

SUMMER

AT THOREAU **2024**



The
Thoreau Club

The Thoreau Club

We have it all, you should too!

*Staycation
Destination!*

The Thoreau Club provides individuals and families with a 100,000 sq. ft., state-of-the-art, newly renovated, multi-sport wellness center situated on a pristine private 35-acre property, located in historic Concord, MA.

We offer memberships that meet the needs of each family member, from youth and single adults to couples, families, and seniors. With a wide variety of programs and services, choose what works for you.

Summer Hours at Thoreau

POOLS & TENNIS COURTS

Monday - Friday 5:00 AM - 8:00 PM

Saturday - Sunday 7:00 AM - 8:00 PM

FITNESS

Monday - Friday 5:00 AM - 9:30 PM

Saturday - Sunday 7:00 AM - 8:00 PM

KALEIDOSCOPE (CHILDCARE)

Monday - Thursday 8:00 AM - 12:00 PM
3:45 PM - 7:30 PM

Friday - Sunday 8:00 AM - 12:00 PM

HOLIDAYS

Memorial Day, July 4th,
and Labor Day Opens at 7:00 AM

Weather Information

To ensure the safety of our members and guests we diligently adhere to the following weather policy.

THUNDER/LIGHTNING:

If thunder or lightning are present, we evacuate the pools and courts. These areas remain closed for 30 minutes after we hear the last "rumble" of thunder or observe no lightning. Remember, just because you can't see a thunderstorm doesn't mean it cannot be dangerous. Lightning can travel up to 50 miles horizontally before making contact.

DOWNLOAD OUR APP:

For program, pool, tennis registrations and cancellations, download The Thoreau Club App!



THE BEST SUMMER EVER!

A fun summer at The Thoreau Club is a fantastic experience for anyone seeking to soak up the sun and relax in a serene and inviting atmosphere. With various fun-filled activities, something exciting is always happening at the pool. You can also enjoy the delicious snacks and refreshing drinks from the poolside cafe while catching up with friends or making new ones. Whether you're looking to cool off, work on your tan, or have fun in the sun, The Thoreau Club is the ultimate summer destination.

A summer membership gives you access to all of our outdoor and indoor amenities.

Outdoor Amenities

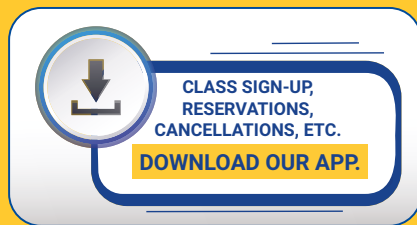
- 2-Pools
- 2-Whirlpools
- Splash Park
- 11-Tennis Courts
- Cabanas
- Poolside Cafe
- Outdoor Fitness Classes

Indoor Amenities

- Fitness Center
- Indoor Fitness Classes
- Sauna
- Steam Room
- Spa (Massage & Spray Tanning)
- Child Care



Summer
memories last forever!



SUMMER 2024 FAMILY POOL PARTY LINE-UP



June 26th - (Theme) Super Heros
July 24th - (Theme) Olympics
Aug 21st - (Theme) Fiesta



 The Thoreau Club is home to the The Thoreau Club Tennis Academy. Our coaches are highly qualified and our players exceed expectations!



ADULT TENNIS

Whether you are new to tennis or already an advanced player, The Thoreau Club has the right tennis program for you! Our tennis pros will take you through a complimentary player profile and recommend the right tennis programs or leagues for your level of play. Our 11 tennis courts (7 hard, and 4 Nova Grass®) provide you with plenty of outdoor playing options.

FLEXTIME® Unlimited Tennis - MEMBERSHIP ADD-ON
In FLEXTIME® Tennis, exclusively at Thoreau, you'll always have a playing partner at your skill level whenever you want to play.

Unlimited complimentary tennis clinics to advance your skills
Unlimited weekly tennis matches with NO court fees!

TENNIS UNIVERSITY

Exciting and dynamic instructional clinics are offered each week as part of Tennis University. All clinics are led by our expert pro staff.

Reservations everyday from 9:00 AM - 6:00 PM
All clinics are included in FLEXTIME® membership



JUNIOR TENNIS

JUNIOR DEVELOPMENT PROGRAM - TENNIS CAMP
1- WEEK HALF & FULL DAY SESSIONS | AGES 7 - 18
Orange, Green & Yellow Ball

Come build your tennis foundation. Consistent, engaging & effective tennis drills designed to improve athletic performance in a fun, challenging & supportive environment.

THE THOREAU CLUB TENNIS ACADEMY
FULL WEEK SUMMER INTENSIVES
or **MULTI-DAY REGISTRATIONS | AGES 10 - 18**

1:4 Coach-To-Player Ratio | Purchase 1+ sessions/week
Individualized coaching & high-performance training for junior players to develop the skills needed to compete at the highest levels. This program ramps up the intensity by focusing on technique, match play, mental toughness, cardiovascular & strength training.



FITNESS

We're not your typical "gym". Our experts help to identify your goals and needs, because when it comes to health and wellness, one size does not fit all. We work with you one-on-one to help you find the best path to achieve optimum health and wellness. We offer every member a complimentary Fitness Strategy Session to get started.

