

CAC - Pine Lake 2026 Spring/Summer Guide



PROGRAMS



Registration:

All registrations are online at our website and must be completed at least 24 hours in advance. Your spot is secured once a form of payment is added to your completed registration. Full payment is collected two weeks before each camp.

Refund & Cancellation Policy:

Cancellations or withdrawals must be submitted in writing at least one week before camp to receive a refund or credit. Unfortunately, requests made with less than a week's notice are not eligible. Please note that missed days are not eligible for pro-rated refunds or make-ups.

Before & After Camp:

Need extra time? Our Kids Club is available before and after camp at an hourly rate. Hours run 8am – 7pm, **but reservations are required in advance**. Extended care rates apply.

Swim Test:

Swimming is part of our afternoon fun! On the first day of camp, all participants will take a swim test (one length of the pool without stopping). Children who pass will receive a bracelet to wear for the week. Those who do not pass must wear a life jacket during swim activities.

Drop-Ins:

If space allows, day-of registration is available. Fees are:

Members: \$105 + tax per day

Non-members: \$145 + tax per day

What to Bring & Expect:

Before each camp, you'll receive an email from our Program Director confirming your spot and sharing all the details for the week.

On arrival, a Camp Leader will greet and sign in your camper. Please send your child with:

- Swimsuit & towel
- Sunscreen
- Water bottle (labeled)
- Snack
- Sack lunch (for full-day campers only)

We provide snacks for full-day campers while they wait for pickup.

For questions about Summer Camps, email Camila at camilab@columbiaathletic.com.

CAMP TIMES:

Half-Day: 9am – 12pm

Full-Day: 9am – 3:30pm

SUMMER CAMP LINEUP

Jr. Camp Counselor Camp

Want to be a camp leader-in-training? Join our Jr. Camp Counselor Camp and help make the magic happen! You'll assist our camp leaders with games, crafts, and daily activities, team up with younger campers, and be a positive role model and friendly guide.

Every day includes swim time and plenty of fun! To join, you must have attended a CAC summer camp before and be ready to be a "BIG kid", showing leadership, enthusiasm, and a love for helping others.

Don't forget your swimsuit, athletic shoes, comfy clothes, water bottle, and sack lunch every day. Space is limited to 2 Jr. Counselors per week, so get ready for an awesome leadership adventure!

It will be available for Weeks 1, 2, 3, 6, 7, 9, 10 and 11.

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



Week 1: Little Picassos

Get ready to get messy and creative! In this art-filled camp, kids will work mostly with clay, squishing, shaping, and sculpting. Projects may also include drawing, painting and sculpture, so there's always something exciting to explore.

Campers will learn about famous artists and have fun recreating some of their styles using their own imagination. After a busy morning of creativity, everyone will cool off with a fun trip to the pool—the perfect ending to an awesome day of art and plays!

Dates: June 17 – 19

Time: 9am – 3:30pm (Full Day) | 12:30 – 3:30pm (Half Day)

Ages: 5 – 11

Fees: \$260 + tax Member/\$306 + tax Non-member (Full Day)
\$165 + tax Member/\$215 + tax Non-member (Half Day)

Week 2: 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: June 22 – 26

Time: 9am – 3:30pm (Full Day) | 12:30 – 3:30pm (Half Day)

Ages: 5 – 11

Fees: \$435 + tax Member/\$510 + tax Non-Member (Full Day)
\$255 + tax Member/\$347 + tax Non-Member (Half Day)

Week 3: It's a Zoo

Get ready for an animal-filled adventure! At it's a Zoo camp, kids will enjoy hands-on fun with animals all week long. Shoofly Farm's petting zoo visits camp two days a week, giving campers the chance to meet and learn about friendly farm animals up close. Each morning starts with a happy hello from Cookie, our gentle dog who loves greeting the kids and starting the day with smiles. With animal-themed games, crafts, and activities, this camp is perfect for young animal lovers!

