



SUMMER CAMPS ARE HERE!

Congratulations to all our youngest members and guests for making it through yet another school year, and we can't wait to see you in this the Club this summer as a CAC Camper! For members, this does mean a busy time in the Club as kids ages 4 to 12 move throughout the facility, and we appreciate your understanding and smiles as we make memories right here in the Club! A standard camps schedule and area of the Club used is as follows:

Full Fay Camp runs from roughly 9am to 4pm Monday through Friday, and please note that the schedule below is subject to change depending on the day.

8:45 – 9:15am: Drop off in the lounge or bottom of the stairwell at Club entry

9:15 – 10am: Full camp in Gym, Mini Camp in Squash court 3

10 – 11am: Full day camp in Gym, Mini Camp in small pool

11am – 12am: Full Day camp at park (gym open), Mini Camp in Squash court 3

12 – 1:45pm: Full Day camp in Gym

2 – 3pm: Full Day camp in small pool (gym open)

3 – 4pm: Pick up in the Gym

MINI CAMP SPACE REMAINS

Are you looking for some fun options this summer for your little ones 3 to 5 years old this summer? We have you covered with our CAC Mini Camps! Mini Camp runs Monday through Friday, 9am to 12:30pm throughout the summer and kids can expect fun themes, crafts projects, swimming, park adventures and new friends. Monday, Wednesday and Friday, our Mini Campers get to swim while Tuesday and Thursday are instead dedicated to getting outside. Some of the super fun themes we are offering this year are Sports of All Sorts, Little Picassos, Say 'YES' to the Mess and Tropical Vacation just to name a few! A brief timeline for each day looks as such:

9am – Camp drop off at the bottom of the Club stairs

9:30am – Warm-up activities, games and/or crafts tailored to each week's theme

10am – Swim or adventures at Juanita Beach Park

11am – Snack and story time

11:30am – More activities, games and/or crafts tailored to each week's theme

12:30pm – Camper pick up inside the Club on Squash Court 3

We are still taking registrations at <https://www.columbiaathletic.com/jb-camp-event-registration/> - sign up today!

Group Ex Highlights

Monthly Sound Healing Session

Join sound healer, Heather as she brings the brain into a theta brainwave state utilizing a multitude of vibrations from crystal singing bowls, Tibetan bowls, chimes, and voice to engage our parasympathetic healing systems. Sound healing has been shown to help with stress reduction, fatigue, joint/muscle/pain relief, sleep issues, attention issues, emotional imbalances and more. Please dress comfortably and feel free to bring your own yoga mat, blanket and/or pillow. Session is complementary to and open only for members, no registration required.

Date: Saturday, July 12

Time: 2 – 3pm

4th of July Club Hours

Happy 4th of July from CAC! We hope you and yours have a safe, fun, and patriotic holiday!

Independence Day Hours – Friday, July 4th

Club Hours 5am – 3pm

Pool Closes at 2:30pm

Normal Kids Club 8am – 12pm & Modified GX:

- 8:15am Ride, White and Blue Cycle + Core with Erin
- 9:30am Firecracker HIGH Fitness with Christin

Saturday, July 5th

Normal Club Hours 6am – 8pm

No Kids Club & All GX Classes Cancelled

Sunday, July 6th

Normal Club Hours 6am – 8pm

Normal Kids Club 8am – 12pm & Normal GX Classes

JUANITA BAY STAFF

GENERAL MANAGER

Cody Glad
codyg@columbiaathletic.com

OPERATIONS AND GROUP EX DIRECTOR

Bre Rubbo
brer@columbiaathletic.com

MEMBERSHIP DIRECTOR

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AQUATICS DIRECTOR

Drew Whorley
drew@columbiaathletic.com

MAINTENANCE DIRECTOR

Jeff Lindgren
jeffl@columbiaathletic.com

Club Hours

Monday – Friday

5am – 10:30pm

Saturday & Sunday

6am – 8pm

**Pool and spa will close
1/2 hour before the club closes.*

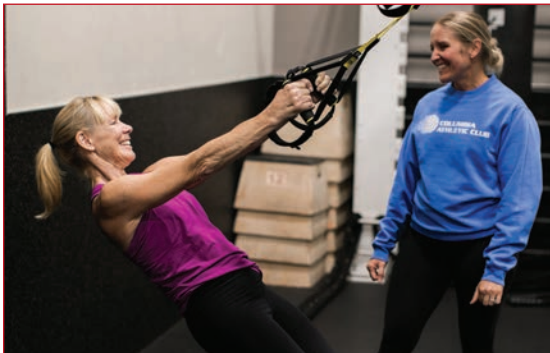
11450 98th Avenue NE
Kirkland, WA 98033
Phone: 425.821.0882
Fax: 425.821.4614



www.columbiaathletic.com

FITNESS continued

Personal Training Consultations Available



Hey members, have questions about our equipment? Looking to revisit your fitness routine? Book a consultation with one of our fitness professionals today!

