



Summer Camps Enrollment is Open!

Camp descriptions and prices are available on our website or in our summer guide. Registration requests are online at www.columbiaathletic.com. Please email our Programs Director with any questions at natalias@columbiaathletic.com.

Member Spotlight - Debra



Meet Debra,

Debra joined the club in 2004 and has been a dedicated member ever since. While she enjoys her time in the cardio and weight room she is typically found in the pool grinding out miles five to 6 days a week! She enjoys the release swimming provides from work where she teaches MBA students at the UW Foster School of Business while also running the Global Business Center.

In addition to the training she does at the club she enjoys taking the opportunity to compete each year at the Masters Swimming National Championships. Last year, in addition to competing at Masters Nationals, she was able to attend the Olympic Trials for swimming which was also being held in Indianapolis. This year she has her sights set on the national meet in San Antonio!

When asked what she appreciates most about the club, she replied – "I am thankful for pool space! I greatly appreciate the aquatics staff. The lifeguards are good about looking out for lap swimmers as they try to balance competing demands from lessons and classes. The whole staff is friendly and upbeat which has helped facilitate a community environment in the pool."

We're proud to have Debra as part of our CAC family and love cheering her on, in, and out of the pool!

Membership Milestones:

Happy CAC anniversary to all of these members who signed up in the month of May over the years:

- Jana S. - 23 yrs
- Christine S. - 23 yrs
- Mike C. - 23 yrs
- Carolyn S. - 22 yrs
- Steve M. - 22 yrs
- Justin D. - 20 yrs

We look forward to watching this number grow, and are thankful that you all have chosen Columbia Athletic Clubs to be your partner in all things health and fitness!



Outdoor Pool Pass - on sale now!

Outdoor pool season passes are now available to be added on to your membership! Swing by membership, or shoot an email over to Slcmem@columbiaathletic.com to get it added so you can enjoy the summer sun at Columbia! Individual: \$100, Couple: \$150, Family: \$200. This is a one time cost, and the pool will be open to you the rest of the summer! Pool scheduled to open May 19th!

Programs Highlights

Monthly Kids Night Out!

Come join us for our monthly Kids Night Out! Staff will organize games in the gym, make a fun craft, enjoy pizza in the Group Ex Room, then off to the pool we go! It's going to be a BLAST! Don't forget your Swimsuits and Floaties! Please sign up at the front desk!

Dates: May 17, June 21, July 26, August 23

Time: 4 – 8pm

Ages: 5 – 10

Fee: \$45 + tax Member

\$55 + tax Non-member

Programs continued next page.

Memorial Day Club Hours: Monday, May 26th

Club Hours 5am – 3pm

Pool Closes at 2:30pm

Kids Club Hours 8:30am – 2:30pm

We will offer a Modified GX Schedule, which will be posted around the club. Any last minute changes will be posted on Facebook or Instagram.

SILVER LAKE STAFF

GENERAL MANAGER/ SUPER RANGE GENERAL MANAGER

Mark Peterson ext. 490
markp@columbiaathletic.com

MEMBERSHIP/OPERATIONS DIRECTOR

Patrick Stark ext. 412
patrick@columbiaathletic.com

PROGRAMS DIRECTOR

Natalia Stallings ext. 450
natalias@columbiaathletic.com

GROUP EX DIRECTOR

Bari Dockens ext. 420
barid@columbiaathletic.com

AQUATICS DIRECTOR

Drew Whorley ext. 430
drew@columbiaathletic.com

TENNIS DIRECTOR

Mark Bergman ext. 460
markb@columbiaathletic.com

FITNESS COORDINATOR

Alexander Taluc ext. 453
alexandert@columbiaathletic.com

KIDS CLUB DIRECTOR

Enola Stark ext. 470
enolas@columbiaathletic.com

FACILITIES MANAGER

Elvis Wheeler
elvisw@columbiaathletic.com

Club Hours

Monday – Friday

5am – 10pm

Saturday

7am – 10pm

Sunday

7am – 8:30pm

*The pool closes 30 minutes
before the club closing time.

505 128th Street SE
Everett, WA 98208
Phone: 425.745.1617
Fax: 425.338.4835



www.columbiaathletic.com

PROGRAMS continued



Pickleball Lessons

Join us for our 4 week pickleball classes with Pickleball Rick.

Questions? Please email our Programs Director at natalias@columbiaathletic.com.

Please sign up online, or at the front desk.

Beginner (16 & up)

Thursdays, May 29 – June 19, 6 – 7:30pm

Fridays, May 30 – June 20, 10 – 11:30am

Intermediate (16 & up)

Thursdays, May 29 – June 19, 7:45 – 9:15pm

Fridays, May 30 – June 20, 11:45am – 1:15pm

Fees: \$130+ tax Member
\$145+ tax Non-member

Pickleball Private Lessons

60 minute private lessons available with Pickleball Rick.

PRIVATE:

Fees: \$45+ tax Member
\$60+ tax Non-member

2 – 3 PERSON GROUP PRIVATE:

Fees: \$42+ tax Member (per player)
\$57+ tax Non-member (per player)

4 – 8 PERSON GROUP PRIVATE:

Fees: \$39+ tax Member (per player)
\$54+ tax Non-member (per player)

Please email our Programs Director to schedule your lesson. Natalias@columbiaathletic.com

Pop-Up Basketball Classes with Gary Gardner

Get in on the action this Spring and Summer with basketball classes led by Gary Gardner! Join us for one or all of our classes, designed for kids in kindergarten through 5th grade. Sign up at the front desk to guarantee your spot!

Dates: Second Saturday of each month
May 10, June 14, July 12, August 9

Times: 11:30am – 12:30pm (K – 2nd Grade)
12:45 – 1:45pm (3rd – 5th Grade)

Fees: \$35+ tax Member (per class)
\$50+ tax Non-member (per class)

Crafty Kids with Kassidi

Explore and experiment with a variety of craft styles and themes each month. Our classes provide a fun and creative environment where you can try new techniques and express your artistic side. Don't miss out on the creativity and fun! Please sign up at the front desk!

Join us on the first Sunday of every month for a fun craft class, perfect for kids ages 4 to 10!

