

New Staff at Pine Lake

Please welcome New Membership Director Austin Towns



A recent graduate from Washington State University I have a major in Sports Management with a minor in Communications so being a part of Columbia Athletic Clubs is a perfect fit. I have a German Shepherd named Teo and a miniature Pony named Foxy Lady. If I am not doing something active like running with my dog, working out, playing basketball or pickleball you will catch me watching a sporting event. I am a diehard Seattle Mariner and Washington State Cougar fan and love to watch the UFC as

well. Any of these topics are a fast way to a friendship with me.

Some of my fitness goals are to join the 1,000 pound club (1,000 combined pounds lifted through bench press, deadlift, and squat). My friends and I recently completed the Ragnar Northwest Passage run here in Washington State. We finished our 200 mile run in 29 hours 15 minutes and 4 seconds for an average mile pace of 8 minutes and 48 seconds. As a group we were really proud of these numbers and in fact placed 26th out of 132 for our age group. This has motivated me to train for a half marathon with intentions of pursuing a full marathon in the future.

I have lived in the Pacific Northwest my whole life, more specifically the Duvall, Carnation area. I really look forward to working with all of you and I could not be more excited to be here. You will find me in the membership office Mon. – Fri. and the occasional weekend so feel free to reach out or stop in when at the Club.

Please Welcome our new Personal Trainer Collin Bice



My name is Collin Bice, and I'm excited to introduce myself as a new trainer here at Pine Lake. Being a part of this incredible community feels like coming home — I was born at Bellevue Overlake, went to Pine Lake Middle School, and graduated from Skyline High. My family has been connected to this club for years, and the welcoming environment and amazing people truly make it something special.

Sports have always been a huge part of my life — from hockey, lacrosse, and track & field to football. I've had the opportunity to learn from and train alongside several Division 1 and professional athletes. Now, as my time as an athlete wraps up, I'm stepping into a new chapter as a

trainer — ready to give back and share the knowledge I've gained through the years.

I believe anyone can reach their goals with the right mindset and the pillars of consistency, balance, adaptability, nutrition, and recovery. I'm incredibly grateful to be here, and I'm looking forward to growing, connecting, and continuing to learn from both clients and peers.

See you around the club!

— Collin

**Summer Camps Enrollment
is Open!**

See page 9 for details.



Group Ex Highlights



Sound Bath Workshop - Balance Your Inner Self

Join our guest sound healer, Crystal for an immersion in deep sound vibrations. Healing frequencies will be washed over you from quartz crystal bowls, melodic chimes, drums, and other instruments. Balancing energy is about embracing both qualities within yourself and cultivating harmony between them. It can be approached through self-awareness and intentional practices.

Come as you are; no prior experience necessary! We will have yoga mats and bolsters for your use. No yoga will be practiced during the session.

Our previous Sound Bath workshops have been highly attended and reviewed. We hope to see you at this one! Register online, at the Front Desk, or by emailing katys@columbiaathletic.com

Date: Saturday, May 10

Time: 1:45am – 12:45pm

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

Group ex continued page 5.

Memorial Day Club Hours: Monday, May 26th

5am – 3pm

Pool Closes at 2:30pm

Group Ex Modified Schedule

- 8am Cycle w/ Kim
- 9am Vinyasa Flow w/ Gaurangi

Regularly scheduled classes canceled for the day.

PINE LAKE STAFF

GENERAL MANAGER

Sue Dowling x323
sued@columbiaathletic.com

OPERATIONS/PROGRAMS DIRECTOR

Camila Bonfim x336
camilab@columbiaathletic.com

MEMBERSHIP DIRECTOR

Austin Towns x324
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GROUP EX DIRECTOR

Katy Stuart x337
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TENNIS DIRECTOR

Dusko Andreic x326
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FITNESS DIRECTOR

Taylor Scarvie X333
taylors@columbiaathletic.com

AQUATICS

Bella Black x361
bellab@columbiaathletic.com

Activities Desk Hours

Mon. – Fri., 9am – 1pm,
Mon. – Thurs., 4 – 7pm

Club Hours

Mon. – Fri., 5am – 10:30pm
Sat./Sun. 6:30am – 10:30pm

Hours and schedules may be
modified as needed.

2930 228th Avenue SE
Sammamish, WA 98075
Phone: 425.313.0123
Fax: 425.313.0870



www.columbiaathletic.com

PROGRAMS

Kids Night Out: Mother's Day

Bring your kids to enjoy a fun night out with us! We will have some crafts, games, pizza and a movie. Enjoy your night out to celebrate Mother's Day.

Date: May 9

Time: 5:30 – 9:30pm

Ages: 18 mo. – 5 yrs, Kids Club
6 – 11, Upstairs in the Gym

Fees: \$30 + tax Member
\$45 + tax Non-member

Kids Fit

Staff will organize a wide variety of gym games like four corners, hopscotch, jump roping, fire in the forest with pool noodles, lots of running games and activities to keep the kids moving while social distancing! This activity is for Members only!

