

# ClarkSportsCenter

## Spring Schedule

March 28 to June 26, 2011



**Hours Through May 1** • Monday–Friday: 6:00am–9:30pm  
(Pool closes at 9:00pm) • Saturday: 8:00am–9:00pm  
Sunday: 9:00am–6:00pm (Adults Only 9:00am–1:00pm)

**Hours Starting May 2** • Monday–Friday: 6:00am–9:00pm  
Saturday: 8:00am–6:00pm • Sunday: Closed

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](http://www.clarksportscenter.com)

Membership: **Pages 2–3** • Adventure: **Page 4**  
Bowling: **Page 5** • Aquatics: **Pages 6–7** • Athletics: **Pages 8–9**  
Health & Fitness: **Pages 10–11** • Racquets: **Page 12**

## Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–20 years)	\$160
College Student (21–25 years, full time undergraduate students with a valid ID)	\$160
Adult (21–61 years)	\$300
Senior Citizen Single (62+)	\$188
Senior Citizen Couple (One person 62+)	\$325
Family (Two adults in household, juniors, and college students)	\$470
Single Parent Family (One adult in household, juniors, and college students)	\$340
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](http://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 restricted to 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.

## Adventure Climbing Wall Schedule

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)	Through April 30: Tuesdays, Wednesdays, and Thursdays: 3:30–5:30pm; Saturdays, 1:00–4:00pm.	Free for members



## April Outings and Events



**Kid's Kayaking in the Pool** • Tuesday–Thursday, April 12–14, 4:00–5:00pm. Learn basic kayaking and safe boating skills. Sign up at Main Desk. Ages 12+. Free for members, \$50 for non-members.

**Kayak Rolling Clinic** • Tuesday–Thursday, April 12–14, 7:00–9:00pm in the pool. All boats must be cleaned before they are brought into the pool area. Sign up at Main Desk. Ages 16+. Free for members, \$50 for non-members.



**Outdoor Community Ropes Course** • Tuesday, April 19, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

**Rock Climbing Clinic at Little Falls** • Saturday, April 30, 9:00am–3:00pm. Sign up at Main Desk. Ages 16+. Free for members, \$15 for non-members.

## May Adventure Outings and Events



**Adventure Gear Swap**  
Sunday, May 1, 10:00am–4:00pm in the Conference Room. Sell your used outdoor gear sitting in the garage or browse and buy great used gear! Gear registration starts at 9:00am. Free for members.

**Zipline** • Tuesday, May 3, 3:30 to 5:00pm. Sign up at the Main Desk. Ages 12+. Free for members.

**Little Falls After School Climbing** • Tuesday, May 3, 3:30–7:30pm. Ages 10+. Sign up at the Main Desk. Free for members, \$15 for non-members.

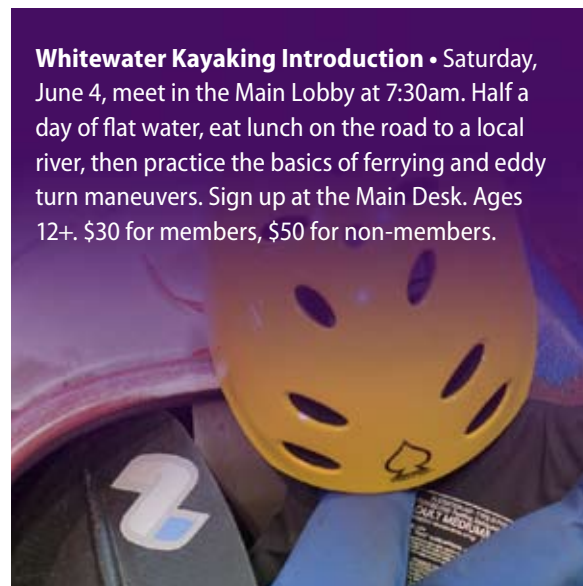
**Rock Climbing Clinic at Little Falls** • Saturday, May 7, 9:00am–3:00pm. Sign up at Main Desk. Ages 16+. Free for members, \$15 for non-members.