Dates: May 4, June 1

Times: 2 – 3pm

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

Pop Up Martial Arts Class with Alex

Join us for an exciting martial arts pop-up class where we'll focus on developing skills and techniques with Alex Taluc. Alex is a second-degree black belt in Taekwondo and has additional experience in Muay Thai. With 13 years of martial arts practice, he began at a young age and has cultivated a deep passion for discipline, confidence, and personal growth through movement. As the Fitness Coordinator and a Personal Trainer at Columbia Athletic Clubs, Alex loves helping people of all ages build strength, athleticism, and self-confidence.

Date: May 24

Time: 11:15am – 12:15pm

Ages: 6 – 10

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

COMPLIMENTARY PROGRAMS

Kid Movers

Meet, greet and sign in with the program staff in the gym. Program staff will organize a variety of gym activities like tag, duck, duck goose, red light/green light, fire in the forest and lots more!

Day: Saturdays, 9 – 9:45am

Ages: 3 – 5

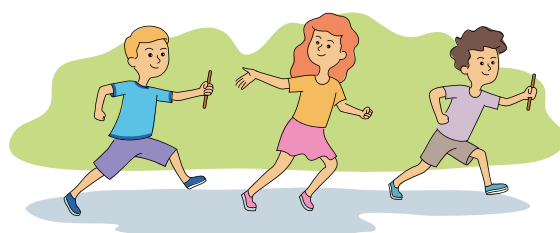
Turbo Kids

Meet, greet and sign in with the program staff in the gym. Learn how to juggle, jump rope and play lots of tag games in the gym. Staff will organize activities that are age appropriate for the participants who are enrolled for the class.

Day: Saturdays, 10 – 11am

Ages: 6 – 10

Programs continued next page.



PROGRAMS continued

Open Gym

Open gym classes are times that the gym is reserved for members only to come for that specific activity, not supervised by a CAC Staff. No sign ups necessary.

Pick-up basketball/volleyball/pickleball, the Basketball Gym is reserved for members only to show up and play that sport during the designated time frame. No sign ups necessary.

Open Gym pick-up Basketball:

Days: Tuesdays & Thursdays, 5:30 – 7:30pm
Fridays, 6:15 – 8pm

Ages: 14 & older

Open Gym pick-up Pickleball:

Days: Mondays, 11am – 1pm Half Gym only
Wednesdays & Fridays 11am – 1pm
Sundays, 10am – 12pm

Ages: 10 & older
All Ages on Fridays, 6:15 – 8pm

Open Gym pick-up Volleyball:

Days: 2nd and 4th Sunday of every month,
4–6pm

Kid-friendly Gym Time:

We will lower our front court hoops
Wednesdays 4 – 6pm. Bring your kids and shoot some hoops!

Open Outdoor pick-up Pickleball:

Days: Tuesdays, Thursdays & Sundays
11:30am – 1pm (weather dependant)

Ages: 10 & older

FITNESS

Discover your Fitness Path with a Strategy Session!



At Columbia Athletic Clubs, we believe every fitness journey starts with a solid foundation and a personalized plan. That's why we offer a Complimentary Strategy Session with our highly qualified trainers - a 60 minute experience designed to set you up for success, no matter your fitness level or goals.

What is a Strategy Session?

Think of it as your roadmap to better health and fitness! This one-hour session isn't just about working out - it's about understanding YOU. Here's what you can expect:

- **Goal Setting:** Discuss your fitness aspirations, whether it's weight loss, strength building, improved flexibility, or just getting started.
- **Current Fitness Assessment:** Our trainers will evaluate your current fitness level and movement patterns to identify strengths, areas for improvement, and potential risks.
- **Personalized Plan:** Based on your goals and assessment, your trainer will outline a tailored plan to help you achieve results efficiently and safely.
- **Introduction to Equipment:** Get comfortable with gym equipment and learn proper techniques to build confidence in your workouts.

Meet our Expert Trainers

Our trainers are more than just fitness enthusiasts. They are:

- Certified professionals with extensive training and industry knowledge
- Experienced in working with a wide range of fitness levels and needs
- Committed to creating a supportive, judgement-free environment for all members

Will I Be Hard Sold into Training Packages?

Absolutely not! Our Strategy Sessions are about education, empowerment, and creating a positive experience for our members. While we'll discuss options for ongoing training if you're interested, there's zero pressure. This session is about YOU and helping you feel confident in

Why Schedule a Strategy Session?

- It's a great way to kickstart your fitness journey
- You'll gain valuable insights and tools tailored to your needs
- It's completely free - no strings attached!

Ready to take the first step? Contact alexandert@columbiaathletic.com to book your complimentary Strategy Session today. Your future self will thank you!

FREE Fitness Workshop: Built for the World - Outdoors Rec Prep



This educational workshop will teach you how to train specifically for outdoor activities like hiking, backpacking, paddling, skiing, and more! Learn what types of strength, mobility, and endurance training translate best to real-world outdoor movement, reduce injury risk, and improve overall performance on the trail, water, or mountain.

By the end of the workshop, you'll have a clear understanding of which exercises and movements will enhance your outdoor performance, from boosting your endurance for long treks to building strength for challenging climbs. We'll also cover injury prevention techniques specific to outdoor activities, teaching you how to properly warm up, recover, and maintain mobility throughout your adventures. With a blend of practical advice and hands-on exercises, you'll leave feeling more prepared, confident, and ready to take on any outdoor challenge that comes your way.

Email alexandert@columbiaathletic.com for more information!

Make an IMPACT, and take a class for Free!

IMPACT

SMALL GROUP PERSONAL TRAINING

Free IMPACT week May 11–17

The ultimate performance classes for
speed. power, or injury prevention.

FITNESS continued



Dive Into Fitness: Introducing Aqua Strength - The Revolution In Water Workouts!

Ready to transform your fitness journey? Experience the power of water like never before with our innovative Aqua Strength Personal Training at Columbia! This isn't your typical pool workout - it's a game changing fitness experience that's making waves in the fitness community. Located in the Aquatics Small Pool! For more information, email samm@columbiaathletic.com

Exercise of the Month: Plate Slide Exercise (Intermediate)



The plate slide is a core-focused movement that also challenges shoulder stability and total-body control. Starting in a high plank position with two hands on a weight plate, you slowly slide the plate forward and back while keeping your hips square and core braced. The key is to minimize movement in the rest of your body—only the sliding arm should be moving.