Date: Mondays and Wednesdays

Time: 5:30 – 6:30pm

Ages: 5 – 11

Fees: Free for Members

Kids Yoga

Yoga help kids with body awareness, manage stress, build concentration and increase their confidence and positive self-image. Bring the kids for a playful 45 minute session starting this September.

Date: Tuesdays

Time: 4:30 – 5:15pm

Ages: 4 – 10

Fees: Free for Members (per class)
\$18 + tax Non-member (per class)

Enroll on our member portal or by calling the front desk. Class will be limited in size.

Saturday Basketball Training with Coach Brandon

Coach Brandon runs Youth Basketball clinics on Saturdays. These small group sessions are designed to improve skills at game speed and open to girls and boys of all ages and abilities. Each session will run for 4 weeks. Registration on our website.

Dates: April 26 – May 17 & May 24 – June 14

Times: 12 – 1pm

Ages: 5 – 12

Fees: \$200 + tax Member
\$240 + tax Non-member



Indoor Soccer Youth Training

We are excited to partner with B&B Training Solutions to offer youth indoor soccer training led by Coach Madison Douglas—a current player for a Seattle Sounders-affiliated minor league team and former University of Washington athlete.

These Saturday training sessions are open to athletes from 1st through 6th grade and are designed to improve skills at game speed in a fun and structured environment. Whether your child is a beginner or an experienced player, this program will help them develop their technique, confidence, and overall game performance.

Coach Madison brings years of high-level playing experience and a passion for fostering a positive physical, emotional, and mental experience for every athlete. Each session is 60 minutes long, running in 4-week cycles, providing players with ongoing opportunities for skill development and growth.

Join us for an engaging indoor soccer experience where players can learn, compete, and thrive!

Dates: April 26 – May 17 & May 24 – June 14

Times: 1 – 2pm

Ages: 1st – 6th grade

Fees: \$200 + tax Member
\$240 + tax Non-member

Babysitting Class

Prepare for the world of babysitting! Participants will receive an introduction to essential childcare, safety, and first aid for infants and children. They'll also explore the developmental stages of infants through school-age children and create age-appropriate activities. Topics include health, nutrition; sleep patterns for different developmental ages, hands-on practice of the Heimlich maneuver and Epi-Pen use, and crafting a babysitting advertisement for their future business. Register online through the member portal or by contacting us at: camilab@columbiaathletic.com.

Date: June 20

Time: 4 – 7pm

Ages: 11 – 14

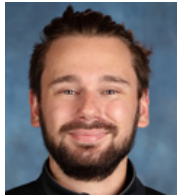
Fees: \$100 + tax Member
\$145 + tax Non-member

**Pickleball 101 – ends for the
summer on May 17th.**

FITNESS

Fitness Consultations Available

If you are looking to revisit your fitness routine for the winter or interested in Personal Training 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. Book a consultation with one of our fitness professionals by contacting Taylors@columbiaathletic.com.



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

TRAINING RATES

1 on 1 Personal Training	Cost
1 Hour Single session	\$82 + tax
4 sessions	\$308 + tax
8 sessions	\$600 + tax
45 min. single session	\$71 + tax
4 sessions	\$268 + tax
8 sessions	\$520 + tax
30 min. single session	\$56 + tax
4 sessions	\$216 + tax
8 sessions	\$416 + tax
Partner Training	Cost
1 hour single session	\$55 + tax per person
4 sessions	\$208 + tax per person
8 sessions	\$400 + tax per person
30 min. partner session	\$40 + tax per person
4 sessions	\$152 + tax per person
8 sessions	\$288 + tax per person



FITNESS continued



IMPACT SMALL GROUP PERSONAL TRAINING

Welcome to IMPACT fitness at CAC Pine Lake, where every class leaves an impression on your mind and body. There is an IMPACT class for people of all levels, and our goal is to unleash your full potential. Here is what you get when you choose IMPACT.

INNOVATIVE WORKOUTS: We combine the basic fundamentals of strength training with cutting edge principles. These classes are designed to push you hard and make you feel great.

SMALL CLASS SIZES: there are no more than 8 people per class. This allows a more personalized experience.

MOTIVATING INSTRUCTORS: Our trainers are not only fitness experts; they are here to keep you motivated and disciplined the entire workout.

INTENT BASED PROGRAMMING: We understand fitness is not a one size fits all. That's why we offer personalized exercises and modifications depending on the individual's fitness level and goals

IMPACT METABOLIC MADNESS

Instructors: Nikki & Katy

Rev up your metabolism 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 – 10:45am, Katy
Wed. & Fri., 9:30am – 10:15am – Nikki

Fees: \$15 + tax Member/
\$25 + tax Non-member

IMPACT DECOMPRESS & STRETCH

Instructor: Nora

Join trainer Nora O' Melia for this 30 minute restorative class. This class is designed to decrease stress and muscular tension through a variety of relaxing poses and breathing exercises. We may use blocks and bolsters for support. It can be a great complement to your other types of exercise, improving flexibility and range of motion in your joints. Leave your busy life behind for 30 minutes, take some "me time" in a peaceful, calm environment, and emerge feeling restored and refreshed!

