

# CAC - Silver Lake 2025 Spring/Summer Guide



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**COLUMBIA**<sup>®</sup>  
athletic clubs  
[www.columbiaathletic.com](http://www.columbiaathletic.com)



# 2025 Outdoor Pool Season Passes Now available

## 2025 Outdoor Pool Season Pass Rates:

**Individual:** \$100 **Couple:** \$150 **Family:** \$200

This is a one time cost, and the pool will be open to you for the rest of the summer!

Contact the membership department, or Patrick directly at [patrick@columbiaathletic.com](mailto:patrick@columbiaathletic.com) for more information.

## Become a Member today!

Experience the benefits of being a member, such as access to our welcoming fitness equipment, heated pool, free group exercise classes and also discounts on all summer camps and programs!

Enroll today by calling, emailing us at [slcmem@columbiaathletic.com](mailto:slcmem@columbiaathletic.com), or stopping by the membership office and see what current enrollment specials we are offering!

## Kids Night Out!

Join us for Kids Night Out once a month, where kids can have fun and parents can enjoy a well-deserved break! Children will be dropped off in our gymnasium for exciting games, then head to the conference room for a craft activity. They'll enjoy a pizza dinner in the Group Exercise room, followed by an hour of swimming in our indoor pool. Be sure to bring swimsuits and floaties! Sign up at the front desk

**Dates:** March 22, April 26, May 17, June 21, July 26, August 23

**Time:** 4–8pm

**Ages:** 5–10

**Fees:** \$45 + tax Member/  
\$55 + tax Non-member



## Spring Break Camp



**April 7–11**

Come have an unforgettable time with us during spring break! We'll engage in exciting gym games, enjoy outdoor activities (weather permitting), unleash our creativity with fun crafts, swim in the indoor pool, and so much more! It's the perfect way to stay active, make new friends, and enjoy a variety of fun-filled activities throughout the break.

\*Early drop off and late pick up options available. Please email [Natalias@columbiaathletic.com](mailto:Natalias@columbiaathletic.com) or sign up at the front desk. Cost: \$15 Member/ \$25 Non Member + tax

## Schedule

- \*7:45 – 8:45am: Early Drop off
- 9am: Drop off in gymnasium
- 9:15 – 9:30am: Ice Breakers
- 9:30 – 10:30am: Gym games and activities
- 10:30 – 10:45am: Potty break and snack break
- 10:50 – 11:30am: Craft time/Outdoor play
- 11:30am – 12pm: Outdoor play/craft time
- 12 – 1pm: Potty break and lunch
- 1 – 1:15pm: Group ex activities
- 1:15 – 1:30pm: prep for pool
- 1:30 – 2:30pm: Swim time
- 2:30 – 2:45pm: shower and change time
- 2:45 – 3pm: Gym games/get ready for pick up
- 3 – 3:15pm: Pick up time
- \*3:15 – 4:15pm: Late Pick up Option

**Ages:** 5 – 11

**Fees:** \$375 + tax Member/\$475 + tax Non-member (full week)  
\$85 + tax Member/\$105 + tax Non-member (per day)

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**425.745.1617**

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

## CLUB HOURS\*

Monday – Friday, 5am – 10pm  
Saturdays, 7am – 10pm  
Sundays, 7am – 8:30pm

\*The indoor pool closes 30 minutes prior to club closing time.

[www.columbiaathletic.com](http://www.columbiaathletic.com)





## We look forward to having your kids join us for our 2025 Camp Adventures!

### Camps run June 23–August 29

Due to the change of our camp structure, we no longer accept drop in campers. We recommend enrolling your camper into the camp week(s) that you want as far out in advance as possible, as camps fill up quickly. We do require a confirmed registration to attend. Your payment for a camp or program guarantees your enrollment and a spot in your preferred camp. Price will be determined based on membership status at the time of enrollment. Membership pricing is available only to individuals who are active members during the camp's duration. Each camper is required to have a card on file no matter their membership status. In order to receive a full refund, 30 days notice is required for any camp cancellations. At least 14 days notice will result in a 50% refund. Written notification of cancellation is required. Email our Programs Director directly at [Natalias@columbiaathletic.com](mailto:Natalias@columbiaathletic.com).

## All Day Camps (9am – 4pm)

**These camps are designed for children ages 5-11.** Campers will swim daily, so be ready to get wet! On hot days, we'll also enjoy water games outdoors. Please ensure your child can independently change into their swimsuit before swimming and back into their play clothes afterward.

### What you need to bring every day to camp:

- A lunch, snacks and a water bottle. (Please label all belongings)
- We recommend campers wear their swim suits and sunscreen in the morning.
- Pack or wear athletic shoes and a change of clothes.
- Liability forms must be filled out upon drop off of the first day of camp. (If you submitted a registration request online or filled out the camp paperwork in house then there is no need to sign another form).

Every camp day your camper must be signed in upon arrival. Please include any special instructions we need to know for your child, including any allergies. We are not nut free.

Camper drop off and pick up will be at the east side of the gym, back door stairwell.

### "SAMPLE" itinerary for Full Day Campers: 9am – 4pm

(We adjust timing on activities based on the space(s) and number of campers for the week.)

Early drop off and late pick up options available. Must register prior to your camp date. Early drop off: \$15 + tax M/\$25 + tax NM  
Late pick up: \$15 + tax M/\$25 + tax NM

<b>7:30 – 8:45am</b> (Addtl. Fee)	<b>EARLY DROP OFF ONLY.</b> (If your child is dropped off prior to 8:45am and they are not signed up for early drop off you will be charged the early drop off fee).
<b>8:45 – 9am</b>	Parents sign their camper in with our Camp Staff by the east side gym door. Please write down any special instructions for the day. Examples include allergies, must wear a life jacket and/or a different person picking up your child etc.
<b>9 – 10:30am</b>	Campers meet and greet in the gym. Staff will organize Icebreaker games and a variety of gym activities.
<b>10:30 – 10:45am</b>	Campers bring their own snacks for the morning snack time and water break. We will also prepare to go to the pool at this time.
<b>11am – 12pm</b>	Open swim! (Outdoor Pool) We recommend a lifejacket if your child is not a strong swimmer.
<b>12 – 1pm</b>	all campers will eat their lunch outside by tennis courts if the weather is nice. Please remember to bring a packed lunch. If the weather is not nice, campers will eat indoors.
<b>1 – 3:45pm</b>	This time frame will be used for themed activities. Campers will split up into groups and will go to different stations. These stations may include indoor gym activities such as sports and games, outdoor water activities or experiments, crafts indoor and outdoor and anything else related to the camp's theme.
<b>3:45 – 4pm</b>	We will come back together as a whole camp, enjoy popsicles and play more camp related games and activities until pick up.
<b>4 – 4:15pm</b>	Parents pick up their Camper(s) and sign them out by the stairs located by the outside gym door.
<b>4:15 – 5pm</b> (Addtl. Fee)	<b>LATE PICK UP ONLY</b> (If your child is left past 4:15pm and they are not signed up for late pickup you will be charged the late pick up fee).

Summer Camps continued on next page.

# SUMMER CAMPS cont.

## Original Camp Columbia

Get ready to try out a variety of fun activities in this action-packed camp! Your camper will learn how to play tennis, hit a golf ball, build swimming endurance, enjoy workouts, play games, and have a blast both indoors and outdoors.

We can't wait for your camper to enjoy all the fun, fitness, and adventure in this exciting camp!

**Date:** June 23 – 27

**Fees:** \$385 + tax Member/\$485 + Non member

## Power House

Bring your energy and get ready to move in this exciting camp! Your camper will improve their dance skills, enjoy upbeat workout classes with our fantastic instructors, and learn how to use fun, age-appropriate gym equipment with our personal trainers. And of course, we'll cool off with some swimming time in our outdoor pool!

We can't wait for your camper to have a blast while staying active and fit in this high-energy camp!

**Dates:** June 30 – July 3 (4 day camp)

**Fees:** \$310 + tax Member/\$410 + tax Non-member



## Limitless Camp

This camp is perfect for kids who love to use their imagination, get creative, and have fun on exciting adventures! Each day will feature a new theme, and swimming will be part of the daily activities.

**Pokemon Monday:** Kids can bring their own Pokémon cards and dress up as a Pokémon or trainer if they'd like! We'll create a Pokémon world using boxes and exercise mats in the gym, craft our favorite Pokémon, and even go on a Pokémon hunt outside.