Dates: June 29 – July 3

Time: 9am – 3:30pm (Full Day) | 12:30 – 3:30pm (Half Day)

Ages: 5 – 11

Fees: \$435 + tax Member/\$510 + tax Non-Member (Full Day)
\$300 + tax Member/\$375 + tax Non-Member (Half Day)



Week 4 & 5: Camp Columbia

Have you ever wondered what our club has to offer? Come find out at our most popular camp! Each day is packed with fun, including a 30-minute swim lesson with a trained instructor, a 45-minute tennis lesson with one of our awesome pros, and tons of adventure in between with games, sports, crafts, and big smiles.

We play all week Monday through Friday from 9am through 3:30pm. Fridays are extra special—no swim or tennis lessons! Instead, we'll kick back and explore Pine Lake Park for a day of outdoor fun (weather permitting).

It's the perfect mix of learning, playing, and summer excitement!

Dates: July 6 – 10, July 13 – 17

Time: 9am – 3:30pm

Ages: 5 – 11

Fees: \$800 + tax Member/\$995 + tax Non-member (2 weeks)
No Half Day option.

Week 4: Racquet Sports Camp – Pickleball & Badminton

Get ready to swing, serve, and smile! This fast-paced half-day camp is a super fun introduction to pickleball and badminton, two beginner-friendly racquet sports kids love. Campers will learn the basics—grips, serving, footwork, and rallying—through exciting stations, games, and ladder challenges.

With plenty of movement, laughs, and friendly competition, campers will build coordination, confidence, and great sportsmanship along the way. Best of all, all equipment is provided, so just bring your energy and get ready to play!

Dates: July 6 – 10

Time: 12:30 – 3:30pm

Ages: 5 – 11

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



Week 5: Best of PE Games

Get ready to run, jump, tag, and cheer! This high-energy camp packs all the favorite PE games into one action-filled week—Capture the Flag, relay races, tag games, obstacle courses, and team challenges galore!

Campers rotate through fun stations to keep bodies moving and smiles big while learning teamwork, sharing, and good sportsmanship. With safe, kid-friendly equipment like foam balls, cones, and agility ladders, everyone can play hard and have a blast. It's nonstop movement, big laughs, and PE fun turned all the way up!

Dates: July 13 – 17

Time: 12:30 – 3:30pm

Ages: 5 – 11

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

Summer Camps continued on next page.

SUMMER CAMPS continued

Week 6: 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: July 20 – July 24

Time: 9am – 3:30pm

Ages: 5 – 11

Fees: \$435 + tax Member/\$510 + tax Non-member (Full Day)
No Half Day option.



Week 6: Sticky Fingers Cooking Class – Foods Around the World

In this globe-trotting camp, young chefs will travel from continent to continent through the kitchen, cooking up dishes inspired by countries near and far. Along the way, we'll explore the stories, traditions, languages, and geography behind every recipe, transforming each meal into a window to another culture. From bold spices to sweet treats, kids will discover how flavors connect us all and just how fun it is to taste the world together.

Dates: July 20 – 24

Time: 12:30 – 3:30pm

Ages: 5 – 11

Fees: \$400 + tax Member/\$450 + tax Non-member (Half Day)

Week 7: Amusement Park Engineering (older kids) + Scientists (younger kids) by Snapology

In the morning, campers become amusement park engineers—designing thrilling rides while exploring physics concepts like force, motion, and energy. They'll build, test, and tweak their

creations to understand what makes a ride exciting and safe, all while having a blast.

In the afternoon, campers dive into hands-on science using LEGO® bricks and interactive tools to explore everything from atoms to astronomy. It's the perfect way to spark a lifelong love of learning—through play, creativity, and teamwork.

Dates: July 27 – 31

Time: 9am – 3:30pm

Ages: 5 – 11

Fees: \$450 + tax Member/\$550 + tax Non-member (Full Day)
No Half Day option.

Week 7: Sticky Fingers Cooking Class – STEAM

In this hands-on camp, young chefs will stir up tasty culinary masterpieces while exploring the wonders of Science, Technology, Engineering, Art, and Math. From adding a pinch of spice to subtracting boredom, we'll multiply the fun with exciting edible experiments that make learning delicious. Ready to whip up some STEAM-powered cooking magic? Let's get experimenting—and eating!

