

CAC - Silver Lake 2024 Spring/Summer Guide

**SUMMER
CAMPS
2024**

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COLUMBIA[®]
athletic clubs
www.columbiaathletic.com

2024 Outdoor Pool Season Passes Now available

2024 Outdoor Pool Season Pass Rates:

Individual: \$100 **Couple:** \$150 **Family:** \$200

This is a one time cost, and the pool will be open to you for the rest of the summer!

Contact the membership department, or Patrick directly at patrick@columbiaathletic.com for more information.

Become a Member today!

Experience the benefits of being a member, such as access to our welcoming fitness equipment, heated pool, free group exercise classes and also discounts on all summer camps and programs!

Enroll today by calling, emailing us at Slcmem@columbiaathletic.com, or stopping by the membership office and see what current enrollment specials we are offering!

Kids Night Out!

We throw a Kids Night out once a month so that kids can play and parents can enjoy a nice break! Kids will be dropped off in our gymnasium where they will play fun games, work on a craft in our conference room, eat pizza dinner in the group Ex room, and then enjoy the last hour swimming in our indoor pool where parents will pick them up. Don't forget your Swimsuits and Floaties! Please sign up at the front desk!

Dates: March 23, April 20, May 18,
June 15, July 20, August 17

Time: 4–8pm

Ages: 5–10

Fees: \$40+tax Member/
\$50+tax Non-member



Spring Break Camp April 1–5

Have fun with us during Spring Break! We will play fun gym games, enjoy the outdoors (weather permitting), create crafts, swim in the indoor pool and lots more!

Please bring your own water bottle along with snacks and lunch, gym friendly shoes, bathing suit and floaties if needed.

Late pick up options available. Please email Natalias@columbiaathletic.com or sign up at the front desk. Late pick up is \$10+tax Member/ \$20+tax Non-member

Schedule*

- 9am: Drop off in gymnasium (No early drop off)
- 9:15–9:30am: Ice Breakers
- 9:30–10:30am: Gym games and activities
- 10:30–10:45am: Potty break and snack break
- 10:50–11:30am: Craft time/Outdoor play
- 11:30am–12pm: Outdoor play/craft time
- 12–1pm: Potty break and lunch
- 1–1:15pm: Group ex activities
- 1:15–1:30pm: prep for pool
- 1:30–2:30pm: Swim time
- 2:30–2:45 shower and change time
- 2:45–3pm: Gym games/get ready for pick up
- 3:15–4pm: Late Pick up Option (\$10 M/\$20 NM per day)

Ages: 5–10

Fees: \$375+tax Member/\$425+tax Non-member (full week)
\$80+tax Member/\$100+tax Non-member (per day)



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425.745.1617

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

CLUB HOURS*

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

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

www.columbiaathletic.com





We look forward to having your kids join us for our 2024 Camp Adventures!

Due to the change of our camp structure, we no longer accept drop in campers. We recommend enrolling your camper into the camp week(s) that you want as far out in advance as possible, as camps fill up quickly. We do require a confirmed registration to attend. Your payment for a camp or program guarantees your enrollment and a spot in your preferred camp. Price will be determined based on membership status at the time of enrollment. In order to receive a full refund, 30 days notice is required for any camp cancellations. At least 14 days notice will result in a 50% refund.

Please expect your child to get wet during any of the camps as we do water activities/games and swim daily. If you would like your child to change prior to being picked up please let us know and we can arrange that for you.

CAMP INFORMATION:

Camps run June 24–August 30

What to bring: A water bottle, a change of clothes, athletic shoes, sunscreen, a swimsuit, swim goggles, snacks and a sack lunch.

Due to the variety and severity of allergies, we do not 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. (We are NOT a nut free facility so please make sure you make us aware of any allergies upon sign in)

All personal electronics must be kept in your camper's backpack or left at home. We want the kids to be engaged and have fun with each other during camp hours.

We are happy to offer extended hours to help accommodate families that may need extra time for their kids to have more fun! THE EARLIEST time for drop off is 7:30am. THE LATEST pickup time (full day camp only) is 5pm. You must reserve your time frame for the early morning drop off or late pick up prior to.

Early drop off Fees (7:30 – 8:45am): \$15 + tax M/\$25 + tax NM
Late pick up Fees - full day campers only (4:15 – 5pm):
\$15 + tax + tax M/\$25 + tax NM

Contact Natalia Stallings to reserve early drop off or late pick up. natalias@columbiaathletic.com or schedule with the front desk.

If you require a later pick up than 5pm please coordinate with Kids Club or Enola in advance. Enolas@columbiaathletic.com or call 425.332.3799. Please also inform Natalia or a camp lead in drop off notes to avoid any confusion.

ALL DAY CAMPS (9AM - 4PM)

These camps are designed for kids 5 – 10 years of age. We will swim every day. Be prepared to get wet! If it is a hot day we will play water games outside. Your child must be able to dress themselves whether it's into their bathing suits before swimming or into their play clothes after swimming is over.

Early drop off and late pick up options available. Must register prior to your camp date.

Full Day Camp Hours: 9am – 4pm (Ages: 5 – 10)

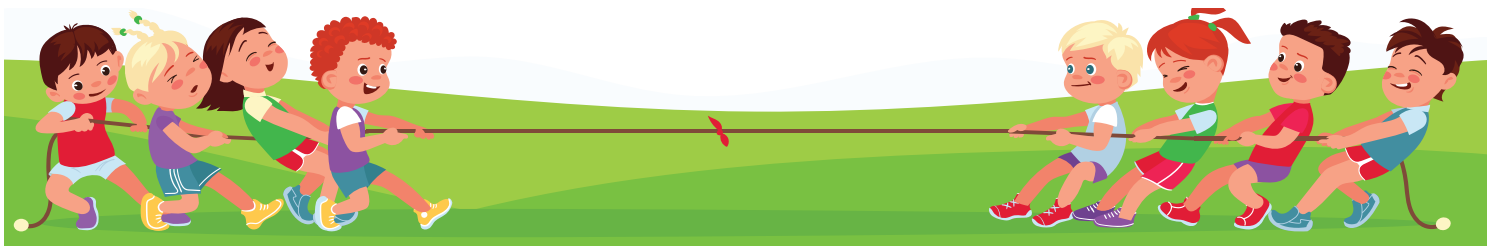
What you need to bring every day to camp:

- A lunch, snacks and a water bottle. (Please label all belongings)
- We recommend campers wear their swim suits and sunscreen in the morning.
- Pack or wear athletic shoes and a change of clothes.
- Your child must be able to get dressed on their own either into or out of their swim clothes and into their play clothes.
- Liability forms must be filled out upon drop off of the first day of camp. (If you submitted a registration request online or filled out the camp paperwork in house then there is no need to sign another form).

