

ClarkSportsCenter

Fall Schedule

September 7 to October 24, 2010



Fall Facility Hours | Monday–Friday: 6:00am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed

Winter Facility Hours | Monday–Friday: 6:00am–9:30pm
(Pool closes at 9:00pm) • Saturday: 8:00am–9:00pm
Sunday: 9:00am–6:00pm (Adults only 9:00–1:00)

Facility Closures | Thanksgiving Day • Thursday, November 25

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326

Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326

Phone: (607) 547-2800 • Fax: (607) 547-4100

www.clarksportscenter.com

Membership: Pages 2–3 • Athletics: Pages 4–5

Aquatics: Pages 6–7 • Health & Fitness: Pages 8–9

Bowling: Page 10 • Adventure: Page 11 • Racquets: Pages 11–12

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–20 years)	\$150
College Student (21–25 years, full time undergraduate students with a valid ID)	\$150
Adult (21–61 years)	\$290
Senior Citizen Single (62+)	\$180
Senior Citizen Couple (One person 62+)	\$310
Family (Two adults in household, juniors, and college students)	\$450
Single Parent Family (One adult in household, juniors, and college students)	\$335
Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+)	\$120
90 Day Membership	One half of above
One Month Membership with Fitness Center (30 consecutive days)	\$80
One Month Membership without Fitness Center (30 consecutive days)	\$55
7 Day Pass	Inquire at Main Desk

Applications for a reduced fee membership are available at the Main Desk. Applicants must meet income guidelines to qualify.

Payment Plans

One payment (Pre-paid in Full)	Annual, 90 Day, and One Month Memberships
Two Payment Plan	One half upon application with bills sent biannually (Annual Membership only).
Quarterly Payment Plan	One quarter upon application with bills sent every three months (Annual Membership only).

Multiple payment plans incur a \$2 processing fee for each billing. All memberships with multiple payment plans are at minimum a one year obligation. After one year, memberships will continue to be billed but may be cancelled at any time without penalty. Failure to complete the minimum results in cancellation of membership and forfeiture of lockers with the remaining balance pending. Membership changes incur a \$10 administrative fee.

Refund Policy

Membership refunds will be given only in the event of a medical condition that prevents a member from participation, or if a member permanently moves outside a fifty mile radius of The Clark Sports Center. All membership refund requests must be made in writing and submitted to Kathy Graham.

Assumption of Risk

All participants must have an Assumption of Risk form on file prior to using The Clark Sports Center and its facilities. Assumption of Risk forms for any person under the age of 18 must be signed by a parent or legal guardian. The form may be picked up at the Main Desk or found at www.clarksportscenter.com.

Guests

Guests are welcome to The Clark Sports Center. We reserve the right to limit the number of guests if usage reaches capacity. Reservations are required for groups of 8 people or more. Adults: \$10, Juniors under 21: \$5, Fitness Center and Aerobics: \$5 additional.

Youth Members and Guests

Children 6th grade and below are not allowed in the building between 6:00–8:30am and 6:00pm to closing unless accompanied by an adult or if attending a Sports Center youth program or league.

Lost and Found

The Lost and Found is located in the upstairs lobby near the rest rooms. Jewelry, wallets, and items of value are kept at the Main Desk. When the Lost and Found area is overflowing, all items are donated to a local charity. Do not leave belongings unattended. The Clark Sports Center is not responsible for lost or stolen items.

Additional Charges

Health and Fitness Classes – \$5.00 per class, or \$3.00 per class with the purchase of ten tickets, or pre-registration for the session.

Personal Training Instruction – \$12.00 per 30 minutes or \$100 for ten 30 minute sessions.

Court Reservations – \$5.00 per time period.

Reservations must be made at least three time periods ahead of court time. Charges for court reservations are collected at the Fitness Center Desk.

Conference Room Rental – \$30.00 for up to a three hour time block (a fee of \$10 per hour for each additional hour may be applied).

Schedule Changes & Emergency Closings

The following schedule will be followed as closely as possible, but can be subject to change at any time. Program areas may be closed at any time without prior notice. Weather conditions, mechanical difficulties, special events, facility capacity, etc., may alter the schedule at any time. For up to date information, please call (607) 547-2800. In the event the Sports Center must close due to adverse weather conditions, mechanical difficulties, etc., announcements will be made on our website and on the following radio stations: WZOZ (103.1FM) and WSRK (103.9FM).

Member and Guest Code Of Conduct

All members and others attending an event or utilizing the Center's facilities or grounds must adhere to all rules and policies of the Sports Center and are expected to act in a safe, courteous and respectful manner at all times. All requests and instructions by the Center's staff should be strictly followed and failure to do so may result in any person, including members, being directed to leave the premises.