This exercise strengthens your abs, obliques, and shoulder stabilizers, helping with real-life tasks like pushing heavy objects, maintaining good posture, and improving athletic performance. Focus on slow, controlled reps using a light plate, and keep your hips from twisting. Quality form beats heavy weight here—think control, not speed.

Equipment of the Month: Weight Plate



Weight plates aren't just for barbells—they're versatile tools you can use on their own for strength, stability, and conditioning exercises. From plate presses and Russian twists to overhead carries and plate slides, they add resistance and variety without needing a full rack of gear.

You can use weight plates for movements like plate halos (around the head for shoulder mobility), front raises for shoulder strength, plate squats or lunges for added resistance, or overhead holds to challenge your core and posture. They're also great for dynamic work like squat-to-presses, standing oblique twists, or using them as sliders for core drills.

Their easy-to-grip design makes them perfect for functional training and quick circuits. Whether you're in the gym or working with limited space, weight plates offer a simple but effective way to level up your workout.

GROUP EX



Zumba Fiesta Member Social

Zumba is a fitness program that involves cardio and Latin-inspired dance. Move and groove to a variety of fun music then enjoy light appetizers and festive drinks after class.

Date: Thursday, May 1

Time: 6:30 – 8:30pm
6:30 – 7:30pm Dance Party in GX Studio
7:30 – 8:30pm Fiesta in the Silver Lake Café



May Morning Member Social- Build your Yogurt Parfait

CAC will provide everything for you to build your own Yogurt Parfait! Feel free to stay and socialize or build one "to-go".

Date: Monday, May 5

Time: 10am – 12pm

Place: By Silver Lake Café

Introduction to Zumba with Jillian

If you have always wanted to try Zumba but feel uncoordinated or lost, this is the perfect class to try. Jillian will teach the dance moves prior to the song, so you feel comfortable.

Like anything you try for the first time, it will feel more challenging mentally but if you keep going, you will love it!

Date: Tuesday, May 6

Time: 10:30-11:30am

Place: Group Ex Studio

TENNIS

Congratulations to Anne Coley's team going to 40+ USTA Adult Sectionals



Pictured (L-R) back row: Colleen Tracy, Bunny Rogan, Julie Dewitt, Anne Coley (Captain), Kristin Bibbs, Teresa King, Amanda Ortiz. Front row: Kathy Redman and Sarah Lai.

Congratulations to Anne Coley's 3.0 team. We wish you well in the August Sectional playoffs!

Ladies CUP 2025/26 Season Sign up

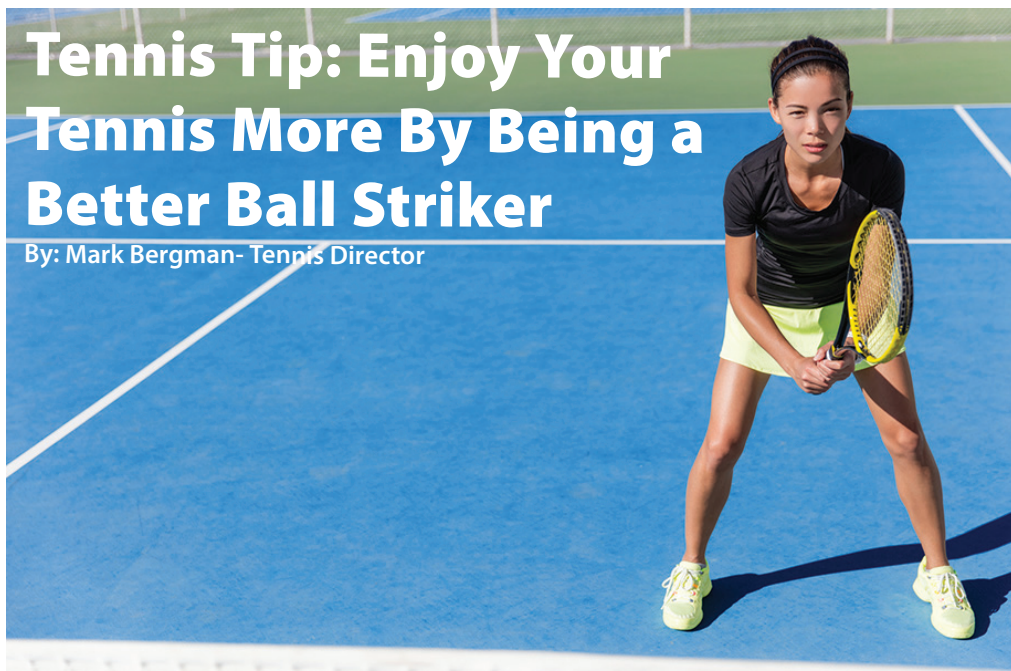
Deadline is May 1st - Please get Mark Bergman your CUP Request form.

Tennis continued next page.

TENNIS

Tennis Tip: Enjoy Your Tennis More By Being a Better Ball Striker

By: Mark Bergman- Tennis Director



One of the most addicting things about playing tennis is hoping that the AMAZING shot you just hit would show up more often. I'm going to go out on a limb here and say most of us ignore the signs that keep us from hitting that great shot more often. Here are some things you should be able to notice but often times we don't change the habit.

1. Reaching for shots without our legs under us.

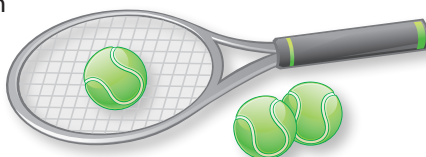
When we don't have a good base essentially you are now just trying to get the ball back; survival mode style is not ideal for groundstrokes and volleys. How many serve tosses do we lean or reach for when you definitely knew it wasn't a good toss and we still decided to hit it? It won't be the serve you were hoping for.

2. Watching the ball at contact.

I hope when you frame a shot or miss-hit a shot that you realize you weren't watching the ball. How can we not watch the ball in a ball sport? Seems ridiculous but the most common reasons are, one, we're looking at where we want to hit it or two we're concerned about the net player and we want to pass them. Taking our eye off the ball in the last 12 inches before contact doesn't help us hit the ball cleanly. Try to keep your eyes on the ball and focus on hitting a good shot and then look up and over after striking the ball.