Days: Wednesdays, 11 – 11:30am

Fees: Free for Members
\$12.50 + tax Non-member per class

IMPACT STRENGTH TRAINING

Instructor: Tyler

Get ready to look great and feel strong this fall. 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. Adults, and teens ages 15 to 17 with instructor permission
Participants: Min. 2, Max 6. Sign up through our online portal.

Times: Tuesday & Thursdays, 6–7pm
& Saturdays, 3–4pm

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

IMPACT TEEN FITNESS

NEW CLASS ADDED STARTING May 3rd!

Instructor: Taylor

Small group classes are led by our Fitness Director, Taylor Scarvie, NSCA CSCS, in a fun, supportive, and safe environment. 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
Saturdays, 10:30–11:30am

Ages: 11–16

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

IMPACT TENNIS CONDITIONING

This Small group class is led by our two Strength and Conditioning Certified trainers Nikki and Taylor. This class will focus on a combination of overall strength, speed/agility, and prehab in order to perform at your best while you are on the court. Nikki and Taylor will not only help you feel physically stronger and quicker, but help you stay as healthy as possible so you are able to play for longer.

Participants: Min: 2, Max: 8. Must sign up through the online portal.

Days: Thursdays, 7–8am

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

Gym Rule Reminders

Our staff at Columbia Athletic Club wants to make sure everyone's experience is top notch so here is a reminder of some simple rules to ensure everyone is staying safe and happy at the club.

1. Membership and Access:

- All members must check in at the front desk before using the facility.
- Members must register their guests at the front desk.
- ONE guest is allowed per membership per entry. The same guest is allowed twice per month.
- Only CAC Personal Trainers allowed to train while on premises. No outside Coaches or Trainers allowed without prior permission.

2. Code of Conduct:

- Respect fellow members and staff at all times.
- Use appropriate language and behavior in all areas of the club.

Fitness continued next page.

FITNESS continued

- No harassment, intimidation, or bullying will be tolerated.

3. Attire and Hygiene:

- Wear proper athletic attire and athletic shoes. (No Crocs, Birks, Slides, or open toed shoes on the fitness floor at any time).
- Maintain good personal hygiene.

4. Equipment Use:

- Wipe down equipment after use with provided disinfectant wipes or spray.
- Avoid lingering on equipment between sets. Allow others to work in.
- Return weights and basketballs to their designated racks after use.

5. Safety:

- Use equipment as intended and follow posted instructions.
- Use collars when using any of the free bars.
- If you are unsure about how to use a machine, seek assistance from the training staff.
- Seek out a spotter when lifting excessive weights.
- Report any equipment malfunctions or hazards to staff.

6. Personal Belongings:

- Store personal items in designated areas.
- Columbia Athletic Clubs is not responsible for lost or stolen belongings.

7. Group Classes:

- Respect class schedules and arrive on time.
- Silence your phones when in classes.
- Inform instructors of any injuries or limitations before the class begins.

8. Noise Level:

- Keep noise levels to a minimum. Use headphones for music.
- Refrain from dropping weights on the floor.
- No Phone calls on the fitness floor. Please go to a secluded area outside of the fitness floor.

9. Child Supervision:

- Children under the age of 13 must be supervised at all times.
- Children under the age of 8 are NOT allowed to use gym equipment under any circumstances.

10. Photography and Videography:

- Obtain permission before taking photos or videos of others. - Respect the privacy of fellow members.
- Absolutely no Pictures or Videos in the Locker Rooms.

11. Nutrition Area:

- Consume food and drinks only in designated areas. - Clean up after yourself.

12. Emergency Procedures:

- Familiarize yourself with emergency exits and procedures. - In case of injury, contact staff immediately.

13. Membership Termination:

Violation of gym rules may result in consequences which may include membership suspension or termination without a refund.

YOUTH FITNESS

Iron Kids

Instructor: Kim

Iron Kids is a comprehensive introductory Fitness/Strength Training course for your 8 to 14 year old. They will learn the fundamentals of anatomy, nutrition, create a basic workout program, rules of the fitness floor, and safety in exercise. This course is a wonderful introduction to fitness essentials tailored to the unique needs of youth. Upon completion of the class, kids will be prepared to start exercising with a parent present.

Days: Scheduled by appointment with Trainer Kim Brasfield at kimb@columbiaathletic.com

Ages: 8 – 14

Fees: \$25 + Tax Member only program



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 (Min. of 4 athletes per group).

Ages: 12 – 20

Fees: \$15 + tax Member
\$25 + tax Non-member

GROUP EX continued

New Equipment Cleaning Methods in Group Ex Studio

We are now exclusively using wipes to clean equipment in the Group Ex Studio. Directly spraying equipment with the cleaner has resulted in damage to both our bikes and the weights. Thank you for your flexibility!