Prohibited conduct at the Sports Center and Center-sponsored activity off-premises includes, but is not limited to, the following:

- Possession of guns, knives or other weapons;
- Striking, attempting to strike or threatening to strike any staff person, member, visitor or any other person affiliated with the Center;
- Threatening, harassing or intimidating any staff person, member, visitor or any other person affiliated with the Center;
- Foul, profane or abusive language;
- Theft of any property; • Smoking; • Use of illegal drugs;
- Use of alcohol except at organized events with advance approval of the Director of the Sports Center;
- Damaging the facilities of the Center in any way (skateboards, scooters, and roller blades are not allowed on the Sports Center grounds; animals, bicycles; and other potentially damaging devices are not allowed in the building);
- Providing false information or records to the Center.

Additionally, any criminal activity or acts or threats of violence may be reported to the proper authorities and prosecuted.

The Clark Sports Center reserves the right to deny, suspend, revoke or limit access to the Sports Center's facilities at its sole discretion in the case of any violation of this Code of Conduct or any rule or policy of the Center, consistent with applicable law. Any question arising regarding the meaning of any provision of this Code of Conduct should be brought to the attention of the Director of The Clark Sports Center. The Center's interpretation of any provision of this Code shall be final.

Attire and Etiquette

Appropriate attire is required to use the Sports Center facilities. Clean sneakers must be worn in the Fitness Center, Aerobics Room, racquets courts, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Bathing suits are required to enter the pool; Cut-off shorts and shirts are not allowed as pool attire. Babies must wear swim diapers. Food and drink are allowed only in the downstairs pit area and in the restricted areas of the bowling alley. Drinks in glass bottles are prohibited inside The Clark Sports Center.

Physically Disabled

The Clark Sports Center is equipped to handle the needs of the physically disabled. The designated handicapped parking area is located at the back of the building near the main entrance. A wheelchair ramp is located in front of the main entrance. Upon entering the building, please ask for assistance at the Main Desk. An elevator is available to provide access to the lower level of the building. Locker rooms and rest room access for the physically disabled are available. Any questions or concerns can be directed to the Main Desk.

Parking, Telephones, Stores, and Field Usage

Parking is available for members and guests in the designated parking areas. Please do not park in the driveways and crosswalks leading to the Sports Center or in the circle near the main entrance. The circle is one way for pickup and drop-off only. Persons who park in the circle will be asked to move their vehicles.

Use of Sports Center telephones is reserved for business calls and emergencies. Cell phone use is prohibited in all locker rooms.

Small stores are located at the Main Desk and Fitness Center Desk. Bathing suits, goggles, reflective vests, T-shirts, racquets (through special order), racquetballs, squash balls, tennis balls, shampoo, conditioner, combs, and other sports and personal equipment are available for purchase.

Permission and check-in is required to use the playing fields adjacent to the Sports Center. Non-members must pay any appropriate guest fees.

Sex Offender Policy

Registered or convicted sex offenders are not eligible for membership in The Clark Sports Center or for participation in its programs and activities. Registered or convicted sex offenders shall not enter onto or loiter in the vicinity of the property of The Clark Foundation that is designated as The Clark Sports Center or other property of The Clark Foundation when used for programs and activities of The Clark Sports Center.

No Dogs Allowed Policy

Dogs are not allowed on Clark Sports Center property at any time (exception: service dogs).

Locker Rooms

Please observe and adhere to the following locker room rules and guidelines (*please note that the Sports Center is not responsible for articles left unattended in the locker rooms or any other part of the building*):

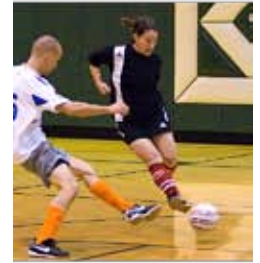
- Men's and women's locker rooms are for members and guests 21 years of age and older. Boys and Girls locker rooms are for youths 5–20 years of age. Preschoolers under the age of 5 may accompany their parents in the adult locker room.
- Parents bringing a preschooler of the opposite gender for an open swim may ask to use the locker room for the physically disabled (once a child turns 5 years old and/or starts kindergarten, they must use the appropriate locker room for their gender).
- Locker rooms for the physically disabled are available. Please check in at the Main Desk for a key.
- Members and guests may use the locker rooms for up to 30 minutes after program areas close at night.
- Day lockers are available by request at the Main Desk for members. Coin operated lockers are available for guests. Belongings cannot be left in these lockers overnight.
- Saunas are located in the adult locker rooms and may be used by persons 21 years or older.
- Shower towels can be rented at the Main Desk for 50¢.

Organized Activities

Coaching, instruction, training, lessons, and other organized activities must be directed by Clark Sports Center staff unless approved by the appropriate Department Head, Associate Director, or Director.

