Day)

Afternoon Basketball Camp

Join Coach Mendo from Quick Handle for an intense and fun camp that is designed to help you develop serious ball handling skills, along with foundational moves off the dribble in order to take your game to the next level.

Dates: August 5 – 9

Ages: 5 – 11

Time: 12:30 – 3:30pm

Fees: \$275 + tax Member/\$325 + tax Non-member (Half Day)

Week 9: Sports Week

Just like our extremely popular camp “Camp Columbia” we will have a little bit of swimming and tennis. Great opportunity to try new sports for a whole week, there will be lessons for swimming and tennis finishing with fun gym games.

Dates: August 12 – 16

Ages: 5 – 11

Time: 9am – 3:30pm

Fees: \$355 + tax Member/\$430 + tax Non-member (Full Day)
No Half Day option.



Afternoon Basketball Camp – Coach Brandon

Coach Brandon will give your kids the drills and instructions they need to become a better shooter and ball handler who stands out from the competition.

We will address technical, tactical and applied aspects of basketball that will help a player develop their game beyond the level they are currently at.

Dates: August 12 – 16

Ages: 5 – 12

Time: 12:30 – 3:30pm

Fees: \$275 + tax Member/\$325 + tax Non-member (Half Day)

Week 10: Robotics Week



Fun week with Snapology! The kids will be split into 2 groups; activities for the robotics part will be 3 hours every day. We will have the groups going into different times and every other day of the week your child will be enjoying the pool. Snapology is excited to offer these options:

Bot Builder Robotics using Cubelets (Ages 5 – 7): In this challenge-focused program, your student will begin to develop their computational thinking skills by playing with modular, robotic cubes known as Cubelets®! Imagine this – every way your student snaps the magnetic cubes together creates a unique robot, but what really matters is how they figure out the perfect robot recipe to solve a challenge. They will work in small teams to figure out how to create lighthouses, racer bots, wheelie bots, goofy animals, and so much more! Is your student ready to play and tinker all day with Snapology?

Responsive Robotics using Cubelets (Ages 8 – 11): In this challenge-focused program, your students will begin to develop their computational thinking skills by playing with modular, robotic cubes known as Cubelets®! Every way your student snaps the magnetic cubes together creates a unique robot, but what really matters is how they figure out the perfect robot recipe to solve a challenge. Students work in small teams to figure out how to create energy-efficient lighthouses, racer bots, maze-solvers, goofy animals, and so much more!

Dates: August 19 – 23

Ages: 5 – 11

Time: 9am – 3:30pm

Fees: \$400 + tax Member/ \$470 + tax Non-member (Full Day)
No half day option

GROUP EX



Les Mills Classes

LES MILLS is a global fitness company dedicated to creating a fitter planet through the best Group Fitness classes. Every 3 months, a brand new set of music and movements reflecting current scientific research are sent to our instructors to bring to you!

We offer 6 Les Mills Programs:

LES MILLS BODYATTACK

A high-energy fitness class with moves catered for everyone! Athletic exercises like running, lunging and jumping are combined with strength exercises like push-ups and squats to build full body strength and maximize cardio stamina. Sweat, smile, and burn an average of 600 calories in each class. No equipment needed.

LES MILLS BODYBALANCE

BODYBALANCE™ is a motivating blend of new yoga featuring elements of Tai Chi and Pilates. It is designed to strengthen your entire body, improve flexibility, and leave you feeling calm and centered. A great introduction to Mind/Body classes; appropriate for all fitness levels!

LES MILLS BODYPUMP

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ is a total body workout that will burn an average of 400 calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music –helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated; ready to come back for more.

LES MILLS BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP™ class you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You will burn an average of 400 calories and leave buzzing with satisfaction.

LES MILLS CORE

Exercising muscles around the core, LES MILLS CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All moves in LES MILLS CORE™ have options, so it's challenging but achievable for your own level of fitness. During the 30 minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS DANCE

Our newest program LES MILLS DANCE is a high-energy workout that will reinvent the way you move and sweat! 45-minutes of innovative dance movements that work cohesively with music inspired from a wide variety of dance genres inspired by global dance genres. Designed by dancers, LES MILLS DANCE is simple

to master and a great option for those who want to improve their dance skills while getting fit — or for anyone who loves to dance


Summer Group Ex Class Schedule

Summer is a wonderful time in the Pacific Northwest and we want you and our instructors to enjoy time outside and with family! Some classes will be going on "summer vacation". Pick up a modified summer schedule that reflects changes.



