

ClarkSportsCenter

Loving Education at Home

Physical Education Program

2009–2010 Schedule



About Us

The Clark Sports Center facilities are located on Susquehanna Avenue, one mile from the center of the village. Our organization offers a unique approach to health and fitness in our community. While many aspects of The Clark Sports Center are duplicated in other facilities, we believe that no other single private recreational complex in the United States brings together so broad a range of equipment, staff, and programming.

Upon opening to the public in October, 1986, The Clark Sports Center has established a reputation for quality equipment, impressive design, and innovative professional programming. Everyone, from family groups to the most

serious athletes, will find The Clark Sports Center affordable and a pleasure to use.

Facilities include a gymnasium, indoor running track, bowling alley, swimming and diving pools, fitness center, aerobics room, squash and racquetball courts, the areas only indoor adventure high ropes course, the areas only outdoor adventure high ropes course, two indoor rock climbing walls, tennis courts, sand volleyball courts, soccer, and softball/baseball fields.

The Clark Sports Center staff are friendly and supportive career professionals with a variety of college degrees, certifications, training, and experience.



Program Information

The LEAH program meets every Tuesday from 1:00 to 3:00pm beginning September 29, 2009 until June 1, 2010.

All students must be members in good standing of the LEAH program and have a signed waiver in order to participate in the program offered at The Clark Sports Center.

Parents and students are encouraged to ask questions about programming or other issues by contacting the LEAH coordinator who will contact The Clark Sports Center staff.

Adult family members may use the facilities by paying the daily guest fee at the junior rate and by signing a waiver.

The LEAH program will not be held anytime that the Cooperstown School District has a snow or vacation day.

All participants in the programs at The Clark Sports Center are expected to behave in a safe and considerate manner.

Students are expected to remain in their instructional area for the duration of the allotted time period.

Upon arrival, students will leave coats, boots, packs, and other belongings on the bleachers in the gym floor area.

Students should dress in comfortable athletic clothing with non-marking sneakers, and must bring a bathing suit and towel.

Food and drink should remain in the "pit" area downstairs or in the upper level of the bowling alley.



Kindergarten to 2nd Grade Class Descriptions

Kindergarten, 1st, and 2nd graders will be provided with physical activities that center around health, fitness, and conditioning. Each child will improve their motor abilities while participating as a member of a group in a fun, recreational activity.

On the gym floor, each child will be exposed to individual and team sports in a basic form. Children will learn to understand rules, gamesmanship, and sportsmanship.

In the pool, children will be taught beginning swimming skills that will lay the foundation for more advanced skills. Basic water safety will be introduced, and will focus on making each child aware of the “do's” and “don't's” around water.

In the bowling alley, a basic introduction to the sport is offered on a limited basis. Students will learn to be safe and understand the fundamental concepts of bowling.



Kindergarten to 2nd Grade Schedule

<i>Date</i>	<i>Gym Floor • 1:00–1:30</i>	<i>Swimming • 1:40–2:10</i>	<i>Bowling • 2:20–2:50</i>
September 29	Gen Intro	Rules/Skills Check	
October 6	Fitness/Motor Development	Lessons	
October 13	Gymnastics	Lessons	Kindergarten
October 20	Gymnastics	Lessons	1st Grade
October 27	Gymnastics	Free Swim	2nd Grade
November 3	Soccer	Lessons	
November 10	Soccer	Lessons	Kindergarten
November 17	Soccer	Lessons	1st Grade
November 24	Jr. Games	Water Safety	2nd Grade
December 1	Jr. Games	Lessons	
December 8	Jr. Games	Lessons	Kindergarten
December 15	Jr. Games	Lessons	1st Grade
December 22	No Program	No Program	No Program
December 29	No Program	No Program	No Program
January 5	Basketball Lead up	Lessons	2nd Grade
January 12	Basketball Lead up	Lessons	
January 19	Basketball	Lessons	Kindergarten
January 26	Basketball	Free Swim	1st Grade
February 2	Organized Games	Lessons	2nd Grade
February 9	Organized Games	Lessons	
February 16	No Program	No Program	No Program
February 23	Floor Hockey	Lessons	Kindergarten
March 2	Floor Hockey	Lessons	1st Grade
March 9	Floor Hockey	Lessons	2nd Grade
March 16	Organized Games	Free Swim	
March 23	Organized Games	Lessons	Kindergarten
March 30	Organized Games	Lessons	1st Grade
April 6	Tee Ball	Lessons	2nd Grade
April 13	Tee Ball	Boating Safety	Kindergarten
April 20	No Program	No Program	No Program
April 27	Tee Ball	Lessons	1st Grade
May 4	Tee Ball	Lessons	2nd Grade
May 11	Fitness	Lessons	Kindergarten
May 18	Fitness	Lessons	1st Grade
May 25	Fitness	Double Float Day	2nd Grade
June 1	Parent/Child	Parent/Child	K, 1, 2 with parent

