

CAC - Pine Lake 2025 Spring/Summer Guide



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COLUMBIA[®]
athletic clubs
www.columbiaathletic.com

PROGRAMS



Registration Rules:

Registration is ONLINE and must be received at least 24 hours in advance. Your placement will be secured once a form of payment is added to your completed registration form. Full payment will be collected within 2 weeks prior to each Camp.

Refund/Cancellation Policy:

For cancellations and withdrawals from camp, a refund/credit will be granted if the request is received in writing at least one week prior to camp. No refund/credit will be granted with less than a week notice. There are no pro-rated refunds or make-ups offered for missed days of registered camps.

Before and After Camp:

You have the option to utilize our Kids Club prior to, or after Camp at an hourly rate. Kids Club will accept appointments between 7:30am and 7pm. Reservations must be made at least 24hrs in advance. Extended Care rates will apply. Cancellation to an existing reservation must be made with at least 2 hours notice.

Swim Test:

All participants are required to take a swim test. Our camp includes swimming in the afternoons and every first day of camp all kids will be taking a swim test (they will demonstrate they can swim one length of the pool without stopping). If the swim test is not successful the participant will have to wear a life jacket. The kids that pass the test will get a bracelet to wear for the time they will be attending Summer Camp.

Drop-Ins:

When space permits we will allow Day of Registration. Fee will be \$105 + tax Member per day, \$145 + tax/Non-member per day.

What to Expect:

Prior to each camp you will receive an email communication from our Program Director which will confirm your placement and included all necessary details for the upcoming week. Upon arrival you will be greeted by a Camp leader who will sign your little one in for the day. Each Camper should bring a swim suit, sunscreen, and bottle of water with their name on it, snack and a sack lunch (full day camper only). Fresh fruit and snacks will be provided for a full day campers as they await pick up. For more information on Summer Camps, you can email Camila at camilab@columbiaathletic.com.

Times: 9am – 12pm (Half Day Camp)

9am – 3:30pm (Full Day Camp)

Summer Camp Lineup

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. Participants will have the opportunity to swim every day and have fun. In order to be a Jr.Camp Counselor, he/she must have attended a CAC summer camp in the past. This person must be a positive role model and want to be a "BIG" kids participating in games and show leadership qualities. Bring swim suit, wear athletic shoes and comfortable clothes, and bring a water bottle and a sack lunch every day. Space is limited, only 2 Jr. Counselors per week, it will be available for weeks 1, 2, 3, 6, 7, 9 and 10

Time: 9am – 3:30pm

Ages: 12 – 14

Fees: \$230 + tax Member/\$285 + tax Non-member



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425.313.0123

Columbia Athletic Clubs – Pine Lake
2930 228th Ave SE • Sammamish, WA 98075

CLUB HOURS

Monday – Friday, 5am – 10:30pm
Saturday and Sunday, 6:30am – 10:30pm

www.columbiaathletic.com



Babysitting Class

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

Date: June 20

Time: 4 – 7pm

Ages: 11 – 14

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

Week 1: Little Picassos

Each day we will make a new project that may include drawing, painting, printmaking, or sculpture. They will learn about different artists and recreate some of their art. They will finish the day at the pool after a morning of creativity.

Dates: June 26 & 27

Ages: 5 – 11

Fees: \$172 + tax Member/\$202 + tax Non-member (Full Day)
\$138 + tax Member/\$155 + tax Non-member (Half Day)

Week 2: It's a Zoo!

Kids will explore the world of animals and reptiles this week as well as get a visit from ShooFly Farms with a petting zoo and some friendly dogs. They will learn about some animals from all over the world and act like them too. We will make sure this camp is packed with wild fun.

Dates: June 30 – July 3

Ages: 5 – 11

Fees: \$344 + tax Member/\$404 + tax Non-member (Full Day)
\$275 + tax Member/\$310 + tax Non-member (Half Day)

Week 3: Multi-Sport Camp

Join us for an exciting and active summer at our Multi-Sport Camp! Designed for kids who love to play and stay active, this camp introduces participants to a variety of sports and games, helping them build skills, teamwork, and confidence. Whether your child is a seasoned athlete or just starting out, they'll have a blast learning and playing different sports throughout the week!