**Superheroes and Princesses Tuesday:** Come dressed as your favorite superhero or princess! We'll make a fun craft to match your costume, play exciting themed games, and enjoy some outdoor activities to complete the day.

**Lego Day Wednesday:** Feel free to bring a labeled ziplock bag of your favorite Legos! We'll spend time building our own creations and working as a team on Lego projects. Throughout the day, we'll also play some fun Lego-themed games.

**Star Wars Jedi Training Thursday:** Dress up as your favorite Star Wars character and get ready to make your own lightsaber (please don't bring your own). We'll train with our very own Jedi Master to learn techniques and skills, and your camper will go home with their Jedi Certification!

**Nerf Wars Friday:** Safety first! All participants must wear protective eyewear to play with Nerf toys, and feel free to bring your own or we'll provide one for you. We'll create our own Nerf course with barriers and targets, and play both indoors and outdoors. Be sure to bring your labeled Nerf toy and darts for the ultimate Nerf battle!

**Dates:** July 7 – 11

**Fees:** \$385 + tax Member/\$485 + tax Non-member

## Golf and Swim

This camp is perfect for young golf enthusiasts! Campers will spend each day at the Columbia Super Range, practicing their skills with one of our experienced Golf Pros. Plus, we'll cool off with swimming every day! Please bring Golf clubs if you have them. Extra clubs are available at the range if you do not have your own.

This is our most popular camp, so be sure to sign up early to secure your spot! We can't wait to see your camper improve their swing and have a blast in the pool!

**Dates:** July 14 – 18 & August 18 – 22

**Fees:** \$385 + tax Member/\$485 + tax Non-member

## Basketball and Swim

This camp is perfect for campers who love basketball and swimming! Your camper will spend plenty of time in the gym, working on their skills with our very own Coach Gary. We'll also enjoy a variety of fun gym games and outdoor activities. We can't wait to see your camper have a blast on the court and in the pool!

**Dates:** July 21 – 25

**Fees:** \$340 + tax Member/\$440 + tax Non-member

## Action Sports

Get ready for a camp packed with nonstop fun and activity! We'll play exciting games like dodgeball, kickball, pickleball, badminton, soccer, and basketball. Campers will also race through relays, take on an obstacle course, and of course, enjoy swimming in the outdoor pool!

We can't wait for your camper to stay active, have fun, and make the most of every moment at this high-energy camp!

**Dates:** July 28 – August 1

**Fees:** \$340 + tax Member/\$440 + tax Non-member

## Mad Science

This camp is packed with non-stop fun and exciting experiments! Campers will watch thrilling explosions and get hands-on with safe experiments like shaving cream fun, watermelon smashing, color-changing liquids, crystal growing, and so much more! Plus, we'll swim every day to cool off! We can't wait for your camper to dive into the world of science and enjoy a splash of fun along the way!

**Dates:** August 4 – 8

**Fees:** \$385 + tax Member/\$485 + tax Non-member



## Aqua Nuts

Get ready for a camp full of water-filled excitement! We'll have water balloons, sprinklers, water games, water relays, and so much more—so be prepared to get wet! And of course, we'll swim every day to cool off and keep the fun going!

We can't wait to make a splash with your camper and have a wet and wild time all week long!

**Dates:** August 11 – 15

**Fees:** \$340 + tax Member/  
\$440 + tax Non-member



## Big Summer Blow Out

This camp is the perfect mix of all our summer camps rolled into one! As the final camp of the summer, we're going out with a bang! Your camper will enjoy swimming, sports, crafts, water games, experiments, dancing, exercise, tennis, camp games, and so much more!

We can't wait to wrap up the summer with an action-packed week full of fun and adventure!

**Dates:** August 25 – August 29

**Fees:** \$340 + tax Member/\$440 + tax Non-member

## Mini Campers (9am – 1pm)

**Our half day camps are designed to engage new and younger campers, children ages 3 to 5.**

Each week we will offer theme-based activities that typically include crafts, swimming and gym games. All children attending camp must be fully potty-trained.

### What you need to bring every day to camp:

- Bring a change of clothes, a water bottle, snacks, and lunch. (Please label all belongings)
- Please wear a swimsuit and sunscreen to camp
- Bring a life jacket or floaties for your child
- Pack or wear athletic shoes and a change of clothes. Trained staff will be there to assist your child with changing from their swim attire to regular clothes if they are not able to do so themselves.
- Liability forms must be filled out upon drop off of the first day of camp. (If you submitted a registration request online or filled out the camp paperwork in house then there is no need to sign another form).

Every camp day your camper must be signed in upon arrival. Please include any special instructions we need to know for your child, including any allergies. We are not nut free. Camper drop off and pick up will be at the east side of the gym, back door stairwell.

Registration is required at least one week before the camp start date.

Early drop off available. Must register prior to your camp date.  
\$15 + tax M/\$25 + tax NM

## "SAMPLE" itinerary for Mini Campers: Early drop off available (no late pick up for Mini Campers)

<b>7:30 – 8:45am</b>	EARLY DROP OFF ONLY. (If your child is dropped off prior to 8:45am and they are not signed up for early drop off you will be charged the early drop off fee).
<b>8:45 – 9am</b>	Parents sign their camper in with our camp staff by the east side gym door. Please write down any special instructions for the day. Must wear a life jacket and/or a different person picking up your child, allergies, We are not nut free.
<b>9 – 10am</b>	Gym Games and Icebreakers to get everyone comfortable. Gym activity: Games that incorporate the camp theme, tag games, duck/ duck goose, simon says, red light green light and a variety of age appropriate games. Prep for swim time!
<b>10 – 10:45am</b>	Open Swim! (Outdoor Pool) Please bring a life jacket or floaties for your child if they are not a strong swimmer.
<b>11 – 11:30am</b>	Campers will eat their packed lunch outside by tennis courts if weather permits. If not we will eat indoors.
<b>11:30am – 12pm</b>	We will play outside on the playground weather permitting.
<b>12 – 12:30pm</b>	Craft time! Located in the conference room, outside by the playset, or next to the gym
<b>12:30 – 1pm</b>	Kids will enjoy a popsicle and games on the side of the gym while waiting to get picked up. Parents pick up their Camper(s) and sign them out. Pick up will be at the same location as drop off.



## Creative Campers

This camp is packed with excitement, both indoors and outdoors! Your camper will get creative with arts and crafts, move and groove with dance activities, and enjoy some splashy fun during outdoor pool time.

We can't wait to make memories, explore creativity, and have a blast together!

**Dates:** June 23 – 27 & August 18 – 22

**Fees:** \$240 + tax Member/\$300 + tax Non-member

Camps continued on next page.

# SUMMER CAMPS cont.



## Listen to your Art

Get ready for a week full of creativity and fun—this camp is all about art, art, and more art! From paper crafts to clothing creations and even building projects, your camper will dive into all kinds of crafty adventures. And, of course, we'll cool off with some splashy fun in our outdoor pool!

We can't wait to see the masterpieces your camper will create—and the fun they'll have along the way!

**Dates:** June 30–July 3 (4 day camp)

**Fees:** \$195 + tax Member/\$240 + tax Non-member

## Animation Station

This camp is all about celebrating our favorite characters! Each day will feature a different theme, paired with exciting gym games and outdoor adventures. Plus, we'll cool off with some fun outdoor pool time!

Get ready for a week of imagination, games, and unforgettable fun!

**Marvel Monday:** Dress up as your favorite superhero! During craft time, we'll make awesome superhero masks and enjoy a variety of superhero-themed games, both indoors and outdoors.

**Disney Tuesday:** Come dressed as your favorite Disney character—whether it's a princess, Mickey and friends, or even Bluey! We'll create a fun themed craft and play games inspired by our beloved Disney characters.

**Nick Jr. Wednesday:** Join us for an action-packed day filled with adventures from your favorite Nick Jr. characters! We'll craft with Bob the Builder, ride trains with Thomas and Friends, build teamwork with Peppa Pig, go on rescue missions with Paw Patrol, and much more!

**Magic School Bus Thursday:** Let's embark on an exciting journey of discovery! We'll explore science indoors and outdoors, with activities like experiments, bug hunts, plant research, fun food facts, and even building our own planes to learn how and why they fly!

