

SUMMER IS JUST AROUND THE CORNER!



SUMMER CAMPS & SUMMER JUNIOR TENNIS ENROLLMENT OPEN

See pages 11 & 12 for more info. Registration requests can be found online. You can also email our Programs Director with any questions: camilab@columbiaathletic.com

SUMMER CAMPS 2024

It's Our Anniversary!



Rendering of our first club at Juanita Bay
On March 27th, 1981 Columbia Athletic Clubs opened up its first location in vibrant Kirkland. Company founder Cy Oskoui's vision was to open a business that helped people live better lives, become a part of the fitness community, meet people, and make new friends.

Today, Columbia Athletic Clubs has grown into a state-of-the-art network of conveniently located clubs and a Golf driving range.

Columbia Athletic Clubs' operations are now managed by the second generation of Oskoui's and their colleagues, who strive every day to promote Cy's vision of inspiring healthier lives.

We will celebrate with our members all month long but to kick off the celebrations we have just received 23 new Stages Indoor Cycle bikes. Enjoy!

For more club information or the latest club news visit our website at www.columbiaathletic.com



Group Ex Highlights

New Program: LES MILLS DANCE Neon Glow Launch Party!

Get ready to experience the newest addition to our Les Mills Lineup: LES MILLS DANCE! LES MILLS DANCE is a 45-minute high-energy workout incorporating innovative dance movements that work cohesively with music inspired by global dance genres. Perfect for anyone who loves the mental, physical, emotional and spiritual empowerment of dance and wants a cardio-based dance workout that will challenge and move them. Wear your best neon and let's light up the night with a dance party! Glow sticks and snacks provided. LES MILLS DANCE will be rotated into our current SH'BAM classes, to replace SH'BAM completely in 2025.

Date: Friday, March 15, 6:30 – 7:30pm

PROGRAMS

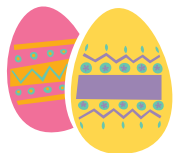
CAC Easter Egg Hunt

Come and join in on the epic Easter Egg Hunt! Eggs will be hidden all over so bring your own basket and find as many eggs as you can! It will start at the gym with as Easter Bunny appearance and then the fun will begin!

Date: Friday, March 29

Time: 4:30 – 5:30pm

Fee: Free to Members



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: March 2 – 30

Time: 12 – 1pm

Ages: 5 – 12

Fees: \$250 + tax Member

\$300 + tax Non-member

PINE LAKE STAFF

GENERAL MANAGER

Sue Dowling x323
sued@columbiaathletic.com

OPERATIONS/PROGRAMS DIRECTOR

Camila Bonfim x336
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AQUATICS

Bella Black x361
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SWIM TEAM COACH

Anna Gally x342
annag@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 continued

St. Patrick's Day Kids Night Out

Bring your kids to enjoy a fun night out with us! We will have some crafts, games, pizza and a movie.

Date: March 15, 5:30 – 9:30pm

Ages: 2 – 5 (in Kids Club)
6 – 11 (Upstairs in the Gym)

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

Reservations can be made through the member portal or by contacting Camila at camilab@columbiaathletic.com or Maggie at margaritaf@columbiaathletic.com.

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.

Day: Wednesdays, 5 – 6pm

Ages: 4 – 10

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

Enroll on our Member portal or by calling the Front desk. Class is limited in size.

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!

Days: Mondays & Wednesdays, 5:30 – 6:30pm

Ages: 5 – 11

Fees: Free for Members

FITNESS

IMPACTTraining

Intense | Multi-faceted | Performance-driven | Athletic | Cross Training



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 – 10:45 am (Katy)
Wed. & Fri., 9:30am – 10:15am (Nikki)

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



IMPACT Decompress and 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



Impact Strength 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.

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

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



IMPACT Tennis

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

Fitness continued next page.

Personal Training Consultations Available

Looking to revisit your fitness routine for the summer, 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 may also take measurements, body fat and body weight, to 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.