3. Stay athletic when you're on court.

This will help you stay dynamic and move through balls better. Our biggest challenge is staying athletic when our doubles partner hits a ball and I'm not needed; we tend to get lazy when not actively hitting. Also when the ball speed is slower we tend to mentally check out and stand up more which isn't the athletic look we're going for in tennis. To really hit your great shots more often, you need to be in the right space in relation to the ball coming at you. You need to plan your shots and stay dynamic through your shot. Try to keep a great base, watch the ball well and stay athletic and your shots will get stronger and more powerful and when it feels great you'll pay attention hopefully to what it takes to do it again and again. If you love the way your strokes feel you'll love playing tennis!



Silver Lake Junior Tennis (SLJT)- Taking enrollments for May, June & Summer

We are currently enrolling for our last two SLJT school year sessions; April 28 – May 22 and May 27 – June 15. Our Summer schedule starts June 16 and we have been taking enrollments throughout the spring so please consider signing up soon. Please check our website or Summer Program guide for the Summer Tennis Camp schedule as well as the 4-week regular SLJT class sessions.

CAC- Silver Lake Tennis Championships

We are currently planning July 8 – 11 for our 2025 Tennis Club Championships!

More information will be available soon on the USTA playtennis.com website; this is where players will register. Take a look in the Tennis Viewing lobby to see which divisions will be offered. Play will happen from 4pm to close during the week. Draw seeding's will be based off the club ladder standings. Reminder- CLUB Ladders are LIVE on the ACE Website Click on the team or name of the individual and contact them to see if they have time to schedule a ladder match in the next couple of weeks.



Outdoor Tennis Courts To Be Pressure Washed on Thursday, May 8th

TENNIS continued

Club Tennis Rules and Regulations:

1. Please continue to reserve your courts with the names that plan to play. Using family names or names that will not be playing will be subject to being blocked from using for reservations in the future.
2. Please continue to bring water only on court. Absolutely no open cups of coffee. Anything besides water needs to have a screw top lid. Hoppers and Ball mowers are for the club's professional staff to use for lessons or ball machine usage.
3. Please do not take hoppers from a teaching court if a pro is on court. If you end up borrowing a hopper, because there is only one pro on court, please return the hopper to court 5 or 6. We should not have any hoppers left on courts 1-4. If using the ball machine, please save at least 5 minutes at the end to clean up and return the machine to the hallway.
4. Please remember to use the Sweeper in the hallway to pick up the fuzz that gets in front of the machine. Your fellow Tennis member that follows you on court will appreciate the clean-up instead of them cleaning up after you.
5. With better weather comes the desire to play outside more, if cancelling an indoor court to go outside please cancel 4 hours beforehand for the indoor court so you are not subject to a late cancel fee. We want to have enough time to contact the tennis member on the waitlist and 4 hours is enough time to coordinate a court reservation.
6. Please remember that the outdoor courts are separate from the pool area so tennis clothing must be worn on the tennis courts.

AQUATICS

Private Swim Lessons

Lessons are scheduled based on instructor availability. Pricing is based on a one person 30 minute lesson. Email slcswim@columbiaathletic.com to register.

Fees: \$44 + tax Member
\$49 + Non-member

Silver Lake Wahoos

Our non-competitive swim team has several different practice options! The goal of this program is to provide swimmers of all abilities the exposure to proper stroke technique through drill work and games. Sign up for as many days as you would like!

Days: Monday, Tuesday, Wednesday or Thursday

Times: 4-4:45pm, 4:45-5:30pm, 5:30-6:15pm, 6:15-7pm,

Day: Saturdays

Times: 9-9:45am, 9:45-10:30am, 10:30-11:15am, 11:15am-12pm

Fees: \$60 + tax Member
\$70 + Non-member

High School Swimming Off-Season Conditioning Program

Designed for high school swimmers (13 & over) who want to stay prepared during the off season by focusing on stroke technique while also improving their physical and mental conditioning. Participants may join at any time.

Days: Monday-Thursday, 3:15-4pm

Fees: \$60 + tax Member
\$85 + Non-member



Waterbabies

For those under the age of three, CAC offers a parent-tot program through a company called Waterbabies. Classes are once a week for 30 minutes and are organized by both age and skill level. Students, ages 4 months through 3 years, attend class with a parent or another adult in the water.

Waterbabies' instructors guide parents and children through a series of songs and games, teaching parents the techniques to successfully submerge, float and practice safety skills with their little swimmers! Parents will introduce their child to the joys and pleasures of the water while bonding, building confidence and boosting self-esteem.

For More Information go to: <http://www.waterbabiesusa.com>.

Massage at Silver Lake



Licensed Massage Therapist Radu Stoica has been in the wellness industry since 1984 becoming a student at Sport University in Romania.

Throughout the years he has taken extensive training in Osteopathy, Neuromuscular re-education, Muscle Energy Technique and Myofascial release to help recovery from a range of injury and dysfunction. He has also worked on rehab of many elite athletes including professional and college football players. Radu will utilize his extensive life experience to customize each massage session.

Radu is also a golf instructor at Columbia Super Range.

Availability:

Days: Tues., Thurs., Fri., Sat.
10am-7pm (by appointment only)

Massage Rates:

30 minute - \$50 Mem./\$60 Non-mem.
60 minute - \$80 Mem./\$90 Non-mem.
90 minute - \$110 Mem./\$120 Non-mem.



Check us out on Instagram!

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

Tag us when you post your inspiration!

Scan here for access to our Instagram page.



Kids Club



KIDS CLUB HOURS OF OPERATION:

Monday – Friday	8:30am – 12:30pm 4 – 8pm
Saturday & Sunday	8:30am – 1pm

Friendly Reminder: Reservations are highly recommended! Want to reserve your spot? Call us at 425.332.3799 or email enolas@columbiaathletic.com.

The sun is shining, which means we will be outside a lot more! If you don't see us in Kids Club, we are out at the playground enjoying the sunshine! Come join us!