3rd to 5th Grade Class Descriptions

Students in this group will be taught more advanced concepts that involve teamwork, cooperation, and a small degree of competition. Our role at this level is to promote physical activity, enjoyment of sports, and instill higher levels of technique and sportsmanship.

On the gym floor, part of each unit, usually a major team sport, involves skill development that will lead up to a full session of the sport.

In the pool, students continue to have structured lessons and begin to see tremendous improvement in their skill levels. Basic water safety skills and boating safety are presented with a stronger focus on being cautious and aware of the hazards of water sports.

Instruction in the bowling alley will include developing technique, etiquette, and learning to keep score.



3rd to 5th Grade Schedule

<i>Date</i>	<i>Swimming • 1:00–1:30</i>	<i>Bowling • 1:40–2:10</i>	<i>Gym Floor • 2:20–2:50</i>
September 29	Rules/Skills Check	Intro to Bowl	Gen Intro
October 6	Lessons	Instruction/Video	Organized Games
October 13	Lessons	Scoring/Instruction	Gymnastics
October 20	Lessons	Scoring/ Instruction	Gymnastics
October 27	Free Swim	Open Bowling	Gymnastics
November 3	Lessons	Instruction/Bowl	Futsal
November 10	Lessons	Instruction/Bowl	Futsal
November 17	Lessons	Open Bowling	Futsal
November 24	Water Safety	Open Bowling	Scoop Lacrosse
December 1	Lessons	Instruction	Scoop Lacrosse
December 8	Lessons	Open Bowling	Indoor Games
December 15	Lessons	Open Bowling	Indoor Games
December 22	No Program	No Program	No Program
December 29	No Program	No Program	No Program
January 5	Lessons	Disco Lights Bowl	Basketball
January 12	Lessons	Scoring/Bowl	Basketball
January 19	Lessons	Scoring/Bowl	Basketball
January 26	Free Swim	Open Bowling	Basketball
February 2	Lessons	Open Bowling	Team Handball
February 9	Lessons	Tourney	Team Handball
February 16	No Program	No Program	No Program
February 23	Lessons	Instruction	Floor Hockey
March 2	Lessons	Instruction	Floor Hockey
March 9	Lessons	Open Bowling	Floor Hockey
March 16	Free Swim	Open Bowling	Organized Games
March 23	Lessons	Scoring/Bowl	Organized Games
March 30	Lessons	Open Bowling	Baseball/Whiffleball
April 6	Lessons	Tourney	Baseball/Whiffleball
April 13	Boating Safety	Instruction	Baseball/Whiffleball
April 20	No Program	No Program	No Program
April 27	Lessons	Instruction	Diamond Ball
May 4	Lessons	Instruction	Kickball (Outside)
May 11	Lessons	No Tap Tourney	Kickball (Outside)
May 18	Lessons	Instruction	Tennis
May 25	Double Float Day	Open Bowl	Tennis
June 1	Parent/Child	Parent/Child	Parent/Child

6th to 8th Grade Class Descriptions

Students in this group will have a variety of skill levels, maturity, and commitment to physical activity. We will provide a continuation of the previous group's activity plan, but will introduce more variety of activities, and reinforce the idea that physical activity is an absolute part of a healthy lifestyle.

On the gym floor, team sports will provide room for developing technique and strategy within the rules of each game.

In the pool, students will refine swimming style, perfect techniques, and learn more advanced water safety concepts. Students will move away from structured swimming lessons to learning and developing other fun aquatic activities as they progress in skill.

In the bowling alley, emphasis will be placed on mastering individual technique. Tournament play gives the students a chance to measure themselves against others.