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@cactrainers.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@cactrainers.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@cactrainers.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@cactrainers.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 Hour single session	\$78 + tax
3 sessions	\$225 + tax
6 sessions	\$438 + tax
9 sessions	\$639 + tax

45 minute single session	\$68 + tax
3 sessions	\$195 + tax
6 sessions	\$375 + tax
9 sessions	\$552 + tax

Half-hour single session	\$54 + tax
3 sessions	\$156 + tax
6 sessions	\$300 + tax
9 sessions	\$432 + tax

1 Hour Partner single session	\$52pp + tax
3 sessions	\$150pp + tax
6 sessions	\$288pp + tax
9 sessions	\$423pp + tax

Half-hour Partner single session	\$37pp + tax
3 sessions	\$103pp + tax
6 sessions	\$194pp + tax
9 sessions	\$281pp + tax

Tanita Body Composition Single Test.....	\$35 + tax
Six Pack (Every other Month) Tests:.....	\$192 + tax
Twelve Pack (Every Month) Tests:.....	\$360 + tax



FITNESS

Gym Rule Reminders



We have entered the New Year which means we are much busier. To ensure the experience is safe and enjoyable for all Ms we have listed out some simple rules and guidelines that all users should follow.

1. Membership and Access:

- All Members must check in at the front desk upon arrival.
- Members must register their guests at the front desk upon entry.
- ONE guest is allowed per membership per entry.
- As outlined in the membership agreement, the same guest is limited to using the Club up to twice per month.

2. Code of Conduct:

- Respect fellow Members and staff at all times.
- Use appropriate language and behavior in all areas of the club.
- No harassment, intimidation, or bullying will be tolerated.

3. Attire and Hygiene:

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

4. Equipment Use:

- Wipe down equipment after use with provided disinfectant wipes or spray.
- Allow other Members to work in with you.
- Return weights, equipment, or Basketballs to their designated racks after use.
- Use collars on free weight bars.

5. Safety:

- Use equipment as intended and follow posted instructions.
- If you are unsure about how to use a machine, seek assistance from the training staff.
- Report any equipment malfunctions or hazards immediately.
- Avoid crowding around the free weight room.

6. Personal Belongings:

- Store personal items in designated areas.

7. Group Classes:

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

8. Noise Level:

- Keep noise levels to a minimum. Use headphones for music.
- Refrain from dropping weights on the floor.
- Refrain from taking phone calls on the fitness floor. Please go to a secluded area outside of the fitness floor.

9. Child Supervision:

- All those under 16 years old must attend Youth Orientation or Iron Kids
- 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. Coaches or Trainers:

- Bringing in outside Coaches or Trainers is not permitted. Any independent instruction must be pre-approved by the General Manager.

11. 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.

12. Nutrition Area:

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

13. Emergency Procedures:

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

YOUTH FITNESS



IMPACT Teen 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. 10. Sign up through our online portal.

Days: Tuesdays and Thursdays at 5 pm

Ages: 12 – 16

Youth fitness continued next page.

ADVANTAGE SPORT

PLAY ■ TRAIN ■ RECOVER

Instructor: Nikki

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

Ages: 12 – 20

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

Iron Kids

Instructor: Kim

Iron Kids is a comprehensive introductory Fitness/Strength Training course for your 10 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. Offered by appointment only, for questions or to schedule please contact Personal Trainer Kim Brasfield at kimb@cactrainers.com.

Ages: 10 – 14

Fees: \$25 + Tax Member per class



March Madness 2024

You are invited to play in our Annual NCAA March Madness Bracket Challenge. Fill out and turn in your own bracket before tipoff of the first game in the round of 64 for your chance to win! Then follow along as we update our posted bracket in the lobby.

Prizes will be awarded to the 1st and 2nd place finishers.

Brackets will be available at the front desk and be sure to turn yours in before Wednesday March 19th!*

*Contest is for Members Only. 1 Bracket per member. Brackets must be turned in before tip-off of the first game on March 19th to be eligible. Turn in your bracket at the front desk or in the membership office. No fee to enter, it is all for fun!

GROUP EX

Class Etiquette Reminders

We love seeing new and familiar faces in classes! Here are some friendly reminders regarding group class etiquette to help everyone have a great experience. Arrive on time whenever possible. Classes are designed with a warm-up at the beginning. Missing this phase can reduce the effectiveness of the workout. If you are new to class, make an effort to arrive early to introduce yourself to the instructor and get set up with any equipment needed. It's ok to leave early (we actually encourage this if you are brand-new to help you successfully work your way up to a full class), but please be respectful of others when leaving by minimizing noise etc., particularly in Mind/Body classes.

Instructors will always offer options in class to adjust the intensity of the workout. If you choose to do your own modifications in class, we ask that you position yourself near the back of the class so as not to distract other visual learners in class.