**Outdoor Community Ropes Course** • Wednesday, May 18, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.



**Little Falls After School Climbing** • Thursday, May 26, 3:30–7:30pm. Ages 10+. Sign up at Main Desk. Free for members, \$15 for non-members.

## June Adventure Outings and Events



**Whitewater Kayaking Introduction** • Saturday, June 4, meet in the Main Lobby at 7:30am. Half a day of flat water, eat lunch on the road to a local river, then practice the basics of ferrying and eddy turn maneuvers. Sign up at the Main Desk. Ages 12+. \$30 for members, \$50 for non-members.

**Little Falls After School Climbing** • Thursday, June 9, 3:30–7:30pm. Ages 10+. Sign up at the Main Desk. Free for members, \$15 for non-members.



## Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Bowling 9:00–10:30 (Ends May 24)  Preschool Bowling 10:30–11:00 (Ends May 24)  LEAH Program 1:00–3:00 (Ends May 31)  Open 3:00–5:00  Mixed No-Tap Summer League 6:00–9:00 (Starts June 7)	Open 1:00–5:00	Open 9:00–12:00  Closed 12:00–1:00  Open 1:00–5:00	Open 9:00–12:00  Closed 12:00–1:00  Open 1:00–5:00  Closed 5:00–6:00  Open/Special Groups 6:00–9:00	Open 1:00–5:00  Closed 5:00–6:00  Open 6:00–9:00  <b>The Clark Sports Center will be closing at 6:00pm on Saturdays starting May 7.</b>	Open 1:00–5:00  <b>The Clark Sports Center will be closed on Sundays starting May 8.</b>



### Bowling Alley Rentals

Rent our bowling alley exclusively for your party or outing! During the summer months, our alley will be available for group rentals on Monday, Wednesday, and Thursday nights, 6:00–9:00pm. We provide unlimited games, scorecards, shoes, bowling balls, music, lights, tables, and chairs—you will need to provide food and refreshments for your guests. All guests must be out of the Sports Center by 9:00pm (guests may not use other parts of the facility during the rental). Waivers are required for all participants in your group (signed by a parent of under 18). The cost for the rental is \$150. Call Athletic Director Barry Gray at (607) 547-2800 for more information and to make a reservation!

### Bowling Fees

	Juniors	HS/College	Adults
<b>Game</b>	75¢	\$1.00	\$2.00
<b>Shoes</b>	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 and Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Until May 24 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members
Senior Citizen Bowling (Ages 55+)	Until May 24 Tuesdays	9:00–10:30am	None	\$1 members or \$3 non-members (per game)
Summer Mixed No-Tap League (18+)	June 7–Aug. 16 Tuesdays	6:15–8:15pm	Until June 6	\$5 per night members \$7 per night non-members

## Aquatics Pool Schedule

The Clark Sports Center aquatics area is always staffed with lifeguards who possess current certifications in Lifeguard Training, CPR, AED, and First Aid. Lifeguards are responsible for the safety of our members and guests and all aquatic area rules, regulations, and programs.