Sports and Activities Included:

- **Basketball:** Dribbling, shooting and mini-tournaments
- **Soccer:** Passing, shooting, and small-sided games
- **Flag Football:** Routes, teamwork, and scrimmages
- **Volleyball:** Passing, serving and rallies
- **Dodgeball & Kickball:** Fun and exciting group games
- **Obstacle Course:** Speed and agility challenges
- **Team Building Activities:** Cooperative games and problem-solving challenges

Dates: July 7 – 11

Ages: 5 – 11

Fees: \$430 + tax Member/\$505 + tax Non-member (Full Day)
No Half Day option.

Week 4 & 5: Camp Columbia

Have you ever wonder what our club offers? 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. Per request this camp now is a full day camp Monday/Friday from 9pm-3:30pm. No tennis or swim lessons on Fridays instead we will have a break and explore Pine Lake Park. (Weather permitting)

Dates: July 14 – 18, July 21 – 25

Ages: 5 – 11

Fees: \$800 + tax Member/\$990 + tax Non-member (2 week camp)
No Half Day option. No Single Week option

Week 4: Jet's Gymnastics

In this week long camp we will provide young children with the opportunity to develop basic gymnastics/tumbling ability, coordination, balance, strength, and above all to build confidence and a positive self-image. In addition to basic gymnastics skills, our program includes motor skill development, games, and rhythmic activities set to music.

Dates: July 14 – 18

Ages: 5 – 8

Fees: \$300 + tax Member/\$375 + tax Non-member

Week 5: Future Health Explorers by Little Medical School

Embark on a thrilling healthcare adventure! Students will step into the shoes of physicians, nurses, dentists, and pharmacists, learning about essential medical tools and techniques. They'll explore everything from oral hygiene to medication safety, healthy eating habits to nursing care, turning curiosity into expertise through engaging, hands-on activities. Ignite their curiosity and inspire them to become tomorrow's health heroes!

Dates: July 21 – 25

Ages: 5 – 11

Fees: \$300 + tax Member/\$375 + tax Non-member

Week 6: Foundational Engineering + Superheroes

Superheroes (Ages 5 – 7): To the Bat cave, superhero fans! Design your own superhero, create your own adventure, and build epic battle scenes using LEGO® bricks. Have a blast as you create your own fantasy world of superheroes and supervillains, straight out of the pages of DC and Marvel comic books. You might even unleash some of your own superpowers!



Foundational engineering (Ages 8 – 11):

Does your little learner love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside? If so, they're going to love Snapology's Foundational Engineering: Machines

Summer Camps continued on next page.

Summer Camps continued

and Contraptions program! This program gives your student the tools they need to understand mechanical movement and the importance of simple machines. They will see these moving parts up-close as they follow instructions to build various machines and contraptions, and then use the models to develop new design ideas, test out physics concepts, and even play games with their partners and classmates. Whether they are the creative-constructive type or prefer the inquisitive-deconstructive way of learning, this program is sure to spark their engineering interests!

Dates: July 28 – August 1

Ages: 5 – 11

Fees: \$430 + tax Member/\$505 + tax Non-member (Full Day)
No Half Day option.

Week 7: Basketball Camp

At this camp the children will work on skills and drills and assorted activities to improve balance and focus while building strength and motor skills. Your team is counting on you! Come join the fun! After some serious training the kids will have some relaxing time playing games or in the pool, note that the kids will swim every other day.

Dates: August 4 – 8

Ages: 5 – 11

Fees: \$430 + tax Member/\$505 + tax Non-member (Full Day)
\$300 + tax Member/\$375 + tax Non-member (Half Day)

Week 8: Sports Week

Just like our extremely popular camp Camp Columbia we will have a little bit of swimming and tennis. 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 11 – 15

Ages: 5 – 11

Fees: \$430 + tax Member/\$505 + tax Non-member (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.

We will address technical, tactical and applied aspects of basketball that will help a player develop their game beyond the level they are currently at.