Every camp day your camper must be signed in upon arrival. Please include any special instructions we need to know for your child, including any allergies.

Camper drop off and pick up will be at the east side of the gym, back door stairwell.

Summer Camps continued on next page.



SUMMER CAMPS cont.

"SAMPLE" itinerary for Full Day Campers: 9am – 4pm

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

7:30 – 8:45am (Addtl. Fee)	EARLY DROP OFF ONLY (If your child is dropped off prior to 8:45am and they are not signed up for early drop off you will be charged the early drop off fee).
8:45 – 9am	Parents sign their camper in with our Camp Staff by the east side gym door. Please write down any special instructions for the day. Examples include allergies, must wear a life jacket and/or a different person picking up your child etc.
9 – 10:30am	Campers meet and greet in the gym. Staff will organize Icebreaker games and a variety of gym activities.
10:30 – 10:45am	Campers bring their own snacks for the morning snack time and water break. We will also prepare to go to the pool at this time.
11 – 12pm	Open swim! (Outdoor Pool) We recommend a lifejacket if your child is not a strong swimmer.
12 – 12:45pm	all campers will eat their lunch outside by tennis courts if the weather is nice. Please remember to bring a packed lunch. If the weather is not nice, campers will eat indoors.
12:45 – 1pm 1 – 3:30pm	Everyone cleans up after lunch. This time frame will be used for themed activities. Campers will split up into groups and will go to different stations. These stations may include indoor gym activities such as sports and games, outdoor water activities or experiments, crafts indoor and outdoor and anything else related to the camp's theme.
3:30 – 4pm	We will come back together as a whole camp, enjoy popsicles and play more camp related games and activities until pick up.
4 – 4:15pm	Parents pick up their Camper(s) and sign them out by the stairs located by the outside gym door.
4:15 – 5pm (Addtl. Fee)	LATE PICK UP ONLY (If your child is left past 4:15pm and they are not signed up for late pickup you will be charged the late pick up fee).

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 both in the gym and outside. Please bring or wear

your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: June 24 – 28

Fees: \$370 + tax Member/\$440 + tax Non-member

Power House

Bring your energy to this camp! Improve your dance skills, experience upbeat workout classes with our very own group class instructors, and learn how to use easy, age appropriate gym equipment with our personal trainers. Lets not forget about swimming time in our outdoor pool! Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: July 1 – 3 (3 day camp)

Fees: \$280 + tax Member/\$340 + tax Non-member

Limitless Camp

For the kids who love to use their imagination, be creative and adventurous, you will love this camp! Each day will have its own theme. Swimming will also be part of our daily routine. Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Pokémon Monday: Kids can bring their own Pokémon cards if they would like and can dress up as a trainer or a Pokémon if they wish. Kids will create their own Pokémon world using boxes and exercise mats in the gym. They will create their favorite Pokémon in craft as well as go on a Pokémon hunt outside (weather permitting).

Superheroes and Princesses Tuesday: Come dressed as your favorite princess or superhero. We will make a fun craft that goes with your costume, play fun themed games and sprinkle in some outdoor activities as well.

Lego Day Wednesday: If you would like to bring a ziplock bag of Legos please labeled with your name. We will have the opportunity to build our own creations as well as building as a team. We will also sprinkle in some fun Lego themed games throughout the day.

Star Wars Jedi Training Thursday: Dress up as your favorite character, we will make our own lightsabers so please don't bring in your own. We will train with our very own Jedi Master. We will learn fun techniques and skills and return home with our Jedi Certification!

Nerf Wars Friday: All participants must wear protective eye wear in order to play with the Nerf toys. Feel free to bring in your own or we will provide it. We will set up our own Nerf course with barriers and targets. We recommend everyone bring in their own Nerf toy with your name labeled on the toy and darts. We will play both indoors and outdoors (weather permitting).

Dates: July 8 – 12

Fees: \$370 + tax Member/\$440 + tax Non-member

Golf and Swim

Campers will spend time at the Columbia Super Range every camp day with one of our Golf Pros. Campers will also swim every day. Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes. We encourage that you bring your own golf clubs if you

have them. If not we have extra clubs at the range. This camp is our most popular camp so sign up now to save your spot!

Dates: July 15 – 19 & August 5 – 9

Fees: \$370 + tax Member/\$440 + tax Non-member

Action Sports

Cant stop wont stop! This camp will be full of activity! We will learn and play games like Dodgeball, kickball, pickleball, badminton, soccer and basketball. We will run relays, set up an obstacle course, and we can't forget about swimming in the outdoor pool! Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: July 22 – 26

Fees: \$330 + tax Member/\$390 + tax Non-member

Basketball and Swim

For the campers that love basketball and swimming. Campers will spend a lot of time in the gym playing basketball with Coach Bryce, Coach Gary and Coach Cooper! There will be a wide variety of gym games and outdoor fun as well (depending on weather). Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: July 29 – August 2

Fees: \$350 + tax Member/\$400 + tax Non-member

Mad Science

This camp is non-stop fun! We will not only get to watch some fun exploding experiments but partake in other safe experiments as well! Shaving cream, watermelons, color changing liquid, crystal growing, and lots more! We will also swim every day so please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: August 12 – 16

Fees: \$370 + tax Member/\$440 + tax Non-member

Aqua Nuts

It's all about water! Water balloons, sprinklers, water games, water relays and more. Be prepared to get wet! Along with all of our fun water activities we will also swim everyday. Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: August 19 – 23

Fees: \$350 + tax Member/\$400 + tax Non-member

Big Summer Blow Out

This camp is a hodgepodge of all of our summer camps combined. With this being the last camp of the summer we are going out with a bang! Experience swimming, sports, crafts, water games, experiments, dancing, exercise, tennis, camp games, and lots more! Please bring or wear your swimsuit, sunscreen, a water bottle, snacks, lunch, athletic shoes and an extra pair of clothes every day.