Gym Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:00–9:00	Open 6:00–9:00	Open 6:00–9:00	Open 6:00–9:00	Open 6:00–9:00	Open 8:00–6:00	Sunday hours start October 10.
Headstart 9:30–11:00	Preschool Play 9:00–10:30	Preschool Play 9:00–10:30	Preschool Play 9:00–10:30	Headstart 9:30–11:00	Open 6:00–9:00 (Starts Oct. 9)	Open 9:00–5:00
Open 11:00–2:00	Preschool Sports Academy 11:15–11:45	Open 11:00–3:00	Preschool Sports Academy 11:15–11:45	Open 11:00–2:00		Fall Futsal League 5:00–10:00 (Starts Oct. 10)
Gymnastics Preschool Level 2:00–2:45	Open 12:00–1:00	Kids Day 3:00–5:00	Open 12:00–3:00	Gymnastics Preschool Level 2:00–2:45		
Gymnastics Level One 3:00–4:15	LEAH Program 1:00–3:00 (Starts Sept. 28)	Men's Pickup Basketball 5:30–7:00	Open 12:00–3:00	Gymnastics Level One 3:00–4:15		
Gymnastics Level II 4:15–5:30 (Half of Gym Floor open)	Kid's Dodgeball League 3:00–4:15 (Starts Sept. 14)	Open 7:00–9:00	Kid's Dodgeball League 3:00–4:15 (Starts Sept. 16)	Gymnastics Level II 4:15–5:30 (Half of Gym Floor open)		
Open 5:30–9:00	Open 4:30–9:00		Open 4:30–9:00	Open 5:30–9:00		



Gym Floor Rules and Information

- **Food and drink are not allowed on the Gym Floor!**
- Non-marking sneakers are required on the floor at all times.
- The Bouldering Wall is open during general Gym Floor operating hours except during special events, camps, and league play on the Gym Floor.
- Special groups and activities such as clinics, tournaments, and basketball games take priority over open play.

Running Track Schedule, Rules, and Information

- The Running Track is open for general use from opening to closing every day with the exception of special programs.
- Youths below the 7th grade are not permitted on the track.
- Walkers and runners must go in the direction of the arrow.
- Please walk single file if there are other walkers or runners.
- The track may not be used as a spectator area.
- Exercise bikes are for persons in the 9th grade and above. Youth in grades 7–8 must have permission from the Athletics Department to use the exercise bikes.
- Heavy bags and a stretching area are at the corners of the Running Track.



Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 14–June 2 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 5–Dec. 9 Tues., Thurs.	11:15–11:45am	Sept. 7–Oct. 4	Free for members
Kid’s Day (Grades K–6)	Sept. 15– June 1 Wednesday	3:00–5:00pm	None	Free for members
Gymnastics (Ages 4 & 5)	Sept. 10–Oct. 18 Monday, Friday	2:00–2:45pm	Aug. 2– Sept. 10 Meeting Sept. 10	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Sept. 10–Oct. 18 Monday, Friday	3:00–4:15pm	Aug. 2– Sept. 10 Meeting Sept. 10	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Sept. 10–Oct. 18 Monday, Friday	4:15–5:30pm	Aug. 2– Sept. 10 Meeting Sept. 10	\$80 member \$110 non-member
Kid’s Dodgeball League (Grades 3–6)	Sept. 14–Oct. 26 Tues., Thurs.	3:00–4:15pm	Sept. 7–Sept. 9 Meeting Sept. 9	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 4–Dec. 17 Thurs., Fri.	5:30–8:00pm	Oct. 1–Oct. 28 Meeting Oct. 28	Free for members
Boy’s Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 2–Feb. 3 Tues., Thurs.	3:00–5:00pm	Oct. 1–Oct. 28 Meeting Oct. 28	Free for members
Girl’s Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 1–Feb. 7 Monday, Friday	3:00–5:00pm	Oct. 1–Oct. 29 Meeting Oct. 29	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 10–April 10 Sundays	5:00–10:00pm 4:00–10:00pm on Nov. 14, Feb. 6 & 13	Sept. 7–Sept. 24 Meeting Sept. 29	\$250 team
Slow Break Basketball	Nov. 1–Mar. 14 Mondays	6:00–10:00pm	Sept. 7–Oct. 8 Meeting Oct. 18	\$425 member team ;\$675 non- member team; \$60 non-member on member team
Men’s 50+ Basketball	Nov. 3–Mar. 23 Wednesdays	7:00–9:00pm	Sept. 7–Oct. 15 Meeting Oct. 20	\$100 member team; \$200 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 16–Mar. 22 Tuesdays	6:00–9:30pm	Sept. 7–Oct. 29 Meeting Nov. 9	\$150 team
Senior Walk (55+)	Nov. 1–Mar. 25 Mon., Wed., Fri.	10:00–11:00am	November 1	Free for members and non-members