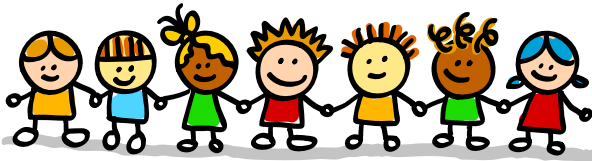
Kids Club has a \$10 No-Show Fee. To avoid this fee, please call within 30 minutes of your scheduled reservation if you need to cancel or reschedule.

Please note: If no reservations are made, our staff will close early for that shift. Need different hours? Let us know! If there's enough demand, we'll do our best to accommodate.

Socks: Please ensure your kiddo is wearing socks when coming to enjoy the fun!

Peanut-Free Zone: Kids Club is a peanut and nut-free zone! Please make sure any snacks brought in are free of peanuts and nuts. We provide one snack per visit, so if your kiddo is a big snacker, please pack them plenty of snacks and water.

Thanks for helping us keep Kids Club safe, fun, and running smoothly!



KID'S CLUB DAILY CARE RATES

Ages: 3 months – 8 years	
Hourly Rates:	
Member:	\$7 per hour
Non-member:	\$10 per hour

MONTHLY UNLIMITED PLAN

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

Monthly Rates:	
Children on a Family Membership:	
1 Child:	\$25 per Month
2 Children:	\$40 per Month
3 or more Children:	\$55 per Month
Children NOT on a Family Membership:	
1 Child:	\$40 per Month
2 Children:	\$70 per Month
3 or more Children:	\$100 per Month

EXTENDED CARE - LET KIDS CLUB BE YOUR BABYSITTER!

Parents are welcome to drop off their children in the safe arms of our trained staff while they leave the facility for up to 4 hours.

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

Extended Care Hourly Rates:	
Members	\$15 per Hour
Member Sibling:	\$5 per Hour



Summer Registration starts May 12th!

Little Thinkers summer program will begin on June 30th and run through August 30th.

Fall Registration will open July 7th!

Little Thinkers fall program will begin September 8th. For more information, please see our website or email Enola at: enolas@columbiaathletic.com.

COLUMBIA SUPER RANGE

Golf Pro Corner

On average PGA Tour pros make 99% of 2-foot putts, 96% of 3-foot putts, 88% of 4-foot putts and 77% of 5-foot putts.

At Columbia Super Range, Blast Golf is used to help you with putting analysis and drills to help improve your putting stroke and score on the greens.

Super Range Bucket Options

Small: 45 balls

\$8 Member/\$9 Senior/\$10 Non-member

Large: 110 balls

\$15 Member/\$16 Senior/\$17 Non-member

Medium: 80 balls

\$11 Member/\$12 Senior/\$13 Non-member

Extra Large: 160 balls

\$19 Member/\$20 Senior/\$21 Non-member

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

Lesson Rates

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

Thirty Minute Private Lesson Rates	Adults	Juniors
Single Lesson	\$60	\$50
Series of 3	\$162	\$141
Series of 5	\$275	\$220
One Hour Private Lesson Rates	Adults	Juniors
Single Lesson	\$90	\$80
Series of 3	\$261	\$219
Series of 5	\$400	\$350
One Hour Semi-private Lesson Rates	Adults	Juniors
Single Lesson (2 people)	\$50/each	\$40/each
Series of 3 (2 people)	\$144/each	\$114/each
Series of 5 (2 people)	\$225/each	\$175/each
One Hour Group Lesson Rates	Adults	Juniors
3 or more people	\$40/each	\$30/each

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

Meet our Instructors



Chuck Notestone PGA Master Professional

As member of the PGA of America for 28 years, attaining the classification of Master Professional,

Chuck employs a simplistic complete teaching approach focusing on the students' overall improvement. They swear by him in providing them with proper diagnosis, corrective measures including drills, and structured follow-up practice suggestions.

Chuck is available on weekday mornings and afternoons.

Email: chuckn@columbiaathletic.com



Radu Stoica Golf Instructor

Radu is a European teaching professional with a Masters degree in physical science and movement analysis from

Sport University-Romania. He has extensive knowledge and innovative techniques of teaching the golf swing. He will cover many facets of the game combining his experience of Kinesiology in relation with balance and timing.

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

Radu is available Tues. - Fri., 9am - 9pm

Email: radus@columbiaathletic.com

MAY TOPTRACER CONTEST

Each month Columbia Super Range will offer two complimentary contests for customers to participate in. Below are the contests for this month:

CLOSEST TO THE PIN

GLENEAGLES - THE KING'S
COURSE, HOLE 5 - 131 YARDS

APPROACH CHALLENGE

GLENEAGLES - THE KING'S
COURSE

Prizes will be awarded at the end of each month!

See the front desk for more info.



Parties at CAC-Silver Lake

Birthday Parties, End of the Season Celebrations or Outdoor Pool Parties.

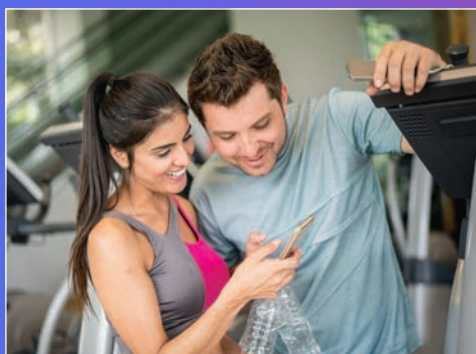
We can organize a wide variety of activities for a gym party or provide a fun and safe swimming party or a mix of both! Our indoor pool is used for all birthday

party celebrations. Invite up to 24 guests for your indoor pool party or gym or ½ & ½ party. The member fee is \$225 + tax/Non-member fee is \$275 + tax.

Email Or Call To Reserve Your Spot!

Please Contact Natalia Stallings, Programs Director at CAC-Silver Lake for more

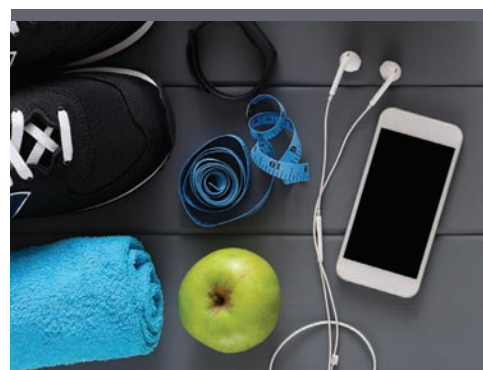
information, natalias@columbiaathletic.com or Phone: 425.745.1617 ext. 450.