**Wacky Friday:** Come dressed in your most outrageous outfit! The day will be filled with silly games, wacky crafts, and lots of fun as we embrace our kooky sides and just enjoy being playful all day long!

**Dates:** July 7–11

**Fees:** \$240 + tax Member/\$300 + tax Non-member

## Blues Clues

Put on your detective hat for a week of mystery and adventure! This camp is all about using your detective skills to solve clues and complete fun challenges. Your camper will enjoy a thrilling scavenger hunt and get crafty by creating their own detective gear to use throughout the week. Plus, we'll cool off with some fun outdoor pool time!

We can't wait to see your camper's detective skills in action and the fun they'll have solving mysteries!

**Dates:** July 14–18

**Fees:** \$240 + tax Member/\$300 + tax Non-member

## Out of this World

Get ready for an out-of-this-world adventure! This camp will take your camper on an exciting journey to space, where they'll build rocket ships, travel back in time to visit dinosaurs, and dive deep into the ocean to discover the wonders that lurk beneath the surface! Of course we won't forget about our outdoor pool time!

We can't wait to explore the universe, the past, and the deep sea with your camper—and have tons of fun along the way!

**Dates:** July 21–25

**Fees:** \$240 + tax Member/\$300 + tax Non-member

## On The Move

Get ready to move, move, move! This camp is all about staying active and having fun. Your camper will play exciting games indoors and outdoors, swim in our outdoor pool, try out age-friendly workout classes with our group exercise teachers, and learn new sports like basketball, soccer, gym hockey, and more! We can't wait for your camper to bring their energy and join us for an action-packed week of fun!

**Dates:** July 28–August 1

**Fees:** \$240 + tax Member/\$300 + tax Non-member

## Young Einsteins

Get ready for a week full of science fun! Your camper will dive into the world of experiments, watching exciting explosions and trying out their own safe experiments. They'll grow crystals, plant flowers, and explore the 5 steps of the scientific method! Plus, we'll cool off with some fun outdoor pool time! We can't wait for your camper to explore the wonders of science and have a blast with all the hands-on experiments!

**Dates:** August 4–8

**Fees:** \$240 + tax Member/\$300 + tax Non-member

## Octonauts

Let's dive into an ocean adventure! Your camper will make fun ocean-themed crafts, race with water toys, run through the sprinkler, swim in our outdoor pool, and have a blast with water balloons. While having all this fun, we'll also learn about marine life! Be ready to get wet and enjoy the splashy fun!

We can't wait to explore the ocean and make a splash with your camper!

**Dates:** August 11–15

**Fees:** \$240 + tax Member/\$300 + tax Non-member



## Big Summer Blow Out!

We're wrapping up the summer with a bang in this exciting camp! Your camper will experience a little bit of everything—from sports and science to crafts, water balloons, group exercise, and plenty of outdoor swimming fun! We can't wait to finish the summer with tons of fun and adventure!

**Dates:** August 25 – 29

**Fees:** \$240 + tax Member/\$300 + tax Non-member

## Specialty Camps



These camps are specialty camps and therefore don't follow the normal camp schedule.

These camps will focus primarily on the specialty camp theme. Swimming will not be included in these camps with the exception of our Jr. Counselors Training.

Please bring snacks, water, and wear gym friendly shoes (label all belongings)

These camps are made for kids 4-9 years of age. These camps are separate from "Mini Campers" and "All Day Camps". Swim time is not included and there is no early or late pick up for any Specialty Camp.

### Dance Camp

Learn dance skills and routines from an actual dance teacher! We will perform for our parents on the last day of camp at 3:45pm. Each day we will learn new dances and work on our performance dance along with creating fun crafts to either dance with or wear!

**Dates:** July 21 – 25, Monday – Friday

**Fees:** \$240 + tax Member/\$300 + tax Non-member

Daily Schedule:	
1pm	Drop off Group x room
1:10 – 1:20pm	Ice breaker dance games
1:20 – 1:45pm	Warm up
1:45 – 2pm	Learn basics
2 – 2:15pm	Snack Break/potty break
2:15 – 2:45pm	Craft
2:45 – 3:15pm	Outside time while learning more skills
3:15 – 3:40pm	Game/potty break
3:40 – 4pm	Go over everything learned from the day
Pick up at 4pm	

### Cheer Camp

Learn from our very own cheerleaders! We will work on skills and well known cheer routines along with creating our own Cheer gear and other fun cheer themed crafts. We will also learn a one of a kind choreographed routine that we will perform in front of our parents on the last day of camp at 3:45pm.

**Dates:** July 28 – August 1, Monday – Friday

**Fees:** \$240 + tax Member/\$300 + tax Non-member

Daily Schedule:	
1pm	Drop off group x room
1:20 – 1:45pm	Ice breaker Cheer games Warm up
1:45 – 2pm	Learn basics
2 – 2:15pm	Snack Break/potty break
2:15 – 2:45pm	Craft
2:45 – 3:15pm	Outside time while learning more skills
3:15 – 3:40pm	Game/potty break
3:40 – 4pm	Go over everything learned from the day
Pick up at 4pm	

## Teen Camp Options



### Junior CIT (Counselors in training)

#### Ready to Lead and Make a Difference?

Join our Jr. CIT program and develop the skills to become an outstanding leader at camp! This one-week experience offers hands-on learning, exciting activities, and valuable certifications that will help you succeed, whether you're aiming to become a camp counselor, babysitter, or simply want to try something new!

#### Why Join?

This program provides a unique opportunity to gain leadership experience, hands-on training, and certifications that can help you grow both personally and professionally. Plus, it's a great way to have fun, make new friends, and get a behind-the-scenes look at what it takes to be a camp counselor.

Spots are limited—sign up today and get ready for an unforgettable summer experience!

Camps continued on next page.

# SUMMER CAMPS cont.

## What You'll Learn:

- **Adult and Child CPR/AED & First Aid Certification:** Essential training to keep campers safe and confident. (Online portion of CPR class must be completed by Monday prior to the start of training no exceptions).
- **Swim Training:** Learn pool rules/safety, how to conduct swim tests, and fun water games.
- **Camp Games and Icebreakers:** Master the art of engaging campers with creative activities and team-building exercises.
- **Kid-Friendly Craft Training:** Explore fun, camper-friendly craft ideas and learn how to prepare and lead these activities.

In order to qualify for **Next Gen Camp Leaders** for the remainder of the summer, participants must complete this Jr. CIT course.

## SCHEDULE:

**Dates:** June 23 – 27

### Monday/Wednesday & Thursday

- 9am: Drop-off and morning welcome
- 10 – 10:45am: Swim time (includes free swim and pool rules/games training)
- 11am – 12pm: Craft preparation and activity expectations
- 12 – 12:30pm: Lunch
- 12:30 – 1pm: Games and rule training
- 1pm: Pick up

### Tuesday

- 9am: Drop off
- 9:30 – 11:30am: CPR Class with Erin
- 11:30am – 12pm: Lunch
- 12 – 12:45pm: Free Swim Time
- 1pm: Pick Up

### Friday - Counselor for a Day!

Experience a full day of camp as a Next Gen Camp Leader, paired with an experienced counselor to apply everything you've learned throughout the week.

- 9am: Drop off
- 4pm: Pick up

**Ages:** 12–15 years

**Fees:** \$325 + tax Member/ \$400 + tax Non-member

## Become a Next Gen Camp Leader!

Are you ready to take on a leadership role, develop new skills, and make a difference this summer? Join our exclusive Next Gen Camp Leaders and become a positive role model for younger campers while gaining hands-on experience in a fun and supportive environment!

As a Next Gen Camp Leader, you'll work closely with our experienced Camp Counselors, assisting with games, activities, and daily camp operations. From preparing and setting up activities to engaging with campers and helping with cleanup, you'll play an essential part in creating an amazing camp experience. Plus, you'll have the opportunity to swim with campers every day—so don't forget your swimsuit!

## What You'll Get:

- **Leadership Experience:** Develop valuable skills while shadowing a Camp Counselor and taking on a leadership role.
- **Exclusive Discounts:** Enjoy reduced rates for all camps you participate in during the summer, with pricing determined by your membership status at the time of enrollment and throughout the camp sessions.
- **Comprehensive Training:** Attend a pre-camp meeting (which may overlap with staff training) to learn the rules, expectations, and tips for success.
- **Future Employment Opportunities:** Participation in our Next Gen Camp Leader can pave the way for future roles. Once you are ready to take on the responsibilities of having a job you'll be eligible to apply for a position as an official Camp Counselor at CAC - Silver Lake.