GROUP FITNESS

UNLIMITED CLASSES EVERY WEEK - 4 STUDIOS
AGES 12+ | INCLUDED IN ALL MEMBERSHIP TYPES

Whether you are just beginning your fitness journey or are an advanced athlete, our classes offer challenging and fun options for staying active. Group Fitness at Thoreau is designed to help you get fit and stay strong, while enjoying the social benefits of exercising in a group. From Body Pump workouts, yoga, pilates, stretch and mobility, as well as cycle, and aqua zumba classes you'll never get bored from the same routine!

PERSONAL TRAINING

AGES 12+ | MEMBERSHIP ADD-ON

Our expert personal trainers are the perfect solution for hands-on coaching and guidance. They'll work closely with you to design a program that's safe, and appropriate for your fitness goals.



SMALL GROUP TRAINING

THRIVE

FOR ALL FITNESS LEVELS | MEMBERSHIP ADD-ON

We have partnered with Mike Boyle, one of the foremost experts in strength and conditioning to bring our members THRIVE. Our THRIVE sessions help take the guesswork out of what's effective and aim to INCREASE: strength, endurance, metabolism, and stability while DECREASING: cardiovascular disease, fall risk/injury, and pain.

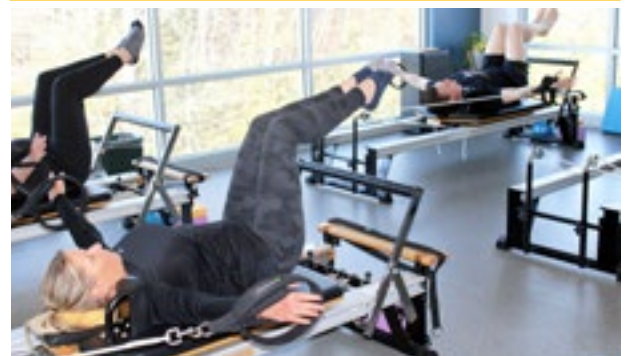
PILATES REFORMER

FOR ALL FITNESS LEVELS | MEMBERSHIP ADD-ON

Pilates Reformer has a flow of traditional and contemporary Pilates mat exercises that participants experience on our Merrithew-Stott Pilates Reformer performance machines. The classes are all levels and run for 50 minutes. BENEFITS OF PILATES REFORMER: Improves posture, imbalances, and breathing. Reformer stretches and tones while targeting small muscle groups that are challenging to strengthen.



65+ WEEKLY CLASSES





The Thoreau Club is a proud partner with the American Red Cross. All teachers are certified lifeguard and water safety instructors.



SWIM

Mid-May to mid-September, our pools and splash park are uncovered and ready for you and your family to enjoy all summer long at Thoreau. From free swim to lap swimming, aqua fitness, adult & youth swim lessons, Thoreau Sharks swim team, to advanced swim and water safety programs, our Swim professionals have you covered!

Amenities

- 2 outdoor competition size swimming pools
- 2 outdoor adult-only hot tubs
- Splash park for children
- Shallow well for swim instruction and children
- Poolside Cafè with cabana rentals
- Shaded picnic area
- Lounge chairs
- Fenced in property
- Fully trained lifeguard staff

SWIM SCHOOL AT THOREAU

Our progressive curriculum and small class sizes ensure your child receives the instruction they need to have fun while learning an essential life skill.

SHARKS SWIM TEAM

Join the Thoreau Sharks Swim Team and discover a fun and supportive swimming community. Our highly-trained coaches teach competitive swimming techniques, overall fitness conditioning and bring a spirit of fun to the pool.

AQUA FIT

Group Aqua Fit classes are offered multiple times throughout the week. Certified instructors lead an energetic workout set to fun music while you workout in the safety and comfort of the pool. Water fitness offers an excellent way to stay in shape while minimizing the risk of joint injuries, due to its low-impact nature.



POOLSIDE CAFÈ



POOLSIDE CAFÈ

May 25th - June 23rd Open Weekends Only
Beginning June 24th Open Daily from
11:30 AM - 6:30 PM

Members may order delicious food from our convenient Poolside Cafè. Weather permitted.

Options include: fresh salads, paninis, wraps, ice cream, beverages and other healthy snacks

SPA

After working up a sweat, enjoying your favorite physical activity in the fitness center, group class, on the courts, or in the water, wind down and relax in The Thoreau Club Spa. For those looking to treat themselves to new levels of relaxation and rejuvenation, visit our spa team who are experienced in providing a multitude of treatments to help you recharge and revitalize.

SPA Services

Massage

- Deep Tissue/Sports/Swedish
- Warm Stone Massage
- Myofascial Release Therapy
- Prenatal Massage
- Scrub Massage

Massage Enhancements

- Paraffin Wax Treatment
- Cupping Therapy

Spray Tanning

The VersaSpa® is a professional, automated sunless spray tanning system that offers an open concept booth, with a step-by-step voice instruction system to keep you informed of process, and a complete blow dry system to keep you dry and comfortable during your session. One session, customizable to your skin tone, can take you from three to five shades darker and last up to seven days.



Rejuvenate | Recover | Self-Care



MORE INFORMATION
CLICK

Meet Our Team



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More Information:
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See You This

SUMMER



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