Class Schedule Changes

Check out a few changes to the class schedule for May:

- Tuesday Cycle & Mobility will now be Cycle & Stretch from 5:30 to 6:15pm taught by Joy.
- New instructors for Wednesday 9am CORE: Christine and 9:30am DANCE: Kari
- Adding Thursday 7:30am Cardio Lift with Jen. This will be a HIIT style class incorporating weight lifting and cardio sequences with mobility and foam rolling at the end.

Friday Dance Workshops with Susan

Friday night dance workshops with Susan have become a favorite way to celebrate the end of the week at CAC - Pine Lake! Susan brings her experience in competitive international ballroom dance and education to these fun classes appropriate for all levels of experience. No partner required. Come join us!

Dates: May 2 - Salsa
May 9 - Waltz
May 16 - Swing
May 23 - Tango
May 30 - Two-Step

Time: 6:30-7:30pm

Fees: \$10 + tax Member
\$20 + tax Non-member

AQUATICS



Water Safety Month Is Here!

May marks Water Safety Month in the world of aquatics, a concerted effort established in 2003 by a national coalition of water safety advocates, including the American Red Cross, The National Drowning Prevention Alliance, The National Recreation and Park Association, The Pool and Hot Tub Alliance, and the World Waterpark Association.

Throughout this month, aquatic professionals worldwide unite to heighten awareness and underscore the significance of public education regarding safer practices for individuals of all ages in or around various bodies of water.

At our club, prioritizing water safety is paramount within our pool programs. Lifeguards undergo regular CPR, in-service, and Emergency Action Plan training to ensure readiness. Additionally, our comprehensive learn-to-swim program emphasizes both technical proficiency and safety awareness. Swim instructors receive monthly training sessions with a strong emphasis on water safety principles.

Throughout May, members can expect to encounter informative infographics scattered around the pool deck, highlighting crucial water safety tips for both in and around the pool area. Moreover, our dedicated swim instructors and coaches will deliver daily safety lessons to their students, reinforcing the importance of staying safe in the water.

This year, we're kicking off a weekly 'Water Safety Tip of the Week' series on social media! Follow us on Instagram and Facebook to stay informed, and don't forget to like, share, and help spread the word about water safety all month long!

Group Swim Lessons: Winter/Spring Series

WEEKDAYS:

SPRING SESSION 3:

Dates: May 5 – June 11, M/W (11 classes - no class 5/26)
May 6 – June 12, T/Th (12 classes)
Fees: \$198 + tax Member (M/W)
\$264 + tax Non-member (M/W)
\$216 + tax Member (T/TH)
\$288 + tax Non-member (T/TH)

Registration open

SATURDAYS:

SPRING SESSION 3:

Dates: April 26 – June 7 (7 classes)
Fees: \$126 + tax Member
\$168 + tax Non-member
\$126 + tax Member (Parent Tot)
\$179 + tax Non-member (Parent Tot)

Registration open

Swim Team: School Year

Our Swim Team offers a non-competitive endurance focused swim program. Workouts are weekdays after school and designed to allow flexibility for other activities throughout the week. Swimmers attend twice per week and enroll into Groups according to their age.

Reminder: No swim team practice on May 26th!

Tryouts Interested in being on Swim Team? For those who have successfully passed L6 we encourage trying out for our Swim Team. Our try outs are offered on the last Friday of each month. Contact Bellab@columbiaathletic.com to schedule. Next Tryout date will be May 30th

Dates: September 9 – June 12

Days: Mon./Wed. & Tues./Thurs.

- **Group 1:** (ages 8 & under) 4 – 4:45pm
- **Group 2:** (ages 9 – 10) 4:45 – 5:30pm
- **Group 3A:** (ages 11 – 12) 5:30 – 6:15pm
- **Pre Group 4:** (ages 12 – 13 +)
6:30 – 7:30pm (only allows 10 kids and Swimmer must be approved by a coach)
- **Group 4A:** (Teen) 6:30 – 7:30pm
- **Group 4B:** (Teen) 7:30 – 8:30pm

Fees*: \$13 + tax Member per class

(G1, G2, G3)

\$17 + tax Non-member per class
(G1, G2, G3)

\$16 + tax Member per class
(PG4, G4A, G4B)

\$19 + tax Non-member per class
(PG4, G4A, G4B)

Spring Break Stroke Clinics



Coach Nico (left) and Coach Diana

Shout out to Coach Jill (not pictured), Coach Nico and Coach Diana for leading our spring break stroke clinic series! Swimmers came out with an improved technique and notes to take home and practice! Our next set of stroke clinics will be in August, check our summer guide for more information!

Check Out The Summer Guide For Our Summer Programming!