Dates: August 11 – 15

Ages: 5 – 11

Time: 12:30 – 3:30pm

Fees: \$300 + tax Member/\$375 + tax Non-member (Half Day)

Week 9: Snapology - Animation Studio + Ninja Adventures

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

through a variety of building activities, games, and projects! From translating their name to Japanese to learning about the importance of strength, concentration, and agility through physical challenges, students are bound to have a blast.

Animation Studio (Ages 8 – 11): Who doesn't love an action-packed animation movie that brings our favorite toys to life? In Snapology's Animation Studio program, students get to do more than just enjoy those movies, they get to create them! In this technical program, children will work in teams to learn the fundamentals of stop motion animation and develop their own animated movie starring some of their favorite LEGO® mini figures! Students will go through the entire movie making process with their filming partner, from plot development and set design to detailed visual and audio editing. The best part, their movie will move beyond the classroom and be uploaded to Snapology's YouTube channel so they can share their film with friends and family for years to come!

Dates: August 18 – 22

Ages: 5 – 11

Time: 9am – 3:30pm

Fees: \$430 + tax Member/\$505 + tax Non-member (Full Day)
No Half Day option.

Week 10: Sports Fusion STEAM Camp

Get ready for a week of action-packed fun and hands-on learning at our Sports Fusion STEAM Camp! This unique program combines the excitement of sports and fitness activities with engaging STEAM (Science, Technology, Engineering, Arts, and Math) projects. Kids will stay active, spark creativity, and build problem-solving skills while having a blast both on and off the field!

Activities Include:

Sports and Games: Basketball, Soccer, Dodgeball, Kickball, Relays, and Team Challenges.

STEAM Projects:

- **Science Experiments:** Explore physics through motion and forces.
- **Engineering Challenges:** Build mini structures and obstacle courses.
- **Art and Design:** Create sports-themed crafts and projects.
- **Math in Motion:** Games and puzzles that blend movement with learning.
- **Technology Explorations:** Hands-on activities like coding basics or building simple machines.
- **Team Building Games:** Encourage collaboration, creativity, and problem-solving

Dates: August 25 – 29

Ages: 5 – 11

Time: 9am – 3:30pm

Fees: \$430 + tax Member
\$505 + tax Non-member (Full Day)
No half day option



AQUATICS



Group Swim Lessons

Our two-week intensive program is crafted to accelerate the development of swimming skills and enhance endurance for participants. With sessions spanning just two weeks, the program offers flexibility, particularly during the summer months. Participants also have the option to enroll in multiple sessions concurrently.

Monday – Thursday (2-Week Intensives)

Session 1: June 30 – July 10 **Session 3:** July 28 – August 7

Session 2: July 14 – 24 **Session 4:** August 11 – 21

Ages: 4 – 14

Fees: \$152 + tax Member/\$200 + tax Non-member

Registration Opens June 2nd at 10am

TIME	LEVELS				
10 – 10:30am	L5	L6	L2	L1	
10:30 – 11am	L3	L4	L2	L1	L3
11 – 11:30am	L3	L6	L2	L1	
11:45am – 12:15pm	L4	L5	YB	L2/3	L3
12:15 – 12:45pm	L2/3	L1	L4	L1	
12:45 – 1:15pm	L5	L3	L2	L2	L2/3

Saturday Classes

Our Saturday group lessons provide a diverse range of swim programs, catering to various age groups from parent-tot to adults. These sessions prioritize comfort and safety in the water over endurance, offering a less intense pace. Conducted weekly, our Saturday group lessons are designed for a more relaxed learning experience.

Session 1: June 28 – July 26 (5 Classes)

Session 2: August 2 – 30 (5 Classes)

Ages: 6 months and up

Fees: \$90 + tax Member/\$125 + tax Non-member

Registration Opens June 2nd at 10am

TIME	LEVELS		
9:15 – 9:45am	L5	L6	L5
9:45 – 10:15am	L4	L4	L2/3
10:15 – 10:45am	L2/3	L3	L2
11 – 11:30am	YB	L1	L3
11:30am – 12pm	Parent-Tot	Adult Beg.	Adult Int.