Dates: August 26 – 30

Fees: \$330 + tax Member/\$390 + tax Non-member

MINI CAMPERS (9AM - 1PM)

Mini Campers (3 – 5 years old) Hours: 9am – 1pm

These camps are for kids 3 to 5 years of age, fully potty trained and are separate from the "All Day Camps". These camps will focus directly on our youngest campers with camp Counselors specifically for this age group.

Our half day camps are designed to engage new and younger campers. Each week we will offer theme-based activities that typically include crafts, swimming and gym games.

- All children attending camp must be fully potty-trained.
- Please wear a swimsuit and sunscreen to camp.
- Bring a change of clothes, a water bottle, snacks, and lunch.
- Trained staff will be there to assist your child with changing from their swim attire to regular clothes if they are not able to do so themselves.
- Bring a life jacket or floaties for your child.

Early drop off option only. No late pick up. Must register prior to your camp start date.

"SAMPLE" itinerary for Mini Campers: Early drop off available (no late pick up for Mini Campers)

7:30 – 8:45am (Addtl. Fee)	EARLY DROP OFF ONLY (If your child is dropped off prior to 8:45am and they are not signed up for early drop off you will be charged the early drop off fee).
8:45 – 9am	Parents sign their camper in with our camp staff by the east side gym door. Please write down any special instructions for the day. Allergies, must wear a life jacket and/or a different person picking up your child.
9 – 10am	Gym Games and Icebreakers to get everyone comfortable. Gym activity: Games that incorporate the camp theme, tag games, duck/ duck goose, simon says, red light green light and a variety of age appropriate games.
10 – 10:45am	Open Swim! (Outdoor Pool) Please bring a life jacket or floaties for your child if they are not a strong swimmer.
11 – 11:30am	We will play outside on the playground weather permitting.
11:30 – 12pm	Campers will eat their packed lunch outside by tennis courts if weather permits. If not we will eat indoors.
12 – 12:30pm	Craft time! Located in the conference room, outside by the playset, or next to the gym
12:30 – 1pm	Kids will enjoy a popsicle and games on the side of the gym while waiting to get picked up. Parents pick up their Camper(s) and sign them out. Pick up will be at the same location as drop off.

Camps continued on next page.

SUMMER CAMPS cont.

Creative Campers

In this camp we will play both indoors and outdoors. We will not only be creative with arts and crafts but also with dance and movement along with outdoor pool time. Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: June 24 – 28 & August 5 – 9

Fees: \$220 + tax Member/\$280 + tax Non-member

Listen to Your Art

Art, art and more art! This will be a craft heavy camp, with paper crafts, clothing crafts, building crafts, the works! Let's not forget swimming time in our outdoor pool! Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: July 1 – 3 (3 day camp)

Fees: \$180 + tax Member/\$240 + tax Non-member

Animation Station

This camp will be based on our favorite characters! Each day will have a theme, along with a wide variety of gym games and outdoor fun (depending on weather). Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Marvel Monday: Come dressed up as your favorite superhero! We will create a fun superhero mask in craft time and play fun superhero games both inside and outside.

Disney Tuesday: Come dressed up as your favorite Disney character. Princess, Mickey and friends or even Bluey! We will create a fun themed craft and play games that relate to our favorite Disney characters.

Nick Jr. Wednesday: We will go on adventure after adventure with these fun characters. Craft time with Bob the Builder, Trains with Thomas and Friends, team building with Peppa Pig, rescue missions with Paw Patrol and lots more!

Magic School bus Thursday: Let's go exploring! We will play both inside and outside along with learning fun new things in the world of science! Experiments, bug hunts, plant research, fun food facts along with building our own planes and discuss why and how they fly!

Wacky Friday: Come dressed in your wackiest wear! We will take the day to play silly games, create a crazy craft and just be fun and kooky all day!

Dates: July 8 – 12

Fees: \$240 + tax Member/\$300 + tax Non-member

Blues Clues

Put your detective hat on for this camp! Your camper will go on a fun scavenger hunt and use their detective skills throughout the camp. They will create their own detective equipment in craft time that they can use throughout the week. We will also enjoy outdoor pool time. Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: July 15 – 19

Fees: \$220 + tax Member/\$280 + tax Non-member



Out of this World

In this camp we will explore a world beyond our own. We will go to space and build rocket ships, travel back in time and visit the Dinosaurs. We will go deep into the very depths of the ocean and learn about what lurks under the water. Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: July 22 – 26

Fees: \$220 + tax Member/\$280 + tax Non-member

On The Move

Lets go go go! Bring your energy to this camp. We will play active games both inside and outside, take fun age friendly workout classes from our group exercise teachers. We learn a new sport or two, basketball, soccer, gym hockey, and more! Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: July 29 – August 2

Fees: \$220 + tax Member/\$280 + tax Non-member

Young Einsteins

Science galore! Come learn and explore the world of science. We will watch fun exploding experiments and partake in fun/safe experiments on our own. We will grow crystals, plant our own flowers and use the 5 steps of the scientific method! Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: August 12 – 16

Fees: \$240 + tax Member/\$300 + tax Non-member

Octonauts

Let's explore the ocean! We will make fun ocean themed crafts, have fun with relay water toy races, run through the sprinkler, and play with water balloons. While playing we will learn about marine life! Be prepared to get wet! Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: August 19 – 23

Fees: \$220 + tax Member/\$280 + tax Non-member

Big Summer Blow Out!

We are going out with a bang with our last camp of the summer! We will get to experience a little bit of everything in this camp. From sports, science, crafts, water balloons, group exercise, and of course swimming! Please wear your swimsuit and sunscreen to camp and bring your extra pair of clothes with gym friendly shoes. We also ask that you please bring a water bottle, snacks, and lunch. Please bring floaties for those that aren't as comfortable in the water.

Dates: August 26 – September 30

Fees: \$220 + tax Member/\$280 + tax Non-member

SPECIALTY CAMPS 1 - 4pm

These camps are made for kids 5 to 10 years of age. They are separate from "Mini Campers" and "All Day Camps". Swim time is not included and there is no early or late pick up for any Specialty Camp.

These camps are specialty camps and therefore don't follow the normal camp schedule.

Swimming will not be included in these camps. These camps will focus primarily on the specialty camp theme.

Please bring snacks, water, and wear gym friendly shoes.