Our schedule has been designed so that each member or guest, no matter what the age or swimming ability, has an opportunity to swim laps, exercise in the water, learn to swim, swim competitively, or just have fun!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
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 6:00–3:00	Adult Swim 8:00–11:00
Aquacize 8:30–9:30	Pathfinder 9:30–10:30	Headstart 10:00–11:00	Preschool 10:00–11:00	Pathfinder 9:30–10:30	Saturday Swim Lessons end May 28
Headstart 10:00–11:00	Preschool 10:00–11:00	Preschool 10:00–11:00	Aquacize 11:00–12:00	Physical Therapy 12:00–12:30	Level 5 & 6 8:30–9:00
3 Year Old Lessons 11:15–11:45 (Ends May 23)	Physical Therapy 12:00–12:30	Springbrook 12:45–1:45	4 & 5 Year Old Lessons 2:00–2:30 (Ends May 26)	Levels 6 & Deep 2 Lessons 3:00–3:30 (Ends May 27)	Level 3 & 4 8:30–9:00
Springbrook 12:45–1:45	LEAH Program 1:00–3:00 (Ends May 31)	Level 3 Lessons 3:00–3:30 (Ends May 25)	Level 4 & 5 Lessons 3:00–3:30 (Ends May 26)	Open Swim 3:30–5:00	Deep Level 2 9:00–9:30
Level 1 Lessons 3:00–3:30 (Ends May 23)	Shallow 2 Lessons 3:00–3:30 (Ends May 24)	Open Swim 3:30–4:00	Open Swim 3:30–5:00	Adult Swim 5:00–6:30	Shallow Level 2 9:30–10:00
Open Swim 3:30–5:00	Open Swim 3:30–5:00	Junior Guards 3:30–5:00 (April 6–June 8)	Open Swim 3:30–5:00	Open Swim 6:30–9:00	Level 1 10:00–10:30
Adult Swim 5:00–6:30	Underwater Photography 4:00–5:00	Adult Swim 5:00–6:30	Adult Swim 5:00–6:30		6–35 Months 10:30–11:00
Aquacize 5:30–6:30	Adult Swim 5:00–6:30	Aquacize 5:30–6:30	Open Swim 6:30–8:00		3 Years Old 11:00–11:30
Open Swim 6:30–8:00	4 & 5 Year Old Lessons 6:00–6:30 (Ends May 24)	Open Swim 6:30–8:00	Open Laps 8:00–9:00		4–5 Years Old 11:30–12:00
Open Laps 8:00–9:00	Open Swim 6:30–8:00	Open Laps 8:00–9:00			Adult Swim 12:00–1:00
	Open Laps 8:00–9:00				Open Swim 1:00–5:00
					Adult Swim 5:00–6:30
					Open Swim 6:30–9:00
					<b>Sundays</b>
					Adult Swim 9:00–1:00
					Open Swim 1:00–6:00

### Schedule Special Note

Starting May 7, the Sports Center will close on Saturdays at 6:00pm. The Sports Center will be closed on Sundays starting May 8.

### Pool Color Codes

Please note that some programs may overlap Adult Swim times, Lessons, Groups.

**Green** • Open Laps

**Red** • Open Swim

**Blue** • Adult Swim

### School Holiday Pool Schedule

In the event of a Cooperstown Central School holiday, the Pool will use the following schedule: 6:00–10:00 Adult Laps; 10:00–11:00 Open Swim; 11:00–1:00 Adult Swim; 1:00–5:00 Open Swim; 5:00–6:30 Adult Swim; 6:30–8:00 Open Swim; 8:00–9:00 Open Laps. Call 547-2800 for the most up to date pool schedule.

## 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 is 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.
- Children with bubbles, lifejackets and other floatation devices are not allowed in the diving pool unless a participating adult is with them.

## 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 graduated 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.

## Aquatics Youth Swimming Lessons

Swimming lessons are offered for youth of all ages and abilities, preschool through high school. Swimmers must use the appropriate locker rooms to change for lessons. **Parents are not allowed on the pool deck during lessons; please use the balcony to watch. Please arrive on time. No admittance 5 minutes after lessons start.**

**Youth Session Three Swim Lessons** will be taught through May 28, 2011. No registration for school age youth is necessary. Lessons are free for members (non-members must pay for a Day Pass) and are held weekdays 3:00–3:30pm and on Saturdays.

**Preschool Spring Lessons** will be taught through May 28, 2011. Preschool Swim Lessons require a fee of \$10 for members per child and \$20 for non-members per child. Call the Main Desk to register and complete payment. Classes will be offered during the following days and times:

- 6–35 months (with a parent): Saturdays, 10:30–11:00am.
- 3 yrs. old: Mondays, 11:15–11:45am and Saturdays, 11:00–11:30am.
- 4 & 5 yrs. old: Tuesdays, 6–6:30pm, Thursdays, 2–2:30pm, and Saturdays, 11:30–12:00pm.