For Mind/Body classes, please remove shoes before entering the Mind/Body studio and silence cell phones for the duration of class.

Children under age 12 are not permitted to participate in Group Classes, ages 12-16 must be accompanied by a parent in class. These policies are in place for safety. Thanks for helping ensure a positive class experience for all!



Swing into Spring Dance Workshop with Susan

Join us for a swing dancing workshop to celebrate spring with instructor Susan Sidman! Susan was a top ranked competitive international ballroom dance competitor for over 20 years, a World Pro/Am Smooth Ballroom Dance Champion and National Amateur Smooth Ballroom Dance Champion. She taught competitive and social ballroom dance classes for New Mexico State University and currently owns and operates Dance Enchantment Dance Studio in Las Cruces, New Mexico. Members love her workshops. Come join the fun!

Upcoming Workshops:

Swing Dance Workshop

Date: Friday, March, 1, 6:30 – 7:30pm

Ages: 14 +

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

Waltz Dance Workshop

Date: Friday, March, 8, 6:30 – 7:30pm

Ages: 14 +

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

New Monday evening Hot Hatha Yoga Class with Jume!

This heated class flows slowly through a series of poses focusing on the breath. Ha represents the sun while Tha represents the moon and together the practice of Hatha Yoga aligns the mind with the body. All levels welcome!

Time: 5:30pm

Inclement Weather & Classes

As a reminder, when the Issaquah School District is closed, ALL Group Ex and Mind Body classes are cancelled for the day. If ISD is on late start, all morning classes are cancelled and regular schedule resumes at 12pm. Masters and Pre-Masters Swimming and small group Impact Classes (Metabolic Madness etc.) will run as regularly scheduled. School closure information can be found on the school district website and local news stations starting at 5am.

Group ex continued next page.

GROUP EX continued

Instructor Q & A

Get to know your Group Ex Instructors better with a different question each month!

WHAT IS YOUR FAVORITE SONG TO WORK OUT TO?

Katy: "Trustfall" by P!nk.

Mike: "You Get What You Give" by New Radicals

Christine: "Levitating" by Dua Lipa

Karen: There are so many! My most recent favorite: "Flowers" by Miley Cyrus

Jean: "Shivers" by Ed Sheeran

Kevin: "Thunderstruck" by AC/DC

Karla: I am loving the new BODYPUMP's "MIC Drop" originally by BTS

Malia: Same as Kevin: "Thunderstruck". Such a classic!

Betsy: If I'm honest, lately I'm loving "Work B*tch" by Britney Spears, though it's a little too explicit for class!

Natalie: I don't have a particular song. I am loving Harry Styles, P!nk, Gwen Stefanie, Mylie Cyrus and Jason Mraz. And the new Justin Timberlake! And any Irish artist. Did I not follow the assignment?

Kari: Hardest question ever! Of all the great songs to choose, "Everlong" by Foo Fighters will always be on my playlist.

Whitney: Gold by Koven

Jennifer: "All I Know So Far": P!nk

Rita: I love instrumental music like Ludovico Einaudi: "Portrait"

Have a question you want our instructors to answer? Email Katy: katys@columbiaathletic.com

AQUATICS

Group Swim Lessons Winter/Spring Series

Visit our website under the aquatics tab for more information!

SATURDAYS

Current Session: Winter Session #2

Dates: February 24 – March 30 (6 classes)

Fees: \$96 + tax M/\$132 + tax NM

Session #2 registration closed.

Next Session: Session #3

Dates: April 6 – May 10 (5 class session)

Fees: \$80 + tax M/\$110 + tax NM

Registration opens Friday, March 29th at 9am.

WEEKDAYS

Next Session: Winter Session #2

Dates: March 4 – April 29

Monday/Wednesday

15 classes (no classes April 8 – 11)

Fees: \$240 + tax M/\$330 + tax NM

Dates: March 5 – April 30

15 classes Tuesday/Thursday

(no classes April 8 – 11)

Fees: \$240 + tax M/\$330 + tax NM

Session #2 registration closed

Next Session: Session #3

Dates: May 1 – June 12

Monday/Wednesday (no class 5/27)

Fees: \$192 + tax M/\$264 + tax NM

Dates: May 2 – June 13

Tuesday/Thursday

Fees: \$208 + tax M/\$286 + tax NM

Registration Opens Monday, April 22nd At 9am.