Dance Camp

Learn dance skills and routines from an actual dance teacher! We will perform for our parents on the last day of camp at 3:45pm. Each day we will learn new dances and work on our performance dance along with creating fun crafts to either dance with or wear!

Dates: July 22 – 26, Monday – Friday

Daily Schedule:

- 12:45 – 1pm, Drop off group x room
- 1 – 1:15pm, Ice breaker dance games
- 1:15 – 1:30pm, Warm up
- 1:30 – 2pm, Learn basics
- 2 – 2:15pm, Snack Break/potty break
- 2:15 – 2:45pm, Craft
- 2:45 – 3:15pm, Outside time while learning more skills
- 3:15 – 3:40pm, Game/potty break
- 3:40 – 4pm, Go over everything learned from the day
- 4pm, Pick up

Fees: \$220 + tax Member/\$290 Non-member



Cheer Camp

Learn from our very own cheerleaders! We will work on skills and well known cheer routines along with creating our own Cheer gear and other fun cheer themed crafts. We will also learn a one of a kind choreographed routine that we will perform in front of our parents on the last day of camp at 3:45pm.

Dates: July 29 – August 2, Monday – Friday

- 12:45 – 1pm, Drop off Group X room
- 1 – 1:15pm, Ice breaker Cheer games
- 1:15 – 1:30pm, Warm up
- 1:30 – 2pm, Learn basics
- 2 – 2:15pm, Snack Break/potty break
- 2:15 – 2:45pm, Craft
- 2:45 – 3:15pm, Outside time while learning more skills
- 3:15 – 3:40pm, Game/potty break
- 3:40 – 4pm, Go over everything learned from the day
- 4pm, Pick up

Fees: \$220 + tax Member/\$290 + tax Non-member

AQUATICS

Private Swim Lessons

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

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. Sign up for as many days as you would like!

Days: Monday, Tuesday, Wednesday or Thursday, 4 – 4:45pm,
4:45 – 5:30pm, 5:30 – 6:15pm, 6:15 – 7pm
Saturdays, 9:45am, 10:30am, and 11:15am

Please contact the aquatic department with any questions regarding this program slcswim@columbiaathletic.com.

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 – Thursday, 3:15 – 4pm

Aquatics continued on next page.

AQUATICS continued

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 waterbabiesusa.com.

TENNIS

Junior Tennis



Silver Lake Junior Tennis (SLJT) 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 Elliot Beam or Yevgeniy Kolomiyets at 425.745.1617

Junior Tennis Program Pyramid



If you are new to Silver Lake's Junior Tennis program please go to our website www.cacsilverlake.com and go to Tennis and 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.

JUNIOR TENNIS CLASS DESCRIPTIONS

YELLOW (AGES 3 – 4):

Yellow is for our youngest class and is designed to help players develop hand eye coordination and basic tennis movements and skills in a fun environment. We use foam and red transition balls on smaller courts to make it easier for our players to succeed.

RED (AGES 5 – 6):

Our Red class mixes coordination based drills as well as introducing ground strokes, volleys, serves and rallying. We use red dot transition balls and smaller courts to better help players learn the fundamental skills of tennis and to enjoy themselves while doing it.

ORANGE 1 (AGES 7 – 8)/GREEN 1 (AGES 9 – 10):

Orange 1 and Green 1 is our introductory 10 and under class. We use foam and red dot transition balls to introduce modern groundstrokes, volleys, serves, rallying and point play. Smaller courts give players a more rapid rate of improvement and maintain a fun and organized environment.

ORANGE 2 (AGES 7 – 8)/GREEN 2 (AGES 9 – 10)*:

Orange 2 and Green 2 is a fun yet challenging class designed to develop the necessary tools for your player to better keep score and play the game of tennis. We use red dot and orange dot transition balls on smaller courts to teach all six modern tennis strokes while also focusing on footwork, agility, speed and coordination. It's a perfect class for players starting to become more serious about the game of tennis. This class is invitation only by Elliot Beam or Yevgeniy Kolomiyets.

*Pros approval needed

PURPLE (AGES 11 – 14)/BLUE (AGES 14 – 18):

The Purple and Blue classes are a great way to introduce your middle schooler or high schooler to the game of tennis. In it we use orange dot, green dot and the regular yellow ball on the full court to cover all six tennis strokes and introduce singles and doubles as well as building the necessary tools to be able to play a full tennis match.

ORANGE 3 (AGES 7 – 8)/GREEN 3 (AGES 9 – 12)*

Orange 3 and Green 3 is designed for players with high school tennis or tournament aspirations. We use green dot and the regular yellow balls on the full court. We emphasize modern ATP and WTA stroke mechanics while introducing singles and doubles strategy, match play strategy, balance, coordination, reaction time, mental toughness and the importance of consistency. This class is invitation only by Elliot Beam or Yevgeniy Kolomiyets.

*Pros approval needed



NAVY (AGES 11 – 18):

The Navy class is for players on either their school's Jr. Varsity team or are interested in or have begun tournament play. In it we emphasize modern ATP and WTA stroke and serve mechanics, strategy, footwork as well as match preparation all while helping guide players to reach their goals of making their schools varsity team or to be successful tournament players. We expect players to come to class with court shoes, water and the ability to serve and rally from the baseline with the regular yellow ball.

SILVER (AGES 11 – 18)*:

The Silver class is designed for Varsity level players and for tournament players above a 1.5 UTR. This class is a fast-paced blend of stroke production, rally drills, strategy, point play, conditioning, footwork and an introduction into the mental game of tennis. Our goal is to help elevate your players' game and to promote hard work, self-reliance, confidence and most importantly teamwork. This class is invitation only by Elliot Beam and Yevgeniy Kolomiyets.

*Pros approval needed

GOLD (AGES 13 – 18)*:

Gold is our premier high performance class and is reserved for college level, top varsity and tournament players above a 3.0 UTR. It is a challenging mix of hitting drills, point play, stroke mechanics, footwork, mental preparation and conditioning. Our goal is to help your player achieve their ceiling and grow, not just as players but as people. This class is invitation only by Elliot Beam and Yevgeniy Kolomiyets.