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



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



Michelle Ohlson: NASM-CPT, CAFS, B.S. Exercise Science, USA Level I triathlon coach, Precision Nutrition Level II, Trigger Point, TRX
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Bre Rubbo: B.S. Exercise Science ACSM Health/Fitness Specialist
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Erin Barr: ACE Certified Personal Trainer; ACE Certified Group Fitness Instructor; Barre; Schwinn certified
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Christopher Wilson: AA Health Sciences; NASM-CPT; NASM-PES; NASM-Weight Loss Specialist
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Nickolas Korpi: B.S. Exercise Science
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Ed Brandt: ACE-PT Certified Personal Trainer, Functional Training Specialist, ACE, Weight Management Specialist, ACE, Golf Conditioning Specialist, GMP Fitness, Fitness Nutrition Specialist, ACE
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Caroline Fuller: BS Dietetics, ACE-PT Certified Personal Trainer
carolinef@columbiaathletic.com



Tracy Herrick
ACE-PT Certified Personal Trainer
tracyh@columbiaathletic.com

Personal Training Prices

1-hour:

\$85 + tax Member
\$100 + tax Non-mem.

Half-hour:

\$52 + tax Member
\$69.34 + tax Non-mem.

Jump Start Package: 3 (1-hour) PT sessions for \$210 + tax

Jump Start Package: 4 (30 minute) PT sessions for \$180 + tax

Nutrition & Jump Start Combo:

3 (1-hour) personal training sessions & 2 private consults with a nutritionist. \$425 + tax

60 Minute Partner Training:

1 (60 minute) Semi-private PT session for \$50 + tax/participant max

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





Extended Care Before & After Summer Camp at CAC!

Parents, keep in mind Kids Club the option of Extended Care through our Kids Club! Extended Care is just \$10/hour (an additional \$5/hour for a sibling) and can be accessed as early at 8am and pick up can be as late as 8pm! Extended Care does still require a reservation by calling the front desk or stopping by Kids Club during normal operating hours.

Reservations Required

As the kids are out for the summer and we see increased usage in Kids Club, we ask that you continue to make reservations by calling the front desk at 425.821.0882 or stopping by Kids Club during normal operating hours so we know to expect you!

Independence Day Closure in Kids Club

Please note that while Kids Club will run normal hours of 8am to 12pm on Friday July 4th, we will be closed on Saturday July 5th, returning to standard schedule Sunday July 6th. We appreciate your understanding as our staff celebrate the holiday weekend!

Kids Club Hours

Monday – Sunday:

8am – 12pm

Monday – Thursday: 4 – 8pm

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

- Reservations are required!

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

Visit Fees

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

Unlimited Plans

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

If All Children are on a Family Membership:

1 Child: \$35/Month 2 Children: \$55/Month 3 or more children: \$70/Month

AQUATICS



Pool Policies

Summer time is here! We look forward to helping you and your family cool off in the water on these long summer days, and ask that you would please keep in mind the following policies, procedures and best practices and we transition to the summer months!

- Children under 9 need an age 16+ adult with them in the water at all times
- Access to both the small pool and large pool is based on the Club pool schedules, please note that no open family swim is available Tues./Thurs. from 4 – 7pm.
- As kids are out of school, private swim lessons and open family swim access will shift to earlier in the day. We ask for all members' patience and understanding as we look to accommodate all members this summer.
- While we would love to have your little one in our swim lesson program, please know that continue to operate on a waitlist for swim lessons. Members of the Club are welcome to contact us at jbcswim@columbiaathletic.com to get added to that waitlist.

Thank you for your attention, and we'll see you poolside!

Follow us on Instagram



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

Tag us when you post your inspiration!