Parent-Tot Classes

These parent-tot classes will focus on an introduction and exposure to water. We will work on water acclimation, water safety for parents, and an introduction to basic swim maneuvers. This class will require at least one parent/guardian in the pool at all times. Please contact the activities desk for more information!

Dates: Session 2 Saturday group lessons, February 24 – March 30 (6 classes)

Ages: 6 mo – 3 yrs

Fees: \$108 + tax M/\$153 + tax NM

Registration now open

Masters and 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: Mondays, Wednesdays & Fridays, 10 – 11am

Free to all Members

Swim Team Tryouts Coming Up

Swim team tryouts occur the first Friday of every month. Swim team tryouts do not guarantee enrollment, but instead ensure your child is prepared for the program.

Here are the upcoming tryouts for our Spring session:

FRIDAYS, MARCH 1, APRIL 5, MAY 3

Contact Anna Gally for more information, or to sign up: annag@columbiaathletic.com.

TENNIS

Tennis Racquets sale on International Woman's Day & St. Patrick's Day

Stop by the tennis office and test drive our Dunlop line of game improvement racquets

20% off on orders on:

- March 8th - International Woman's Day
- March 17th - St. Patrick's Day (must have green clothing item on.)

In stock and ready to go:

- LX white - forgiving doubles player choice
- FX blue - power and maneuverability
- SX yellow - topspin and power
- CX red - topspin and control

Tennis continued next page.

TENNIS continued

Court Reminders

Tennis Members - did you know you can enable SMS notifications in ACE? SMS notifications are a great way to get fast notifications regarding lottery courts, waitlist openings and court bookings! You can enable SMS notifications in ACE Account Notifications

Booking: make sure that the person whose name the court is booked under, is on the tennis court to avoid court booking penalties.

Please make sure you are wearing non-marking soles while on the courts.

Thank you for helping keep our courts in great condition!

USTA

USTA teams are being formed for both the daytime and weekend 18+ league. Pine Lake will have teams competing ranging from 2.5 – 4.0.

Rosters are being finalized, and Captains will be contacting their players for the Mid March – June playing season.

Stop by and cheer your fellow members on all levels-schedule will be posted in Ace.



Tip of the Month: Tie Break

This month's tip is all about the dreaded Tie Break. Most competitive matches are decided by who wins the tiebreak. Maintaining composure and strategic focus is key to dominating in this stressful situation. Do you play to win, or do you play not to lose?

Before you begin your tiebreak, based on gathered knowledge in previous 6-6 play time, talk with your partner about what you want to do. Identify what you are doing well and what your opponent does not like. Ask yourself are you losing, or is your opponent winning? Sounds silly, but there is a difference.

1. Are you doing the right thing but beating yourself with your own errors? If so, then clean up your play by being even more alert with your eyes and more active with your feet.

2. Is your opponent moving you out of position or targeting your weakness?

If so, then adjust your strategy.

Strategy: Talk with your partner about whether you can serve to the weakness of the opponent and then build your strategy around that. Does your opponent prefer their back hand or their forehand? Do they like hard serves or more loopy serves? What kind of serve has been setting your team up to attack on the second and third shots.

Consistency: When you are returning, or serving, the goal should be to get the ball into play in order to start the point. Don't try to hit an ace serve or zinger return in a pressure situation. Cross court loopy balls back to the server gives you a better chance to keep yourself in the point. Consistency is important. No free points to your opponent by double faulting or missing your return!

Starting the point: Decide with your partner whether you should play defensively (two back) or offensively based on how you are winning the majority of your points. If you have an extremely aggressive net opponent, agree whether you will take the ball early and send it cross court, or have both players stay back and lob.

If you lose your serve, then it is particularly important to break their serve. Recognize when you do this and how it happened, and then keep the momentum by serving and returning with high consistency targets and pace.

Moving on: If you end up losing, or winning, the tiebreaker of the first set, quickly identify what made the difference. Take that experience and knowledge into your second set!

Download our CAC Mobile app Today!

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.



PICKLEBALL @ PINE LAKE

PICKLEBALL 101

This is a coach led program that is offered each Saturday 10 to 11:30am. During this time the coach will review the rules of the game, set up some drills and organize some short games. This is a free program for Members. Standard guest fee would apply for Non-members.

Day: Saturdays

Time: 10 – 11:30am

Ages: 15 and up

Open Pickleball

These are times on the schedule that is open for all ages and abilities. Since there is no scheduled staff the equipment is provided but would need to be put up and taken down by the players.