Dates: July 27 – 31

Time: 12:30 – 3:30pm

Ages: 5-11

Fees: \$400 + tax Member/\$450 + tax Non-member (Half Day)

Week 8: Sports Week

Just like our super-popular Camp Columbia, this camp is packed with splashy fun and sporty excitement! Campers will enjoy a mix of swimming and tennis, making it the perfect chance to try new sports all week long. Each day includes swim and tennis lessons led by our instructors, followed by fun-filled gym games to keep the energy high and the smiles coming. It's a winning combo of learning, playing, and nonstop summer fun!

Dates: August 3 – 7

Time: 9am – 3:30pm

Ages: 5 – 11

Fees: \$435 + tax Member/\$510 + tax Non-member (Full Day)
No Half Day option.

Afternoon Basketball Camp with 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 3 – 7

Time: 12:30 – 3:30pm

Ages: 5 – 11

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

Week 9: Basketball Camp

Dribble, pass, and shoot your way into a fun-filled week of basketball! This camp is perfect for young players of all skill levels. Campers will learn the basics through age-appropriate drills, footwork exercises, and skill-building activities that focus on confidence and coordination.

Each day also includes fun games and friendly matches, giving kids the chance to practice what they've learned in an encouraging, team-focused environment. With plenty of movement, teamwork, and high-energy fun, this basketball camp is a slam dunk for young athletes!

Dates: August 10–14
Time: 9am – 3:30pm (Full Day) | 12:30 – 3:30pm (Half Day)
Ages: 5 – 11
Fees: \$435 + tax Member/\$510 + tax Non-Member (Full Day)
 \$300 + tax Member/\$375 + tax Non-Member (Half Day)

Week 9: Sticky Fingers Cooking Class – Farm to Table

Let's dig into where our food begins—and how it ends up on our plates!

In this hands-on camp, young chefs will explore the journey of plants from seed to harvest to table. Together, we'll learn how fruits and veggies grow in gardens, orchards, and fields, then turn those farm-fresh ingredients into colorful, delicious recipes. Along the way, kids will discover the magic of seasonal eating, experiment with new flavors, and cultivate kitchen skills that will last a lifetime.

From soil to skillet, this camp is a celebration of nature's bounty—who's ready to cook up some farm-fresh fun?

Dates: August 10–14
Time: 12:30 – 3:30pm
Ages: 5 – 11
Fees: \$400 + tax Member/\$450 + tax Non-member (Half Day)

Week 10: Carnival Creators (older kids) + Epic Mining and Building (younger kids) by Snapology

In the morning, campers become carnival creators as they build thrilling rides and games that move, spin, and light up! Through robotics, coding, and STEAM challenges, they'll unlock creativity, teamwork, and real engineering skills—all while having a blast.

In the afternoon, campers will build to bring Minecraft® to life with LEGO® bricks, creating adventures, worlds, mobs, and characters using their imagination.

Dates: August 17–21
Time: 9am – 3:30pm
Ages: 5 – 11
Fees: \$450 + tax Member/\$550 + tax Non-Member (Full Day)
 No Half Day option.

Week 11: Jet's Gymnastics

Jet's Gymnastics Summer Camp keeps kids active, confident, and smiling all summer long! Campers enjoy gymnastics instruction, games, obstacle courses, and themed activities in a fun, safe, and supportive environment. Perfect for all skill levels, it's the ultimate mix of movement, friends, and summer fun!

Dates: August 24–28
Time: 9am – 3:30pm (Full Day) | 12:30 – 3:30pm (Half Day)
Ages: 5 – 11
Fees: \$435 + tax Member/\$510 + tax Non-Member (Full Day)
 \$300 + tax Member/\$375 + tax Non-Member (Half Day)

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 22 – July 2 (8 classes)

Session 2: July 6 – 16 (8 classes)

Session 3: July 20 – 30 (8 classes)

Session 4: August 3 – 13 (8 classes)

Session 5: August 17 – 27 (8 classes)

Ages: 4 – 14

Fees: \$176 + tax Member/\$232 + tax Non-member (per session)

Registration Opens June 1st, 2026 For Sessions 1, 2, 3, 4 & 5

| 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 Group Swim Lessons

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 20 – July 25 (5 Classes) No class July 4

Session 2: August 1 – 29 (5 Classes)

