



Adult Swim Instruction

Did You Know?

SAC offers adult swim instruction!

Whether you are just beginning to swim, returning to the pool after a break, or you are looking to improve your technique, our swim instructors are here to help. With personalized instruction you'll build confidence, develop proper stroke mechanics, and enhance your overall skills in the water.

Contact Rosie, our swim coordinator, at rosie@sistersathleticclub.com to schedule a 30 minute swim session.

BLOOD DRIVE

Friday, June 19th



10:00am - 4:00pm

Group Ex Room

New Faces at SAC

***Welcome to the Club**

Lexi

Jill

Amanda

***Welcome back Sam.**

***Good bye to Ashton
and Evy.**

Ashton is off to Costa Rica for the summer and then off to college at Oregon State.

Evy went back to Wisconsin to operate her family's business.

Attention Swimmers

Beginning July we will be starting up morning swim lessons. They will be on Tuesdays and Thursdays. Check the July schedule for specific times and swim lanes.

**HAPPY
BIRTHDAY**



STAFF:

Amy: June 6th
Cindy: June 14th
Tara: June 15th
Nadine: June 15th

MEMBERS: 95

*Make sure you have an updated address with SAC so you can receive your birthday card.

**...and now a message
from Rebecca**



If you haven't noticed these baskets, this is where the sweat towels go. They are all around the club waiting to be filled. Thanks for leaving your sweat here!

Madeline Metolius



Member Spotlight

Madeline Metolius
member since 2022

Madeline grew up right here in Sisters. Her family spent time in New Zealand and Amsterdam before moving to Sisters when she was in the 3rd grade.

Madeline attended New York University, where she earned a Bachelor of Fine Arts in Film and TV Production, with an emphasis in Animation.

“Using my degree, I designed and animated cinematic title sequences for a fairly popular YouTubers Film Essay Channel. The show/channel is called Patrick H. Willems. I animated the title sequence for his monthly show.”

“Being a member of SAC has truly changed my life. I love the sense of community and accountability. Staff and fellow members notice when I miss a day or two, which motivates me to consistently return. That support has been a tremendous help throughout my weight loss journey.”

“I love baking and cooking. I am a planner through and through. I make spreadsheets just for fun. I love watching Survivor, Star Trek and the X-Files. I am also a wedding planner who is currently up to my eyeballs in wedding planning in the area.”

Madeline we are so happy to have you as our member. You are an inspiration to us all. Keep up the great work.