Days: Monday/Wednesday, 11am – 1pm
Tuesday/Thursday, 6 – 8am

Pickleball 3.0

For those who are a little more familiar with the sport and able to maintain a higher level of play.

Days: Tuesday/Thursday, 5 – 7pm &
Sundays, 8 – 10:30am

Rating Definition - Rating 3.0 Means:

- Has a consistent serve and returns medium-paced balls reliably.
- Able to make all basic strokes.
- Consistent both forehand and backhand strokes.
- Can use spin with some success.
- Can occasionally force errors when serving.
- Demonstrates 3rd shot strategies.
- Aggressive net play in doubles.
- Full understanding of the rules.
- Can lob and dink with limited success



Staff

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

Reservations & Cancellations

Reservations are required. Children must be at least 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

Birthday Party Packages at Pine Lake

Party with us, it's a piece of cake

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

All Parties Include:

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

Just The Basics:

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

Bring On The Works:

























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


The Ultimate:

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

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

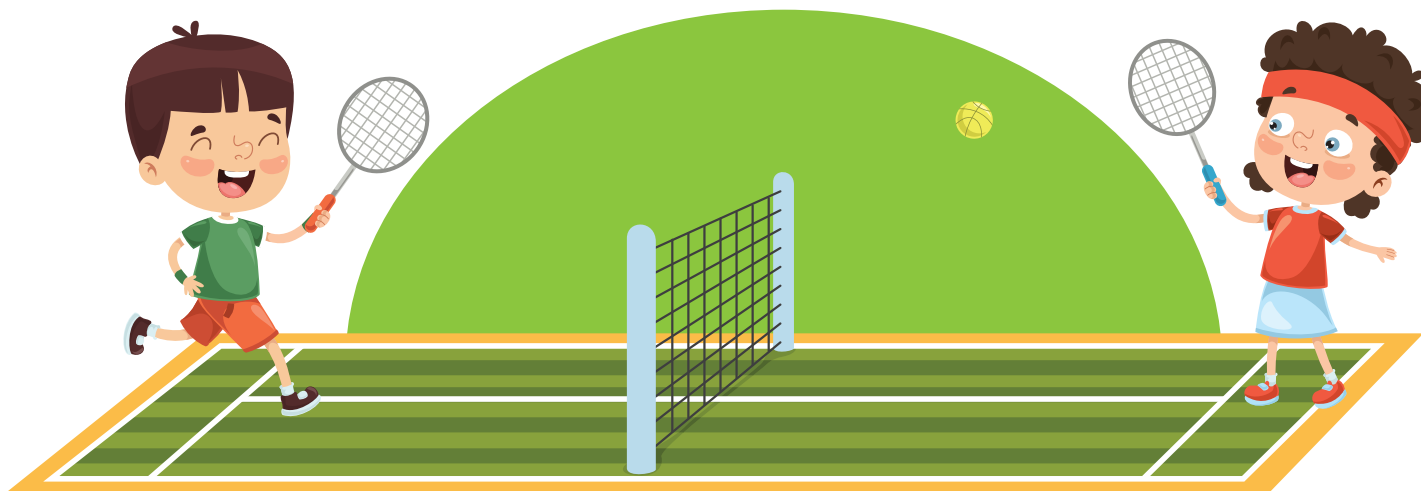
PINE LAKE GROUP EX CLASS SCHEDULE

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		
			IMPACT Tennis* 7:00-8:00 Taylor (\$)		Cycle 7:00-8:00  Kim	
Cardio H2O 8:00-9:00 Karen	Cardio H2O 8:00-9:00 Katia		Cardio H2O 8:00-9:00 Natalie			
Cycle & Strength 8:30-9:30  Jen				Pilates 8:30-9:30 Jen	SH'BAM 8:30-9:15  Whitney	
	BODYSTEP (30min) 9:00-9:30am  Katy	CORE 9:00-9:30 Whitney	Meditation 9:00-9:30 Shannon		Hot Power Yoga 9:15-10:15 Jume	
		Metabolic Madness* 9:30-10:15 Nikki (\$)		Metabolic Madness* 9:30-10:15 Nikki (\$)	BODYPUMP (30min) 9:30-10:00	BODYPUMP 9:30-10:30  Karla
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 9:30-10:45 Shannon	CORE 10:00-10:30  Karla	
SH'BAM 9:30-10:15  Christine	BODYPUMP 9:30-10:30  Katy	SH'BAM 9:30-10:15  Whitney	BODYPUMP 9:30-10:30  Kari	BODYSTEP (45min) 9:30-10:15  Katy		ZUMBA 10:45-11:45 Jean
CORE (45 min) 10:30-11:15  Christine		Pilates 10:30-11:30 Natalie	BODYBALANCE 10:30-11:30 Christine	BODYPUMP 10:30-11:30  Katy	Restorative Yoga 10:30-11:30 Rita	BODYBALANCE(45min) 10:45-11:30 Karla
Metabolic Madness* 10:00-10:45 Katy (\$)		Decompress Stretch 11:00-11:30 Nora			IMPACT Strength* 2:00-3:00 Tyler (\$)	
	Cycle 12:00-1:00  Kim	Advantage Sport* 4:00-5:00 Nikki (\$)	Advantage Sport* 4:00-5:00 Nikki (\$)	Advantage Sport* 4:00-5:00 Nikki (\$)		
	IMPACT Teen* 5:00-6:00 Taylor (\$)		IMPACT Teen* 5:00-6:00 Taylor (\$)			Yin Yoga 3:30-4:45 Whitney
Hot Hatha Yoga 5:30-6:30 Jume	IMPACT Strength* 6:00-7:00 Tyler (\$)	Kids Yoga 5-6pm Tanuja	IMPACT Strength* 6:00-7:00  Tyler (\$)			
BODYPUMP 5:30-6:30  Kari	Cycle & Mobility 5:30-6:30  Jen	BODYPUMP 5:30-6:30  Katy	Cycle 5:00-5:45 Kim			