Save the Date for a beach party in our parking lot featuring new music and moves for all 6 of our Les Mills classes plus yummy food and drinks. The perfect way to celebrate summer!



Did you know that the Pine Lake Group Ex Department is equipped with Myzone heart rate monitoring? Myzone monitors heart rate in real time and converts it into Myzone Effort Points (MEPs), so that everyone is rewarded for their effort in class, regardless of their fitness level. The Myzone heart rate monitor has an accuracy rate of 99.4%, making it more reliable than other fitness wearables for tracking your progress and helping you achieve your goals! We sell the MZ-1 and MZ-Switch Models at the Front Desk for \$50+tax and \$90+tax respectively. The MZ-1 runs on a coin cell battery and must be used in the studio or with the Myzone app. The MZ-Switch has a rechargeable battery, onboard storage, and the ability to be worn around the wrist and arm, in addition to the chest. Look for the  symbol on the schedule to see which classes are currently using this system and stay tuned for special summer challenges to help you achieve your summer fitness goals and stay connected to your CAC - Pine Lake community!



Personal Training at Pine Lake

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

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

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

We promise:

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



TAYLOR SCARVIE - FITNESS DIRECTOR
taylors@columbiaathletic.com

Education and Certifications:

- B.S Exercise Science
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA-CSCS)



NIKKI BROWN
nikkib@columbiaathletic.com

Education and Certifications:

- B.S. Exercise Science
- American College of Sports Medicine, Certified Exercise Physiologist (ACSM- EP-C)
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA – CSCS)
- Schwinn Indoor Cycling Instructor



KIM BRASFIELD
kimb@columbiaathletic.com

Education and Certifications:

- B.S. Ed in Physical Education
- American College of Exercise, Certified Personal Trainer (ACE-CPT)
- LeMond RevMaster Certified Cycle Instructor
- TRX and Kettlebell Certified
- Trigger Point Certified



TYLER EIGUREN
tylere@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- B.S. Aerospace Engineering
- M.S. Material Science & Engineering



NORA O'MELIA
noram@columbiaathletic.com

Education and Certifications:

- A.A.S. Fitness Specialist/Personal Trainer
- American College of Sports Medicine, Exercise Physiologist Certification (ACSM EP-C)
- TRX Suspension Training
- Senior Exercise Specialist
- B.A. Political Science



CHRISTINE MCKINSEY
christinem@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Academy of Sports Medicine, Corrective Exercise Specialist (NASM-CES)
- Les Mills Certified Instructor: Body Flow, Core, Sh'Bam, Combat
- B.A. English



KATY STUART
katys@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- American Council on Exercise, Group Fitness Instructor (ACE-GFI)
- Les Mills US Trainer, Assessor, Presenter
- Les Mills Advanced Instructor: BODYPUMP, BODYSTEP, BODYATTACK, CORE
- Les Mills Certified Instructor: BODYBALANCE
- Ph.D. Wildlife Science



IMPACT STRENGTH - MUSCLE BEACH PINE LAKE

Instructor: Tyler

IMPACT Strength offers participants the next step in reaching their endurance, hypertrophy (muscle growth/development), or maximal strength goals. Tyler Eiguren, NASM - CPT will coach individuals on properly completing the core strength exercises including barbell bench press, deadlift, squat, overhead press, row, and variations of each exercise. Through a series of progressions over a 4-week period, our goal is to have you lifting safely and efficiently while reaching your overall strength goals. Participants: Min. 2, Max. 8. Sign up through our online portal.

Days: Thursdays, 6–7pm, Saturdays, 2–3pm

Ages: Adults, 15–17 year olds with instructor permission



IMPACT Metabolic Madness

Instructors: Nikki & Katy

Rev up your metabolism this summer with this effective, functional, total body group training! By adding lean muscle to the body, you can speed up your metabolism effectively burning more calories while working out and at rest. Instructors use a variety of

weight training equipment and cardio intervals to increase your fitness level and change the shape of your body. No muscle gets neglected!