6th to 8th Grade Schedule

<i>Date</i>	<i>Bowling • 1:00–1:30</i>	<i>Gym Floor • 1:40–2:10</i>	<i>Swimming • 2:20–2:50</i>
September 29	Intro/Bowl	Gen Intro	Rules/Skills Check
October 6	Instruction/Video	Organized Games	Lessons
October 13	Instruction/Scoring	Gymnastics	Lessons
October 20	Instruction/Scoring	Gymnastics	Lessons
October 27	Instruction	Gymnastics	Free Swim
November 3	Scoring/Bowl	Futsal	Lessons
November 10	Open Bowling	Futsal	Lessons
November 17	Instruction	Futsal	Lessons
November 24	Open Bowling	Scoop Lacrosse	Circuit Training
December 1	Instruction	Scoop Lacrosse	Circuit Training
December 8	Open Bowling	Indoor Games	Circuit Training
December 15	Open Bowling	Indoor Games	Circuit Training
December 22	No Program	No Program	No Program
December 29	No Program	No Program	No Program
January 5	Instruction	Basketball	Lessons
January 12	Tourney	Basketball	Lessons
January 19	Instruction	Basketball	Lessons
January 26	Instruction	Basketball	Free Swim
February 2	Open Bowling	Team Handball	Lessons
February 9	Open Bowling	Team Handball	Lessons
February 16	No Program	No Program	No Program
February 23	Instruction	Floor Hockey	Jr. Lifeguard Skills
March 2	Instruction	Floor Hockey	Jr. Lifeguard Skills
March 9	Open Bowling	Floor Hockey	Jr. Lifeguard Skills
March 16	Open Bowling	Organized Games	Jr. Lifeguard Skills
March 23	Instruction	Organized Games	Free Swim
March 30	Open Bowling	Baseball/Whiffleball	Jr. Lifeguard Skills
April 6	Open Bowling	Baseball/Whiffleball	Jr. Lifeguard Skills
April 13	Instruction	Baseball/Whiffleball	Boating Safety
April 20	No Program	No Program	No Program
April 27	Instruction	Diamond Ball	Water Polo
May 4	Open Bowling	Kickball (Outside)	Water Polo
May 11	Tourney	Kickball (Outside)	Water Polo
May 18	Open Bowling	Tennis	Water Polo
May 25	Open Bowling	Tennis	Double Float Day
June 1	Parent/Child	Parent/Child	Parent/Child

Independent Study • 9th to 12th Grade

The independent study program is offered to students grades 9 to 12 and is designed to allow each student the flexibility to design their own physical education program based on their likes and dislikes. Students may organize themselves into groups for team activities or participate in individual sports.

Students in the independent study group have many options to choose from and are

encouraged to find activities that promote health and fitness in a way that is enjoyable to each student.

Staff members are also available to answer questions, get out equipment, and offer more information in the form of books, videos, charts, and research materials. Students should request help in these areas before, in between, or after classes are in progress.

Available Activities for Independent Study

Bowling alley • Available between 2:20 and 2:50pm. Check in at the desk for shoes and a score sheet.

Running track • Run or walk around the track, and use the equipment located in each corner of the track. Seventeen laps equals one mile.

Pool area • Swim laps, water jog, or dive during free time between groups. Lessons will be offered from 2:20 to 2:50pm.

Downstairs “pit” area • Ping pong, bumper pool, and foosball are available.

Courts • Tennis, racquetball, squash, and wallyball. We provide all equipment.

Gym floor • Basketball, soccer, frisbees, and floor hockey can be available from 12:30 to 1:00pm. The bouldering wall is also available at any time.

Fitness Center • Develop a conditioning program that you can follow every Tuesday. Available to anyone who is at least 14 years old. Use of the Fitness Center requires an additional fee.