Ready to step up and lead? Apply today to join our Next Gen Camp Leaders!

## Requirements:

- To qualify for the Next Gen Camp Leaders participants must complete the Jr. CIT (Counselors in training) and successfully participate in a mock interview with our Programs Director.
- This program is highly competitive—we're seeking individuals who exhibit exceptional leadership and role-model qualities during the training. Only those who demonstrate these traits will be selected.
- Accepted Next Gen Camp Leaders will gain invaluable experience, develop leadership skills, and create unforgettable memories for a summer like no other!

**Days:** Fridays, 9am – 4pm (9am Drop off/4pm Pick up)

**Dates:** **Powerhouse:** June 30 – July 3 (4 day camp)  
\$225 + tax Member/\$325 + tax Non-member  
**Limitless:** July 7 – 11

\$300 + tax Member/\$400 + tax Non-member

**Golf and Swim:** July 14 – 18

\$300 + tax Member/\$400 + tax Non-member

**Basketball and Swim:** July 21 – 25

\$255 + tax Member/\$355 + tax Non-member

**Action Sports:** July 28 – August 1

\$255 + tax Member/\$355 + tax Non-member

**Mad Science:** August 4 – 8

\$300 + tax Member/\$400 + tax Non-member

**Aqua Nuts:** August 11 – 14

\$255 + tax Member/\$355 + tax Non-member

**Golf and Swim:** August 18 – 22

\$300 + tax Member/\$400 + tax Non-member

**Big Summer Blow Out:** August 25 – 29

\$255 + tax Member/\$355 + tax Non-member





# JUNIOR GOLF CAMPS



## Welcome to the Nike Junior Golf Camp in Everett, Washington!

Join Nike Camp Director, Greg Enbusk, this summer at Columbia Super Range. This camp provides top-notch instruction by our highly qualified staff of teaching professionals. Improve your game and have fun with our experienced teaching professionals this summer!

### HALF DAY CAMPS - 4 Sessions Available

This program is designed to pique the interest of new golfers while also offering intermediate golfers the instruction needed to improve. Half day campers receive three hours of instruction each day with emphasis on putting, chipping, bunker play and full swing. Half Day Camps run Monday through Thursday from 9:30am to 12:30pm and are open to players of all abilities, ages 8 to 14. Please note: Lunch is NOT provided.

#### Highlights Include:

- Three hours of morning instruction covering putting, chipping, pitching, and full swing
- Camper amenity package including a Nike hat, drawstring bag, SRIXON golf balls, camp workbook, and graduation certificate
- A healthy and positive learning environment designed to help every camper get better



### Camp Director Greg Enbusk

Greg Enbusk will serve as Camp Director for the Nike Junior Golf Camps at Columbia Super Range.

#### Camp Details

This program is designed for boys and girls between the ages of 7-16. The staff is on hand to provide campers with top quality instruction each day. At Nike Junior Golf Camps we accommodate all skill levels; the junior player just discovering the game, the high school player trying to move up on the team, and the tournament level junior looking to improve his or her tournament results. Upon arrival,

all participants are evaluated by the staff so that their own instructional needs can be addressed throughout the week.

**Dates:** June 23 – 26, July 7 – 10, July 21 – 24, August 11 – 14

**Days:** Monday – Thursday, 9:30am – 12:30pm,

**Ages:** 8 – 14 (Co-ed)

**Fee:** \$325 + tax per week

Check-In 15 minutes prior to camp start time.

The All Abilities program is designed to improve the fundamental skills needed for golf including putting, chipping, bunker play, and full-swing. On the first day of camp, all participants will be evaluated by the instructors and placed into groups based on age and ability level in various individual, small group and full group settings.

#### WHAT'S INCLUDED IN THE FEE?

- **Instruction:** Three hours of morning instruction covering putting, chipping, pitching and full swing.
- **Lunch:** Lunch will be NOT provided.
- **Supervision:** Campers are supervised by staff during camp hours.
- **Camper Amenity Package:** Campers will receive an amenity package including a Nike hat, drawstring bag, SRIXON golf balls, camp workbook, and graduation certificate.

#### INSTRUCTION, EQUIPMENT & FACILITY

- **Ratio:** 1:8 staff-to-camper ratio.
- **Groupings:** Campers are grouped by age, ability, and experience.
- **Equipment Needed:** Players should supply their own golf clubs, glove, golf balls, and tees. Through Nike Junior Golf Camps we do not provide club rentals at this camp. You can reach out to the Pro-Shop at the golf course to see if they have any rentals available for your session of camp. The phone number is 425.338.2424. Please be aware that club rentals are subject to availability and cannot be guaranteed for your session.
- **Medical Protocol:** Camp will have on-site staff to help with illness or injury. In case of an emergency, campers will be transported to the nearest hospital.

#### CHECKLIST OF THINGS TO BRING

Below is a suggested list of clothes, equipment, and personal items. US Sports Camps is NOT responsible for lost or stolen articles or money.

- |                                        |                                                                                                                      |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| • Athletic clothing (t-shirts, shorts) | • Sunscreen                                                                                                          |
| • Golf clubs                           | • Hat/visor (Campers receive Nike hat with amenity package)                                                          |
| • Golf Balls/tees/glove                | • Snacks (optional)                                                                                                  |
| • Golf shoes or tennis/athletic shoes  | • Signed Health & Release forms and waivers (forms completed online do not need to be printed and turned in at camp) |
| • Collared shirt (recommended)         |                                                                                                                      |
| • Water bottle                         |                                                                                                                      |

**To register for this camp, go to [www.ussportscamps.com/golf/nike/nike-golf-camp-columbia-super-range](http://www.ussportscamps.com/golf/nike/nike-golf-camp-columbia-super-range).**

# KIDS CLUB



At Silver Lake's Kids Club, our mission is to provide exceptional care for your child, giving you peace of mind while you enjoy all that the club has to offer.

We are proud to offer three distinct service options to meet your family's needs:

- 1. Daily Kids Club Care:** Available seven days a week, perfect for when you're using the facility.
- 2. Extended Care:** Members-only service offering up to 4 hours of care, even if you need to leave the facility. (Please note: Children must be potty trained for this service.)
- 3. Preschool Classes (Monday – Friday):** A progressive, nature- and movement-based curriculum complemented by swim lessons through our Aquatic program.

Our dedicated and highly qualified staff ensures that every visit is enjoyable for your entire family. Each Kids Club team member undergoes a thorough selection process, including Washington State Patrol background checks and CPR certification.

If you have any questions about our services, feel free to stop by and speak with a Kids Club staff member, or reach out to our Kids Club Director, Enola Stark, at [enolas@columbiaathletic.com](mailto:enolas@columbiaathletic.com). You can also contact us by phone at 425.745.1617 ext 480

We look forward to making your time at the club a positive experience for the whole family!

## Ages: 3 months – 8 years

### Summer only Hours of Operations (June 30 – September 3):

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

### Hourly Rates:

**Member:** \$7 per hour

**Non-member:** \$10 per hour

### Monthly Rates:

#### Children on a Family Membership:

<b>1 Child:</b> .....	\$25/Month
<b>2 Children:</b> .....	\$40/Month
<b>3 or more Children:</b> .....	\$55/Month

### Children NOT on a Family Membership:

<b>1 Child:</b> .....	\$40/Month
<b>2 Children:</b> .....	\$70/Month
<b>3 or more Children:</b> .....	\$100/Month

### Extended Care Hourly Rates:

<b>Members</b> .....	\$15 per hour
<b>Member Sibling:</b> .....	\$5 per hour

Reservations are strongly recommended, availability is based on capacity. Please call 425.745.1617 x470, or contact Kids Club Director Enola Stark at [enolas@columbiaathletic.com](mailto:enolas@columbiaathletic.com).

## LITTLE THINKERS PRESCHOOL



Little Thinkers Preschool fosters movement and learning enrichment, inspired by the values and culture of Columbia Athletic Club and the spirit of the Pacific Northwest. Our program offers children a safe, creative, and

engaging environment where they can connect with peers and staff, laying the foundation for a lifetime of healthy habits and a love of learning. Our year-round preschool offers outdoor exploration, music, literacy as well as swimming lessons! Each day will follow a consistent routine, keeping a healthy structured environment. Please note that this routine may adjust over time based on the pulse of the classroom.