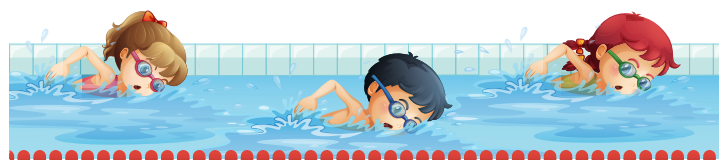
Ages: 6 Months +

Fees: \$110 + tax Member/\$145 + tax Non-member

Registration Opens June 4th 2026 @10am

| TIME | LEVELS | | |
|-----------------|------------|----------------|------------|
| 9:15 – 9:45am | L5 | L2 | 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.1& 2 | Adult Int. |

Aquatics continued on next page.



AQUATICS continued

Summer Swim Team

The Summer Piranhas Swim Team offers a non-competitive, endurance-focused program. Morning workouts are designed to allow flexibility for other activities throughout the day. The program culminates with an end-of-summer “mock meet,” providing valuable swim team experience. Tryouts for all new swimmers will take place on Friday, June 5th, from 4 to 6pm, and Saturday, June 6th, from 12 to 2pm.

Dates: June 22 – July 30 (6 week program)

Ages: 6 – 18

Fees: \$195 + tax M/\$252 + tax NM

| TIME | LEVELS |
|-----------|---------------------|
| 8 – 9am | Group 3 & 4 |
| 9 – 10am | Group 1 & 2 |
| Mock Meet | July 26, 10am – 2pm |

Spring Break Stroke Clinics

Seeking to enhance your swimming technique during spring break? Join us for stroke clinics throughout the week! These clinics promise to refine your strokes!

| Monday, April 13 | Wednesday, April 15 |
|------------------------|-------------------------------|
| 2 – 3pm - Backstroke | 2 – 3pm - Backstroke |
| 3 – 4pm - Butterfly | 3 – 4pm - Butterfly |
| 4 – 5pm - Breaststroke | 4 – 5pm - Breaststroke |
| Tuesday, April 14 | Thursday, April 16 |
| 2 – 3pm - Freestyle | 2 – 3pm - Freestyle |
| 3 – 4pm - Butterfly | 3 – 4pm - Flip Turns & Starts |
| 4 – 5pm - Breaststroke | 4 – 5pm - Butterfly |

Fees: \$25 + tax M/\$35 + tax NM (per clinic) (Capacity of 8)

Summer 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 (1 hour classes)

Ages: no age requirement just skill requirement)

Fees: \$95 + tax per week Member
 \$120 + tax per week Non-member
 drop in: \$25 + tax M/\$35 + tax NM (per class)
 (Capacity of 8)

| WEEK | DATE | TIME |
|--------------------------------------|----------------|---------------|
| Week 1: Freestyle/Backstroke | August 3 – 6 | 4:30 – 5:30pm |
| Week 2: Breaststroke/Flips & Turns | August 10 – 13 | 4:30 – 5:30pm |
| Week 3: Butterfly/Endurance & Racing | August 17 – 20 | 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.

Summer Adult Learn To Swim Boot Camp

This afternoon Adult Learn-to-Swim BOOT CAMP is designed for both beginners and intermediate swimmers! Each session will feature 4 (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: \$85 + tax M/\$110 + tax NM (per week)
 (capacity of 5 adults per level)

Registration opens June 29th 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.

| DATES | TIME |
|-------------------|--|
| S1 July 20 – 23 | 5:30 – 6:15pm (Beginner 1, 2 & Intermediate) |
| S2 July 27 – 30 | 5:30 – 6:15pm (Beginner 1, 2 & Intermediate) |
| S3 August 3 – 6 | 5:30 – 6:15pm (Beginner 1, 2 & Intermediate) |
| S4 August 10 – 13 | 5:30 – 6:15pm (Beginner 1, 2 & Intermediate) |
| S5 August 17 – 20 | 5:30 – 6:15pm (Beginner 1, 2 & Intermediate) |

FITNESS



2026 Pine Lake Summer Bingo Summer just got an upgrade.

Challenge Dates: June 1 – August 9

We’re excited to launch our 10-Week Summer Sweat Bingo Challenge — a high-energy, community-driven fitness experience designed to keep you consistent, motivated, and strong all summer long.