Days: Mondays, 10:00 – 10:45 am - Katy

Wednesdays & Fridays, 9:30am – 10:15am – Nikki

Fees: \$15 + tax Member/\$25 + tax Non-member (per class)



IMPACT Tennis Summer Conditioning

Instructor: Taylor

Get ready to experience a comprehensive and results-driven program designed to boost your strength, agility, and endurance – essential elements for excelling in tennis. Our class is not just about hitting the ball; it's about sculpting a well-rounded

athlete ready to conquer the challenges of the game. This class is suitable for tennis enthusiasts of all levels, from beginners looking to establish a solid foundation to seasoned players aiming to enhance their competitive edge. Participants: Min: 2, Max: 8. Sign up through the member portal or by contacting the fitness dept. directly.

Days: Thursdays 7 – 8am

Fees: \$20 + tax Member/\$25+ tax Non-member (per class)

YOUTH FITNESS



IMPACT Youth (11 – 15)

Instructor: Taylor

Calling all kids who are looking to learn how to get strong and fit this summer! This is a small group class led by our Fitness Director, Taylor Scarvie, NSCA CSCS, in a fun, supportive, and safe environment for kids looking to take a

step into strength training. Using a combination of Speed, Agility, and Quickness (SAQ), core stability and strength training, students will develop the necessary stabilizing muscles to excel within their sports, maintain a healthier lifestyle and prepare them for future strength training programs. Choose IMPACT Youth to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury.

Participants: Min. 2, Max. 8. Sign up through our online portal.

Days: Tuesdays & Thursdays, 5–6pm

Ages: 11–15

Fees: \$20 + tax Member/\$25 + tax Non-member (per class)



Instructor: Nikki

Help your young athletes prepare for their upcoming seasons close to home with CAC - Pine Lake! We train athletes from ages 12 to 20, helping them through this essential period of development by building good fundamentals and techniques. We provide periodized, crossfit-style workouts to develop strength, agility, speed, and coordination in the off-season, and maintain the athletes' gains through the competitive season. We strive to prevent overuse injuries by focusing on sport-specific pre-hab and conditioning to combat common issues in young athletes. Our strength and conditioning coaches have all of the tools to help your athlete get an advantage over the competition. Groups or teams will be scheduled by appointment. Please contact Nikki Brown, CSCS at nikkib@columbiaathletic.com for scheduling information (Minimum of 4 athletes per group).

Ages: 12–20, in a sport

Fees: \$15 + tax Member/\$25 + tax Non-member (per class)

AQUATICS

Group Swim Lessons

2 week intensives - Registration opens June 3rd at 10am

SESSION 1: June 24–July 3

(No class July 4th)

SESSION 2: July 8–18

SESSION 3: July 22–August 1

SESSION 4: August 5–15

SESSION 5: August 19–27

Our two-week intensive program is crafted to accelerate the development of swimming skills and enhance endurance for participants. With sessions spanning just two weeks, the program offers flexibility, particularly during the summer months. Participants also have the option to enroll in multiple sessions concurrently.

Days: Monday–Thursday for 2 weeks

Ages: 4–14

Fees: \$112 + tax Member/\$154 + tax Non-member (7 classes)*
\$128 + tax Member/\$176 + tax Non-member (8 classes)**

*Session 1

**Sessions 2–5

Aquatics continued on next page.

AQUATICS continued

TIME	LEVELS				
10–10:30am	L5	L6	L2	L1	
10:30–11am	L3	L4	L2	L2/3	L3
11–11:30am	L3	L6	L2	L1	
11:45am–12:15pm	L4	L5	YB	L2/3	L3
12:15–12:45pm	L2/3	L1	L4	L1	
12:45–1:15pm	L5	L3	L2	L2	L2/3

Registration for Session 1 and Session 2 will open by 10am on Monday, June 3rd.

Registration for Session 3, 4 and 5 will open by 10am on Monday, July 15th.

Upon registration you will select your swimmers level plus select all the days and times that you are able to attend. We will register members first, followed by non members in order of received.

Saturday Classes

SESSION 1: June 29–July 27 (5 Classes)

SESSION 2: August 3–31

Our Saturday group lessons provide a diverse range of swim programs, catering to various age groups from parent-tot to adults. These sessions prioritize comfort and safety in the water over endurance, offering a less intense pace. Conducted weekly, our Saturday group lessons are designed for a more relaxed learning experience.