- Summer Session will begin June 30th!** Registration will be open May 12th, 2025.
- Fall Session will begin September 8th!** Registration will open July 7th, 2025.

Request Registration Online Today!

### Ages 3 & 4 (Summer Schedule):

**Days:** Mondays & Wednesdays, 9am – 1pm

**Fees:** \$365 Member/\$405 Non-member (per month)

### Ages 4 & 5 (Summer Schedule):

**Days:** Tuesdays, Thursdays & Fridays, 9am – 1pm

**Fees:** \$435 Member/\$475 Non-member (per month)

Our monthly tuition includes year-round swimming lessons.

For more information regarding tuition, teaching philosophy and curriculum, please contact us at 425.745.1617 x480, or via email: [enolas@columbiaathletic.com](mailto:enolas@columbiaathletic.com).





## GROUP EX

### Mossa Spring Launch, April 15 – 19

Sunday, April 20 (Happy Easter!) No GX classes...enjoy the Holiday with your family and friends. The Club will be open normal hours.

### Spring Myofascial Release: "Roll & Restore"

Focus is energy and renewal. It's time to shed the remnants of winter and blossom into the warmer months. Join Carmen for this 90 minute workshop where we'll embark on a journey of massage and self-care to prepare our minds and bodies for the upcoming Spring.

**Date:** Saturday, April 26

**Time:** 1 – 2:30pm

**Place:** Mind/Body studio

Complimentary Workshop for CAC Members. Space is limited, please reserve your spot at the front desk.



### ZUMBA Dance PARTY!

Join our Zumba Team and dance, sweat and shake. Then party in the Silver Lake Café and continue the Zumba Party! We will provide adult beverages and appetizers.

**Date:** Thursday, May 1

**Time:** 6:30 – 7:30pm Zumba Dance Workout in GX Studio  
7:30 – 8:30pm Party in Silver Lake café



### Group Power July 2025 Mossa Launch Class

**Date:** Tuesday, July 8

**Time:** 5:15 – 6:15pm

**2025 Member Appreciation BBQ**  
**Monday July 7th,**  
**See page 18 for more information.**

## MEMBER EVENTS



### CAC 44th Anniversary Member Social

It's our Anniversary Member Social-and you don't have to be IRISH to Party! Wear Green, play Trivia, eat, drink and celebrate with us! CAC will provide food, beverages and dessert. Please sign up at the front desk.

**Date:** Tuesday, March 18

**Time:** 5 – 7pm

**Place:** Silver Lake Café and Group Ex Studio  
(5:15pm Group Power is canceled, please try a mind/body class)



### Easter Egg Scavenger Hunt 2025

Please bring your child's empty Easter basket or bag. Limited space available. Register at the front desk.

**Date:** Saturday, April 19

**Time:** 10am – 12pm

**Place:** Basketball Gym and outdoor play area by outdoor tennis courts.



### June Member Social & Little Thinkers Graduation Ceremony

Join us for food and beverages in the Silver Lake café and Group Exercise studio.

#### Member Social

**Date:** Friday, June 20, 11am – 12:30pm

**Place:** Silver Lake Café

#### Graduation Ceremony

Lil' Thinkers Preschoolers will walk for their Graduation Ceremony in GX studio.

**Time:** 12:30 – 1pm

# AQUATICS

## Private Swim Lessons

We only offer private lessons as we believe this format creates the quickest path to success by ensuring consistency of instruction and scheduling, as well as tailoring the curriculum to the needs of each individual swimmer. Lessons are available for both youth and adults

Private lessons are scheduled based on instructor availability. Email us at [slcswim@columbiaathletic.com](mailto:slcswim@columbiaathletic.com) with your available days and times and we will set you up with an instructor.



## 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, 4 – 4:45pm, 4:45 – 5:30pm, 5:30 – 6:15pm, 6:15 – 7pm, Saturdays, 9:45am, 10:30am, & 11:15am

Please contact the aquatic department with any questions regarding this program [slcswim@columbiaathletic.com](mailto:slcswim@columbiaathletic.com)

## High School Swimming Off-Season Condition 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

## 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. Register at [waterbabiesusa.com](http://waterbabiesusa.com).

# TENNIS



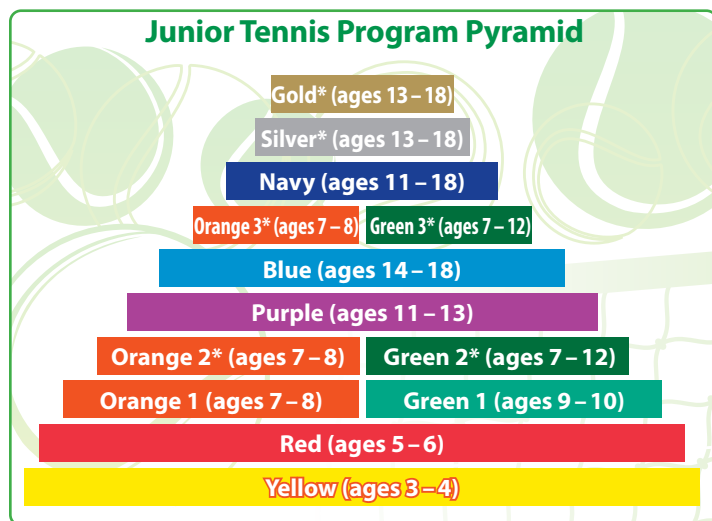
## Junior Tennis



Silver Lake Junior Tennis (SLJT) offers year around tennis training for students ages three to eighteen. We offer beginner classes for every age. Aside from our developmental program that covers all ages, we offer a high performance program for ages ten to eighteen where students set their goals towards college tennis and beyond.

With SLJT we prioritize camaraderie, character growth, respect, discipline, and of course fun ahead of winning and losing. We utilize a curriculum that allows students to progress with success at every step of the way. We strive to teach much more than tennis and are proud to offer you a program where our students feel more like a family than opponents. Simultaneously we strive to teach rock solid fundamentals, tactics, mental fortitude, physical fitness, and overall general health.

Questions, please contact Elliot Beam or Yevgeniy Kolomiyets at 425.745.1617



If you are new to Silver Lake's Junior Tennis program please go to our website [www.cacsilverlake.com](http://www.cacsilverlake.com) and go to Tennis and select Youth Tennis and click on SLJT. Please click on the 'Registration Request' button after you find the class you



are looking to join and fill out our registration form. Current members in our SLJT program may also contact the front desk to enroll their child; you just need to mention the first date of class. By making payment you finalize your spot in the class or camp.

## JUNIOR TENNIS CLASS DESCRIPTIONS

### YELLOW (AGES 3-4):

Yellow is for our youngest class and is designed to help players develop hand eye coordination and basic tennis movements and skills in a fun environment. We use foam and red transition balls on smaller courts to make it easier for our players to succeed.

### RED (AGES 5-6):

Our Red class mixes coordination based drills as well as introducing groundstrokes, volleys, serves and rallying. We use red dot transition balls and smaller courts to better help players learn the fundamental skills of tennis and to enjoy themselves while doing it.

### ORANGE 1 (AGES 7-8)/GREEN 1 (AGES 9-10):

Orange 1 and Green 1 is our introductory 10 and under class. We use foam and red dot transition balls to introduce modern groundstrokes, volleys, serves, rallying and point play. Smaller courts give players a more rapid rate of improvement and maintain a fun and organized environment.

### ORANGE 2 (AGES 7-8)/GREEN 2 (AGES 9-10)\*:

Orange 2 and Green 2 is a fun yet challenging class designed to develop the necessary tools for your player to better keep score and play the game of tennis. We use red dot and orange dot transition balls on smaller courts to teach all six modern tennis strokes while also focusing on footwork, agility, speed and coordination. It's a perfect class for players starting to become more serious about the game of tennis. This class is invitation only by Elliot Beam or Yevgeniy Kolomiyets.

### PURPLE (AGES 11-14)/BLUE (AGES 14-18):

The Purple and Blue classes are a great way to introduce your middle schooler or high schooler to the game of tennis. In it we use orange dot, green dot and the regular yellow ball on the full court to cover all six tennis strokes and introduce singles and doubles as well as building the necessary tools to be able to play a full tennis match.