## Pool Rentals Available Saturdays!

Beginning May 7, the Pool will be available for group rentals on Saturdays, 6:00–8:00pm (Pool Area only). We will provide tables, chairs, floats, music, and certified lifeguards. You will need to provide food and refreshments for your guests. All guests must be out of the Sports Center by 8:30pm. Waivers are required for all participants in your group (signed by a parent if under 18). The cost for the rental to members is \$150 with a \$25 non-refundable deposit required at the time of reservation. Members will receive a \$25 credit on their next membership bill. Call the Pool Office at 547-2800 for more information and to make a reservation today!



## April Programs

**Junior Lifeguards** • April 6 to June 8, 3:30 to 5:00pm. New and returning guards meet Wednesdays. Junior Guards teaches Red Cross Guard Start program to children ages 10-14. The course covers basic lifeguarding skills, including victim recognition, entries and approaches, basic first aid, self-rescue, and pool safety. Sign up in the Aquatics Office.

**Kid's Kayaking in the Pool** • April 12 to April 14, Tuesday through Thursday, 4:00–5:00pm. Open to youth 12 years old and above. Learn basic kayak and safe boating skills. Register at the Main Desk starting March 21 through April 8. Group size is limited to 6. Free to members; \$50 for non-members.

**Kayak Rolling Clinic** • April 12 to April 14. Tuesday through Thursday, 7:00–9:00pm. Learn basic rolling and safe boating skills. Register at the Front Desk March 21–April 4. Group size is limited to 6. Open to 16 years old and above. Boats MUST be clean **before** they come to the pool. Free to members; \$50 for non-members.

**Kid's Triathlon Club** • Sign up at the Aquatics Office starting April 4! Tuesday and Thursdays, 4:15 to 5:00pm, starting April 26. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 8 to 14. Meeting on April 26 with practices starting April 28.

## April Programs Continued

**Waterfront Lifeguard Training** • Starts April 26. Attendance is mandatory at all class sessions. Sign up at the Main Desk by April 13. \$140 for members, \$190 for non-members. \$50 deposit required at sign-ups.

## May Programs

**CPR/AED Re-certification** • Monday–Tuesday, May 23 and 24, 5:30–8:30pm. Sign up at the Front Desk by May 9. \$35 for members, \$50 for non-members.

**Waterfront Lifeguard Training Re-certification** • Monday–Thursday, May 23–26. 5:30–8:30pm. Sign up at the Main Desk by May 9. \$60 for members, \$75 for non-members.

**Summer Swim Lesson Registration** • Registration for Summer Swim Lessons will run May 2–28. Class space may be limited, especially in beginning levels, so be sure to sign up early. Summer Lessons will be taught June 27–August 5.

**Spring Swim Lessons End** • All Spring Swim Lessons end May 28.

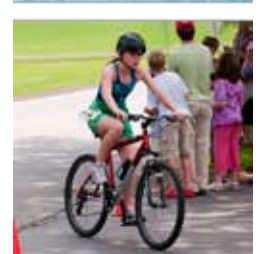
## June Programs

**Kid's Triathlon Race** • Saturday, June 4 at 10:00am. Open to Club participants only.

**Moving Up Night** • Saturday, June 4, 6:00–8:00pm. The Pool will be open to all 4<sup>th</sup> graders moving up to 5<sup>th</sup> grade and all 5<sup>th</sup> graders moving up to 6<sup>th</sup> grade. Free snacks and beverages!