TIME	LEVELS		
10–10:30am	L5	L6	L5
10:30–11am	L4	L4	L2/3
11–11:30am	L2/3	L3	L2
11:45am–12:15pm	YB	L1	L3
12:15–12:45pm	PARENT/TOT	ADULT. BEG.	ADULT INT.

Registration for Saturday Group Lessons Session 1 will open by 10am on June 3rd.

Registration for Saturday Group Lessons Session 2 will open by 10am on Friday, July 26th

Group Swim Lesson registration online at <https://www.columbiaathletic.com/program/pl-swim-lessons/>

Parent Tot Classes

These Parent Tot classes will focus on an introduction and continued exposure to water. Here we will work on water adjustment and the pure enjoyment of being in a warm water pool. We will require parent involvement in the water as we introduce swim motions and simple movements to prepare for more independent learning in L1 Group lessons. Call for dates and times.

Summer Swim Team

The Summer Piranhas Swim Team offers a 6 week non-competitive endurance focused swim program. Morning workouts are designed to allow flexibility for other activities throughout the day. The program culminates with an end-of-summer “mock meet,” providing valuable swim team experience.

TRYOUTS:

Those new to our Swim Team will need to schedule a tryout. These 15 minute appointments will be offered Friday, June 14th, 4 to 6pm or Saturday, June 15th, 12 to 2pm. Please contact annag@columbiaathletic.com to reserve an appointment.

Dates: June 24–August 1 (No Class July 4th)

Ages: 8–18

Fees: \$165 + tax Member/\$205 + tax Non-member

TIME	LEVELS
8–8:45am	GROUP 1 (ages 8 and under)
8–9am	GROUP 2 (ages 9–10)
9–10am	GROUP 3 (ages 11–12)
9–10am	GROUP 4 (ages 13 and up)
MOCK MEET time: TBD	JULY 27 (official start of swim olympics)

Swim Team registration online at <https://www.columbiaathletic.com/program/pl-swim-team/>.

Registration opens by 10am on June 3rd.

All participants need to complete a Summer Swim Team registration form and email to Anna Gally: annag@columbiaathletic.com.

Stroke Clinics

Looking for additional stroke refinement post-swim team season? Join our weekly series of stroke clinics throughout August, ensuring your skills stay sharp for year-round swimming. The first week will concentrate on freestyle, followed by backstroke in the second week, breaststroke in the third week, and butterfly in the final week. Registration is flexible, allowing you to sign up for multiple weeks or select only the ones that pique your interest.

Ages: 8+

Fees: \$25 + tax Member (per class, capacity of 10)
\$35 + tax Non member (per class, capacity of 10)

WEEK	DATE	TIME
Week 1- Freestyle	August 5–8, Mon.–Thurs.	4:30–5:30pm
Week 2- Backstroke	August 12–15, Mon.–Thurs.	4:30–5:30pm
Week 3- Breaststroke	August 19–22, Mon.–Thurs.	4:30–5:30pm
Week 4- Butterfly	August 26–29, Mon.–Thurs.	4:30–5:30pm

Swimmer must be familiar with all strokes: freestyle, backstroke, breaststroke, butterfly. Swimmer must be able to swim 25 yards without stopping.

Registration will open June 3rd to all swimmers. Each session will be one week long for a total of 4 sessions. Participants will have the option to select the weeks they are most interested in.

Junior Lifeguard Course

The Junior Lifeguard course is tailored for swimmers eager to enhance their aquatic proficiency. Lifeguarding plays a crucial role in aquatic environments globally, and acquiring life-saving skills is valuable for all. Engage in a week-long session where you'll be introduced to essential skills, including CPR, first aid, and lifeguard saves. Participants must demonstrate the ability to swim 25 yards using the front crawl stroke and breaststroke before enrolling in this course. Please note that this class does not provide certification in CPR, first aid, or lifeguarding; it serves as an introductory course to prepare for a comprehensive lifeguarding program.