#JBinspires #CACinspired

@cac.juanitabay



JUANITA BAY BIG POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Adult Lap Swim 5am-8:55am 4 Lanes	Adult Lap Swim 5am-7:55am 4 Lanes	Adult Lap Swim 5am-8:55am 4 Lanes	Adult Lap Swim 5am-7:55am 4 Lanes	Adult Lap Swim 5am-8:55am 4 Lanes	Adult Lap Swim 6am-7am	Adult Lap Swim 6am-7:30pm 2-3 Lanes
6:00 AM							
7:00 AM		Aqua Zumba 9am-10am	Adult Lap Swim 9am-3pm 2-3 Lanes	Adult Lap Swim 9am-11am 2-3 Lanes	Aqua Zumba 11am-12pm	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	
8:00 AM							
9:00 AM	Adult Lap Swim 10am-10pm 3 Lanes	Adult Lap Swim 7pm-10pm 1-3 Lanes	Adult Lap Swim 7pm-10pm 3 Lanes	Adult Lap Swim 7pm-10pm 1-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes		
10:00 AM						Adult Lap Swim 9am-12pm 3 Lanes	
11:00 AM	Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes			
12:00 PM					Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	
1:00 PM	Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes			
2:00 PM					Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	
3:00 PM	Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes			
4:00 PM					Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	
5:00 PM	Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes			
6:00 PM					Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes
7:00 PM	Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes			
8:00 PM					Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes
9:00 PM	Adult Lap Swim 9am-12pm 3 Lanes	Adult Lap Swim 10am-12pm 1 Lane	Adult Lap Swim 12pm-7:30pm 2-3 Lanes	Adult Lap Swim 12pm-7:30pm 2-3 Lanes			
Pool and Aquatic Center close 30 minutes before Club closure.							

Adult Lap Swim = Lap Swim or swim workouts. No swim lessons in these lanes. If lane not in use, it is available for open swim. For questions regarding aquatic programming, please email Aquatic Director Drew Whorley at drew@columbiaathletic.com.



JUANITA BAY SMALL POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	Therapy Pool Access, Family Swim & Swim Lessons 5am-9am	Therapy Pool Access Family Swim & Swim Lessons 5am-8am	Therapy Pool Access, Family Swim & Swim Lessons 5am-9am	Therapy Pool Access Family Swim & Swim Lessons 5am-8am	Therapy Pool Access, Family Swim & Swim Lessons 5am-9am	Therapy Pool Access 6am-9am	Therapy Pool Access 6am-9am
7:00 AM							
8:00 AM		Cardio H2O 8am-9am		Hydro Health: Gentle Moves 8am-9am			
9:00 AM	Aqua Zumba 9am-10am	Family Swim 9am-10am 1/2 of Pool	Cardio H2O 9am-10am	Swim Lessons 9am-11am 1/2 of Pool	Hydro Health 9am-10am		
10:00 AM	CAC Camp 10am-11am 1/2 of Pool		CAC Camp 10am-11am 1/2 of Pool	Family Swim 9am-11am 1/2 of Pool	CAC Camp 10am-11am 1/2 of Pool		
11:00 AM	Programming Partnership 11am-12pm	Swim Lessons 9am-4pm 1/2 of Pool	Programming Partnership 11am-12pm	Aqua Zumba 11am-12pm	Programming Partnership 10am-12pm 1/2 of Pool		
12:00 PM	Family Swim 12pm-2:30pm 1/2 of Pool		Family Swim 12pm-2:30pm 1/2 of Pool	Swim Lessons 12pm-2pm	Swim Lessons 11am-2pm 1/2 of Pool	Swim Lessons 8am-7pm 1/3 of Pool	Family Swim 9am-7:30pm 2/3 of Pool
1:00 PM	Swim Lessons 10am-8pm 1/2 of Pool		Swim Lessons 10am-8pm 1/2 of Pool		Family Swim 12pm-2:30pm 1/2 of Pool	Family Swim 9am-7:30pm 2/3 of Pool	
2:00 PM		Family Swim 2pm-3:30pm 1/2 of Pool			Swim Lessons & Programming Partnership 2pm-8pm 1/2 of Pool		
3:00 PM	CAC Camp 2:30pm-3:30pm 1/2 of Pool	CAC Camp 2:30pm-3:30pm 1/2 of Pool	CAC Camp 2:30pm-3:30pm 1/2 of Pool	CAC Camp 2:30pm-3:30pm 1/2 of Pool	CAC Camp 2:30pm-3:30pm 1/2 of Pool		
4:00 PM		Swim Lessons 4pm-7pm	Swim 3:30pm-8pm 1/2 of Pool	Swim Lessons 3pm-7pm	Swim 3:30pm-8pm 1/2 of Pool		
5:00 PM	Swim 3:30pm-8pm 1/2 of Pool						
6:00 PM							
7:00 PM							
8:00 PM	Family Swim 8pm-10pm	Family Swim 7pm-10pm	Family Swim 8pm-10pm	Family Swim 7pm-10pm	Family Swim 8pm-10pm		
9:00 PM							

**Pool and Aquatic Center close
30 minutes before Club closure.**

For questions regarding aquatic programming, please email Aquatic Director Drew Whorley at drew@columbiaathletic.com.