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

Tag us when you post your inspiration!



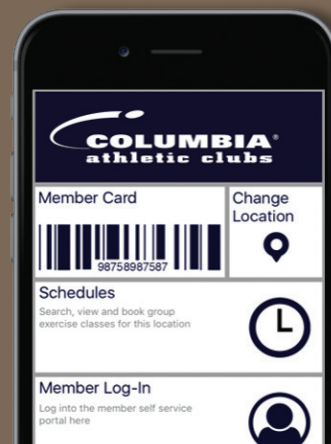
Take your membership into your own hands with our self-service portal!

Visit columbiaathletic.com/member-area/ and click the "member log in" tab to sign into your account and manage billing, view schedules and even sign up for fitness classes. You'll need your member ID for that platform, you can find that on your membership card.

Questions? Visit the Membership Department. See you online!

CAC Mobile app now Available.

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



CAC - SILVER LAKE INDOOR POOL SCHEDULE MAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Aqua Bootcamp 9:00-10:00am	Open Swim	Aqua HIIT 45 9:15-10:00am	Open Swim	Aqua Bootcamp 9:00-10:00am	Wahoos and Lessons 9:00 am - 12:00 pm	Open Swim
10:00 AM	Open Swim 10am - 3pm		Open Swim 10am - 3pm		Open Swim 12:00-1:00pm		
11:00 AM							
12:00 PM						Aqua Motion 12:00-1:00pm	Aqua Motion 12:00-1:00pm
1:00 PM		Open Swim		Open Swim		Open Family Swim (Two lanes)	
2:00 PM	Open Family Swim (Two lanes)						
3:00 PM		HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)			
4:00 PM		Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)			
5:00 PM							
6:00 PM							
7:00 PM		Open Swim		Open Swim	Open Family Swim (Two lanes)	Open Family Swim (Two lanes)	
8:00 PM	Aqua Bootcamp 7:40 pm -8:40 pm		Aqua Bootcamp 7:40 pm -8:40 pm				
	7:40p.m. - 8:40p.m.		7:40p.m. - 8:40p.m.				
9:00 PM							

Towel service available for members.

Lap swimmers are expected to share lanes.

Please note: Pools & Hot Tub close 30 minutes before the Club.



CAC - SILVER LAKE TEACHING POOL SCHEDULE MAY

[illegible]

Towel service available for Members.

Reservations no longer required for teaching pool.

Space reserved for swim lessons can be shared at the discretion of the Swim Instructor

Please note: Pools and Hot Tub close 30 minutes before the Club.



Columbia Athletic Clubs - Silver Lake • 505 128th Street SE • Everett, WA 98208 • 425.745.1617

CAC - SILVER LAKE GYMNASIUM SCHEDULE MAY

TIME	MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY	
5:00 AM	HALF GYM RESERVED		Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	
6:00 AM	Open Gym Available											
7:00 AM												
8:00 AM												
9:00 AM	FRONT HALF GYM Reserved Little Thinkers gym play time 9-10am		FRONT HALF GYM Reserved Little Thinkers gym play time 9-10am	HALF GYM Reserved Little Thinkers gym play time 9-10am		HALF GYM Reserved Little Thinkers gym play time 9-10am		HALF GYM Reserved Little Thinkers gym play time 9-9:45am	HALF GYM RESERVED Kid Movers Ages 3-5yrs 9-9:45am Turbo Kids Ages 5-10 yrs 10-11am	FULL GYM RESERVED Pick-Up Pickleball (Ages 10+) 10:00am-12:00pm		
10:00 AM	Open Gym Available	RESERVED BACK HALF Gym ONLY Pickleball Private lessons 10-1pm	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available			FULL GYM RESERVED BASKETBALL Pop Up Class k-5th 11:15-1:30pm (May 10th only)	
11:00 AM	RESERVED FRONT HALF Gym Pick-Up Pickleball (Ages 10+) 11:00am-1pm											
12:00 PM												
1:00 PM	Open Gym Available		Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	OPEN GYM basketball and kids' play. (Pickleball not available).	OPEN GYM basketball & kids play (Pickleball not available).		
2:00 PM												
3:00 PM												
4:00 PM	FULL GYM RESERVED Basketball classes April 14th-May 19th k-2nd 4:15-5:15 3rd-5th 5:30-6:30		RESERVED FRONT HALF Gym Private Basketball Lessons	OPEN GYM basketball & kids play (Pickleball not available).	RESERVED BACK HALF Gym Private Basketball Lessons	FRONT HALF GYM RESERVED Kid friendly gym time! Hoops will be lowered at this time for our younger basektball players 4-6pm	RESERVED FRONT HALF Gym Private Basketball Lessons	OPEN GYM basketball & kids play (Pickleball not available).	RESERVED FRONT HALF Gym Private Basketball Lessons	OPEN GYM basketball & kids play (Pickleball not available).	FULL GYM RESERVED 3:30-6pm Kids night Out (May 17th only) OTHER DAYS ARE OPEN GYM	FULL GYM RESERVED Pick-Up Volleyball 2nd & 4th Sunday of every month 4:00-6:00pm
5:00 PM												
6:00 PM												
7:00 PM	Open Gym Available		FULL GYM RESERVED Pick-Up Basketball (14+) 5:30pm-7:30pm		OPEN GYM HALF COURT	FULL GYM RESERVED PICKLEBALL LEAGUE gym reserved 5:15pm-8:45pm April 17th-May 22nd	FULL GYM RESERVED Pick-Up Pickleball (all ages) 6:15pm-8:00pm	FULL GYM RESERVED Pick-Up Pickleball (all ages) 6:15pm-8:00pm	Open Gym Available	Open Gym Available		
8:00 PM												
9:00 PM												

No reservations required, pick-up games welcome!

Gym Reserved for Parties and Events:

Occasional rentals and lessons may occur throughout the month, please call the Front Desk at 425.745.1617 to check availability.

*During open gym times, private lessons may occur on one half of the gymnasium.