From vacations to long weekends and everything in between,

this challenge is built to help you stay on track without feeling restricted.

HOW IT WORKS:

Each member will receive a 5x5 Bingo card filled with fitness, recovery, and lifestyle challenges. Over 10 weeks, you'll complete squares by:

- Attending classes
- Hitting performance milestones
- Building healthy daily habits
- Participating in club events
- Trying new workouts and instructors

Complete five squares in a row (horizontal, vertical, or diagonal) to earn a BINGO and unlock prizes.

Complete all 25 squares for a full Blackout and you'll be entered to win our grand prize.

WHAT'S ON THE CARD?

Your Bingo board will include a mix of:

- Group training attendance goals
- Strength and conditioning benchmarks
- Step and hydration challenges
- Recovery and sleep habits goals
- Small group and personal training sessions
- Community activities like bringing a friend or attending a special event

This isn't just about sweating — it's about building sustainable habits that carry you beyond summer.

WHY JOIN?

Summer can be the easiest time to lose momentum. This challenge helps you:

- Stay accountable
- Try something new
- Push your performance
- Stay consistent through travel season
- Connect with fellow members
- Win exciting prizes

And the best part? You don't need to be perfect — just committed. 10 weeks. 25 squares. Endless motivation.

Stop by the front desk or talk to a trainer to grab your Bingo card and get started.

Don't let your fitness melt this summer — let's make it strong, social, and unforgettable.

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, Columbia Athletic Club Pine Lake has 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: 30, 45, or 60-minute sessions (based on preference)

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

Contact Fitness Department for pricing.

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: 30, 45, or 60-minute sessions (based on preference)

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

Contact Fitness Department for pricing.

Promotion begins June 1st and will end August 1st. This promo is for New Members and new Personal Training Clients only. All sessions will expire after September 27th. Limit of 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, 6–7pm, Saturdays 2–3pm.

Ages: Adults & ages 15–17 with instructor permission

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

IMPACT TEEN FITNESS

Instructors: Taylor and Collin

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

Fitness continued on next page.

FITNESS continued

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,
Saturdays, 10:30 – 11:30am

Ages: 12 – 16 or with Instructor permission

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)

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!

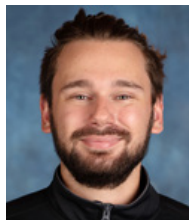
Get in peak shape with our Summer Performance Training class—designed specifically for athletes looking to elevate their game this season. Whether you're training for a specific sport or just want to enhance your athletic performance, this class will push your strength, speed, agility, and endurance 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)



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)



COLLIN BICE
collinb@columbiaathletic.com

Education and Certifications:

- NASM CPT, Youth Strength Trainer



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: BODYBALANCE, CORE, DANCE
- 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 Advanced Instructor: BODYPUMP, BODYSTEP, BODYATTACK, CORE
- Les Mills Certified Instructor: BODYBALANCE
- Ph.D. Wildlife Science

TENNIS

2026 JUNIOR TENNIS SUMMER PROGRAM

WEEKDAY SESSION DATES (MONDAY – THURSDAY):

| | |
|------------------------------------|-----------------------------------|
| Session 1: June 22 – 25 | Session 6: July 27 – 30 |
| Session 2: June 29 – July 2 | Session 7*: August 3 – 6 |
| Session 3*: July 6 – 9 | Session 8*: August 10 – 13 |
| Session 4*: July 13 – 16 | Session 9: August 17 – 20 |
| Session 5: July 20 – 23 | |

*Session includes a FULL DAY camp option.