Summer Swim Team

The Summer Piranhas Swim Team offers a non-competitive, endurance-focused program. Pricing is for the entire 6 weeks. Swimmers may attend as many days of the week as they like. The program culminates with an end-of-summer “mock meet,” providing valuable swim team experience. All swimmers need to submit a registration form for Summer Swim Team. This can be found on our website under Aquatics. Registration opens June 2nd at 10am.

Dates: June 30 – August 7

Ages: 8 – 18

Fees: \$180 + tax Member/\$225 + tax Non-member

All Swimmers who have not participated in our School Year swim team will need to schedule a tryout. This will take place on Friday, June 6th from 4 to 6pm and June 7th, from 12 to 2pm. Contact plcaquatics@columbiaathletic.com with questions, or the activities desk to schedule a reservation.

TIME	DAYS	LEVELS
8 – 9am	Monday – Thursday	GROUP 4 (ages 13 & up)
8 – 9am	Monday – Thursday	GROUP 3 (ages 11 – 12)
9 – 10am	Monday – Thursday	GROUP 2 (ages 8 – 9)
9:15 – 10am	Monday – Thursday	GROUP 1 (ages 8 & under)
MOCK MEET	Sunday	JULY 27, 10am – 2pm

Stroke Clinics

Looking for additional stroke refinement post-swim team season? Join our weekly series of stroke clinics throughout August, ensuring your skills stay sharp for year-round swimming. The first week will concentrate on freestyle, followed by backstroke in the second week, breaststroke in the third week, and butterfly in the final week. Registration is flexible, allowing you to sign up for multiple weeks or select only the ones that pique your interest.

Days: Monday – Thursday

Ages: No age requirement, just skill requirement

Fees: \$25 + tax Member/\$35 + tax Non-member (per class) (Max. Capacity of 10)

Registration for stroke clinics opens July 7th at 10am.

WEEK	DATE	TIME
Week 1- Freestyle	August 4 – 7	4:30 – 5:30pm
Week 2- Backstroke	August 11 – 14	4:30 – 5:30pm
Week 3- Breaststroke	August 18 – 21	4:30 – 5:30pm
Week 4- Butterfly	August 25 – 28	4:30 – 5:30pm

Swimmer Must Be Familiar With All Strokes: Freestyle, Backstroke, Breaststroke, Butterfly. Swimmer Must Be Able To Swim 25 Yards Without Stopping)

Aquatics continued on next page.



AQUATICS continued

New! Summer Adult Learn To Swim Boot Camp

This year, we're excited to offer an afternoon Adult Learn-to-Swim BOOT CAMP designed for both beginners and intermediate swimmers! Each session will feature 45-minute lessons in a small group setting. Whether you're starting your swim journey or looking to refine your technique, this series is perfect for you!

Ages: 14

Fees: \$20 + tax Member/\$30 + tax Non-member
(Max. capacity of 5 adults per level)

Registration Opens June 2nd at 10am

LEVEL BREAKDOWN:

Beginner 1: Swimmer has no experience with water/ swimmer cannot float or swim face down

Beginner 2: Swimmer has little to no experience with freestyle, backstroke and breaststroke

Intermediate: Swimmer is familiar with freestyle, backstroke and breaststroke and looking to expand endurance as well as learn butterfly stroke.

DATE	TIME/LEVEL
July 7 – 17	5:30 – 6:15pm (Beginner 1, 2 & Intermediate)
July 21 – 31	5:30 – 6:15pm (Beginner 1, 2 & Intermediate)
August 4 – 14	5:30 – 6:15pm (Beginner 1, 2 & Intermediate)
August 18 – 28	5:30 – 6:15pm (Beginner 1, 2 & Intermediate)

TENNIS



2025 JUNIOR TENNIS SUMMER PROGRAM

Key Dates:

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

WEEKDAY SESSION DATES (MONDAY – THURSDAY):

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

*Session includes a FULL DAY camp option.

