

ClarkSportsCenter

Loving Education at Home

Physical Education Program

2012–2013 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 that features six basketball hoops and ample space for gymnastics and gym floor games, an indoor running track, eight lane bowling alley, swimming and diving pools, fitness center, aerobics room, squash and racquetball courts, the area's only indoor and outdoor adventure high ropes courses, an outdoor low ropes challenge course, two indoor rock climbing walls, four outdoor tennis courts, numerous soccer and outdoor sports fields, and two 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 Loving Education At Home (LEAH) program meets every Tuesday from 12:30 to 2:20pm beginning October 2, 2012 until May 28, 2013.

All students must be members in good standing of the LEAH program and have a parent signed Assumption Of Risk 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

Date	Gym Floor • 12:30–1:00	Swimming • 1:10–1:40	Bowling • 1:50–2:20
October 2	General Introduction	Rules/Skills Check	
October 9	Fitness/Motor Development	Lessons	Kindergarten
October 16	Fitness/Motor Development	Lessons	1st Grade
October 23	Fitness/Motor Development	Lessons	2nd Grade
October 30	Fitness/Motor Development	Free Swim	Kindergarten
November 6	Soccer	Lessons	1st Grade
November 13	Soccer	Lessons	2nd Grade
November 20	Soccer	Lessons	Kindergarten
November 27	Jr. Games	Water Safety	1st Grade
December 4	Jr. Games	Lessons	2nd Grade
December 11	Jr. Games	Lessons	Kindergarten
December 18	Jr. Games	Lessons	1st Grade
December 25	No Program	No Program	No Program
January 1	No Program	No Program	No Program
January 8	Basketball Lead up	Lessons	2nd Grade
January 15	Basketball Lead up	Lessons	Kindergarten
January 22	Basketball	Lessons	1st Grade
January 29	Basketball	Free Swim	2nd Grade
February 5	Organized Games	Lessons	Kindergarten
February 12	Organized Games	Lessons	1st Grade
February 19	No Program	No Program	No Program
February 26	Floor Hockey	Lessons	2nd Grade
March 5	Floor Hockey	Lessons	Kindergarten
March 12	Organized Games	Lessons	1st Grade
March 19	Organized Games	Free Swim	2nd Grade
March 26	No Program	No Program	No Program
April 2	Organized Games	Lessons	Kindergarten
April 9	Tee Ball	Lessons	1st Grade
April 16	Tee Ball	Lessons	2nd Grade
April 23	Tee Ball	Boating Safety	Kindergarten
April 30	Tee Ball	Lessons	1st Grade
May 7	Fitness	Lessons	2nd Grade
May 14	Fitness	Lessons	Kindergarten
May 21	Fitness	Lessons	1st Grade
May 28	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

Date	Swimming • 12:30–1:00	Bowling • 1:10–1:40	Gym Floor • 1:50–2:20
October 2	Rules/Skills Check	Introduction to Bowl	General Introduction
October 9	Lessons	Instruction/Video	Organized Games
October 16	Lessons	Scoring/Instruction	Ultimate Frisbee
October 23	Lessons	Scoring/ Instruction	Ultimate Frisbee
October 30	Free Swim	Open Bowling	Ultimate Frisbee
November 6	Lessons	Instruction/Bowl	Futsal
November 13	Lessons	Instruction/Bowl	Futsal
November 20	Lessons	Open Bowling	Futsal
November 27	Water Safety	Open Bowling	Scoop Lacrosse
December 4	Lessons	Instruction	Scoop Lacrosse
December 11	Lessons	Open Bowling	Indoor Games
December 18	Lessons	Open Bowling	Indoor Games
December 25	No Program	No Program	No Program
January 1	No Program	No Program	No Program
January 8	Lessons	Disco Lights Bowl	Indoor Games
January 15	Lessons	Scoring/Bowl	Basketball
January 22	Lessons	Scoring/Bowl	Basketball
January 29	Free Swim	Open Bowling	Basketball
February 5	Lessons	Open Bowling	Team Handball
February 12	Lessons	Instruction	Team Handball
February 19	No Program	No Program	No Program
February 26	Lessons	Scoring/Bowl	Gladiators
March 5	Lessons	Instruction	Mat Ball
March 12	Lessons	Open Bowling	Floor Hockey
March 19	Free Swim	Open Bowling	Floor Hockey
March 26	No Program	No Program	No Program
April 2	Lessons	Open Bowling	Baseball/Whiffleball
April 9	Lessons	Tourney	Baseball/Whiffleball
April 16	Lessons	Instruction	Baseball/Whiffleball
April 23	Boating Safety	Open Bowling	Gladiators
April 30	Lessons	Instruction	Diamond Ball
May 7	Lessons	Instruction	Kickball (Outside)
May 14	Lessons	No Tap Tourney	Kickball (Outside)
May 21	Lessons	Instruction	Tennis
May 28	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