AQUATICS continued



Masters & Pre-Masters Swim

The Pre-Masters group focuses roughly 50% of their time into stroke technique and refinement through various drills and water activities. The Masters group is split up into two different formats. Your traditional fitness swimming group which focuses a majority of their time on building speed, endurance and fitness, while the other format strictly works on freestyle technique that is geared towards open water swimming. All ages and experience levels are welcome to each group and no signup is necessary. However there is a minimum requirement of being able to swim 100 yards of continuous freestyle with side breathing for our Master's workouts. For Pre-Masters we ask that you can swim continuously for at least 25 yards.

Masters Schedule:

Days: Monday, Wednesday, Friday 6–7am

Pre-Masters Schedule:

Days: Monday, Wednesday, Friday,
10–11am

Free to members

American Red Cross Lifeguard Certification

Pine Lake will be hosting another American Red Cross shallow water certification on **May 16th, 17th And 18th**. Enhance your aquatics career! With a lifeguard certification, you can find aquatic employment almost anywhere. If you or someone you know is interested in getting certified, please contact our Aquatic Director at bellab@columbiaathletic.com to register. Registration NOW OPEN.

Dates: May 16, 5–10pm

May 17 & 18, 9am–5pm

Please email our Aquatic Director for pricing: bellab@columbiaathletic.com (employment rates available)



Winner Of 30 Mile Swim Challenge

To celebrate 30 amazing years at Pine Lake, our club hosted a series of challenges to give back to our incredible members!

In aquatics, we launched the “30 Mile Swim Challenge” — swim 30 miles in 30 days! A total of 11 members took on the challenge throughout the month of April, each with their own motivation: to push themselves in the new year, to reach a personal milestone, or maybe just to go for the prize!

But in the end, only one swimmer completed the full 30 miles.



Kathy Pelham, Left/ Vaishali Katti, Right

Congratulations to our 2025 30-Mile Swim Challenge Winner: Kathy Pelham!

Kathy's swimming journey began in high school, and she transitioned into coaching 17 years ago. For the past five years, Kathy has been dedicatedly coaching our Pre-masters program as well as participating in our Masters program. Her recent feat showcases her remarkable commitment and physical prowess, a feat few can match. We're incredibly proud of Kathy!

Kathy will be awarded a custom, one-of-a-kind Pine Lake Parka for completing this impressive feat!

Special shoutout to our 2nd place

finisher: Vaishali Katti (Only 100 yards behind Kathy, this was a close competition for these two, we are so proud of Vaishali!)

And 3rd place: Katy Stuart!

They'll each receive custom Pine Lake swim caps and team shirts!

Way to go, swimmers, and thank you for making 30 years at Pine Lake so special!

TENNIS



Junior Tennis Session

Session 9 is May 4–31. No class on Monday, May 26.

Congratulations to our 3.0 USTA team!

The team, captained by Deepak Khullar, made it through playoffs and qualified for sectionals. These will be played in August in Portland.

USTA 18+

USTA 18+ league is underway both weekday and the weekend league ending mid June.

Mixed doubles

Mixed doubles 40+ and 55+ sign up is in progress via registration link emailed to members.



Check us out on IG and FB!

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

Download our CAC 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.



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: \$285 + tax Member
\$410 + tax Non-member

Bring On The Works:

Fees: \$475 + tax Member
\$610 + tax Non-member

The Ultimate:

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

Call today at
425.313.0123 or email
Camila at camilab@columbiaathletic.com
for more information.



Reservations & Cancellations

Reservations are required. Children must be at least 6 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 M, 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 – 7pm
Reservations required	
Saturday:	9am – 1pm
Sunday:	9am – 1pm

Fees (pricing will be charged in 15 min. increments after the first hour)	
	\$6.50/hr Member
	\$9/hr Non-member

Unlimited Kids Club	
1 child:	\$30/month
2 children:	\$45/month
3 + children:	\$65/month
This option is added to the Family membership agreement and processed monthly alongside dues billing.	

Extended Care/Off Site Rates	
	\$10/hr Member
	\$13/hr Non-member

Contact 425.313.0123 and ask for Kids Club to make a reservation

For additional information or questions please contact:

Margarita Farrell - Kids Club Director
margaritaf@columbiaathletic.com



Summer Camp Lineup

Jr. Camp Counselor Camp

Be an Assistant Camp Counselor! You will help our camp leaders with daily activities, games and crafts. It will be available for weeks 1, 2, 3, 6, 7, 9 and 10.

Time: 9am–3:30pm

Ages: 12–14

Fees: \$230 + tax M/\$285 + tax NM

Babysitting Class

Participants will receive an introduction to essential childcare, safety, and first aid for infants and children.

Date: June 20

Time: 4–7pm

Ages: 11–14

Fees: \$100 + tax M/\$145 + tax NM

Week 1: Little Picassos

Each day we will make a new project that may include drawing, painting, printmaking, or sculpture.

Dates: June 26 & 27

Ages: 5–11

Fees: \$172 + tax M/\$202 + tax NM(Full Day)

\$138 + tax M/\$155 + tax NM(Half Day)

Week 2: It's a Zoo!