## Gym Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:00–9:30	Open 6:00–9:00	Open 6:00–9:00	Open 6:00–9:00	Open 6:00–9:30	Open 8:00am– 9:00pm	Open to Adults 9:00–1:00
Headstart 9:30–11:00 (Ends June 7)	Preschool Play 9:00–10:30 (Ends May 31)	Preschool Play 9:00–10:30 (Ends June 1)	Preschool Play 9:00–10:30 (Ends June 2)	Headstart 9:30–11:00 (Ends May 27)	<b>The Sports Center will be closing at 6:00pm on Saturdays starting May 7.</b>	Open 1:00–5:00
Open/Special Groups 11:00–2:00	Preschool Sports Academy 11:15–11:45 (Ends May 17)	Open/Special Groups 11:00–3:00	Preschool Sports Academy 11:15–11:45 (Ends May 19)	Open/Special Groups 11:00–2:00		Adult Futsal 5:00–10:00 (Ends April 10)
Gymnastics 2:00–5:30 (Half floor open starting 4:15; Ends April 11)	Open 12:00–12:30	Kid’s Day 3:00–5:00 (Ends June 1)	Open/Special Groups 12:00–3:00	Gymnastics 2:00–5:30 (Half floor open starting 4:15; Ends April 15)	<b>The Sports Center will be closed on Sundays starting May 8.</b>	Open 5:00–6:00 (Apr. 17–May 1)
Kid’s Volleyball 3:15–4:45 (Half floor; Ends June 6)	LEAH Program 12:30–3:00 (Ends June 2)	Open 5:00–9:00 (Ends June 15)	Kid’s Dodgeball 3:00–5:00 (Ends May 12)	Kid’s Volleyball 3:15–4:45 (Half floor; Ends June 10)		<b>CCS Holidays</b> In the event of a Cooperstown Central School holiday, the Gym Floor schedule will change accordingly. Mornings and afternoons will feature open Gym Floor. Evening activities and leagues will take place as scheduled. Visit <a href="http://clarksportscenter.com">clarksportscenter.com</a> or call us at 547-2800 for current schedule information.
Open 5:30–9:30 (Ends June 13)	Open 5:00–9:30	Girl’s High School Hoops 5:30–9:30 (Starts June 22)	Open 5:00–9:30	Open 5:30–9:30		
Boy’s High School Hoops 5:30–9:30 (Starts June 20)						



## 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 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.
- The Track will be closed on Sundays at 5:00pm during Futsal.
- Youths below the 7<sup>th</sup> 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 9<sup>th</sup> 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 located at the corners of the Running Track.

## Youth Athletics Leagues and Programs

Program	Dates	Time & Days	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 14–June 2	9:00–10:30am Tues., Wed., Thurs.	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Mar. 1–May 19	11:15–11:45am Tuesday, Thursday	Feb. 7–28	Free for members <b>Regist. required</b>
Kid's Day (Grades K–6)	Sept. 15– June 1	3:00–5:00pm Wednesday	None	Free for members
Gymnastics (Ages 4 & 5)	March 14–April 15	2:00–2:45pm Monday, Friday	Feb. 2–March 14 Meeting March 14	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	March 14–April 15	3:00–4:15pm Monday, Friday	Feb. 2–March 14 Meeting March 14	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	March 14–April 15	4:15–5:30pm Monday, Friday	Feb. 2–March 14 Meeting March 14	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	April 5–May 17	3:00–5:00pm Tuesday, Thursday	March 14–31 Meeting March 31	Free for members <b>Regist. required</b>
Girl's Volleyball (Grades 3–8)	May 2–June 10 Monday, Friday	Grades 3–5: 3:15–4:00pm Grades 6–8: 4:00–4:45pm	April 1–May 1 Meeting May 2	Free for members
Boy's Summer High School Hoops League	June 20–August 15	5:30–9:30pm Monday	Starts May 1	\$250 per team
Girl's Summer High School Hoops League	June 22–August 10	5:30–9:30pm Wednesday	Starts May 1	\$250 per team

## Adult Athletics Leagues and Programs

Program	Dates & Days	Time	Registration	Fee
Adult Futsal (Coed, Ages 18+)	Oct. 10–April 10 Sundays	5:30–9:30pm	Sept. 7–24 Meeting Sept. 29	\$150 team
Monday Competitive Softball (Coed, Ages 18+, 8 teams max.)	May 2–August 22 Monday	6:00–9:00pm	Starts March 1 Meeting April 11	\$400 per team
Wednesday Recreational Softball (Coed, Ages 18+, 8 teams max.)	May 4–August 24 Wednesday	6:00–9:00pm	Starts March 1 Meeting April 13	\$400 per team
Sunday 7 On 7 Soccer (Coed, Ages 18+, 8 teams max.)	July 3–August 28 Sunday	4:00–8:00pm	Starts May 2 Meeting June 24	\$100 per team