Date	Bowling • 12:30–1:00	Gym Floor• 1:10–1:40	Swimming • 1:50–2:20
October 2	Introduction/Bowl	General Introduction	Rules/Skills Check
October 9	Instruction/Video	Organized Games	Lessons
October 16	Instruction/Scoring	Ultimate Frisbee	Lessons
October 23	Instruction/Scoring	Ultimate Frisbee	Lessons
October 30	Instruction	Ultimate Frisbee	Free Swim
November 6	Scoring/Bowl	Futsal	Lessons
November 13	Open Bowling	Futsal	Lessons
November 20	Instruction	Futsal	Lessons
November 27	Open Bowling	Scoop Lacrosse	Water Safety
December 4	Instruction	Scoop Lacrosse	Lessons
December 11	Open Bowling	Indoor Games	Lessons
December 18	Open Bowling	Indoor Games	Lessons
December 25	No Program	No Program	No Program
January 1	No Program	No Program	No Program
January 8	Instruction	Indoor Games	Lessons
January 15	Tourney	Basketball	Lessons
January 22	Instruction	Basketball	Lessons
January 29	Instruction	Basketball	Free Swim
February 5	Open Bowling	Team Handball	Lessons
February 12	Open Bowling	Team Handball	Lessons
February 19	No Program	No Program	No Program
February 26	Instruction	Gladiators	Lessons
March 5	Instruction	Mat Ball	Lessons
March 12	Open Bowling	Floor Hockey	Lessons
March 19	Open Bowling	Floor Hockey	Free Swim
March 26	No Program	No Program	No Program
April 2	Open Bowling	Baseball/Whiffleball	Lessons
April 9	Open Bowling	Baseball/Whiffleball	Lessons
April 16	Instruction	Baseball/Whiffleball	Lessons
April 23	Open Bowling	Gladiators	Boating Safety
April 30	Instruction	Diamond Ball	Water Polo
May 7	Open Bowling	Kickball (Outside)	Water Polo
May 14	Tourney	Kickball (Outside)	Water Polo
May 21	Open Bowling	Tennis	Water Polo
May 28	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, dvds, 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 1:50 and 2:20pm. 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 1:50 to 2:20pm.

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 12:00 to 12:30pm. 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.

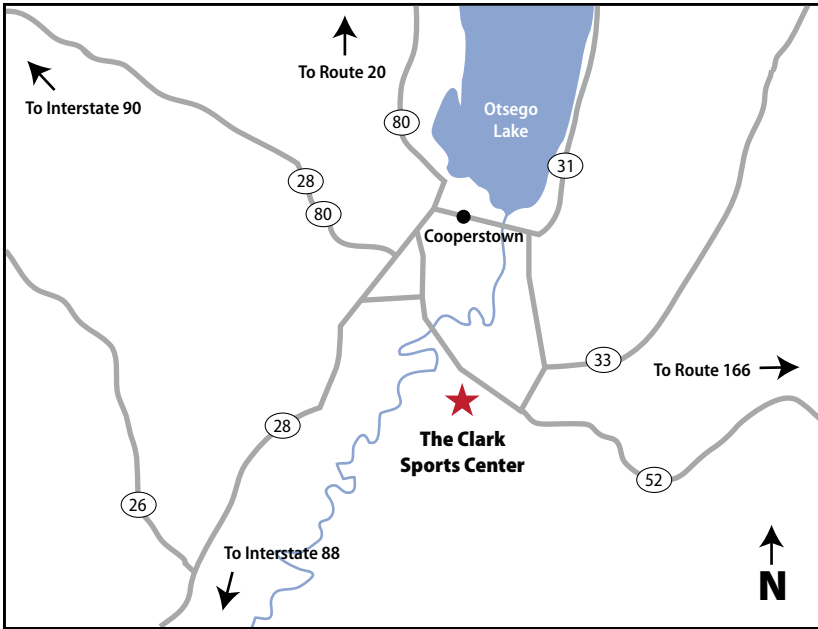


Independent Study • Adventure Program

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.

Date	Activity Description	Sign Up By
October 9	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.	October 2
October 23	Outdoor Ropes Course • 12:00-3:00 • Located in the “bowl” area beyond the soccer fields. Participants will meet in the lobby at 11:00am and should wear comfortable athletic clothing and closed toe shoes. Fee: \$15 per person.	October 9
November 13	Indoor Rock Climbing Course • 12:00-3:00 • Climb the new 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: \$5 per person.	October 30
January 22	Indoor Ropes Course • 12:00-3:00 • Participants should meet in the pool area at 11:00 with comfortable athletic clothing that can get wet and closed toe shoes. Fee: \$15 per person.	January 8
February 12	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: \$20 per person or \$25 per person with equipment rental.	January 29
April 9	Indoor Rock Climbing Course • 12:00-3:00 • Climb the new 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: \$5 per person.	March 26
May 7	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 30
May 14	Whitewater 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: \$20 per person. Maximum 6 people.	April 30
May 21		May 7
May 28		May 14

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.



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