Ages: 11 – 14 (or permission by Aquatics Director)

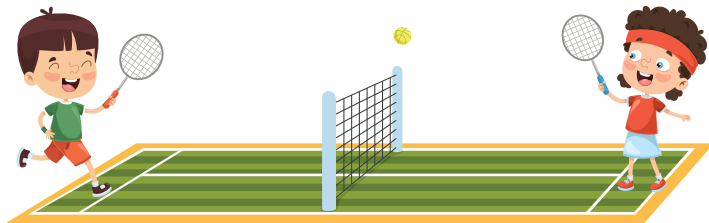
Fees*: \$85 + tax Member/\$120 + tax Non-member

*Must attend all 4 sessions

DATE	TIME
July 22	4 – 5:30pm
July 23	4 – 5:30pm
July 24	4 – 5:30pm
July 25	4 – 5:30pm

Registration will open June 3rd, there is only one session and it is one week long. Email bellab@columbiaathletic.com.

TENNIS



2023 JUNIOR TENNIS SUMMER PROGRAM - Registration is Open!

JUNE 15TH IS THE LAST DAY OF JR.TENNIS FOR SCHOOL YEAR 2023/24.

(No classes running between 6/16 – 6/23.)

WEEKDAY SESSION DATES (MONDAY – THURSDAY):

Session 1: June 24 – 27	Session 6: July 29 – August 1
Session 2: July 1 – 3 (no class on 7/4)	Session 7*: August 5 – 8
Session 3*: July 8 – 11	Session 8*: August 12 – 15
Session 4*: July 15 – 18	Session 9: August 19 – 22
Session 5: July 22 – 25	

*Session includes a FULL DAY camp option.

SATURDAY SESSION DATES:

Session 1: June 29 – July 20 (4 classes)	Session 2: July 27 – August 17 (4 classes)
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Half Day Camps

These are weekly junior tennis camps for all skill levels and abilities. Classes run Monday through Thursday with optional competitions – Level 3 only on Fridays (TBA) as a part of the Eastside Jr. Tennis League.

Each class will be a mixture of learning tennis fundamentals as well as plenty of fun games. For those currently enrolled in our school year program, please register based on the following:

Quick Start 1

Time: 1 – 1:45pm (45 min.)

Ages: 4 – 6

Fees: \$96 + tax TM/\$128 + tax AM/\$156 + tax NM

Quick Start 2/Level 1

Time: 1:45 – 3pm (75 min.)

Ages: 7 – 10

Fees: \$144 + tax TM/\$188 + tax AM/\$220 + tax NM

Level 2/Level 3

Time: 2:45 – 4:15pm (90 min.)

Ages: 11+ all skill levels

Fees: \$172 + tax TM/\$225 + tax AM/\$264 + tax NM

Sessions run weekly, pricing based upon 4 classes per week (Mon. – Thurs.).

Full Day Camps

We offer 4 one-week Full day camps. Each camp is Monday through Thursday and is for all skill levels and ages. We break mid-day for swimming in the pool and lunch before returning to the courts for more point play. These camps are a great way to have an activity filled week and improve your game while having fun. Campers need to bring a bathing suit, water, and a sack lunch.

Days: Monday – Thursday

Time: 9:15am – 4pm

Ages: 5 + (all skill levels)

Fees: \$625 + tax TM/\$660 + tax AM/\$806 + tax NM

Saturday Camps

Similar to our Half Day Camps but take place one day a week. Please note that pricing below is based on 4 sessions per month. Session 1 contains 5 classes and pricing will be adjusted accordingly for the additional class.

Quick Start 1

Time: 10:30 – 11:15am

Ages: 4 – 6

Fees: \$96 + tax TM/\$128 + tax AM/\$156 + tax NM

Quick Start 2/Level 1

Time: 10:30 – 11:30am

Ages: 7 – 10

Fees: \$120 + tax TM/\$164 + tax AM/\$196 + tax NM

Level 2/Level 3

Time: 11:30am – 1pm

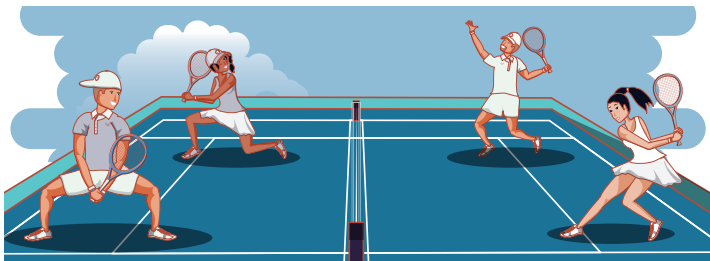
Ages: 11+ all skill levels

Fees: \$172 + tax TM/\$225 + tax AM/\$264 + tax NM

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

Tennis continued on next page.