**Pool Schedule
for Tuesday,
September 7
through
Saturday,
October 2**

Green
Open Laps

Red
Open Swim

Blue
Adult Swim

Please note that some programs may overlap Open Laps, Open Swim, and Adult Swim times.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Adult Swim • 6:00–3:00	Adult Swim • 6:00–3:00	Adult Swim • 6:00–3:00	Adult Swim • 6:00–3:00	Adult Swim
Aqua Class • 8:30–9:30	Pathfinder • 9:30–10:30	Headstart • 10:00–11:00	Preschool • 10:00–11:00	Pathfinder •
Headstart • 10:00–11:00	Preschool • 10:00–11:00	Springbrook • 1:00–2:30	Aqua Class • 11:00–12:00	Phys. Therapy
Springbrook • 1:00–2:30	Phys. Therapy • 12:00–12:30	Open Swim • 3:00–5:30	Open Swim • 3:00–5:30	Open Swim
Open Swim • 3:00–5:30	LEAH Program • 1:00–3:00 (Starts September 28)	CCS Swim Team • 4:00–5:30	CCS Swim Team • 4:00–5:30	CCS Swim Tea
Private Lessons • 3:30–4:00	Open Swim • 3:00–5:30	Adult Swim • 5:30–6:30	Adult Swim • 5:30–6:30	Adult Swim
CCS Swim Team • 4:00–5:30	Private Lessons • 3:30–4:00	Open Swim • 6:30–8:00	Open Swim • 6:30–8:00	Open Swim
Adult Swim • 5:30–6:30	CCS Swim Team • 4:00–5:30	Open Laps • 8:00–9:00	Open Laps • 8:00–9:00	
Open Swim • 6:30–8:00	Adult Swim • 5:30–6:30	<p>Aquatics Pool Schedule The Clark Sports Center aquatics area is always staffed with lifeguards in Lifeguard Training, CPR, AED, and First Aid. Lifeguards are responsible for the safety of all members and guests and all aquatic area rules, regulations, and programs. Open Swim is for all ages and abilities. Open Swim is for members and guests, no matter what the age or swimming ability. Open Swim is for exercise in the water, learn to swim, swim competitively, or just have fun.</p>		
Open Laps • 8:00–9:00	Open Swim • 6:30–8:00			
	Open Laps • 8:00–9:00			

**Pool Schedule
for Monday,
October 4
through
Sunday,
October 24**

Green
Open Laps

Red
Open Swim

Blue
Adult Swim

Please note that some programs may overlap Open Laps, Open Swim, and Adult Swim times.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Adult Swim • 6:00–3:00	Adult Swim • 6:00–3:00	Adult Swim • 6:00–3:00	Adult Swim • 6:00–3:00	Adult Swim
Aqua Class • 8:30–9:30	Pathfinder • 9:30–10:30	Headstart • 10:00–11:00	Preschool • 10:00–11:00	Pathfinder •
Headstart • 10:00–11:00	Preschool • 10:00–11:00	Springbrook • 1:00–2:30	Aqua Class • 11:00–12:00	Phys. Therapy
3 Yr. Old Lessons • 11:15–11:45	Phys. Therapy • 12:00–12:30	Level 3 Lessons • 3:00–3:30	4 & 5 Yr. Old Lessons 2:00–2:30	Deep 2 & Lev 3:00–
Springbrook • 1:00–2:30	LEAH Program • 1:00–3:00	Open Swim • 3:30–5:30	Levels 4 & 5 Lessons 3:00–3:30	Open Swim
Level 1 Lessons • 3:00–3:30	Shallow 2 Lessons • 3:00–3:30	CCS Swim Team • 4:00–5:30	Open Swim • 3:30–5:30 (No Open Swim Oct. 7)	CCS Swim Tea
Open Swim • 3:30–5:30	Open Swim • 3:30–5:30 (No Open Swim Oct. 7)	Adult Swim • 5:30–6:30	Open Swim • 3:30–5:30 (No Open Swim Oct. 7)	Adult Swim
Private Lessons • 3:30–4:00	Private Lessons • 3:30–4:00	Open Swim • 6:30–8:00	CCS Swim Team • 4:00–5:30	Open Swim
CCS Swim Team • 4:00–5:30	CCS Swim Team • 4:00–5:30	Open Laps • 8:00–9:00	CSC Swim "Tryouts" 4:00–5:00 (Oct. 7 only)	
Adult Swim • 5:30–6:30	CSC Swim "Tryouts" 4:00–5:00 (Oct. 5 only)		Adult Swim • 5:30–6:30	
Open Swim • 6:30–8:00	Adult Swim • 5:30–6:30		Open Swim • 6:30–8:00	
Open Laps • 8:00–9:00	4 & 5 Yr. Old Lessons 6:00–6:30		Open Laps • 8:00–9:00	
	Open Swim • 6:30–8:00			
	Open Laps • 8:00–9:00			

Days	Saturdays
• 6:00–3:00	Adult Swim • 8:00–10:00
• 9:30–10:30	Open Swim • 10:00–11:00
• 12:00–12:30	Adult Swim • 11:00–1:00
• 3:00–5:30	Open Swim • 1:00–5:00
• 4:00–5:30	Adult Swim • 5:00–6:00
• 5:30–7:00	
• 7:00–9:00	Sundays
	Sunday hours start on October 10

Members who possess current certifications visible for the safety of our members. Our schedule has been designed so that you, as a member, has an opportunity to swim laps, and have fun!

