



221 Victoria Drive • Delanson, NY 12053 • Phone 518-895-9500 • FAX 518-895-9501 • Web www.dacc.info

March/April Newsletter 2010



Do You Like It Hot? DACC Chili Cook-off!

Do you think you're chili is the best? Prove it by entering the DACC Chili Cook-Off Sunday, March 21, from 1 to 4 p.m. in the DACC Community Room. Entry fees are \$5 for members; \$10 for nonmembers; and \$20 for professional restaurant chefs. Rules and entry forms are available on the website at www.dacc.info. After judging, all entries, including the winning chili, will be sold for \$2 a bowl.

Group Fitness Training Available

Breakout of your fitness rut. During March and April, the DACC is offering group fitness training sessions. Each session lasts four weeks and cost \$50. Sessions require at least five participants. Want to do this for free? If you find four participants to join with you, the DACC will waive the cost of your participation in the session.

Think About Spinning

Did you know that the typical Spinning Class burns as much as 600 calories in just 40 minutes? Even more in 60 minutes! Millions of people have taken control of their lives through the power of spinning. All classes are prepaid and preregistered, which reserves you a bike. See the fitness class schedule for Spinning Class times. DACC prices: members - \$6 per class or \$60 for 11 classes, nonmembers - \$8 per class or \$80 for 11 classes.

Ladies Night Out

Friday, April 30,

from 7 – 9 p.m.

at the DACC

*Raffle prizes, goodie bags, food,
music, fun and laughter . . .*

Cost: \$20 a person or \$100 for table of 6

Call all your girlfriends



Please RSVP to Betsy Lupian at
356-6400 or blupian@dacc.info

Enjoy a Night of Dinner & Dancing



Friday, March 26

6:30 to 10 p.m.

at the DACC

Music by Clear Choice

\$25 a person or \$45 a couple

All funds benefit the DACC

Childcare is available for \$10 a child and includes pizza.

DACC's First Annual Three-day Pickleball Tournament

Friday, April 23, 4 p.m. - Singles

Saturday, April 24, 9 a.m. - Doubles

Sunday, April 25, 9 a.m. - Mixed Doubles

Approximately 100 players competing

Come watch the fun!

All proceeds benefit the DACC

Raffles, Refreshments & Fast Action Play

Mark your Calendar Now

DANCES at *The Cove*

March 19 & April 16

6:30 – 8:30 p.m.

For Youth Ages 8 – 11



\$3 for Members; \$6 for Nonmembers

Refreshments for sale

Please RSVP at the front desk

What's Happening At The DACC

Men's Basketball League

Men's basketball league is starting April 3. Call the DACC at 895-9500 to register your team. Cost is \$85. Space is limited so call today!

Women's Open Basketball

Gym time is reserved for Women's Open Basketball every Saturday from 8 to 9 a.m. Cost is free to members and \$10 for nonmembers. Come join the fun.

Movie Night at The DACC

Movie night at the DACC will be March 5 and April 2 from 6:30 to 8 p.m. Members are free. Nonmembers are \$5. Refreshments will be for sale.

Scuba Classes

Sign up now for Scuba Classes. Classes for ages 12 and older are every Tuesday from 6 to 9 p.m. from March 23 – June 1. Cost is \$250 for members and \$300 for nonmembers. Call the DACC at 895-9500 for more information.

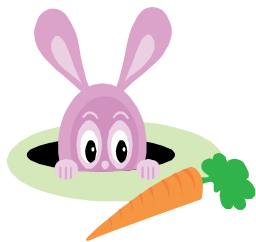
New Qigong Session To Start Soon

Join the growing number of people who have experienced the power of Qigong, a low-impact workout that can help reduce stress and joint pain. Look for more information on the website at www.dacc.info or on the fitness class schedule.

Member Day Is April 12 at The DACC

Be sure to come to the DACC for Member Day on Monday, April 12 and enjoy complimentary refreshments in the lobby. Don't forget to register for a chance to win three personal training sessions.

Breakfast With The Easter Bunny



**At the DACC on Saturday, April 3
8:30 – 10:30 a.m.**

**Children under 9 - \$4, Adults - \$6
Kids under 2, free**

Spring photos available for purchase
Please RSVP by March 26 to Betsy Lupian at 356-6400 or blupian@dacc.info



Swimming Events & News

Post-Season Swim Team – Season is Feb. 22 – March 23. Participants must be able to swim 25 yards or one length of the pool. Swimmers are grouped based on ability. Program will run five nights a week from 3 – 6:30 p.m.

Master's Program – For any adult who is looking to swim laps and learn the 4 basic strokes. The program is designed to meet the needs of those looking for a good workout as well as those who are looking to compete with other swimmers.

April Break Swim Clinic – Focus is small group technique/endurance training. Clinic is limited to 10 swimmers. Each session will focus on one aspect of competitive swimming strokes and the techniques needed to swim that stroke well.

April Break Water Games – Hey Kids, join us for water games during April Break, Monday – Thursday at 1:30 p.m. Aquatic staff will select games – water basketball, baseball, relays or who knows what.

Kayaking – Kayaking will continue through April. This is not a class, but an opportunity for kayakers to practice skills and drills. There is no instructor, but advanced kayakers at each session are happy to offer advice.

Swim Team Achievements

North Country League Championships: Elaine and George Atanasova; Lacey Bartlett; Andrea and Noah Barton; Alexandra and Tristan Dixon; Delaney Flaherty; Cameron and Evan Goodspeed; Rachel Houck; Matthew Leguire; Astrid Marz; Maeve McKeeby; John Mosier; Cody and Rebecca Nelson; Samantha and Tim Rokos; Noel Savoy; and Allison and Elizabeth Schmidt.

US Gold's Championships: Alexandra Dixon; Cameron and Evan Goodspeed; Astrid Marz; John Mosier; Cody and Rebecca Nelson; and Samantha and Tim Rokos.

USA IMX Challenge (age specific): Alexandra Dixon ranks 12th in the US, Rebecca Nelson is 11 in the district; Evan Goodspeed, 1st in the district; Samantha Rokos, 9th in the district; and Cody Nelson, 6th in the district.

Three USA swimmers qualified for zones. These swimmers have achieved "AA" times. This is a great accomplishment for our team and each swimmer. If they are picked, swimmers will compete against other swimmers on the East Coast. These swimmers are Alexandra Dixon, Rebecca Nelson and Samantha Rokos.