CAC - SILVER LAKE GROUP EX SCHEDULE MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle 45 & Core 5:45-6:45am Jenna Cycle Studio		Awaken Slow Flow 5:45-6:45am Jill Mind/Body Studio	Cycle 45 & Core 5:45-6:45am Jenna Cycle Studio		
					Barre Bootcamp 8:30-9:30am Nina Mind/Body Studio	
Aqua Dance 9:00am-10:00am Kiera/Bari Indoor Pool		Aqua walk'n'talk 15 Aqua Cardio 45 9:15-10:00am Bari, Indoor Pool		Aqua Boot Camp 9:00am-10:00am Bari Indoor Pool	Group Core (No Core on 4/12) 8:45-9:15 Mary, GX Studio	Group Power 9:00-10:00am Mary GX Studio
Group Power 9:00-10:00am Chrissy GX Studio	Group Core 9:00-9:30am Bari, GX Studio	Group Power 9:00-10:00am Lauren GX Studio	Group Core 9:00-9:30am Chrissy, GX Studio	Group Power 9:00-10:00am Chrissy GX Studio	Group Blast 9:15-10:15am Mary GX Studio	
	Circuit 45 9:30-10:15am Bari GX Studio		MIIT 45 9:30-10:15am Chrissy GX Studio			Group Centergy 10:15-11:15am Mary GX studio
Vinyasa Yoga 9:15-10:15am Carmen Mind/Body Studio		Pilates Mat 9:15-10:15am Laurie Mind/Body Studio	Yoga Sculpt 9:15-10:15am Lauren Mind/Body Studio			
Pilates Barre 10:30-11:20am Carmen Mind/Body Studio	Vinyasa Yoga 10-11am Karen Mind/Body Studio	Yin Yoga 10:30-11:30am Karen Mind/Body Studio	Group Centergy 10:30-11:30am Lauren Mind/Body Studio	Stretch & Flex 10:00-11:00am Enfys Mind/Body Studio		Vinyasa Yoga 10:30-11:30 Danii Mind/Body Studio
S.B.C. 10:30-11:15am Chrissy GX Studio	ZUMBA 10:30-11:30am Jillian GX Studio	Circuit 45 10:30-11:15am Bari, GX Studio	S.B.C. 10:30-11:15am Bari, GX Studio		Yoga Flow 11:00am-12:00pm Helen Mind/Body Studio	
May Member Social- May 5 10-12pm SLC Café	Intro to ZUMBA May 6 10:30-11:30am Jillian, GX Studio					
	Aqua Motion 12:00-1:00pm Bari Indoor Pool		Aqua Dance 12:00-1:00pm Lauren Indoor Pool			
Group Core 4:45-5:15pm Mary, GX Studio				May 2025 Member Socials Zumba Fiesta Party Thursday, May 1 6:30 – 7:30pm, Dance Party GX studio 7:30 – 8:30pm, Fiesta, Silver Lake Café May member “Build your Yogurt Parfait” Social Monday, May 5, 10am – 12pm, Silver Lake Café Introduction to ZUMBA with Jillian Date: Tuesday, May 6 , 10:30 – 11:30am, GX Studio Memorial Day Monday, May 26 Club hours are 5am – 3pm, NO Evening GX classes! GX modified schedule will be posted for this Holiday around the Club.		
Group Blast 5:15-6:15pm Mary GX Studio	Group Power 5:15-6:15pm Mary GX Studio	Group Blast 5:15-6:15pm Veronica GX Studio	Group Power 5:15-6:15pm JoAnne GX Studio			
(Hot) Fire Flow 5:45-6:45pm Laurie Mind/Body Studio	Group Centergy 6:15-7:15pm Lauren Mind/Body Studio		Vin to Yin Yoga 6:15-7:15pm Enfys Mind/Body Studio			
Ride-45 6:30-7:15pm Kelly, Cycle studio		Heated Yoga Flow New Time! 6:15-7:15pm Helen Mind/Body Studio	Ride-45 6:30-7:15pm Erin, Cycle Studio			
Yin Yoga & Meditation 7:00-8:00pm Laurie Mind/Body Studio		Core Cardio Circuit 6:30-7:30pm Bari GX Studio	ZUMBA 6:30-7:30pm Nicolle GX Studio			
			ZUMBA Fiesta! May 1 6:30-8:30pm Nicolle, GX Studio			
Aqua Bootcamp 7:40-8:30pm Kelly Indoor Pool		Aqua Bootcamp 7:40-8:30pm Helen Indoor Pool				



CAC - SILVER LAKE GROUP EXERCISE CLASS DESCRIPTIONS MAY

MOSSA Group Exercise Classes

MOSSA Group Centergy®

Grow longer and stronger with Group Centergy, an invigorating 60 minute mind/body workout. It incorporates Yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. REDEFINE YOURSELF.

MOSSA Group Blast®

BLAST OFF your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

MOSSA Group Core®

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak!

MOSSA Group Power®

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

MOSSA R30/Group Ride®

Get fitter in only 30 minutes in R-30 or 45- 60 minutes in Group Ride! It's as easy as riding a bike and even better with other cyclists! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

Group Exercise Classes

Cycle 45 and Core

Take your cardio to the next fitness level. 30-45 minutes of endurance, power and sprint training while using your heartrate as a guide to maximize your workout. Finish with strength training using weights and body resistance-core work.

Core Boot Camp

Meet in the basketball gym for 45 minutes of speed, agility, muscle strength and endurance training. The last 15 minutes focus on maximizing your Core muscles!! This workout is good for all ages and all levels of fitness.

Circuit 45min: Designed for ALL fitness levels and every BODY!

Rotate to different stations. Use free weights, body resistance, TRX and a wide variety of equipment to complete your circuit. Bonus, have FUN working out with others! Workout now, so you can do anything you want to do the rest of your life.

MIIT 45

HIIT is a medium to high intensity, whole-body approach to training using resistance, cardio and endurance/strength based exercises. MIIT 45 will have more options and modifications=low to moderate intensity and a good workout. Both options will have metabolic circuit training, intervals and supersetting with light to moderate dumbbell resistance to deliver results in the most efficient, accelerated and fun way possible...all in 45 minutes!