### ORANGE 3 (AGES 7-8)/GREEN 3 (AGES 9-12)\*

Orange 3 and Green 3 is designed for players with high school tennis or tournament aspirations. We use green dot and the regular yellow balls on the full court. We emphasize modern ATP and WTA stroke mechanics while introducing singles and doubles strategy, match play strategy, balance, coordination, reaction time, mental toughness and the importance of consistency. This class is invitation only by Elliot Beam or Yevgeniy Kolomiyets.

### NAVY (AGES 11-18):

The Navy class is for players on either their school's Jr. Varsity team or are interested in or have begun tournament play. In it we emphasize modern ATP and WTA stroke and serve mechanics, strategy, footwork as well as match preparation all

while helping guide players to reach their goals of making their schools varsity team or to be successful tournament players. We expect players to come to class with court shoes, water and the ability to serve and rally from the baseline with the regular yellow ball.

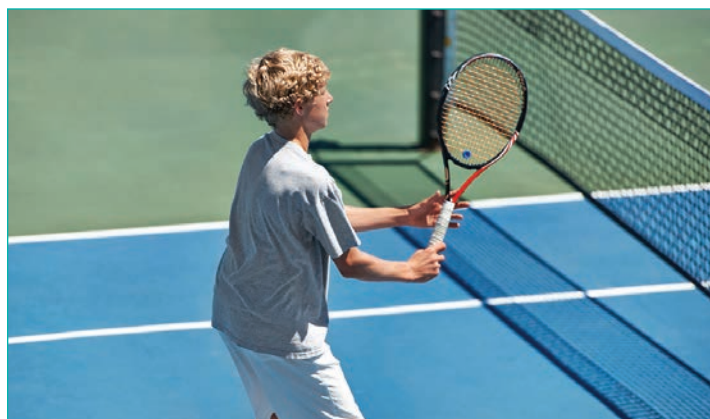
### SILVER (AGES 11-18)\*:

The Silver class is designed for Varsity level players and for tournament players above a 1.5 UTR. This class is a fast-paced blend of stroke production, rally drills, strategy, point play, conditioning, footwork and an introduction into the mental game of tennis. Our goal is to help elevate your players' game and to promote hard work, self-reliance, confidence and most importantly teamwork. This class is invitation only by Elliot Beam and Yevgeniy Kolomiyets.

### GOLD (AGES 13-18 OR A 3.0 UTR)\*:

Gold is our premier high performance class and is reserved for college level, top varsity and tournament players above a 3.0 UTR. It is a challenging mix of hitting drills, point play, stroke mechanics, footwork, mental preparation and conditioning. Our goal is to help your player achieve their ceiling and grow, not just as players but as people. This class is invitation only by Elliot Beam and Yevgeniy Kolomiyets.

**\*Pros approval needed**



## SPRING SESSION DATES:

**Session IV: March 31 – April 27 (3-weeks, no class 4/7 – 4/13 & 4/20)**

**Session V: April 28 – May 22 (no classes 5/24 & 5/25)**

**Session VI: May 27 – June 15 (3-weeks, no classes 5/26)**

### School Year/Spring Quarter schedule:

#### YELLOW CLASS

**Days:** Saturdays, 10 – 10:30 am

**Fees:** \$60 + tax TM/\$70 + tax AM/\$78 + tax + tax NM

#### RED CLASS

**Days:** Wednesdays, 6 – 6:45pm

**Fees:** \$72 + tax TM/\$87 + tax AM/\$95 + tax NM

Saturdays, 10:45 – 11:30am

**Fees:** \$72 + tax TM/\$87 + tax AM/\$95 + tax NM

Tennis continued on next page.

# TENNIS

## ORANGE 1 CLASS/GREEN 1 CLASS

**Days:** Mondays, 6–7pm  
**Fees:** \$92 + tax TM/\$111 + tax AM/\$120 + tax NM  
**Days:** Wednesdays, 6–7pm  
**Fees:** \$92 + tax TM/\$111 + tax AM/ \$120 + tax NM  
**Days:** Saturdays, 11:30 am – 12:30pm  
**Fees:** \$92 + tax TM/\$111 + tax AM/ \$120 + tax NM

## ORANGE 2 CLASS/GREEN 2 CLASS\*

**Days:** Tuesdays, 5:30–7pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM  
**Days:** Saturdays, 1–2:30pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/ \$181 + tax NM

## ORANGE 3 CLASS/GREEN 3 CLASS\*

**Days:** Thursdays, 5:30–7pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM  
**Days:** Saturdays, 1–2:30pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/ \$181 + tax NM

## PURPLE CLASS/BLUE CLASS

**Days:** Mondays, 5–6pm  
**Fees:** \$92 + tax TM/\$111 + tax AM/\$120 + tax NM  
**Days:** Wednesdays, 5–6pm  
**Fees:** \$92 + tax TM/\$111 + tax AM/ \$120 + tax NM  
**Days:** Sundays, 11:30am – 12:30pm  
**Fees:** \$92 + tax TM/\$111 + tax AM/ \$120 + tax NM

## NAVY CLASS

**Days:** Mondays, 3:30–5pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM  
**Days:** Wednesdays, 3:30–5pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM  
**Days:** Sundays, 12:30–2pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM

## SILVER CLASS\*

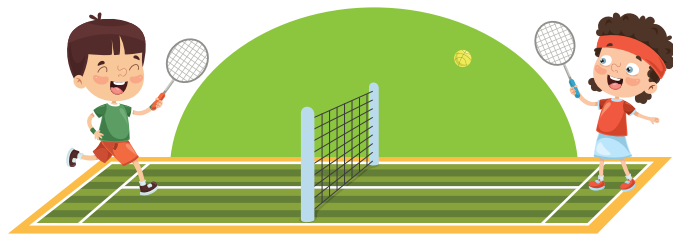
**Days:** Tuesdays, 3:30–5:30pm  
**Fees:** \$184 + tax TM/\$220 + tax AM/\$239 + tax NM  
**Days:** Thursdays, 3:30–5pm  
**Fees:** \$184 + tax TM/\$220 + tax AM/\$239 + tax NM  
**Days:** Sundays, 2:30–4pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM

## GOLD CLASS/HIGH PERFORMANCE\*

**Days:** Tuesdays, 3:30–5:30pm  
**Fees:** \$184 + tax TM/\$220 + tax AM/\$239 + tax NM  
**Days:** Wednesdays, 7–8:30pm  
**Fees:** \$138 + tax TM/\$167 + tax AM/\$181 + tax NM  
**Days:** Thursdays, 3:30–5:30pm  
**Fees:** \$184 + tax TM/\$220 + tax AM/\$239 + tax NM

**\*Pros approval needed**

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



## SUMMER SESSION JUNIOR TENNIS

Summer quarter for our Junior Tennis Program starts June 16th. We have camps and classes going throughout the summer. Camp details are listed below. If you can't commit to an entire camp we have the SLJT classes running all summer long as well. If you have any questions about our Junior Tennis Program, please contact either Elliot Beam or Yevgeniy Kolomiyyets.

### CLASSIC SUMMER TENNIS CAMP (Monday– Thursdays)

<b>CAMP #1:</b> June 16 – 19	<b>NO Camp:</b> July 28 – 31
<b>CAMP #2:</b> June 23 – 26	<b>CAMP #7:</b> August 4 – 7
<b>CAMP #3:</b> June 30 – July 3	<b>CAMP #8:</b> August 11 – 14
<b>CAMP #4:</b> July 7 – 10	<b>CAMP #9:</b> August 18 – 21
<b>CAMP #5:</b> July 14 – 17	<b>CAMP #10:</b> August 25 – 28
<b>CAMP #6:</b> July 21 – 24	

**Ages:** 8–18  
**Level:** Beginner– Varsity high school and Tournament players  
**Time:** 11:30am–3:30pm (Lunchtime 1–1:30pm)  
**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM  
**Maximum Participants:** 30 players/5 courts (3 indoor/2 outdoor)  
**Head Coaches:** Elliot Beam and Yevgeniy Kolomiyyets  
**Student/Coach ratio:** 5:1

Our Summer camps are a fun and exciting experience that will appeal to beginner to experienced tournament players alike. Our curriculum for beginners to intermediate players will be learning the fundamentals of technique and how to play and score a match while enjoying fun drills and games. For our advanced to tournament players we provide challenging drills predicated towards proper mechanics, footwork and strategy. We offer 3 indoor courts and 2 outdoor courts, camps will be run by our two lead pros Elliot and Yevgeniy while assistants and college tennis players will be on hand to provide assistance to beginners and intermediates and hitting partners for advanced and tournament players. Please remember to bring a lunch, water, sunscreen and athletic wear. Rackets will be provided for those who need them.