Kids will explore the world of animals and reptiles this week as well as get a visit from ShooFly Farms with a petting zoo and some friendly dogs.

Dates: June 30–July 3

Ages: 5–11

Fees: \$344 + tax M/\$404 + tax NM(Full Day)

\$275 + tax M/\$310 + tax NM(Half Day)

Week 3: Multi-Sport Camp

Join us for an exciting and active summer at our Multi-Sport Camp! Designed for kids who love to play and stay active, this camp introduces participants to a variety of sports and games, helping them build skills, teamwork, and confidence.

Dates: July 7–11

Ages: 5–11

Fees: \$430 + tax M/\$505 + tax NM (Full Day)

No Half Day option.

Week 4 & 5: Camp Columbia

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.

Dates: July 14–18, July 21–25 (2 week camp)

Ages: 5–11

Fees: \$800 + tax M/\$990 + tax NM

No Half Day option. No Single Week option

Week 4: Jet's Gymnastics

In this week long camp we will provide young children with the opportunity to develop basic gymnastics/tumbling ability, coordination, balance, strength, and above all to build confidence and a positive self-image.

Dates: July 14–18

Ages: 5–8

Fees: \$300 + tax M/\$375 + tax NM

Week 5: Future Health Explorers by Little Medical School

Students will step into the shoes of physicians, nurses, dentists, and pharmacists, learning about essential medical tools and techniques.

Dates: July 21–25

Ages: 5–11

Fees: \$300 + tax M/\$375 + tax NM

Week 6: Foundational Engineering + Superheroes

Superheroes (Ages 5–7): To the Bat cave, superhero fans! Design your own superhero, create your own adventure, and build epic battle scenes using LEGO® bricks.

Foundational engineering (Ages 8–11):

Does your little learner love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside?

Dates: July 28–August 1

Ages: 5–11

Fees: \$430 + tax M/\$505 + tax NM (Full Day)

No Half Day option.

Week 7: Basketball Camp

At this camp the children will work on skills and drills and assorted activities to improve balance and focus while building strength and motor skills.

Dates: August 4–8

Ages: 5–11

Fees: \$430 + tax M/\$505 + tax NM (Full Day)

\$300 + tax M/\$375 + tax NM (Half Day)

Week 8: Sports Week

Just like our extremely popular camp Camp Columbia we will have a little bit of swimming and tennis.

Dates: August 11–15

Ages: 5–11

Fees: \$430 + tax M/\$505 + tax NM (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.

Dates: August 12–16

Ages: 5–11

Time: 12:30–3:30pm

Fees: \$300 + tax M/\$375 + tax NM (Half Day)

Week 9: Snapology - Animation Studio + Ninja Adventures

Ninja Adventures (Ages 5–7): The goal of Snapology's Ninjas program is to teach students about the history, culture, skills, and tactics of ninja warriors.

Animation Studio (Ages 8–11): In Snapology's Animation Studio program, students get to do more than just enjoy those movies, they get to create them!

Dates: August 18–22

Ages: 5–11

Time: 9am–3:30pm

Fees: \$430 + tax M/\$505 + tax NM (Full Day)

No Half Day option.

Week 10: Sports Fusion STEAM Camp

Get ready for a week of action-packed fun and hands-on learning at our Sports This unique program combines the excitement of sports and fitness activities with engaging STEAM (Science, Technology, Engineering, Arts, and Math) projects.

Dates: August 25–29

Ages: 5–11

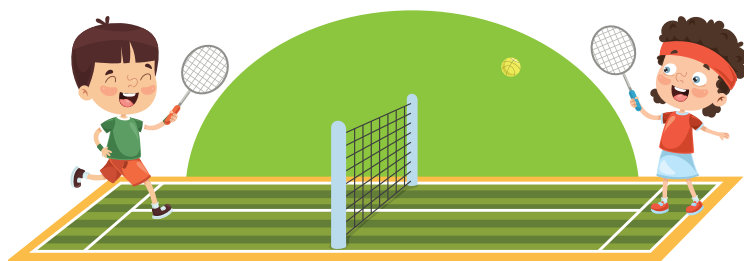
Time: 9am–3:30pm

Fees: \$430 + tax M/\$505 + tax NM (Full Day)

No half day option

**SEE OUR SUMMER GUIDE
FOR MORE INFO ON THESE
EXCITING PROGRAMS!**

2024/25 CAC - Pine Lake Junior Tennis Classes



Class Schedule:

Price includes one class per week for the session. If you register for more than one class per week, the session fee will go up based upon the number of days you select.