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

WEEKEND SESSION DATES:

Session 1: June 28 – July 19 (4 classes)	Session 2: July 26 – August 23 (5 classes)
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Half Day Camps

These are weekly junior tennis camps for all skill levels and abilities. Classes run Monday through Thursday with additional, no charge, competitions on Fridays as part of the Eastside Jr. Tennis League. Each class will be a mixture of learning tennis fundamentals as well as plenty of fun games. For those currently enrolled in our school year program, please register based on the following:

Quick Start 1

Time: 1 – 1:45pm (45 min.)

Ages: 4 – 6

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

Quick Start 2/Level 1

Time: 1:45 – 3pm (75 min.)

Ages: 7 – 10

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

Level 2/Level 3

Time: 2:45 – 4:15pm (90 min.)

Ages: 11 + all skill levels

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

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

POOL
Party

July 12, 7 – 9pm

NEW! Summer Splash: Teen Glow-in-the-Dark Pool Party

Get ready for a glow-in-the-dark pool party exclusively for our teen swimmers! The fun kicks off at 7pm and features food, music, and plenty of excitement. Members can invite unlimited non-member guests, while Non-members are allowed one guest each. Please note, swimmers must pass a swim test at the event or wear a life jacket to participate.

Ages: 14

Fees: \$36 + tax Member/\$46 + tax Non-member
(Max. capacity of 30)

Registration Opens June 9th at 10am

Full Day Camps

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

Days: Monday – Thursday

Time: 9:15am – 4pm

Ages: 5+ (all skill levels)

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

Saturday Camps

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

Quick Start 1

Time: 10:30 – 11:15am

Ages: 4 – 6

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

Quick Start 2/Level 1

Time: 10:30 – 11:30am

Ages: 7 – 10

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

Level 2/Level 3

Time: 11:30am – 1pm

Ages: 11 + all skill levels

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

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

ADULT GROUP TENNIS LESSONS

Adult Beginner/Advanced Beginners

Co-ed training session designed for those new to tennis. Focus will be on improving performance for competitive or social play. Stroke production, strategy, technique and doubles play are all part of this class. Contact Dusko to register. dusko@columbiaathletic.com

Days: Mondays, 11:45am – 1pm

Mondays, Intermediate 6:45 – 8pm

Tuesdays, Beginner Ladies 6:45 – 8pm

Wednesdays, Beginner Men 6:45 – 8pm

Thursday, Beginner 6:45 – 8pm

Fridays, Adv. Beg 6:45 – 8pm

Fees: Price based on # of participants

Men's Flights

Organized doubles play with players of equal ability. Contact Dusko to enroll. Dusko@columbiaathletic.com. Flights are for Tennis Members only.

Days: **Level 2.5 – 3.5:** Tuesdays, 6:45 – 9:15pm

Level 3.5 – 4.5: Thursdays, 6:45 – 9:15pm

Ladies Flights

Organized doubles play with players of equal ability. Contact Dusko to enroll. Dusko@columbiaathletic.com. Flights are for Tennis Members only.

Days: **Level 2.5 – 3.0:** Wednesdays, 6:45 – 8pm

Level 3.5 – 4.0: Mondays, 6:15 – 8pm

About the Tennis Pros



Dusko Andreic - Tennis Director

Dusko is Pine Lake's most experienced Tennis Pro and is USPTA 1 certified Elite Pro. His expertise is a thorough analysis and realistic assessment of each student's skill level. This is followed by a step-by-step plan on how to achieve the next level of play, with emphasis on detailed

stroke production, as well as a mental aspect of the tennis game. Dusko has been a tennis professional for 15 years prior to becoming Tennis director of CAC - Pine Lake. He has been the Tennis Director at Pine Lake for the past 13 years and has coached many top ranked Washington 3A and 4A juniors to scholarships as well as Adults in Cups and USTA competition to Playoffs, Sectionals and National levels.

Email: dusko@columbiaathletic.com



Shayan - Tennis Professional

Shayan has a Bachelor of Physical Education and Sports Science with an MBA in Sports.