*Pros approval needed

SPRING SESSION DATES:

Session IV: March 25 – April 28 (No classes 3/31 – 4/7)

Session V: April 29 – May 23 (No classes 5/25 & 5/26)

Session VI: May 28 – June 16 (No classes 5/27, 3 week session)

School Year/Spring Quarter schedule:

YELLOW CLASS

Days: Saturdays, 10 – 10:30am

Fees: \$57 + tax TM/\$67 + tax AM/\$74 + tax NM

RED CLASS

Days: Wednesdays, 6 – 6:45pm

Fees: \$69 + tax TM/\$83 + tax AM/\$90 + tax NM

Days: Saturdays, 10:45 – 11:30am

Fees: \$69 + tax TM/\$83 + tax AM/\$90 + tax NM

ORANGE 1 CLASS/GREEN 1 CLASS

Days: Mondays, 6 – 7pm

Fees: \$88 + tax TM/\$106 + tax AM/\$114 + tax NM

Days: Wednesdays, 6 – 7pm

Fees: \$88 + tax TM/\$106 + tax AM/\$114 + tax NM

Days: Saturdays, 11:30am – 12:30pm

Fees: \$88 + tax TM/\$106 + tax AM/\$114 + tax NM

ORANGE 2 CLASS/GREEN 2 CLASS*

Days: Tuesdays, 5:30 – 7pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

Days: Saturdays, 1 – 2:30pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

*Pros Approval needed

ORANGE 3 CLASS/GREEN 3 CLASS*

Days: Thursdays, 5:30 – 7pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

Days: Saturdays, 1 – 2:30pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

*Pros Approval needed

PURPLE CLASS/BLUE CLASS

Days: Mondays, 5 – 6 pm

Fees: \$88 + tax TM/\$106 + tax AM/\$114 + tax NM

Days: Wednesdays, 5 – 6 pm

Fees: \$88 + tax TM/\$106 + tax AM/\$114 + tax NM

Days: Sundays, 11:30am – 12:30 pm

Fees: \$88 + tax TM/\$106 + tax AM/\$114 + tax NM

NAVY CLASS

Days: Mondays, 3:30 – 5pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

Days: Wednesdays, 3:30 – 5pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

Days: Sundays, 12:30 – 2 pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

SILVER CLASS*

Days: Tuesdays, 3:30 – 5:30 pm

Fees: \$175 + tax TM/\$210 + tax AM/\$228 + tax NM

Days: Thursdays, 3:30 – 5:30 pm

Fees: \$175 + tax TM/\$210 + tax AM/\$228 + tax NM

Days: Sundays, 2:30 – 4pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

*Pros Approval needed

GOLD CLASS/HIGH PERFORMANCE*

Days: Tuesdays, 3:30 – 5:30 pm

Fees: \$175 + tax TM/\$210 + tax AM/\$228 + tax NM

Days: Wednesdays, 7 – 8:30pm

Fees: \$132 + tax TM/\$159 + tax AM/\$172 + tax NM

Days: Thursdays, 3:30 – 5:30 pm

Fees: \$175 + tax TM/\$210 + tax AM/\$228 + tax NM

*Pros Approval needed

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

Tennis continued on next page.

TENNIS continued

SUMMER QUARTER JUNIOR TENNIS

Summer quarter for our Junior Tennis Program is starting June 17th. 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 Elliot Beam or Yevgeniy Kolomiyets.

CLASSIC SUMMER TENNIS CAMP

CAMP #1: June 17 – 20 (Monday – Thursday)

CAMP #2: June 24 – 27 (Monday – Thursday)

CAMP #3: July 1 – 3 (3 days, Monday – Wednesday)

CAMP #4: July 8 – 11 (Monday – Thursday)

CAMP #5: July 15 – 18 (Monday – Thursday) (THIS CAMP IS FOCUSED ON TOURNAMENT PLAYERS)

CAMP #6: July 22 – 25 (Monday – Thursday)

NO Camp: July 29 – August 1

CAMP #7: August 5 – 8 (Monday – Thursday)

CAMP #8: August 12 – 15 (Monday – Thursday) (THIS CAMP IS FOCUSED ON HIGH SCHOOL AGE)

CAMP #9: August 19 – 22 (Monday – Thursday)

CAMP #10: August 26 – 29 (Monday – Thursday)

Ages: 8 – 18, except for Camps #5 & #8 where it's Tournament Players or High School Players

Level: Beginner – Intermediate/High School JV

Time: 11:30am – 3:30pm

Fees: \$247 + tax Tennis Member/\$296 + tax Athletic Member
\$321 + 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). We are unsure at this time if our Club café will be open as an alternative.

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

Maximum participants: 30 players/5 courts (3 indoor/2 outdoor)

Head Coaches: Elliot Beam and Yevgeniy Kolomiyets

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

For class descriptions and pyramid please refer to the previous page. All classes are subject to Washington State Sale Tax. During the summer, most classes are subject to being both indoor and outdoor, so please plan accordingly for Sun protection if needed and bring plenty of water.

SUMMER SESSION 1: JUNE 24 – JULY 18 (4- WEEK SESSION/8 TOTAL CLASSES EXCEPT FOR THURSDAY CLASSES- NO CLASS JULY 4TH)

SUMMER SESSION 2: JULY 22 – AUGUST 15 (4- WEEK SESSION/8 TOTAL CLASSES)

YELLOW

Days: Monday & Wednesday, 10 – 10:30am

Fees \$87 + tax TM/\$104 + tax AM/\$113 + tax NM

RED

Days: Monday & Wednesday, 10:30 – 11:15am

Fees \$117 + tax TM/\$140 + tax AM/\$152 + tax NM

ORANGE/GREEN

Days: Tuesday & Thursday, 10:30 – 11:30am

Fees \$142 + tax TM/\$170 + tax AM/\$185 + tax NM

ORANGE 2/GREEN 2

Days: Monday & Wednesday, 3:30 – 5pm

Fees \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

ORANGE 3/GREEN 3

Days: Monday & Wednesday, 3:30 – 5pm

Fees \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

PURPLE/BLUE

Days: Monday & Wednesday, 3:30 – 5pm

Fees \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

NAVY/SILVER

Days: Tuesday & Thursday, 3:30 – 5pm

Fees \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

GOLD

Days: Tuesday & Thursday, 5 – 7pm

Fees \$284 + tax TM/\$340 + tax AM/\$369 + tax NM

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

Adult Group Lessons SUMMER Schedule - starting June 17th

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 to eight players per class, except for Cardio Tennis, which can accommodate more players. Live Ball is a fast paced Doubles workout meant to improve your net play and reaction time. Please contact the instructor directly.