Quick Start 1:

Monday: 5 – 5:45pm
Friday: 5 – 5:45pm
Saturday: 2:30 – 3:15pm

Quick Start 2:

Monday: 5:45 – 6:45pm
Wednesday: 3:45 – 4:45pm
Friday: 5:45 – 6:45pm
Saturday: 3:15 – 4:15pm

Level 1:

Monday: 4 – 5pm
Tuesday: 4:45 – 5:45pm
Wednesday: 4:45 – 5:45pm
Thursday: 4:45 – 5:45pm
Saturday: 1:30 – 2:30pm

Level 2:

Tuesday: 5:45 – 6:45pm
Wednesday: 5:45 – 6:45pm
Thursday: 5:45 – 6:45pm
Sunday: 3:15 – 4:15pm

Level 3:

Tuesday: 3:30 – 4:45pm
Thursday: 3:30 – 4:45pm
Friday: 3:45 – 5pm
Sunday: 1 – 2:15pm

Session 1: Sept. 3 – 30	Session 6: Feb. 2 – Mar. 1
Session 2: Oct. 1 – 28	Session 7: Mar. 2 – 29
Session 3: Oct. 29 – Nov. 27	Session 8: Mar. 30 – May 3
Session 4: Dec. 2 – 22	Session 9: May 4 – 31
Session 5: Jan. 5 – Feb. 1	Session 10: June 1 – 18

No classes on the following dates: 11/11 (Veterans Day), 11/28 – 11/29 (Thanksgiving Break), Mon. 1/20 (MLK), and 4/13 – 4/19 (ISD Spring Break)
Note: ISD Mid Winter Break is 2/17 – 2/21 and we will have classes.

Class Descriptions:

Classes will be divided by both age and skill level.

Quick Start 1: For young children looking to begin their tennis journey in a fun and exciting atmosphere. Players will learn basic physical skills and begin to learn the fundamentals of tennis. Ages 4 – 6

Quick Start 2: For young children looking to begin their tennis journey in a fun and exciting atmosphere. Players will learn basic physical skills and begin to learn the fundamentals of tennis. Ages 7 – 10

Level 1: For beginner players. Players work on coordination, agility as well as being introduced to basic stroke fundamentals. Introduction to rallying and competitive point play. No previous tennis experience required. Ages 11 + only

Level 2: For players who have progressed past the basic technique and are ready to move into more point play and rallying situations. Players will be taught basic strategy and while continuing to work on their fundamentals of hitting and rallying. Ages 11 – 14

Level 3: For high JV or low Varsity level players. Practices are focused on making players more competitive through further technique development, fitness training and introductions to advanced strategy. Ages 14 – 18

Note: To move up a level, you **MUST** receive approval from the Tennis Department. If you have not been contacted, please continue at the same level your child is currently enrolled in.

2024/25 Pricing:

Please note: Pricing listed below is per session, assuming there are 4 classes/session. For shorter/longer sessions, price will be adjusted accordingly.

Class:	Tennis:	Athletic:	Non-member:
Quick Start 1 (45 min.)	\$104	\$140	\$172
QS2, Level 1, Level 2 (60 min.)	\$130	\$179	\$216
Level 3 (75 min.)	\$156	\$205	\$242

Registration/Refund Policy:

Registration is due 48-hours before the session start date. All absences must be submitted prior to the start of the session (or at the time of registration, if joining after the start date). Once the session has begun, no refunds/make-up classes will be offered.

Registrations submitted less than 3 days of the first class will incur a \$25 late registration fee.

Submitting an online registration form confirms your reservation. You may be contacted if we need a credit card on file (non-members), or if there is a waitlist.

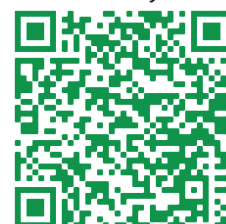
We make every effort to hold all Jr. Tennis classes even when there is ISD weather related changes or cancellations.

Q: I submitted the online registration form, when should I expect to be contacted?

A: After you submit the form, assume you are registered. If you are a member, charges will be billed to your house account. For non-members, if you do not have a credit card on file, we will contact you to get one.

Q: I submitted the online registration form, but I need to make changes. What should I do?

A: If you need to make changes to your registration form, please contact us at plcjrtennis@columbiaathletic.com so we can adjust. All adjustments must be made in writing. Any changes must be submitted prior to the session start date (or at time of registration if joining in the middle of the session).



Summer 2025 Junior Tennis at Pine Lake



Key Dates:

- 6/25 - ISD last day of school
- 8/28 - ISD first day of school
- 7/4 - Independence Day (holiday)
- 9/2 - LWSD first day of school

WEEKDAY SESSION DATES (MONDAY – THURSDAY):

Session 1: June 30 – July 3	Session 6: August 4 – 7
Session 2: July 7 – 10	Session 7*: August 11 – 14
Session 3*: July 14 – 17	Session 8*: August 18 – 21
Session 4*: July 21 – 24	Session 9**: August 25 – 27
Session 5: July 28 – 31	

*Session includes a FULL DAY camp option.

**3 days instead of 4, 8/28 is first day of school for ISD)

WEEKEND SESSION DATES:

Session 1: June 28 – July 19 (4 classes)	Session 2: July 26 – August 23 (5 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 additional, no charge, competitions on Fridays as 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: \$104 + tax TM/\$140 + tax AM/\$172 + tax NM

Quick Start 2/Level 1

Time: 1:45 – 3pm (75 min.)