With more than 15 years experience in teaching Tennis at different clubs Shayan teaches both adults and junior but has great results with his Advanced Junior

students. In fact he has trained top players like Casra Ramani, the former Number 2 in Asia, and also 2 players in top 10 of U12 in Washington. Besides coaching variety of levels of adults both in private and group /team settings Shayan is certified personal trainer which he applies when teaching tennis fitness to all levels and ages. Email: shayan@columbiaathletic.com



Mike McCaffrey - Tennis Professional

Mike is certified USPTA Elite Instructor with over 30 years of teaching and playing experience and his strengths are helping students get results and taking their game to the next level. A local resident, he grew up in California and Utah. After high

school he played collegiate division one men's tennis at Utah State University from 1982-84 in singles and doubles. Mike's philosophy on the court is to have fun, be competitive, and work hard knowing that without sound mechanics, your game can only go so far. A philosophy he learned while under the guidance of working for Vic Braden as a teaching professional. Email: mikem@columbiaathletic.com.

GROUP EX

Summer Member Party *and* Les Mills Launch!

Saturday, July 12, 9:30am – 12pm.




Save the Date for a party in our parking lot featuring new music and moves for all 6 of our Les Mills classes plus yummy food and drinks. The perfect way to celebrate summer!

Summer Group Ex Class Schedule

Summer is a wonderful time in the Pacific Northwest and we want you and our instructors to enjoy time outside and with family! Some classes will be going on “summer vacation”. Pick up a modified summer schedule that reflects changes.



Did you know that the Pine Lake Group Ex Department is equipped with Myzone heart rate monitoring? Myzone monitors heart rate in real time and converts it into Myzone Effort Points (MEPs), so that everyone is rewarded for their effort in class, regardless of their fitness level. The Myzone heart rate monitor has an accuracy rate of 99.4%, making it more reliable than other fitness wearables for tracking your progress and helping you achieve your goals! We sell the MZ-1 and MZ-Switch Models at the Front Desk for \$50+tax and \$90+tax respectively. The MZ-1 runs on a coin cell battery and must be used in the studio or with the Myzone app. The MZ-Switch has a rechargeable battery, onboard storage, and the ability to be worn around the wrist and arm, in addition to the chest. Look for the  symbol on the schedule to see which classes are currently using this system and stay tuned for special summer challenges to help you achieve your summer fitness goals and stay connected to your CAC - Pine Lake community!



LES MILLS

Les Mills Classes

LES MILLS is a global fitness company dedicated to creating a fitter planet through the best Group Fitness classes. Every 3 months, a brand new set of music and movements reflecting current scientific research are sent to our instructors to bring to you!

We offer 6 Les Mills Programs:

LES MILLS

BODYATTACK

A high-energy fitness class with moves catered for everyone!

Athletic exercises like running, lunging and jumping are combined with strength exercises like push-ups and squats to build full body strength and maximize cardio stamina. Sweat, smile, and burn an average of 600 calories in each class. No equipment needed.

LES MILLS

BODYBALANCE

BODYBALANCE™ (formerly BODYFLOW™) is a motivating blend of new yoga featuring

elements of Tai Chi and Pilates. It is designed to strengthen your entire body, improve flexibility, and leave you feeling calm and centered. A great introduction to Mind/Body classes; appropriate for all fitness levels!

LES MILLS

BODYPUMP

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to

moderate weights with lots of repetition, BODYPUMP™ is a total body workout that will burn an average of 400 calories.

Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music –helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated; ready to come back for more.

LES MILLS

BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your

butt and thighs. In a BODYSTEP™ class you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You will burn an average of 400 calories and leave buzzing with satisfaction.

LES MILLS

CORE

Exercising muscles around the core, LES MILLS CORE™ provides the vital ingredient for a stronger body. A stronger core makes you

better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All moves in LES MILLS CORE™ have options, so it's challenging but achievable for your own level of fitness. During the 30 minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS DANCE

Our newest program LES MILLS DANCE is a high-energy workout that will reinvent the way you move and sweat! 45-minutes of

innovative dance movements that work cohesively with music inspired from a wide variety of dance genres inspired by global dance genres. Designed by dancers, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit — or for anyone who loves to dance.

FITNESS



Summer Personal Training Packages

Make this summer your fittest yet with tailored personal training packages designed to meet your goals and keep you motivated all season long. Whether you're aiming to build strength, improve endurance, lose weight, or simply stay active, we have the perfect package for you!