Columbia Athletic Clubs - Juanita Bay • 11450 98th Ave NE • Kirkland, WA 98033 • 425. 821.0882

Updated 7/25

JUANITA BAY GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			Cycle Express 6:00-6:45 Bre		Cycle Express 6:00-6:45 Genevieve		
7:00 AM						Express Splash 7:00-7:45 Tracy	
8:00 AM	Full Body Fit 8:15-9:15 Linda	Cardio H2O 8:00-9:00 Felipe HIIT Cycle + Core 8:15-9:15 Bre	Zumba Toning 8:15-9:15 Tracy	Hydro Health: Gentle Moves 8:00-9:00 Felipe Gentle Flow Yoga 8:15-9:15 Gaerda	Strength to Flow 8:15-9:15 Bre	Zumba 8:15-9:15 Tracy	Group Power 8:15-9:15 JoAnne Cycling 9:00-10:00 Bruce
9:00 AM	Aqua Zumba 9:00-10:00 Tracy Cycle Express 9:45-10:30 Erin HIGH Fitness 9:30-10:30 Caroline	Gentle Flow Yoga 8:15-9:15 Gaerda Perfect 10 9:30-10:30 Christin	Cardio H2O 9:00-10:00 Felipe Barre Fusion 9:30-10:30 Caroline Cycle Express 9:45-10:30 Eva	Zumba Toning 9:30-10:30 Tracy HIIT Cycle + Arms 9:45-10:45 Bre Chair Yoga 10:45-11:45 Irene	Hydro Health 9:00-10:00 Lauren HIGH Fitness 9:30-10:30 Christin Cycle Express 9:45-10:30 Erin	Body Shop 9:30-10:30 Christin	
10:00 AM							
11:00 AM	Zumba Gold 10:45-11:45 Tracy	Young at Heart 10:45-11:45 Tracy	Gentle Flow Yoga 10:45-11:45 Lauren		Fusion Flow 10:45-11:45 Lauren	Yoga Flow 10:45-11:45 Yvonne/Serena	
12:00 PM				Aqua Zumba 11:00-12:00 Tracy			
2:00 PM							
4:00 PM					IMPACT Teen 4:00-6:00 Coach Sam (\$ fee based program)		Yin Yoga 4:30-5:45 Rita/Serena
5:00 PM	Group Power 5:30-6:30 JoAnne	Zumba 5:30-6:30 Mara	Group Power 5:30-6:30 Mary	Mat Pilates 5:30-6:30 Christin			
6:00 PM	Cycling 6:00-7:00 Bruce	Yoga Flow 6:45-8:00 Rita	Cycling 6:00-7:00 Bruce	Yoga Flow 6:45-8:00 Serena			
7:00 PM	Yin Yang 6:45-8:00 Serena		Yin Yoga 6:45-8:00 Yvonne				



JUANITA BAY GYM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM	Adult Pickle Ball 7:00-9:00am	Adult Pickle Ball + 3.0 Higher 7:00-9:00am	Adult Pickle Ball 7:00-9:00am		Adult Pickle Ball 7:00-9:00am		
8:00 AM	(Court Closed)	(Court Closed)	(Court Closed)		(Court Closed)		
9:00 AM	Summer Camp 9:00am-2:30pm (Campers Swim 2:30-3:30pm)	Summer Camp 9:00am-2:30pm (Campers Swim 2:30-3:30pm)	Summer Camp 9:00am-2:30pm (Campers Swim 2:30-3:30pm)	Summer Camp 9:00am-2:30pm (Campers Swim 2:30-3:30pm)	Summer Camp 9:00am-2:30pm (Campers Swim 2:30-3:30pm)		
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM						Adult Pickle Ball 2:00-4:00pm (Court Closed)	
3:00 PM	Summer Camp 3:30-4:00pm	Summer Camp 3:30-4:00pm	Summer Camp 3:30-4:00pm	Summer Camp 3:30-4:00pm	Summer Camp 3:30-4:00pm		
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM					Adult Pickle Ball 7:00-9:00pm (Court Closed)		
8:00 PM							
9:00 PM							



JUANITA BAY GYM CLASS DESCRIPTIONS

Adult Programs

Pickleball

Come join your fellow members for 2 hours of pickle ball in the gymnasium! Pickleball is a racquet based sport similar to tennis where play can be singles or doubles. Club staff will set the net up and the Club will provide game rules, racquets and balls. Play is self-monitored without the need to sign up – just come and play! For more information contact the Programs Department at jbcprograms@columbiaathletic.com.