Ability	Time	Instructor
Adult Beginner	Sun., 11am – 12pm	Dan Lum
	Tues., 10:30 – 11:30am	Mark Bergman
Cardio Tennis**	Thurs., 8:45 – 9:45am	Mark Bergman
2.5 Workout	Sun., 10 – 11am	Dan Lum
3.0 Workout*	Fri., 8:30 – 10am	Mark Bergman
3.0 Workout	Sun., 1 – 2pm	Dan Lum
Live Ball 2.5 – 3.0**	Wed., 9:30 – 10:30am	Mark Bergman
Live Ball 3.0 – 3.5**	Mon., 9:30 – 10:30am	Mark Bergman
	Fri., 4 – 5pm	Mark Bergman
Live Ball 3.5+**	Mon., 10:30 – 11:30am	Mark Bergman
	Wed., 10:30 – 11:30am	Mark Bergman

Group Lesson Rates

Tennis Member Fees:

\$23 + tax per class

*\$32 + tax per class

Athletic Member Fees:

\$27 + tax per class

*\$38 + tax per class

Non-Member Fees:

\$30 + tax per class

*\$42 + tax per class

**Cardio Tennis & Live Ball (per class)

\$21 + tax Tennis Member

\$24 + tax Athletic Member

\$26 + 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

Elliot Beam- Tennis Professional/Dir. Of Junior Tennis
elliottb@columbiaathletic.com

Yevgeniy Kolomiyets- Tennis Professional/Dir. Of Junior Tennis
yevk@columbiaathletic.com

Vlad Udovychenko- Tennis Professional
vladu@columbiaathletic.com

Dan Lum- Tennis Professional
danl@columbiaathletic.com

Private/Semi-Private Tennis Lessons Rates			
Lesson type	Tennis Mem.	Athletic Mem.	Non-mem.
Private (1 hour)	\$84	\$89	\$99
Private (1/2 hour)	\$47	\$50	\$54
2 Person Semi-Private	\$47pp	\$50pp	\$54pp
3 Person Semi-Private	\$34pp	\$36pp	\$39pp
4 Person Semi-Private	\$27pp	\$30pp	\$33pp
All prices above subject to Washington State sales tax.			

Our Tennis Professionals



Mark Bergman- Tennis Director

Mark has been the Tennis Director and an Elite USPTA Tennis Professional at Silver Lake for over 20 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



Elliot Beam- Tennis Professional/ Director of Junior Tennis

Elliot was born and raised in Western Washington. After a productive Jr tennis career, the former #1 Junior in the PNW and 57 nationally, began teaching tennis. Having been a USPTA certified pro for over 15 years, Elliot leads our Junior Tennis department. Over the years he

has helped develop many high-level players in the area including numerous #1 ranked PNW singles players, state high school singles and doubles champions and Division I, II and III college players. Although specializing in high level juniors, Elliot still has a passion for teaching players of all ages and levels.
elliottb@columbiaathletic.com



Yevgeniy Kolomiyets- Tennis Professional/Director of Junior Tennis

Yevgeniy Kolomiyets grew up in the NW, starred at Cascade High School, became a certified tennis professional at 18 years old starting with us at CAC-Silver Lake.

After being a part-time pro with us he went to work at the Redmond Club where he was involved with their High-Performance Junior Program and also carved out a role as a Strength and Conditioning coach. He moved to Florida, excited to work on his own game as well as work at the NextGen International Academy where he would work with nationally and internationally ranked junior players. At all his stops he worked with adult players as well, helping them improve their tennis games. He has an educational background in mathematics and psychology and is also certified as a personal trainer and corrective exercise specialist by the National Academy of Sports Medicine.
yevk@columbiaathletic.com

Tennis continued on next page.

TENNIS continued



Vlad Udovychenko- Tennis Professional

Vladyslav is a coach/pro from Europe, born and raised in Ukraine. He has a Master's degree in Physical Education and studied Sports Psychology as well. He has more than 9 years of experience as a coach/pro, working with both adults and juniors. Vlad

is also the founder of the children's tennis school Energy Tennis Club in Kyiv, Ukraine which has more than 150 students. vladu@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

GROUP EX

April 2024 Mossa Spring Launch!

Join us this spring for our fantastic launches of motivating music, inspiring instruction and result driven classes! The variety of programming options (Group Power, Group Blast, Group Centergy, R30, Group Ride and Group Core) will surely meet your fitness goal needs and take your workout to the next level. Let's Move...Together!

MOSSA LAUNCH SCHEDULE

Thursday, April 11

9 – 9:30am, Group Core in Group Ex Studio

Wednesday, April 17

5:15 – 6:15pm, Group Blast in Group Ex Studio

Thursday, April 18

5:15 – 6:15pm, Group Power in Group Ex Studio

Sunday, April 21

10:15 – 11:15am, Group Centergy in Group Ex Studio

GROUP EX SPECIAL CLASSES

Spring Yoga Workshop with Carmen

Roll and Restore Myofascial Release: Embark on a journey of massage and self-care to prepare our minds and bodies for the upcoming Spring. Taking cues from Ayurveda and Traditional Chinese Medicine, we will use Myofascial Release (MFR) to heal and hydrate our muscles and connective tissues. In addition

to nourishing our trigger points and meridians specific to the season, we'll also spend some time massaging areas where we commonly hold tension and stress. We will explore some gentle and restorative yoga poses to move energy and down-regulate our nervous systems. You will leave feeling refreshed, relaxed and ready to thrive in your transition from Winter to Spring. MFR balls and props will be provided. Personal sets of MFR balls may be purchased at the event for \$20 per set.

Date: Sunday, March 3, 1–3pm

Place: Mind/Body Studio

Fee: \$35 + tax Member/\$50 + tax Non-member

Please sign up at the front desk, space is limited!

Pedaler's Jamboree!

Join our cycling team upstairs in the Cycling Studio for a festive workout, wear green and sweat before your St. Patty's Day Parties!

Refreshments afterwards to celebrate our cycle adventure together.

Date: Saturday, March 16, 9:30 – 11am

Place: Upstairs in the cycling studio

Please reserve your bike spot at the front desk! This Pop-up class is complimentary for CAC Members

ZUMBA Dance PARTY

Join our Zumba Team and dance, sweat and shake. Then socialize in the Silver Lake Café and continue the Zumba Party!