	Vinyasa Flow Yoga 6:00-7:00 Rebecca		CORE 6:00-6:30 Whitney			
		BODYBALANCE 6:30-7:30 Christine	Hot Power Yoga 6:00-7:00 Jume			
BODYATTACK (45min) 6:40-7:25  Katy		ZUMBA 6:45-7:30 Sara	BODYATTACK (45min) 6:40-7:25  Whitney			
Vinyasa Flow Yoga 7:30-8:30 Rita						

 = Myzone class * = fee associated with class



2024 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. 10 – 30	Session 6: Jan. 30 – Mar. 2
Session 2: Oct. 1 – 28	Session 7: Mar. 3 – 30
Session 3: Oct. 29 – Nov. 25*	Session 8: Mar. 31 – May 4**
Session 4: Nov. 26 – Dec. 16	Session 9: May 5 – June 1***
Session 5: Jan. 2 – 29	Session 10: June 2 – 15

*No class 11/22 – 11/25 Thanksgiving Break. **NO CLASS during ISD Spring Break 4/7 – 4/13 ***No class Mon 5/27 Memorial Day

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

**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 Pricing:

Please note: Pricing listed below is per session, assuming there are 4 classes/session. Refer to pricing table below for further information. For shorter/longer sessions, price will be adjusted accordingly. Tax not included.

Class:	Tennis:	Athletic:	NM:
Quick Start 1 (45 min.)	\$96	\$128	\$156
QS2, Level 1, Level 2 (60 min.)	\$120	\$164	\$196
Level 3 (75 min.)	\$144	\$188	\$220

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.

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

We follow Issaquah School District for all weather-related cancellations. For additional questions email us at plcjrtennis@columbiaathletic.com.



Summer 2024 Junior Tennis at Pine Lake



WEEKDAY SESSION DATES (MONDAY – THURSDAY):

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

*Session includes a FULL DAY camp option.

SATURDAY SESSION DATES:

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

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

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

Quick Start 1

Time: 1 – 1:45pm (45 min.)

Ages: 4 – 6

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

Quick Start 2/Level 1

Time: 1:45 – 3pm (75 min.)

Ages: 7 – 10

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

Level 2/Level 3

Time: 2:45 – 4:15pm (90 min.)

Ages: 11+ all skill levels

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

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

FULL DAY CAMPS

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

Days: Monday – Thursday

Time: 9:15am – 4pm

Ages: 5 + (all skill levels)

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

SATURDAY CAMPS

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

Quick Start 1

Time: 10:30 – 11:15am

Ages: 4 – 6

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

Quick Start 2/Level 1

Time: 10:30 – 11:30am

Ages: 7 – 10

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

Level 2/Level 3

Time: 11:30 – 1pm

Ages: 11+ all skill levels

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

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

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.