## SUMMER SESSION CLASS SCHEDULE

Class Sessions run Weekly (twice a week). For class descriptions and pyramid please refer to the previous page. All classes are subject to Washington State Sale Tax. During the summer, most classes are subject to being both indoor and outdoor, so please plan accordingly for sun protection if needed and bring plenty of water.

**SUMMER SESSION 1: JUNE 23 – JULY 17**  
**(4-WEEK SESSION/8 TOTAL CLASSES)**

**SUMMER SESSION 2: JULY 21 – AUGUST 14**  
**(4-WEEK SESSION/8 TOTAL CLASSES)**



## YELLOW

**Days:** Monday & Wednesday, 10 – 10:30am

**Fees:** \$90 + tax TM/\$108 + tax AM/\$117 + tax NM

## RED

**Days:** Monday & Wednesday, 10:30 – 11:15am

**Fees:** \$122 + tax TM/\$146 + tax AM/\$158 + tax NM

## ORANGE/GREEN

**Days:** Tuesday & Thursday, 10:30 – 11:30am

**Fees:** \$152 + tax TM/\$182 + tax AM/\$197 + tax NM

## ORANGE 2/GREEN 2\*

**Days:** Monday & Wednesday, 3:30 – 5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

## ORANGE 3/GREEN 3\*

**Days:** Monday & Wednesday, 3:30 – 5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

## PURPLE/BLUE

**Days:** Monday & Wednesday, 3:30 – 5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

## NAVY/SILVER\*

**Days:** Tuesday & Thursday, 3:30 – 5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

## GOLD\*

**Days:** Tuesday & Thursday, 5 – 7pm

**Fees:** \$290 + tax TM/\$348 + tax AM/\$377 + tax NM

## \*Pros approval needed

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

## Adult Group Lessons (Summer Schedule starting June 16)

Adult group lessons are designed to develop and improve basic tennis skills and strategies. Each class is tailored to the ability of the participants and will progressively work toward steady improvement in both singles and doubles. Generally, there are six to eight players per class, except for Cardio Tennis, which can accommodate more players. Live Ball is a fast paced Doubles workout meant to improve your net play and reaction time. Please contact the instructor directly.

Ability	Time	Instructor
Adult Beginner	Sundays, 11 – 12pm	Dan Lum
Cardio Tennis**	Thursdays, 8:45 – 9:45am	Mark Bergman
2.5 Workout	Sundays, 10 – 11am	Dan Lum
3.0 Workout*	Fridays, 8:30 – 10am	Mark Bergman
3.0 Workout	Sundays, 1 – 2pm	Dan Lum
Live Ball 2.5 – 3.0**	Wednesdays, 10:30 – 11:30am	Mark Bergman
Live Ball 3.0 – 3.5**	Wednesdays, 9:30 – 10:30am	Mark Bergman
Live Ball 3.5+**	Mondays, 10 – 11:30am	Mark Bergman

## Group Lesson Rates

### Tennis Member Fees:

\$23 + tax per class

\*\$32 + tax per class

### Athletic Member Fees:

\$27 + tax per class

\*\$38 + tax per class

### Non-Member Fees:

\$30 + tax per class

\*\$42 + tax per class

### \*\*Cardio Tennis & Live Ball

**60 minutes (per class)**

\$21 + tax Tennis Member

\$24 + tax Athletic Member

\$26 + tax Non-member

### \*\*Cardio Tennis & Live Ball

**90 minutes (per class)**

\$31 + tax Tennis Member

\$36 + tax Athletic Member

\$39 + tax Non-member

## Our Tennis Professionals



### Mark Bergman- Tennis Director

Mark has been the Tennis Director and an Elite USPTA Tennis Professional at Silver Lake for over 25 years. Besides running the Tennis Department, Mark enjoys teaching and developing tennis players of all ages and skill levels. Mark is also owner of

Racquet Rehab, the Tennis pro shop located

within the club and can help you with your equipment needs. Mark has been active in the PNW Tennis scene serving on various boards over the years. A graduate of Washington State University, he has degrees in Communication-Broadcasting and Recreation/Leisure-Sport Management. Mark also enjoys competing in the PNW Senior Open tournaments when time allows. Outside of work, the whole family enjoys playing tennis, wife Angelica and kids Ben, Hannah and Ashton. Markb@columbiaathletic.com



### Elliot Beam- Tennis Professional/ Director of Junior Tennis

Elliot was born and raised in Western Washington. After a productive Jr tennis career, the former #1 Junior in the PNW and 57 nationally, began teaching tennis. Having been a USPTA certified pro for over 15 years, Elliot leads our Junior Tennis department. Over the years he

has helped develop many high-level players in the area including numerous #1 ranked PNW singles players, state high school singles and doubles champions and Division I, II and III college players. Although specializing in high level juniors, Elliot still has a passion for teaching players of all ages and levels. elliotb@columbiaathletic.com



### Yevgeniy Kolomiyets- Tennis Professional/Director of Junior Tennis

Yevgeniy Kolomiyets grew up in the NW, starred at Cascade High School, became a certified tennis professional at 18 years old starting with us at CAC-Silver Lake. After being a part-time pro with us he

Tennis continued on next page.

# TENNIS continued

went to work at the Redmond Club where he was involved with their High-Performance Junior Program and also carved out a role as a Strength and Conditioning coach. He moved to Florida, excited to work on his own game as well as work at the NextGen International Academy where he would work with nationally and internationally ranked junior players. At all his stops he worked with adult players as well, helping them improve their tennis games. He has an educational background in mathematics and psychology and is also certified as a personal trainer and corrective exercise specialist by the National Academy of Sports Medicine. [erickn@columbiaathletic.com](mailto:erickn@columbiaathletic.com)



## Erick Natividad – Tennis Professional

Erick Natividad is back where he was born and raised. Most recently Erick was teaching at a tennis academy in Arizona. He's worked with beginners and high level tournament players including former UW players. Erick is a former Open tennis player and reached

rankings as high as #1 in mixed doubles with a former UW player. He has a passion for tennis and physical fitness and has helped people achieve their goals in both arenas. He was a part of state championship teams in club and high school soccer where he was recruited prior to playing tennis for Skagit Valley College and Western Washington University. [erickn@columbiaathletic.com](mailto:erickn@columbiaathletic.com)



## Vlad Udovychenko- Tennis Professional

Vladyslav is a coach/pro from Europe, born and raised in Ukraine. He has a Master's degree in Physical Education and studied Sports Psychology as well. He has more than 9 years of experience as a coach/pro, working with both adults and juniors. Vlad is also the founder of the children's tennis

school Energy Tennis Club in Kyiv, Ukraine which has more than 150 students. [vladu@columbiaathletic.com](mailto:vladu@columbiaathletic.com)



## Dan Lum- Tennis Professional

Dan has been involved with the Tennis department for quite some time now putting in time as a junior and now as a USPTA Tennis professional. He has the passion and desire to share what he has learned to help young junior players as well as adult beginners move up to the

next level. He now teaches juniors and adult beginners on the weekends as a part time Professional. [danl@columbiaathletic.com](mailto:danl@columbiaathletic.com).

# PRIVATE/SEMI-PRIVATE TENNIS LESSONS

For those who like to learn in a one-on-one or smaller group atmosphere, private and semi-privates are available. Contact the individual pro directly or contact Tennis Director Mark Bergman for assistance.

**Mark Bergman- Tennis Director**  
[markb@columbiaathletic.com](mailto:markb@columbiaathletic.com)

**Elliot Beam- Tennis Professional/Dir. Of Junior Tennis**  
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**Dan Lum- Tennis Professional**  
[danl@columbiaathletic.com](mailto:danl@columbiaathletic.com)

## Private/Semi-Private Tennis Lessons Rates

Lesson type	Tennis Mem.	Athletic Mem.	Non-mem.
Private (1 hour)	\$85	\$90	\$105
Private (1/2 hour)	\$48	\$51	\$55
2 Person Semi-Private	\$48pp	\$51pp	\$55pp
3 Person Semi-Private	\$35pp	\$37pp	\$40pp
4 Person Semi-Private	\$28pp	\$31pp	\$34pp
All prices above subject to Washington State sales tax.			