WEEKEND SESSION DATES:

| | |
|---|--|
| Session 1: June 27 – July 25 (no class Sat., 7/4) 4 classes | Session 2: August 1 – 22 4 classes |
|---|--|

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: \$107 + tax TM/\$147 + tax AM/\$184 + tax NM

Quick Start 2/Level 1

Time: 1:45 – 3pm (75 min.)
Ages: 7 – 10
Fees: \$167 + tax TM/\$235 + tax AM/\$289 + tax NM

Level 2/Level 3

Time: 2:45 – 4:15pm (90 min.)
Ages: 11 +
Fees: \$193 + tax TM/\$258 + tax AM/\$310 + tax NM

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

Full Day Camps

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

Days: Monday – Thursday, 9:15am – 4pm
Ages: 5 + all skill levels
Fees: \$644 + tax TM/\$693 + tax AM/\$862 + 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 (45 min.)
Ages: 4 – 6
Fees: \$107 + tax TM/\$147 + tax AM/\$189 + tax NM

Quick Start 2/Level 1

Time: 10:30 – 11:30am (60 min.)
Ages: 7 – 10
Fees: \$133 + tax TM/\$188 + tax AM/\$238 + tax NM

Level 2/Level 3

Time: 11:30am – 1pm (90 min.)
Ages: 11 +
Fees: \$193 + tax TM/\$258 + tax AM/\$319 + 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 at dusko@columbiaathletic.com.

Days: Monday (Beginner Adults) 11:45am – 1pm
 Monday (Intermediate Adults) 6:45 – 8pm
 Tuesday (Beginner Adults) 11:45am – 1pm
 Tuesday (Beginner Adults) 6:45 – 8pm
 Wednesday (Beginner Adults) 6:45 – 8pm
 Thursday (Beginner Adults) 6:45 – 8pm
 Fridays (Advanced Beginner) 6:45 – 8pm

Fees: Price based on # of participants

Tennis continued on next page.

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



Bob Kamiljanov - Tennis Professional

Bob has been traveling the world playing at Junior International level and played on ATP tour before getting a scholarship and playing for University of Texas at San Antonio (Division 1).

Originally from Uzbekistan, before going to college In 2012 Bob had an honor to be captain of city women's

team who won The National Cup for the first time in its history.

Bob worked with Junior International level players and have an experience of teaching the game strategy for the high level players.

After completing his studies at University of Texas, he directed his passion to give the kids an opportunity to play the game at their very best.

He had also worked with experienced head coaches like Vincent Michaud and Vitaly Gorin

Bob's core strength is knowledge of how to build a student from the beginning level to high performance competitive level.

Bob has been successful coaching adults at variety of skill levels in past years at Bellevue Tennis Academy.

Email: bobk@columbiaathletic.com

GROUP EX


Summer Member Party ‡ Les Mills Launch July 16, 6-8pm

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 heartrate 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. New for 2026, Myzone also offers Myzone Go: a subscription to use the program with Apple and Android smartwatches. Now there is no need to purchase an additional device to get in on the fun! 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 Pine Lake community!

LES MILLS

Les Mills Classes at Pine Lake

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 A motivating blend of new yoga featuring elements of Tai Chi and Pilates. BODYBALANCE™ 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 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. 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. 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. All moves in LES MILLS CORE™ have options, so it's challenging but achievable for your own level of fitness.

LES MILLS DANCE 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.

MEMBERSHIP

Summer Membership Information

Are your kids back from College this summer? Keep them active with a temporary 2 or 3 Month Memberships. 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.



2026 Outdoor Pool access at Silver Lake - Starts May 18th!

Outdoor Pool Hours:

May 18 – June 21: Mon. – Fri., 12 – 7pm,
weekends, 10am – 7pm

June 22 – September 7: Mon. – Fri., 12 – 8pm
(lap swim available at 10am),
weekends, 10am – 8pm

Pricing for the Season:

\$150 Single Member/\$200 Couple/\$250 Family

Member drop in rate: \$10 per member/per day
Guest fee: \$30 (includes access to the club)

Contact austint@columbiaathletic.com for questions
or to activate your access.

The Outdoor Pool Reservation System

Our reservation system exists so that on days with less than ideal swimming conditions we can contact members who were hoping to swim and let them know of any changes to our operating hours. These reservations can be made in advance online or by contacting the front desk.

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.

FEES:

When not activated on the Family membership, children visiting Kids Club will be charged \$8/hr. After the first hour these fees will be billed in 15 minute increments.

EXTENDED CARE FEES:

\$10 per hour Member/\$13 per hour Non-member

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

Birthday Party Packages at Pine Lake

Party with us, it's a piece of cake

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

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