Summer Kickoff Package (4 Sessions)

Perfect for those who want to kickstart their fitness journey or get back on track!

Includes: 4 one-on-one personal training sessions and 1 body composition test.

Focus: Fitness assessment, goal setting, foundational strength, and cardio training.

Duration: Each session is 45 minutes.

Ideal For: Beginners, those who want to get back into a workout routine, or anyone looking to kickstart their fitness journey.

Fees: \$250 + tax Member/\$336 + tax Non-member

Summer Shred Package (12 Sessions)

Get lean and toned with a comprehensive program designed to burn fat and build muscle.

Includes: 12 one-on-one personal training sessions and 2 body composition tests.

Focus: Weight loss, fat-burning HIIT workouts, strength training, and body sculpting

Duration: Each session is 45 minutes.

Ideal For: Those looking to lose weight, get in shape for summer, or build lean muscle while staying active.

Fees: \$744 + tax Member/\$996 + tax Non-member

Promotion begins June 1st and will end August 1st. This promo is for New Members and new Personal Training Clients only. All sessions must be used by September 22nd or sessions will be forfeited. 1 package may be purchased per person.

SUMMER IMPACT CLASSES

IMPACT STRENGTH TRAINING

Instructor: Tyler

Get ready to build strength, increase endurance, and tone your muscles with Tyler (CPT) in this high-energy, full-body workout class! Designed to help you stay fit throughout the summer months, our Summer IMPACT Strength class combines high intensity weight training and dynamic movements to sculpt your body and boost your metabolism. Whether you're looking to enhance your overall strength or challenge yourself with new exercises, this class will help you achieve your fitness goals in a fun and motivating environment.

Participants: Min. 2, Max. 8. Sign up through our online portal.

Days: Tuesdays, Thursdays, 6-7 PM, Saturdays 2-3 PM.

Ages: Adults & ages 15 – 17 with instructor permission

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

IMPACT TEEN FITNESS

Instructor: Taylor

Calling all kids who are looking to learn how to get strong and fit this summer! This is a small group class led by our Fitness Director, Taylor Scarvie, NSCA CSCS, in a fun, supportive, and safe environment for kids looking to take a step into strength training. 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 Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury.

Participants: Min. 2, Max. 8. Sign up through our online portal.

Days: Tuesdays & Thursdays, 5 – 6pm

Ages: 12 – 16 or with Instructor permission

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

Fitness continued on next page.

ADVANTAGE SPORT

PLAY • TRAIN • RECOVER

Advantage Sport (12 – 20 years old, in a sport)

Instructor: Nikki

Help your young athletes prepare for their upcoming seasons close to home with CAC - Pine Lake!

Get in peak shape with our Summer Performance Training class—designed specifically for athletes looking to elevate their game this season. Whether you're training for a specific sport or just want to enhance your athletic performance, this class will push your strength, speed, agility, and endurance to new levels. Tailored for athletes of all levels, we'll combine functional exercises, sport-specific drills, and high-intensity training to improve power, flexibility, and overall athleticism.

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).

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

IMPACT TENNIS CONDITIONING

Instructor: Taylor

Get ready to experience a comprehensive and results-driven program designed to boost your strength, agility, and endurance – essential elements for excelling in tennis. Our class is not just about hitting the ball; it's about sculpting a well-rounded athlete ready to conquer the challenges of the game. This class is suitable for tennis enthusiasts of all levels, from beginners looking to establish a solid foundation to seasoned players aiming to enhance their competitive edge.