TENNIS continued



ADULT GROUP TENNIS LESSONS:

Adult Beginner/Advanced Beginners

Co-ed training session designed for those new to tennis. Focus will be on improving performance for competitive or social play. Stroke production, strategy, technique and doubles play are all part of this class. Contact Dusko to register. dusko@columbiaathletic.com.

Days: Mondays, 11:45am – 1pm
Monday, Intermediate 6:45 – 8pm
Tuesdays, Beginner Ladies 6:45 – 8pm
Wednesday, Beginner Men 6:45 – 8pm
Thursday, Beginner 6:45 – 8pm
Fridays, Adv. Beg. 6:45 – 8pm

Price: Price based on # of participants

Men's Flights

Organized doubles play with players of equal ability. Contact Dusko to enroll. Dusko@columbiaathletic.com. Flights are for Tennis Members only.

Days: **Level 2.5 – 3.5:** Tuesdays, 6:45 – 9:15pm
Level 3.5 – 4.5: Thursdays, 6:45 – 9:15pm

Ladies Flights

Organized doubles play with players of equal ability. Contact Dusko to enroll. Dusko@columbiaathletic.com. Flights are for Tennis Members only.

Days: **Level 2.5 – 3.0:** Wednesdays 6:45 – 8pm
Level 3.5 – 4.0: Mondays 6:15 – 8pm

About the Tennis Pros



Dusko Andreic - Tennis Director

Dusko is Pine Lake's most experienced Tennis Pro and is USPTA 1 certified Elite Pro. His expertise is a thorough analysis and realistic assessment of each student's skill level. This is followed by a step-by-step plan on how to achieve the next level of play, with emphasis on detailed stroke production, as well as

a mental aspect of the tennis game. Dusko has been a tennis professional for 15 years prior to becoming Tennis director of CAC - Pine Lake. He has been the Tennis Director at Pine Lake for the past 13 years and has coached many top ranked Washington 3A and 4A juniors to scholarships as well as Adults in Cups and USTA competition to Playoffs, Sectionals and National levels. Email: dusko@columbiaathletic.com



Shayan - Tennis Professional

Shayan has a Bachelor of Physical Education and Sports Science with an MBA in Sports.

With more than 15 years experience in teaching Tennis at different clubs Shayan teaches both adults and junior but has great results with his Advanced Junior students.

In fact he has trained top players like Casra Ramani, the former Number 2 in Asia, and also 2 players in top 10 of U12 in Washington. Besides coaching variety of levels of adults both in private and group /team settings Shayan is certified personal trainer which he applies when teaching tennis fitness to all levels and ages. Email: shayan@columbiaathletic.com



Mike McCaffrey - Tennis Professional

Mike is certified USPTA Elite Instructor with over 30 years of teaching and playing experience and his strengths are helping students get results and taking their game to the next level. A local resident, he grew up in California and Utah. After high school he played collegiate division one men's tennis at Utah State University from 1982-

84 in singles and doubles. Mike's philosophy on the court is to have fun, be competitive, and work hard knowing that without sound mechanics, your game can only go so far. A philosophy he learned while under the guidance of working for Vic Braden as a teaching professional. Email: mikem@columbiaathletic.com.

MEMBERSHIP

Student Summer Memberships

Are your kids back from College this summer? Keep them active with a temporary 3 Month Membership. They will enjoy the private, professional atmosphere where they can focus on their individual goals. Keep them healthy, fit and active all summer long. For more information contact the Membership department at plmem@columbiaathletic.com.

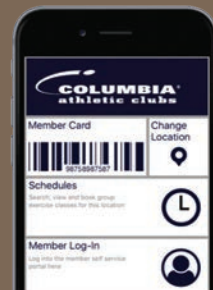


Check us out on IG and FB!

When you tag us @cac.pinelake with #PLinspires you could win for just being inspirational!