Days	Saturdays
• 6:00–3:00	Adult Swim • 8:00–11:00
• 9:30–10:30	Youth Swim Lessons Levels 3, 4, 5, & 6 • 8:30–9:00
• 12:00–12:30	Level 2 Deep • 9:00–9:30 Level 2 Shallow • 9:30–10:00
Level 6 Lessons • 10:30–11:00	Level 1 • 10:00–10:30 6–35 months (with a parent) • 10:30–11:00
• 3:30–5:30	3 years old • 11:00–11:30 4 & 5 yrs. old • 11:30–12:00
• 4:00–5:30	Adult Swim • 12:00–1:00
• 5:30–7:00	Open Swim • 1:00–5:00
• 7:00–9:00	Adult Swim • 5:00–6:30
	Open Swim • 6:30–9:00 (Starts Oct. 9)
	Sundays
	Adult Swim • 9:00–1:00
	Open Swim • 1:00–6:00
	Sunday hours start on October 10

Aquatics Health and Safety Rules

To support our dedication to providing a clean, safe environment for our members, please adhere to the following pool regulations:

- **Swimmers in wet bathing suits are not allowed on the balcony or in the hallways!**
- **All swimmers must use the appropriate locker rooms to change. The pool deck, balcony, and hallways are not changing areas!**
- **All swimmers must shower before swimming.**
- **Babies must wear swim diapers at all times.**
- Proper swimming attire is required. No shorts or T-shirts!
- Long hair must be tied back or in a swim cap.
- Shoes are not allowed on the pool deck.
- Diving in the lap pool is prohibited.
- Running on the pool deck is strictly prohibited.
- No food or drink allowed in the pool or balcony.
- All swimmers must abide by additional pool regulations posted by the Aquatics Director as required by the State Department of Health.

Aquatics Program Guidelines

- **Spectators must use the balcony!**
- Preschoolers must be accompanied by a participating adult.
- Adult swims are for swimmers 18 and over who have finished high school.
- Open lap swimming times are for adults and children. Lanes will be shared during busy times. The diving board is not open during this time.
- Open swims are for all ages. Preschoolers must be accompanied by an adult. The deep pool alternates between open swim and diving every half hour. Open swims have two lanes available for lap swimming.

Private Swim Lessons

Due to high demand, we have reorganized the Private Lessons program. We will be running lessons in three 10 week blocks, with participants only eligible for one lesson block per year to accommodate all swimmers. Block One starts September 20. Sign ups for Block One start September 13. Participants may also sign up for our youth or adult Group Lessons if more lessons are desired. To sign up and for more information, call us at 547-2800.

Youth Swim Lessons Start October 4

Grade School Age Swim Lessons are free for members and take place after school and on Saturdays.

- Level 1: Mondays, 3:00–3:30pm & Saturdays, 10:00–10:30am;
- Level 2 (Shallow): Tuesdays, 3:00–3:30pm & Saturdays, 9:30–10:00am;
- Level 2 (Deep): Fridays, 3:00–3:30pm & Saturdays, 9:00–9:30am;
- Level 3: Wednesdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- Levels 4 & 5: Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- Level 6: Fridays, 3:00–3:30pm & Saturdays, 8:30–9:00am.

Preschool Swim Lessons require registration and a fee of \$10 for members per child and \$20 for non-members per child (payment is due by September 25). Call the Main Desk to register and complete payment. The Pool is closed 11:00am–12:00pm during Saturday lessons.

- 6–35 months (with a parent): Saturdays, 10:30–11:00am;
- 3 years old (no parent): Mondays, 11:15–11:45am & Saturdays, 11:00–11:30am;
- 4 & 5 years old (no parent & not in school): Tuesdays, 6:00–6:30pm & Thursdays, 2:00–2:30pm & Saturdays, 11:30am–12:00pm;

Sports Center Sharks Swim Team

Practice will begin on Monday, October 25 and will run 4:00–5:30pm Monday–Friday. There will be a parent informational meeting on Wed., Oct. 6 at 7:00pm in the Conference Room. New swimmers will have an opportunity to try practices on Oct. 5 and Oct. 7, 4:00–5:00pm. Registration for all swimmers will be on these same days, 5:30–6:30pm. Swimmers must be Sports Center members, a level 3 swimmer or higher, and be 6–18 years old.

CCS Girls HS Swim Team

Through October 22, the CCS Girls Swim Team will practice Monday–Friday, 4:00–5:30pm. Beginning October 25, practice times will change to 7:30–9:00pm Monday–Thursday and 6:00–7:00pm on Fridays. The pool is closed during home meets on: Sept.14, Sept.24, Sept.30, Oct. 13, and Oct. 19. Please note that start times for home meets varies and swim meet dates are subject to change.