SBC (Strength-Balance-Core)

This class is designed to use basic movements and improve overall balance, increase muscular strength, and implement core stability. This class is appropriate for all fitness levels, but designed for beginning through intermediate participants. It is a great addition to existing fitness programs or as a transitional class from water to land-based exercise. SBC will enhance your overall fitness and health.

Zumba!

Get ready to move! This Latin Dance based exercise class combines the best of Latin and traditional dance movements to make for a fun-filled hour of exercise. Shake, shimmy and move yourself into shape!

Water Aerobics Classes

Aqua CARDIO 45

A cardio base work out in the water. Move to music using your body resistance in the water. The lap lanes are open starting at 9am so come in, stretch and connect with your friends. All ready to move with your instructor by 9:15am.

Aqua Bootcamp

Aqua bootcamp is a medium-high intensity workout in water. Using all the regular buoyancy equipment like dumb bells and noodles, as well as water resistance... Total body workout!

Aqua Motion

This class incorporates walking/rebounding in various directions, using various strides and specific upper body movements to get a balanced workout. This class is slower paced than water aerobics which makes it great for those with arthritis, fibromyalgia or joint replacements. It is also ideal for post-surgery rehab, pre/post- natal workouts and cross training

Aqua Dance

A combination of water resistance, buoyancy and dance moves. Move to fun music and get a good workout while dancing in the water. This class is designed to increase your flexibility and feel good moving in the pool.

Mind/Body Classes

New class! Awaken slow flow

Start your day in the mind body studio for a mindful yoga flow class. This format welcomes people beginning their yoga journey or those who have been practicing yoga for many years. Focus on breath, mobility, flexibility and take time to balance your mind and body.

Yoga Sculpt

In this class, the body is given a long warm up that involves gentle stretching for opening and nurturing the joints. Whether a seasoned practitioner or a beginner, you will have the opportunity to gain flexibility, take some time for yourself to help with stress, management and gain strength using body resistance and free weights. It is your mind, your body and your fitness journey.

Vinyasa Yoga

A dynamic flowing class taught in the style of Baron Baptiste, a combination of strength, sweat and personal empowerment. The practice is accessible to everybody, yet is also a challenging and flowing form of yoga that will lead you to a state of transformation. Vinyasa Yoga heals as it detoxifies. It will sculpt and tone the muscles of your body and clarify your mind.

Vin to Yin Yoga

This class will begin with Vinyasa yoga (see description above) finish with Yin Yoga (see description below).

Yin Yoga and Meditation

Most forms of yoga today are dynamic, active practices designed to work the muscular "yang" tissues. Yin yoga is a complimentary discipline to a yang practice, working the deeper "yin" tissues of our ligaments, joints and deep fascial networks and ultimately, increasing our range of motion.

Fire Flow Yoga/Yoga Flow/Heated Yoga Flow

This practice is slow and steady, but it can be just as vigorous as Vinyasa. You'll move through a sequence of strong postures designed to build heat with core engagement, longer holds, and breathe work. The slower pace helps to cultivate steadiness of mind, enhanced alignment, and nervous system regulation. Studio will be moderately heated 80-85 degrees to help with muscular flexibility, sweat and detoxification. Yoga Flow classes will not be heated.

Barre Bootcamp

Barre Bootcamp will strengthen your arms, sculpt your legs, glutes and core, scorch calories, and leave you feeling lean and elongated. You will experience a well-rounded workout that incorporates basic conditioning movements and isometric holds to build strength, as well as small range of motion moves to get deep into your musculature, resulting in a sleek, sculpted look. Use dynamic, low impact movement to increase your cardio work.

Pilates Barre/Mat Pilates

Barre combines ballet, Pilates and Yoga to give you an amazing workout that will sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You don't need to be a dancer to participate. We take inspiration from dance and ballet, meshing these with fitness moves gleaned from Pilates as well as the grace and wisdom of Yoga. Mat Pilates does not use a Barre, all on your yoga mat.

Stretch and Flex

A blend of Yoga and Pilates, using body resistance, balance poses focusing on your flexibility and strength with a sprinkle of Yin Yoga. This class is designed to meet the needs of all fitness levels with a lot of options, so everyone can get what you want out of this class!



CAC - SILVER LAKE IMPACT SCHEDULE MAY 11 – JUNE 29

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			IMPACT w/ Alex Move & Perform (Adults) 10:00 - 11:00am				
Afternoon			IMPACT w/ Alex Move & Perform (Youth) 5:00 - 6:00pm				
Evening			IMPACT w/ Chloe Power Sculpt 6:00 - 7:00 pm			IMPACT w/ Kyler Strike + Strength Fusion 5:00 - 6:00 pm	

IMPACT Training Pricing:

Single Session: **\$25**

4 Sessions: \$95 (5% discount!)

8 Sessions: \$180 (10% discount!)

Please sign up for training at the Front Desk!

Regular member access is prohibited during class time listed above.

We appreciate your understanding and cooperation as we service our IMPACT Participants!



IMPACT MOVE & PERFORM

Join Alex to elevate your tennis game in this high-energy functional fitness class designed to enhance your speed, agility, power, and endurance on the court. This dynamic workout combines explosive footwork drills, strength training, and mobility exercises to improve reaction time and overall athletic performance. Whether you're a competitive player or just looking to move better, this class will help you build the strength and stamina needed to dominate every match.

IMPACT MORNING MOBILITY

Dive into Sam's class for a refreshing approach to fitness that combines aquatics and functional training. These sessions utilize the unique benefits of water to enhance strength, flexibility, and endurance, making workouts accessible for all fitness levels. Whether you're a seasoned athlete or new to exercise, you'll find a welcoming space to improve your overall fitness.

IMPACT POWER SCULPT

Get inspired in Chloe's weightlifting-focused class, where motivation meets technique. With a passion for empowering others, she teaches you how to lift safely and effectively while pushing your limits. Chloe's supportive and energetic environment will encourage you to build confidence and achieve your strength goals.

IMPACT STRIKE + STRENGTH FUSION

Experience a high-energy workout in Kyler's martial arts and weightlifting class, where discipline meets strength training. Each session combines technique from martial arts with effective weightlifting exercises, helping you build power and agility. Kyler's classes are perfect for those looking to enhance their fitness while learning self-defense skills in a fun, challenging environment.