Summer Camp

Campers ages 4 to 12 will enjoy each week with theme-based activities that typically include crafts, sports, swimming, and games for all 10 weeks of summer (June 25th through August 29th). Campers will also travel to Juanita Beach Park (weather permitting) for a nature walk, free play on the equipment, sand castle building, or another fun adventure. Full day camp runs from 9am to 4pm.



JUANITA BAY SMALL GROUP TRAINING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM						IMPACT Strength and Conditioning Chris 8-9am, \$12	
9:00 AM							
10:00 AM			GRAVITY Defined 10:30-11:15 Erin Barr \$15				
11:00 AM	GRAVITY Defined 11:45-12:30 Erin Barr \$15				GRAVITY Defined 11:45-12:30 Erin Barr \$15		
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM					IMPACTTeen Ages 11-18		
5:00 PM					Sam 4pm-6pm IMPACT and GX Studio		IMPACT Strength and conditioning Chris 5-6pm, \$12
6:00 PM		IMPACT Strength And conditioning Nick 6:30-7:30, \$12					
7:00 PM							
8:00 PM							



Make an IMPACT on your weekend with Small Group Training at CAC!

IMPACT

STRENGTH & CONDITIONING

Join PT Chris Wilson on Saturdays and Sundays in the IMPACT studio, and recharge your weekend with Strength and Conditioning Small Group Training!

These HIIT style workouts will include elements of strength, cardio, mobility and functional movements, and will run Saturdays from 8 to 9am as well as Sundays from 5 to 6pm, with each class being single enroll/registration. Sign up for one of your spots at the Front Desk or through the member self-service portal, and begin or end (or both!) your weekend on a high note!

Days: Saturdays, 8 – 9am
Sundays, 5 – 6pm

Ages: 13 & up

Fees: \$12 + tax Member per class
\$15 + tax Non-member per class



425.821.0882 • www.columbiaathletic.com

Make an **IMPACT** in your Teen's Fitness!



IMPACT **TEEN FITNESS**

Practice consists of intermediate strength and conditioning, and takes place in the Group Ex studio and Gymnasium, although other areas of the Club will be included based on the program emphasis. Coach Sam, an NASM certified Personal Trainer & Strength Coach, will introduce students to a number of different modalities and exercises designed to increase performance and overall athleticism. Students will also be introduced to basic physical therapy & recovery training to help prevent injuries. Participants are required to bring athletic clothing and shoes.

While IMPACT Teen will be scheduled and billed on a 6-week schedule, participants can join the current session at any time. Cost for the program is \$120 + tax a session for Members and \$150 + tax a session for Non-members. IMPACT Teen will run year-round, with unenrollment available at any time after the end of the existing sessions.

To enroll, or for any questions please feel free to speak with Coach Sam or email samm@columbiaathletic.com.

Friday Group 1 time: 4 – 5pm

Friday Group 2 time: 5 – 6pm

Friday Group 3 time: 6 – 7pm



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Guest and Temporary Membership Options at CAC - Juanita Bay



Felipe Cruz -
Membership Director

Dear CAC Members,

As we approach the Summer months, we are excited to host your friends and seasonal family members. To ensure the best club experience possible, please take a moment to review the following policies and procedures regarding facility guest usage:

- Day passes are available for guests only when they check in along with an active member.
 - Each visit costs \$15+tax for guests 13 and older and \$10+tax for guests under the age of 13.
 - The same guest is limited to only two visits per month.
 - Please check at the front desk upon arrival, along with your guest, so we can ensure that your guest is sponsored.
- You may add the day-pass charge to your account, or the guest can make payment with the front desk staff after filling out a liability waiver form.
 - Please help us ensure that your guest is familiar with the check-in process, as well as other club policies and procedures to help ensure a consistent experience for all members.
 - As a reminder, each membership receives two free day-passes per year for guests, and those can be redeemed only at the membership office ahead of your club visit.

Keep in mind that we have multiple membership options for guests ranging from day passes (for guests attending the club with you), to temporary memberships for guests looking to spend at least a week at our club, and in some cases, we can also add family members to your membership agreement while they are in town. Please contact the membership department at jbcmem@columbiaathletic.com to see what option works best for you!