Aquatics October Programs

Halloween Family Float Night • 7:00–8:30pm, Friday, October 29. Free for members

Long Distance Swim • The next Long Distance Swim for adults and youth will start Monday, October 4. Sign up in the Pool Area.

Movie Nights • Starting Sat., Oct. 16 at 6:30pm. Purchase tickets from the Main Desk. Admission is \$4 for members and \$6 for non-members with a signed waiver form.

Group Fitness Schedule • Fall Session One

Tuesday, September 7–Sunday, October 31, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning* (S) 6:10–7:00 • Jim	Strengthen & Stretch (S) 6:10–7:00 • Jim	Spinning* (S) 6:10–7:00 • Jim	Strengthen & Stretch (S) 6:10–7:00 • Jim	Spinning* (S) 6:10–7:00 • Don	Spinning* (S) 8:15–9:15 • Various (See instructor schedule below)
Spin Core & More* (S) 8:35–9:35 Maureen	Spinning* (S) 7:10–8:00 • Nancy	Spin Core & More* (S) 8:35–9:35 • Amy	Spinning* (S) 7:10–8:00 • Nancy	Spin Core & More* (S) • 8:35–9:35 Maureen/Joann	Variety (S) 9:30–10:30 Brittany/Joann (See class schedule below)
Aquacize (P) 8:30–9:30 • Carol	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Strong Heart & Body (S) 9:45–10:45 • Karen	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Strong Heart & Body (S) 9:45–10:45 Karen	Power Yoga* (C) 9:30–10:45 • Jack
Dance STEP (S) 9:45–10:55 Katherine	Fitness Yoga (S) 9:45–10:45 Katherine	Prime Time* (S) 11:15–12:15 • Carole	Fitness Yoga (C) 8:35–9:35 Katherine/Karen (Sept. 9 class held in the Bowling Alley)	Prime Time* (S) 11:15–12:15 • Carina	
Prime Time* (S) 11:15–12:15 Katherine	(October 19 and October 26 classes start at 10:00am)	Cardio Kick & Sculpt* (S) 5:15–6:15 • Laurie	Power & Grace (S) 9:45–10:45 Katherine	Zumba (S) 5:15–6:15 • Katherine	
Fit For Life (S) 1:00–2:00 Katherine	Express Workout (S) • 4:30–5:00 Laurie	Yoga For Beginners & Beyond* (C) 5:15–6:15 Katherine	Aquacize (P) 11:00–12:00 Carole		
Cardio Sculpt (S) 5:15–6:15 • Laurie	Spin Core & More* (S) • 5:15–6:15 • Amy	Aquacize (P) 5:30–6:30 • Carol New Class!	Express Workout (S) • 4:30–5:00 Joann		
Aquacize (P) 5:30–6:30 • Carole New Class!	Step & Sculpt (S) 6:30–7:30 • Laurie		Spin Core & More* (S) 5:15–6:15 • Laurie		
Karate* (C) 6:00–7:30 • Dave			Karate* (S) 6:30–8:00 • Dave		
Cardio Kick & Sculpt (S) • 6:30–7:30 Laurie					

Class Information & Notes

* = Pre-registration is suggested
(S) = Studio (P) = Pool (C) = Conf. Room
Bold = New and featured classes

Group Fitness classes require an additional fee. Visit the Fitness Center Desk for payment options.

Most classes require some set-up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.

Classes are subject to change and may be cancelled at any time.

Instructor substitution may occur without notice.

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Saturday Spinning Instructors

September 11	Don
September 18	Maureen
September 25	Dan
October 2	Joann
October 9	Don
October 16	Don
October 23	Maureen
October 30	Dan

Group Fitness Saturday Variety Class Schedule All Variety classes are held 9:30–10:30am

September 11	Zumba • Holly
September 18	Cardio Kick & Sculpt • Brittany
September 25	Saturday Sweat & Sculpt • Brittany
October 2	Step & Sculpt • Joann
October 9	All Circuits Go • Joann
October 16	Cardio Kick & Sculpt • Brittany
October 23	Saturday Sweat & Sculpt • Brittany
October 30	Zumba • Joann

Fitness Center information

The Fitness Center is open during the general operating hours of The Clark Sports Center. The Center features 17 pieces of Bodymasters selectorized equipment, free weights, dumbbells, stationary bicycles, treadmills, elliptical trainers, rower, and Stairmaster. All members and guests who use the Fitness Center must adhere to the following policies:

- New Fitness Center members must complete a medical form before use.
- New Fitness Center members may sign up for and attend a Fitness Center Orientation before use.
- Participants must wear appropriate clothing and footwear at all times.
- Participants must wipe off equipment after use.
- Minimum age to use the Fitness Center is 14.
- Members must sign in at the Fitness Center Desk before using the facilities and equipment.
- The use of ellipticals, treadmills, and Stairmaster require reserving time periods (maximum 30 minutes at one time) at the Fitness Center Desk.