Date: Tuesday, May 7

Time: 10:30 – 11:30am (Zumba Jamboree)

11:30am – 12:30pm (Fiesta)

July 2024 Mossa Launch Week

Monday, July 8

- 4:45 – 5:15pm Group Core Launch (GX studio)
- 5:15 – 6:15pm Group Blast Launch (GX studio)
- 6:30 – 7:15pm Group Ride 45 min. Launch (Cycle studio)

Wednesday, July 10

9 – 10am Group Power Launch (GX studio)

KIDS CLUB

The Kids Club at Silver Lake is the perfect place to bring your children. Our standard level of care is a seven day a week childcare designed for you to use while you are at the club. Daily care is available for up to 2.5 hours daily for children one to seven years old. For children 3 to 12 months, daily care is available for up to one hour. Extended care is also available seven days a week and allows you to leave your child at the Kids Club while you leave the facility for up to four hours at a time. Extended Care is for toilet trained children only. We highly recommend making reservations in advance to ensure space availability for your child. If there are no reservations or children, Kids Club may open late or close early. We do not allow sick children in the Kids Club. Although we do not change diapers, we are happy to locate parents in the club when necessary. Kids Club is a nut-free zone due to severe allergies. For a complete list of important rules and policies contact Enola Stark at enolas@columbiaathletic.com.

Ages: 3 months – 8 years

*Birth certificates are required for all children one year and younger.

HOURS OF OPERATION:

Monday – Friday	8:30am – 1:30pm & 4 – 8pm
Saturday & Sunday	8:30am – 1pm

Hourly Rates:

Member: \$7 per hour

Non-member: \$10 per hour

MONTHLY UNLIMITED PLAN

Unlimited Kids Club care is perfect for our members who use the club regularly. Unlimited allows you to drop off your child whenever you'd like for one low monthly rate. Drop in for more info.

Monthly Rates:

Children on a Family Membership:

1 Child: \$25/Month

2 Children: \$40/Month

3 or more Children: \$55/Month

Children NOT on a Family Membership:

1 Child: \$40/Month

2 Children: \$70/Month

3 or more Children: \$100/Month

EXTENDED CARE - LET KIDS CLUB BE YOUR BABYSITTER!

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.

Grab a coffee with friends, go see a movie, or get your grocery shopping done without any meltdowns.

Extended Care Hourly Rates:

Members \$15 per hour

Member Sibling: \$5 per hour

LITTLE THINKERS PRESCHOOL



Little Thinkers year-round Preschool/Pre K promotes movement and nature-based learning rooted in the values and culture of Columbia Athletic Club and the Pacific Northwest. Children engage with each other and with staff in a constructive, creative, safe environment to prepare them for

a lifetime of healthy living and learning. Children ages three to five will learn through hands-on creativity utilizing the five senses, outdoor exploration, music and literacy activities, cognitive games and swimming. Little Thinkers consists of two classes separated by age group: Preschool (ages 3 to 4) meets on Mondays and Wednesdays from 9am to 1pm and Pre K (ages 4 to 5) meets Tuesdays, Thursdays and Fridays from 9am to 1pm. For more information please contact us at isabelr@columbiaathletic.com.

Celebrating Columbia Athletic Club's 43rd Anniversary!

On March 27th, 1981 Columbia Athletic Clubs opened it's first location in Juanita Bay in Kirkland. To celebrate the occasion we are having a member social and want you to join us!

Thank you La Palmera for catering this special occasion!

Date: Monday, March 18

Time: 11am – 3pm

Place: Silver Lake Café

Complimentary for CAC Members.



SUMMER CELEBRATION MONDAY, JULY 8TH

Members of CAC - Silver Lake, WE APPRECIATE YOU and are looking forward to kicking off this summer in style! Mark your calendars for Monday, July 10th for our 11th annual MOSSA Launch, Club-wide BBQ and Tennis Exhibition.

Our summer launch has proven to be a summer highlight. The perfect opportunity to try something new or take your favorite class and experience new releases, new music and exercises— guaranteed to motivate and inspire!

EVENT SCHEDULE:

Group Ex Classes:

- 4:45 – 5:15pm, Group Core Launch (GX studio)
- 5:15 – 6:15pm, Group Blast Launch (GX studio)
- 6:30 – 7:15pm, Group Ride 45 min Launch (Cycle studio)
- 6:45 – 8pm, Heated Yoga Flow w/ Meditation (Mind/Body Studio)
- 7:30 – 8:30pm, Aqua Boot Camp (Outdoor pool if weather is nice!)

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 to watch our Certified Tennis pros in action and 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 a GX class, good weather, exciting tennis exhibition and the company of your fellow members! Please reserve a space for each family member attending the BBQ at the front desk so we know you are coming!

Fun activities for our CAC-Kiddos. Listen for the laughter and see the smiling faces on the North Side of our Tennis Building. If weather is not ideal, please find Program Staff in the Basketball Gym.

FITNESS



About CAC Personal Training

If you prefer one on one attention and a workout truly customized to your unique physical characteristics, then our personal and partner training program is for you. We pride ourselves in hiring trainers who have dedicated themselves to the field through hours of coursework, years of hands on experience, and by maintaining an active lifestyle while juggling school, work and family. Each of our trainers is certified and has experience working with various levels of fitness and athleticism including those with serious health and/or orthopedic issues. Our trainers are professional, punctual, creative, friendly, and know how to safely navigate you to success. We know you expect the best so we provide the best.

Private Personal Training Rates*

1 Hour Sessions

1 Hour	\$75
4 Pack	\$288
8 Pack	\$560

45 Minute Sessions

1 (45 minute) session	\$65
4 Pack	\$248
8 Pack	\$480

30 Minute Sessions

1 (30 minute) session	\$55
4 Pack	\$208
8 Pack	\$400

Partner Training Rates (2 – 3 people)*

1 Hour Sessions

1 Hour	\$60
4 Pack	\$232
8 Pack	\$440

45 Minute Sessions

1 (45 minute) session/per person	\$50
4 Pack	\$192
8 Pack	\$360

30 Minute Sessions

1 (30 minute) session	\$40
4 Pack	\$152
8 Pack	\$280

Get Started with Jump Start*

Individual: 3 (60 minute) sessions	\$180
Partner: 3 (60 minute) sessions	\$150

1-on-1 Nutrition Sessions*

60-min. consultation	\$70
30-min. follow-ups	\$50

*Prices subject to Washington State sales tax.