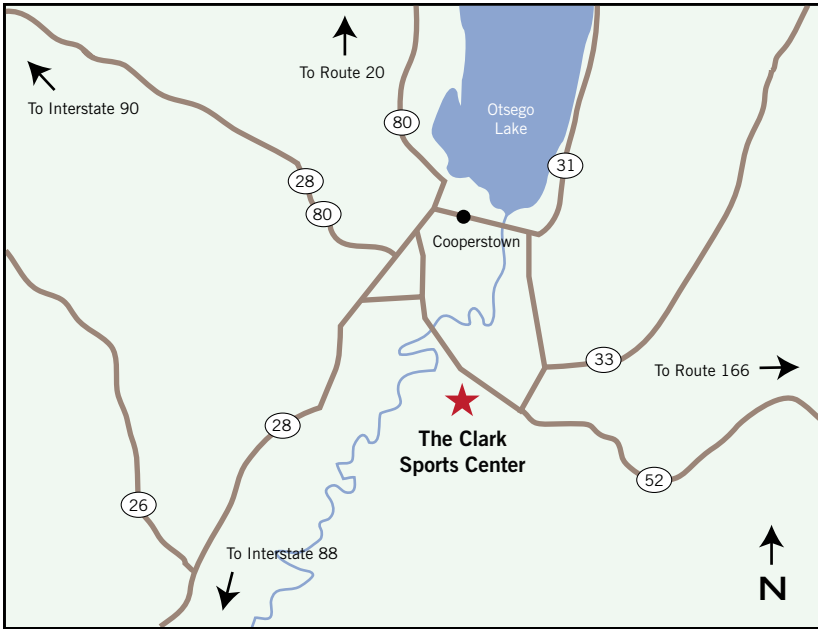
Fields • Softball, soccer, and multi-purpose space is available for a variety of activities. Check with the gym floor staff to obtain equipment.

Independent Study • Adventure Program

Participants must be 12 or over, and parents may participate if there is available room. Please note the registration deadline for each activity below. Please register with the LEAH coordinator.

<i>Date</i>	<i>Activity Description</i>	<i>Sign Up By</i>
October 13	Outdoor Ropes Course • 10:00-2:00 • Located in the “bowl” area beyond the soccer fields. Participants will meet in the lobby at 10:00am and should wear comfortable athletic clothing and closed toe shoes. Fee: \$15 per person.	Oct. 6
November 17	Geocaching • 10:00-2:00 • Search for hidden treasures with GPS units on a hike to Star Field. Participants should meet in the lobby at 10:00am and wear warm comfortable clothing that can get dirty. Fee: \$10 per person.	Nov. 3
December 22	No Program	
December 29	No Program	
February 16	No Program	
February 23	Cross Country Ski Clinic • 10:00-2:00 • Trail will be determined on the day of the hike. Participants should meet in the lobby at 10:00am with warm waterproof clothes and sturdy boots. Fee: \$10 per person or \$15 per person with equipment rental.	Feb. 9
March 16	Indoor Rock Climbing Course • 12:00-2:00 • Climb the indoor high rock wall in the pool area! Participants should meet in the pool area at noon with comfortable athletic clothing and closed toe shoes. Fee: \$15 per person.	Mar. 2
April 20	No Program	
May 11	Little Falls Outdoor Rock Climbing Trip • 9:00-3:00 • Climb with us at our favorite spots in Little Falls! Participants should meet in the lobby at 9:00am with comfortable, weather appropriate clothing and closed toe shoes. Fee: \$15 per person.	April 27
May 25	Canoe Course • 10:00-2:00 • Paddle the Susquehanna River or Otsego Lake depending on the water levels. Participants should meet in the lobby at 10:00am with comfortable, weather appropriate clothing that can get wet/muddy. Fee: \$15 per person.	May 11
June 1	River Kayaking • 9:00-3:00 • Learn to kayak with our expert instructors! Participants should meet in the lobby at 9:00am with comfortable, weather appropriate clothing that can get wet/muddy. Fee: \$25 per person.	May 18

Directions To The Clark Sports Center



From the North – From Interstate 90, take Exit 30 and follow Route 28 South directly into the Village of Cooperstown. Once into town, take a left onto Chestnut Street, and a right turn onto Susquehanna Avenue. Follow Susquehanna for about one mile. The Clark Sports Center will be on the right hand side of the road.

From the South – Take Exit 17 off of Interstate 88 and follow Route 28 North into the Village of Cooperstown. Take a right hand turn onto Walnut Street once in town. Turn right at the end of Walnut onto Susquehanna Avenue. The Clark Sports Center will be a quarter of a mile ahead on the right hand side of the road.

From the West – Take Interstate 90 East to Exit 30 and follow Route 28 South directly into the Village of Cooperstown. Once into town, take a left onto Chestnut Street, and a right turn onto Susquehanna Avenue. Follow Susquehanna for about one mile. The Clark Sports Center will be on the right hand side of the road.

From the East – Take Interstate 88 to Duanesburg and follow Route 20 West. Turn left into Route 80 South, following the West side of Otsego Lake to the Village of Cooperstown. Turn left onto Susquehanna Avenue. Follow Susquehanna for about one mile. The Clark Sports Center will be on the right hand side of the road.

ClarkSportsCenter

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