# FITNESS



## About CAC Personal Training

At Columbia Athletic Clubs, our personal training programs are designed to help you achieve your fitness goals with expert guidance and personalized support. Whether you're looking to build strength, improve endurance, lose weight, or enhance overall wellness, our certified trainers are here to create a custom plan tailored to your needs. We offer one-on-one training, small group sessions, and specialized programs to keep your workouts fun, effective, and engaging. With state-of-the-art equipment, expert coaching, and a welcoming community, CAC personal training will empower you to reach your full potential this summer. Let's make your fitness journey a success!



Individual Personal Training Rates (1 Hour Sessions)*	Partner Training Rates 1 Hour Sessions*
1 Hour ..... \$75	1 Hour ..... \$60 (Per Person)
4 Pack..... \$288	4 Pack..... \$232 (PP)
8 Pack..... \$560	8 Pack..... \$440 (PP)
*Shorter Session lengths available	

## 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 taking your next fitness steps.

### 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!

## YOUTH FITNESS



## IMPACT

SMALL GROUP PERSONAL TRAINING

## IMPACT training Camp

IMPACT Training Camp- learn the right intensity you need to achieve your goals, cross train and try a wide variety of workouts under the watchful eye of a Certified Trainer. Throughout the week, participants will experience TRX, Yoga/ Pilates classes, Cycling, core training, water fitness and HIIT style classes. Please bring a swimsuit, a water bottle, tennis shoes, proper workout attire, snacks and ready to workout. These young people will have time to learn about healthy choices with nutrition and create their own smoothie at the end of every camp day.

Timeline of IMPACTeens Camp Day:	
8:45 – 9:15am	Meet and Team build!
9:15 – 10am	Workout Session #1
10 – 10:30am	Water Break, socialize and team building games!
10:30 – 11:15am	Workout Session #2
11:15am – 12:15pm	Swim
12:30 – 1pm	Create a smoothie before heading home!

**Dates:** July 28 – August 1 (Mon. – Fri.)

**Ages:** 10 – 12

**Fees:** \$300 + tax/\$65 + tax a day Member  
\$350 + tax/\$75 + tax a day Non-member

Youth Fitness continued on next page.



# YOUTH FITNESS continued

## Summer Youth Fitness Camps



### Youth Intro to Weightlifting

This foundational camp is designed for young teens eager to learn the basics of weightlifting and functional fitness in a safe, fun, and supportive environment. Participants will explore proper lifting techniques, movement mechanics, and the importance of functional fitness for overall health and athletic performance. Each session combines hands-on learning with engaging activities to keep participants motivated and excited about fitness. By the end of the week, your child will have gained a solid foundation in weightlifting principles and confidence in their abilities.

**Dates:** July 7 – 11, 10 – 11:30am

**Ages:** 11 – 13 (Max 8 kids)

**Fees:** \$165 + tax for whole week

### Youth Training Camp

For teens ready to take their training to the next level, this advanced camp builds on foundational skills to introduce more in-depth techniques and strategies for performance-based fitness. Through focused weightlifting sessions, functional fitness drills, and tailored programming, participants will refine their skills, build strength, and improve athletic performance. This camp is perfect for athletes looking to enhance their abilities in a structured, professional, and engaging setting.

**Dates:** August 4 – 8, 10 – 11:30am

**Ages:** 13 – 15 (Max 8 kids)

**Fees:** \$165 + tax for whole week

### Youth Weight Workout

This ongoing, progressive program is designed to introduce youth to weightlifting and functional fitness in a way that's both educational and fun. Each weekly session focuses on mastering new techniques, improving fitness levels, and fostering a lifelong love for health and exercise. Workouts are tailored to accommodate various experience levels, making it perfect for both beginners and those with some fitness background. Expect a mix of guided weightlifting practice, functional exercises, and playful fitness challenges to keep participants engaged and excited each week.

**Dates:** Tuesdays, July 14 – August 29, 4 – 5pm

**Ages:** 11 – 15 (Max 8 kids)

**Fees:** \$25 + tax per session

**Enrollment info:** Enrollment for the two camps will open in March, enrollment for the weekly youth workout can be done a week before each specific session.

## 2025 Member Social Monday, July 7

Members of CAC - Silver Lake, WE APPRECIATE YOU and look forward to kicking off this summer in style! Mark your calendars for Monday, July 7th for our 12th annual MOSSA Launch, Club-wide BBQ and Tennis Exhibition.

Our summer launch has proven to be a summer highlight. The perfect opportunity to try something new or take your favorite class and experience new releases, new music and exercises— guaranteed to motivate and inspire!

### Event Schedule:

#### Group Ex Classes:

- 4:45 – 5:15pm Group Core - 30 minutes (GX studio)
- 5:20 – 5:50pm Group Blast - 30 minutes (GX studio)
- 5:55 – 6:25pm Group Centergy - 30 minutes (GX studio)
- 6:30 – 7pm Group Ride - 30 minutes (Cycle studio)
- 7 – 8pm Yin yoga (Mind/body studio)
- 7:15 – 8:15pm Aqua Boot Camp (Outdoor Pool)

**Tennis Exhibition: 6:30–7:30pm**, Center Court If you've been hoping to see our tennis pros in action, now is your chance! Join us on center court to watch our Certified Tennis pros in action and go racket to racket in a summertime tennis showdown.

**Member Social/BBQ: 5–7:30pm** BBQ dinner will be served in the tennis building with seating out on the patio and tennis courts. Enjoy a GX class, good weather, exciting tennis exhibition and the company of your fellow members! Please reserve a space for each family member attending the BBQ at the front desk so we know you are coming!

**Fun activities for our CAC-Kiddos.** Listen for the laughter and see the smiling faces on the North Side of our Tennis Building. If weather is not ideal, please find Program Staff in the Basketball Gym.



Dive into deliciousness with our tempting menu! Savor savory sandwiches, crisp salads, burgers and sizzling hot dogs to satisfy any craving. Cool off with refreshing Smartfruit

Smoothies, energizing Refreshers, or a bubbly Italian soda. Need a quick bite? Indulge in a warm, soft pretzel or a tasty mini pizza—all served poolside for the perfect summer vibe!

Get ready to soak up the summer vibes! The Silver Lake Café opens on June 24th, serving up delicious eats and refreshing treats from 11 am to 5:30 pm. Catch us poolside Tuesday through Saturday (as long as the sun's shining)! See you there for some summer fun!

Plus, make this summer extra sweet: add the outdoor pool to your membership, and enjoy a smoothie on the house!



# COLUMBIA SUPER RANGE

## 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!**

## Repair & Adjust Golf Equipment Services at Columbia Super Range

Shorten Club .....	\$5	Adjust Swing Weight .....	\$10
Pull Broken Shaft.....	\$7	Re-attach Loose Clubhead, install and turn new Ferrule .....	\$12
Lengthen Club (includes shaft extension component) .....	\$8	Pull Shaft, install and turn new Ferrule, Reshaft Clubhead .....	\$20
Re-attach Loose Clubhead .....	\$8		

Turn around time - 72 hrs or less typically. To set up equipment drop off, payment and pickup, contact Greg Enbusk: grege@columbiaathletic.com.

## MONTHLY TOPTRACER CONTESTS

Each month Columbia Super Range will offer two complimentary contests for customers to participate in. Prizes will be awarded at the end of each month!

See the front desk for current contests.

## Meet our Instructors



**Chuck Notes-tone**  
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



**Greg Enbusk**  
Certified Golf Instructor and Fitter

Greg started his teaching career working at First Tee of Greater Seattle. Teaching certification led him to GOLFTEC where he taught students with varying levels of experience. He is also a Certified Club Fitter and uses that background to help his students with questions about their current equipment and possible equipment options.

Greg is available Mon., Tues. & Thurs. evenings as well as Sat. afternoons.

Email: grege@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.

Email: radus@columbiaathletic.com



**Silver Lake**

505 128th Street SE  
Everett, WA 98208

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