CAC Strategy Session - Free for Members

CAC Strategy Session is a complimentary, trainer led session to learn more about your unique physical characteristics and gather baseline fitness metrics. This information is utilized to set “challenging yet doable goals”, overcome barriers to success, track achievements, and create a fitness plan just for you. This session is step #1 in your fitness journey and a chance to learn from some of the BEST trainers in the industry.

During these 60-minutes you will:

Meet and Greet

- Set/Review goals
- Discuss obstacles and barriers

Team huddle

- Celebrate your accomplishments
- Discuss trainer notes and observations
- Trainer provided recommendations for success

Establish a starting point

- Body composition
- Cardiovascular fitness
- Muscular endurance
- Range of motion

Learn by doing

- Trainer led and designed workout
- Proper equipment use
- Proper exercise form



YOUTH FITNESS



IMPACT Youth Camps

IMPACT Training meets your individual needs, learn the right intensity you need to achieve your goals, cross train and safe under the watchful eye of a Certified Fitness Trainer. Throughout the week, participants will experience TRX, Yoga/Pilates classes, Cycling, core training, water fitness and HIIT style

classes. Please bring a swimsuit, a water bottle, tennis shoes, proper workout attire, snacks and ready to workout. These young people will have time to learn about healthy choices with nutrition and create their own smoothie at the end of every camp day.

Dates: June 24 – 28, July 8 – 12, August 19 – 23 (Mon. – Fri.)

Timeline of IMPACT youth camp day:

- 8:45 – 9:15am Meet and Team build!
- 9:15 – 10am Workout Session #1
- 10 – 10:30am Water Break, socialize and team building games!
- 10:30 – 11:15am Workout Session #2
- 11:15am – 12:15pm Swim outdoor pool (depending on weather, we may swim earlier or indoor pool)
- 12:15 – 12:30 Out of Pool
- 12:30 – 1 Create a smoothie before heading home!

Ages: 10 – 12

Fees: \$300 + tax/\$65 + tax a day Member

\$350 + tax/\$75 + tax a day Non-member

For more information contact Bari at barid@columbiaathletic.com.

COLUMBIA SUPER RANGE

Super Range Bucket Options

Small: 35 balls

\$8 Member/\$9 Non-member

Large: 100 balls

\$15 Member/\$16 Non-member

Medium: 70 balls

\$11 Member/\$12 Non-member

Extra Large: 150 balls

\$19 Member/\$20 Non-member

Unlimited Toptracer time is included in the price of every bucket.

Lesson Rates

Our covered, heated driving range is the perfect place to work on your swing in the cool fall and winter days. Members of CAC - Silver Lake receive discounts on private, and semi-private lessons, and can save even more by purchasing them in packages of 3 or 5!

Thirty Minute Private Lesson Rates	Adults	Juniors
Single Lesson	\$60	\$50
Series of 3	\$162	\$141
Series of 5	\$275	\$220

One Hour Private Lesson Rates	Adults	Juniors
Single Lesson	\$90	\$80
Series of 3	\$261	\$219
Series of 5	\$400	\$350

One Hour Semi-private Lesson Rates	Adults	Juniors
Single Lesson (2 people)	\$50/each	\$40/each
Series of 3 (2 people)	\$144/each	\$114/each
Series of 5 (2 people)	\$225/each	\$175/each

One Hour Group Lesson Rates	Adults	Juniors
3 or more people	\$40/each	\$30/each

Members receive 10% discount on private and semi-private lessons!

Meet our Instructors



Chuck Notestone
PGA Master Professional

As member of the PGA of America for 28 years, attaining the classification of Master Professional, Chuck employs a simplistic complete teaching approach focusing on the students' overall improvement. They swear by him in providing them with proper diagnosis, corrective measures including drills, and structured follow-up practice suggestions.

Chuck is available on weekday mornings and afternoons.

Email: chuckn@columbiaathletic.com



Greg Enbusk
Certified Golf Instructor and Fitter

Greg started his teaching career working at First Tee of Greater Seattle. Teaching certification led him to GOLFTEC where he taught students with varying levels of experience. He is also a Certified Club Fitter and uses that background to help his students with questions about their current equipment and possible equipment options.

Greg is available Mon., Tues. & Thurs. evenings as well as Sat. afternoons.

Email: grege@columbiaathletic.com



Radu Stoica
Golf Instructor

Radu is a European teaching professional with a Masters degree in physical science and movement analysis from Sport University-Romania. He has extensive knowledge and innovative techniques of teaching the golf swing. He will cover many facets of the game combining his experience of Kinesiology in relation with balance and timing.

One of his best accomplishments was taking 12 year old beginner to a scratch player in only 5 years and a WIAA State Champion.

Email: radus@columbiaathletic.com



Chris Lisk
PGA Instructor

Chris has been a member of the PGA since 2008. Chris has developed a consistent methodology in his teaching that allows him to help players of all skill levels. He taught at Glendale Country Club from 2008 – 2018 and Tam o' Shanter Country Club from 2020 – 2023.

In addition to Chris' teaching experience, he is accomplished tournament player. Chris finished 4th at the 2017 Washington Open. Chris qualified for the PGA National Championship in 2013 and the PGA National Assistants Championship in 2009 and 2014.

Email: chrisl@columbiaathletic.com

MONTHLY TOPTRACER CONTESTS

Each month Columbia Super Range will offer two complimentary contests for customers to participate in. Prizes will be awarded at the end of each month!

See the front desk for current contests.



Silver Lake

505 128th Street SE
Everett, WA 98208

Snohomish County's Finest Athletic Facility

- Nearly 100,000 square feet of indoor space
- 6 Indoor and 3 Outdoor Tennis Courts
- Indoor and Outdoor Swimming Pools
- 3 Group Exercise Studios, featuring 90+ classes per week
- IMPACTraining Studio
- Hot Yoga Studio
- Basketball Gym with 6 hoops
- Preschool/Pre-K for 3 – 5 year-olds
- Programs, Camps, Lessons and Activities for all ages and much, much more!

**Visit our website or call us at
425.745.1617 for your
complimentary 5-visit pass.**