Download our Mobile App.

Download our app, select Pine Lake location as your home club and be sure to allow notifications so you would receive a text should there be an announcement or last minute schedule/program change due to weather.



Kids Club



Staff

Each Kids Club staff member has been chosen very carefully. All have experience or education working with young children. Washington State Patrol background checks are required for all staff and all references are carefully checked. All Kids Club personnel are certified in Infant/Child CPR.

Reservations & Cancellations

Reservations are required. Children must be at least 3 months old to attend Kids Club. You may make reservations up to one week in advance. Drop-ins will be accepted only if space is available. When your plans change, or when your child has become ill, please call to cancel your reservation. It is important to leave us a message if you receive the answering machine as we check this regularly.

Please note: if there are no reservations within the last hour of Kids Club, our staff has the option to leave early.

Check In/Check Out

You will need to sign your child in upon check in, and out upon leaving Kids Club. For maximum safety, unless other arrangements have been made, **the same person who checked them in must pick up the children or indicate alternate person in writing. If this person is not a member, we will require photo ID upon check out.** *Parents must remain in the Club* so that if an emergency should occur or we are unable to comfort your child, we will be able to locate you. If your child experiences separation anxiety, we recommend that you accompany them for a short, first Kid's Club visit. This will help you and your child become acquainted with the staff and new environment.

Extended Care/Off Site

This is only available for those 3yrs or older and must be fully potty trained. Please pack a nut-free lunch or special treat to make your child's stay more enjoyable. Reservations can be made up to a week ahead. We cannot guarantee a space without advanced reservation.

Cancellations must be made 2 hours in advance or the full service charge for the reservation will apply. A cell phone number must be provided in case staff need to contact you.

Diapers

The staff does not change diapers so you will be notified to do so if needed. It is also important to have your toddler wear shorts/pants over their diaper to prevent possible leakage. Be sure to let us know if your child is not potty trained or has any special needs.

Food

Please **DO NOT** bring food into Kids Club. Children may have food allergies that we are unaware of and we provide snacks that are safe for most children. Labeled bottles and non-leaking cups are permitted.

Health & Safety

For the protection of other children and staff, absolutely no sick children will be accepted. Children will not be permitted if any of the following symptoms are present: deep thick cough, coughing or sneezing along with green or yellow discharge, sore throat, red runny eyes (possibly Conjunctivitis), diarrhea, unhealed Chickenpox lesions, undiagnosed rash or lice. If your child has been sent home from school due to illness, they cannot be accepted into Kids Club.

Kids Club Hours	
Monday – Friday:	8am – 1:30pm
Monday – Thursday:	3:30 – 7pm
Saturday:	9am – 1pm
Sunday:	9am – 1pm
Fees (all pricing is charged in 15 min. increments)	
\$6.50 + tax /hr Member	
\$9 + tax /hr Non-member	
Unlimited Kids Club	
1 child:	\$30 + tax/month
2 children:	\$45 + tax/month
3 + children:	\$65 + tax/month
This option is added to the Family Membership agreement and processed monthly alongside dues billing.	
Extended Care/Off Site Rates	
Member: Parent/Member Child	\$10 + tax/hr
Member: Parent/Non Member Child	\$13 + tax/hr

For additional information or questions please call the Club and ask for Kids Club.



Birthday Party Packages at Pine Lake

Party with us, it's a piece of cake



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

All Parties Include:

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

Just The Basics:

Fees: \$230 + tax Member/\$325 + tax Non-member

We provide the space, and do all the cleanup.

- Bring your own party decorations, utensils, cake and food.
- We supply the venue, tables, chairs, and party coordinators

Bring On The Works:

Fees: \$385 + tax Member/\$490 + tax Non-member

We provide the space, tables and chairs, party coordinators, lifeguards and towels (if needed), plus decorate according to your theme of choice. We also do all the cleanup.

- 1 Dozen Balloons, tables and chairs
- Pizza, drinks, and 1/4 sheet cake
- 1 gallon of ice cream
- Decorated party room
- All necessary party utensils

The Ultimate:

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

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

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

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

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

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

Party dates are scheduled for 2hr time spots on either a Saturday or Sunday afternoon. Call today at 425.313.0123 or email Camila at camilab@columbiaathletic.com for more information.