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

Days: Thursdays 7 – 8am

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

Our Personal Training Team



TAYLOR SCARVIE - FITNESS DIRECTOR
taylors@columbiaathletic.com

Education and Certifications:

- B.S Exercise Science
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA-CSCS)



NIKKI BROWN

nikkib@columbiaathletic.com

Education and Certifications:

- B.S. Exercise Science
- American College of Sports Medicine, Certified Exercise Physiologist (ACSM- EP-C)
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA – CSCS)
- Schwinn Indoor Cycling Instructor



KIM BRASFIELD

kimb@columbiaathletic.com

Education and Certifications:

- B.S. Ed in Physical Education
- American College of Exercise, Certified Personal Trainer (ACE-CPT)
- LeMond RevMaster Certified Cycle Instructor
- TRX and Kettlebell Certified
- Trigger Point Certified



TYLER EIGUREN

tylere@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- B.S. Aerospace Engineering
- M.S. Material Science & Engineering



NORA O'MELIA

noram@columbiaathletic.com

Education and Certifications:

- A.A.S. Fitness Specialist/Personal Trainer
- American College of Sports Medicine, Exercise Physiologist Certification (ACSM EP-C)
- TRX Suspension Training
- Senior Exercise Specialist
- B.A. Political Science



CHRISTINE MCKINSEY

christinem@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Academy of Sports Medicine, Corrective Exercise Specialist (NASM-CES)
- Les Mills Certified Instructor: Body Flow, Core, Sh'Bam, Combat
- B.A. English





KATY STUART
katys@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- American Council on Exercise, Group Fitness Instructor (ACE-GFI)
- Les Mills US Trainer, Assessor, Presenter
- Les Mills Advanced Instructor: BODYPUMP, BODYSTEP, BODYATTACK, CORE
- Les Mills Certified Instructor: BODYBALANCE
- Ph.D. Wildlife Science

MEMBERSHIP



Summer Memberships - Available June 1 – September 30

Get you and your family started on a healthier path this summer. Individual, Couple, or Family plans are available. These are 3 month temporary memberships and a great way to experience the Club and all we have to offer.

Student Summer Memberships

Are your kids back from College this summer? Keep them active with a temporary 3 Month Membership. They will enjoy the private, professional atmosphere where they can focus on their individual goals. Keep them healthy, fit, and active all summer long. For more information, contact the Membership department at plmem@columbiaathletic.com.



**Check us out on Instagram
and Facebook!**

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

Birthday Party Packages at Pine Lake

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

We provide the space, and do all the cleanup.

- Bring your own party decorations, utensils, cake and food.
- We supply the venue, tables, chairs, and party coordinators

Bring On The Works:

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

We provide the space, tables and chairs, party coordinators, lifeguards and towels (if needed), plus decorate according to your theme of choice. We also do all the cleanup.

- 1 Dozen Balloons, tables and chairs
- Pizza, drinks, & 1/4 sheet cake
- 1 gallon of ice cream
- Decorated party room
- All necessary party utensils

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.

Reptile Man: Snakes, lizards and alligators oh my. A certified handler from the Reptile Man zoo will bring all the fun right here to the Club. You will learn about these amazing creatures plus have the opportunity to handle or touch some yourself.

Bouncy House: Add a bouncy house for the party. Whether you choose in a secure area of the parking lot or the gymnasium we will have it all set up and ready for fun.

Lego's: Bricks4Kidz brings oodles of creativity for hours of building and imagination.

Little Picasso: We supply the canvas, the easels and the paint. You supply the creativity and the artists. We even do all the cleanup while you take your budding artwork home for display.

Lil' Yoga or Zumba™: If theater is more your style, you can choose between a private Kids Yoga or Zumba Kids™ class. The Yoga class comes with your own junior yoga mat while the Zumba class includes a handmade coin skirt for all the participants (up to 12).

Party dates are scheduled for 2hr time spots on either a Saturday or Sunday afternoon. Call today at 425.313.0123 or email Camila at camilab@columbiaathletic.com for more information.

Kids Club



Staff

Each Kids Club staff member 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 3 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 member, 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 – 1:30pm
Monday – Thursday:	3:30 – 7pm
Saturday:	9am – 1pm
Sunday:	9am – 1pm

Fees (all pricing is charged in 15 min. increments)	
	\$6.50 + tax /hr Member
	\$9 + tax /hr Non-member

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

Extended Care/Off Site Rates	
Member: Parent/Member Child	\$10 + tax/hr
Member: Parent/Non Member Child	\$13 + tax/hr

For additional information or questions please call the Club and ask for Kids Club.