SUMMER CAMPS 2024

Jr. Camp Counselor Camp

Be an Assistant Camp Counselor! You will help our camp leaders with daily activities, games and crafts. Help team up with younger kids and be positive role model and leader.

Time: 9am – 3:30pm

Ages: 12 – 14

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

Week 1: Little Picassos

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

Dates: June 19 – 21

Ages: 5 – 11

Fees: \$230 + tax M/\$315 + tax NM (Full Day)
\$165 + tax M/\$215 + tax NM (Half Day)

Week 2: Training Camp

Each day will be an adventure. Kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance and show them fitness is fun!

Dates: June 24 – 28

Ages: 5 – 11

Fees: \$355 + tax M/\$430 + tax NM (Full Day)
\$230 + tax M/\$315 + tax NM (Half Day)

Week 3: It's a Zoo!

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

Dates: July 1 – 3

Ages: 5 – 11

Fees: \$230 + tax M/\$315 + tax NM (Full Day)
\$165 + tax M/\$215 + tax NM (Half Day)

Week 4 & 5: Camp Columbia

Join us for our most popular camp! Each day campers will participate in a 30 minutes swim lesson with a trained instructor, a 45 minute tennis lesson with one of our pros and the rest of the camp of pure adventure with sports, games, crafts and fun.

Dates: July 8 – 12 & July 15 – 19

Ages: 5 – 11

Fees: \$700 + tax M/\$860 + tax NM (2 weeks)
No Half Day option.

POMS Cheer -

Youth Cheer Camp

Join us for POMS Cheer for Youth Cheer Camp Week (owned by Hailey Chamberlain) at CAC - Pine Lake. Cheerleaders will have themes each week. The week of July 8th is Skyline Spartans themed and July 15th is Seattle Seahawks themed. Each day cheerleaders will work on warm-ups, cheer technique, jumps, dance routines, cheers and chants, stunts work and performance skills.

Dates: July 8 – 11, Mon. – Thurs.

(Spartans Week)

July 15 – 18, Mon. – Thurs.

(Seahawks Week)

Time: 12:30 – 3:30pm

Ages: 5 – 14 (Grades K – 8)

Fees: \$300 + tax M/\$350 + tax NM (per week)

Week 6: Tumble and Stretch

Let's stretch and tumble through the week with some fun activities. They will start the day with some gymnastics offered by Jet's Gymnastics where they will teach sound, basic tumbling and gymnastic skills in a fun, non-competitive environment.

Dates: July 22 – 26

Ages: 5 – 11

Fees: \$400 + tax M/\$470 + tax NM (Full Day)
\$275 + tax M/\$325 + tax NM (Half Day)

Week 7: Lego Week by Snapology

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

Pokemania using LEGO bricks (Ages 5 – 7)

Superstructures (Ages 8 – 11)

Dates: July 29 – August 2

Ages: 5 – 11

Fees: \$400 + tax M/\$470 + tax NM (Full Day)
No half day option

Week 8: Basketball Camp

Some basketball in the morning and swimming in the afternoon! We will include skills and drills and assorted activities to improve balance and focus while building strength and motor skills. Your team is counting on you! Come join the fun!

Dates: August 5 – 9

Ages: 5 – 11

Fees: \$400 + tax M/\$470 + tax NM (Full Day)

Afternoon Basketball Camp

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

Dates: August 5 – 9

Ages: 5 – 11

Time: 12:30 – 3:30pm

Fees: \$275 + tax M/\$325 + tax NM (Half Day)

Week 9: Sports Week

Great opportunity to try new sports for a whole week, there will be lessons for swimming and tennis finishing with fun gym games.

Dates: August 12 – 16

Ages: 5 – 11

Time: 9am – 3:30pm

Fees: \$355 + tax M/\$430 + 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 – 12

Time: 12:30 – 3:30pm

Fees: \$275 + tax M/\$325 + tax NM (Half Day)

Week 10: Robotics Week

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

Bot Builder Robotics using Cubelets (Ages 5 – 7)

Responsive Robotics using Cubelets (Ages 8 – 11)

Dates: August 19 – 23

Ages: 5 – 11

Time: 9am – 3:30pm

Fees: \$400 + tax M/\$470 + tax NM (Full Day)
No half day option

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