Personal Training Information

Our professional staff is goal oriented with a wealth of resources and knowledge. We offer an extensive variety of personalized programs to help our clients achieve their goals. Our services include, but are not limited to:

- General fitness
- Cardio training
- Aqua exercise
- Weight training
- Nutrition
- Balance
- Weight management
- Core training
- Private yoga and pilates
- Sports conditioning and sports specific training
- Many other specialized and personalized programs

Personal Training Rates and Fees

- \$12.00 per 30 minute session.
- \$100.00 for ten 30 minute sessions.
- Small group training. Maximum of 3 people per trainer. Each person shares the cost of the trainer.
- Free initial fitness assessment.

Day Care

Day Care is available in the Conference Room on Mondays, Wednesdays, and Fridays, 8:30–11:30am. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:6, with two staff members present at all times. Snacks are provided. Diapers and bottles must be supplied and all belongings must be labeled.

Fee • \$4.00 per hour (minimum of 30 minutes). Day Care must be paid for on the day of service.

Group Fitness Information

All Clark Sports Center members and guests who attend Group Fitness Classes and use the Aerobics Studio must be aware of the following:

- Participants may enroll in any combination of classes (excluding Karate).
- Pre-registration is required for some classes.
- Tickets are accepted for all other classes and some pre-registration classes.
- If you pre-register after the session begins, a pro-rated fee will be offered.
- Classes may be cancelled at any time during 8 week session (refunds will be given) or not offered for pre-registration if they do not meet the minimum number of participants required to run the class.
- Group Fitness schedules are subject to change.

Group Fitness Policies

All Clark Sports Center members and guests who attend Group Fitness Classes and use the Group Fitness Studio are expected to adhere to the following rules and policies:

- Participants must be 14 years of age or older (excluding Karate).
- Appropriate clothing and clean footwear is required at all times.
- Preschoolers are not permitted in the Group Fitness Studio or Conference Room during classes.
- Sound equipment may only be operated by Health and Fitness staff.
- Spinning bikes in the Group Fitness Studio are for class use only.
- Personal headphones are not permitted during Group Fitness classes and events.
- For your safety and respect for other classmates and instructors, please arrive to class on time and prepared. Entrance to class is not permitted five minutes after class starts.
- Permission to use the Group Fitness Studio is required.
- Permission is required to observe Group Fitness classes.

Group Fitness Rates and Fees

Group Fitness classes require an additional fee. The rates are as follows:

Group fitness membership

- \$300.00 for unlimited classes during a calendar year.

Drop-In

- \$5.00 for one class.
- \$3.00 per class with a purchase of ten tickets.
- Non-members must pay for a Guest Day Pass in addition to ticket prices.

Pre-registration for members

- \$26.00 for one class per week.
- \$48.00 for two classes per week.
- \$66.00 for three classes per week.
- \$80.00 for four classes per week.
- \$90.00 for five classes per week.

Pre-registration for non-members

- \$32.00 for one class per week.
- \$60.00 for two classes per week.
- \$84.00 for three classes per week.
- \$104.00 for four classes per week.
- \$120.00 for five classes per week.

Non-members are issued cards that should be left at the Main Desk each time. Non-members may not use any other part of the facility without purchasing a day guest pass.

Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Citizen Bowling 9:00–10:30	Open 1:00–5:00	Open 9:00–12:00	Open 9:00–12:00	Open 1:00–5:00	The Sports Center is open on Sundays starting October 10.
Closed 5:00–6:00	Preschool Bowling 10:30–11:00	Closed 5:00–6:00	Closed 12:00–1:00	Closed 12:00–1:00	Open 6:00–9:00 (Starting October 9)	
Men's League 6:00–9:00	LEAH Program 1:00–3:00 (Starts Sept. 28)	Men's League 6:00–9:00	Women's League 1:00–3:00	Open 1:00–5:00	Open 1:00–5:00	
	Open 3:00–5:00		Open 3:00–5:00	Closed 5:00–6:00		
	Closed 5:00–6:00			Open 6:00–9:00		
	Women's League 6:00–9:00					
Bowling Fees						
		Juniors	HS/College	Adults		
	Game	75¢	\$1.00	\$2.00		
	Shoes	25¢	50¢	50¢		

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youths under 8 years of age must have an adult present.
- Open bowling is available on a first come, first serve basis.
- Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided.
- Assistance with scoring is available.
- Bumper lanes are available.
- Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Eve Cripps at 547-2800.

Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Sept. 14–April 12 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members
Elementary & Middle School League (Grades 3–8)	November 5–April 8 Fridays	3:00–5:00pm	October 1–31	\$40
Men's Monday League	Sept. 13–Mar. 28 Mondays	6:00–9:00pm	September 13	\$10 per night
Women's Tuesday League	Sept. 7–Mar 29 Tuesdays	6:00–9:00pm	September 7	\$10 per night
Men's Wednesday League	Sept. 8–Mar. 30 Wednesdays	6:00–9:00pm	September 8	\$11 per night
Women's Thursday Afternoon League	Sept. 9–April 7 Thursdays	1:00–3:00pm	September 9	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 14–May 24 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)



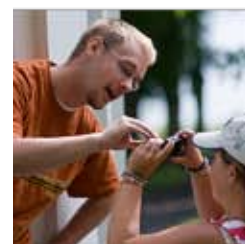
Program	Days	Fee
The Bouldering Wall (Located in the Gym Floor; All ages)	Open year round (Children under 12 years of age must stay below the designated line; the wall is off limits during camps, special events and league play).	Free for members



High Rock Climbing Wall (Located in the Pool Area; All ages)	Starts October 5 • Tuesdays and Wednesdays, 3:30–5:30pm ; Thursdays, 3:30–8:00pm; Saturdays, 1:00–4:00pm	Free for members
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Program	Days	Fee
Mountain Biking Club (Sign up at the Main Desk)	Mondays, 3:30–4:30pm Runs September 13–October 18	Free for members
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 15 and October 19 Starts at 4:30pm	\$15 members \$20 non-members
Adirondack Rock Climbing (Sign up at the Main Desk)	September 18 and October 23 8:00am–6:00pm	\$30 members \$50 non-members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	October 5 and October 26 3:30–7:30pm	Free for members \$20 non-members



Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Men's Pickup Tennis	Sept. 6–27 Mondays	5:15–8:00pm	None	Free for members
Women's Doubles Tennis League A & B Divisions	Sept. 8–Oct. 27 Wednesdays	5:15–8:00pm	Until Aug. 23	\$25 members \$35 non-members
Men's Racquetball League A & B Divisions	Oct. 4–Dec. 13 Mondays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Mixed Racquetball League	Oct. 7–Dec. 16 Thursdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Women's Racquetball League A & B Divisions	Oct. 6–Dec. 15 Wednesdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Men's Squash League A & B Divisions	Oct. 6–Dec. 15 Wednesdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Women's Squash League A & B Divisions	Oct. 7–Dec. 16 Thursdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members



Racquetball and Squash Court Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:00–3:00	Open 6:00–3:00	Open 6:00–3:00	Open 6:00–3:00	Open 6:00–3:00	Open 8:00–6:00	Adults 9:00–1:00 (Starting October 10)
Reserved For Youth 3:00–5:00	Reserved For Youth 3:00–5:00	Reserved For Youth 3:00–5:00	Reserved For Youth 3:00–5:00	Reserved For Youth 3:00–5:00	Open 6:00–9:00 (Starting October 9)	Open 1:00–6:00 (Starting October 10)
Racquets Leagues 5:00–9:00	Racquets Leagues 5:00–9:00	Racquets Leagues 5:00–9:00	Racquets Leagues 5:00–9:00	Racquets Leagues 5:00–9:00		

Tennis Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–5:00	Open 8:00–8:00	Open 8:00–5:00	Open 8:00–5:00	Open 8:00–8:00	Open 8:00–8:00	Open 8:00–8:00
Men's Pickup Tennis 5:00–8:00pm		Women's League 5:00–8:00pm	Women's League 5:00–8:00pm (Rain date)			The Sports Center is open on Sundays starting October 10.

Racquets Rules and Information

- **Protective eye wear is mandatory. No exceptions!**
- Clean, non-marking court shoes are required for play.
- Doors must be closed during all activity.
- Squash, racquetball, wallyball, tennis, table tennis, and jai alai take priority over other activities that use the racquetball and squash courts.
- Instructional periods, tournaments, leagues, and special events take priority over all other court activities.

Racquets Court Reservations and Times

- Courts are available on a time period basis. Time periods are 30 minutes in duration.
- Waiting list procedure allows players to sign up for a court as far as three periods ahead.
- Reservation fees are \$5.00 per period and will apply to all phoned in reservation and any sign up taken more than three time periods in advance. "No shows" will be charged in full.
- Reservations may be made up to one month in advance.
- Reservations must be completed before another is made.

Tennis Rules and Information

- The tennis courts are available March 30 to November 1, 8:00am to 8:00pm.
- The closing time is subject to change as daylight allows. Courts may be closed at any time for inclement weather.
- Open play is available at no charge for all members.
- Court reservations and tennis programs take precedent over open play.
- Tennis court reservation and program schedules will be posted on the display board near the tennis courts and downstairs in the Sports Center.
- Reservations must be made a week in advance and require a \$5 reservation fee. A court reservation will insure that the time is posted on the display boards and that the reserved time is not considered open play. A reduced rate is available for a series of reservation dates and times.
- Non-members must check-in at the Main Desk and pay a fee to play on the courts.
- Visit the Fitness Center Desk for great member deals on racquets, balls, and other tennis equipment!