Ages: 7 – 10

Fees: \$162 + tax TM/\$224 + tax AM/\$270 + tax NM

Level 2/Level 3

Time: 2:45 – 4:15pm (90 min.)

Ages: 11+ all skill levels

Fees: \$187 + tax TM/\$246 + tax AM/\$290 + 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: \$104 + tax TM/\$140 + tax AM/\$172 + tax NM

Quick Start 2/Level 1

Time: 10:30 – 11:30am

Ages: 7 – 10

Fees: \$130 + tax TM/\$179 + tax AM/\$216 + tax NM

Level 2/Level 3

Time: 11:30am – 1pm

Ages: 11 + all skill levels

Fees: \$187 + tax TM/\$246 + tax AM/\$290 + tax NM
























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


Scan our QR code to open up the website and submit a registration request for classes. You can also email at dusko@columbiaathletic.com.

Once received & confirmed a form of payment must be added if you are a Non-member. See website for more information.



PINE LAKE GROUP EX CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle & Strength 5:30-6:30  Betsy	BODYPUMP 5:30-6:30  Matt	Cycle 5:30-6:30  Michelle	Total Muscle Definition 5:30-6:30 Kathy	Cycle & Strength 5:30-6:30  Malia		
			BODYBALANCE 6:00-7:00 Whitney		Cycle 7:00-8:00  Kim	
	Cardio H2O 8:00-9:00 Katia	Cardio H2O 8:00-9:00 Dot/Katy	IMPACT Tennis* 7:00-8:00 Taylor (\$)			
Cycle & Strength 8:30-9:30  Jen	Barre/Pilates Fusion 8:30-9:30 Joy	CORE 9:00-9:30 Christine	Cardio Lift 7:30-8:30 Jen	Pilates 8:30-9:30 Jen	DANCE 8:30-9:15 Whitney	
		Metabolic Madness* 9:30-10:15 Nikki (\$)	Cardio H2O 8:00-9:00 Natalie	Metabolic Madness* 9:30-10:15 Nikki (\$)	Hot Power Yoga 9:15-10:15 Jume	
Hot Power Yoga 9:30-10:45 Kerry	BODYBALANCE 9:30-10:30 Whitney	Hot Hatha Yoga 9:30-10:30 Kerry	Hot Power Yoga 9:30-10:30 Robin	Hot Hatha Yoga 9:30-10:45 Shannon	 Matt	 Karla
 DANCE 9:30-10:15 Christine	 BODYPUMP 9:30-10:30 Karla	 DANCE 9:30-10:15 Kari	 BODYPUMP 9:30-10:30 Kari	 BODYSTEP (45min) 9:30-10:15 Katy	CORE 10:45-11:15 Coleen	
		Meditation 10:30-11:00 Shannon	 BODYBALANCE 10:30-11:30 Christine	 BODYPUMP 10:30-11:30 Katy	IMPACT Teen* 10:30-11:30 Collin (\$)	ZUMBA 10:45-11:45 Jean
 CORE (45 min) 10:30-11:15 Christine	ZUMBA Toning 10:45-11:45 Jean	Pilates 10:30-11:30 Natalie			Restorative Yoga 10:30-11:30 Rita	BODYBALANCE(45min) 10:45-11:30 Karla
Metabolic Madness* 10:00-10:45 Katy (\$)	Cycle 12:00-1:00  Kim	Decompress Stretch 11:00-11:30 Nora	Cycle 12:00-1:00  Kim		IMPACT Strength* 3:00-4:00 Tyler (\$)	
	IMPACT Teen* 5:00-6:00 Taylor (\$)		Advantage Sport* 4:00-5:00 Nikki (\$)			
	Kids Yoga 4:30-5:15 Angie		IMPACT Teen* 5:00-6:00 Taylor (\$)			
Hot Hatha Yoga 5:30-6:30 Jume	IMPACT Strength* 6:00-7:00 Tyler (\$)		IMPACT Strength* 6:00-7:00 Tyler (\$)			Yin Yoga 4:00-5:15 Whitney
 BODYPUMP 5:30-6:30 Kari	 Cycle & Stretch 5:30-6:15 Joy	 BODYPUMP 5:30-6:30 Katy	 CORE (45 min) 5:30-6:15 Christine			
	Vinyasa Flow Yoga 6:00-7:00 Rebecca	BODYBALANCE 6:30-7:30 Christine	Hot Power Yoga 6:00-7:00 Jume			
BODYATTACK (45min) 6:40-7:25  Katy	Yoga Basics 7:15-8:15 Rebecca	ZUMBA 6:40-7:40 Sara				
Vinyasa Flow Yoga 7:30-8:30 Rita						

CLASS KEY:
PURPLE = Group Ex Studio, **GREEN** = Mind Body studio,
RED = Fitness floor, **BLUE** = pool
 = Myzone class *= fee associated