# Group Fitness Schedule • Spring Session

Monday, February 28–Sunday, May 1, 2011 (Limited Classes April 18–25)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning* (S) 6:10–7:00 • Jim Spin Core & More* (S) 8:35–9:35 Maureen Aquacize (P) 8:30–9:30 • Carole Dance STEP (S) 9:45–10:55 Katherine Prime Time* (S) 11:15–12:15 Katherine Fit For Life (S) 1:00–2:00 Katherine Cardio Sculpt (S) 5:15–6:15 • Laurie/ Brittany Aquacize (P) 5:30–6:30 • Carole Karate* (C) 6:00–7:30 • Dave Cardio Kick & Sculpt (S) • 6:30–7:30 Laurie	Strengthen & Stretch (S) 6:10–7:00 • Jim Spinning* (S) 7:10–8:00 • Nancy Functional Strength & Balance (S) 8:15–9:25 • Maureen Fitness Yoga (S) 9:45–10:45 Katherine Express Workout (S) 4:30–5:00 • Laurie Spin Core & More* (S) • 5:15–6:15 • Amy <b>Power Mix &amp; Core (S) • 6:30–7:15 Laurie New Class!</b>	Spinning* (S) 6:10–7:00 • Jim Spin Core & More* (S) • 8:35–9:35 • Amy Strong Heart & Body (S) • 9:45–10:45 Karen Prime Time* (S) 11:15–12:15 • Katherine Gentle Yoga (C) 1:00–2:00 • Katherine <b>Kid's Zumbatomic (S) • 3:00–4:55 Katherine/Holly New Class!</b> Cardio Kick & Sculpt* (S) 5:15–6:15 • Laurie Yoga For Beginners & Beyond* (C) 5:15–6:15 • Katherine Aquacize (P) 5:30–6:30 • Carole <b>Spin Core &amp; More* (S) • 6:30–7:30 Laurie New Class!</b>	Strengthen & Stretch (S) 6:10–7:00 • Jim Spinning* (S) 7:10–8:00 • Nancy Functional Strength & Balance (S) 8:15–9:25 • Maureen Fitness Yoga (C) 8:35–9:35 Katherine Power & Grace (S) 9:45–10:45 Katherine Aquacize (P) 11:00–12:00 • Carole Express Workout (S) 4:30–5:00 • Joann Spin Core & More* (S) 5:15–6:15 • Laurie Karate* (S) 6:30–8:00 • Dave	Spinning* (S) 6:10–7:00 • Don Spin Core & More* (S) • 8:35–9:35 • Joann <b>Express Workout (S) 9:45–10:15 • Karen New Class!</b> <b>Yoga Body Sculpt (S) • 10:20–10:50 Karen New Class!</b> Prime Time* (S) 11:15–12:15 • Carina <b>Gentle Yoga (C) 1:00–2:00 • Katherine New Class!</b> Zumba (S) 5:15–6:15 • Katherine <b>Class Notes</b> Yoga on Wed., Mar. 2 & Apr. 13 held at 1:00pm in the Studio. Yoga on Wed., Apr. 30 in the Bowling Alley No Spin Yoga on Sun., May 1.	Spinning* (S) 8:15–9:15 • Various (See schedule below) Variety (S) 9:30–10:30 Brittany/Joann (See schedule below) Power Yoga* (C) 9:30–10:45 • Jack <b>Sunday</b> Spin Yoga (S) 9:15–10:30 • Nancy Zumba (S) 1:15–2:15 • Elma (Sunday Zumba is open to youth 9 years old and above with an adult) <b>Special Note</b> <b>Classes will be limited April 18–25. Classes during this week will require an additional fee.</b>

## Class Information & Notes

\* = Pre-registration is suggested  
(S) = Studio (P) = Pool (C) = Conf. Room  
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.**

**It is recommended to bring your own  
yoga mat to yoga classes.**

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## Saturday Spinning Instructors

March 5	Don
March 12	Dan
March 19	Maureen
March 26	Don
April 2	Dan
April 9	Don
April 16	Maureen
April 23	Don
April 30	Dan

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

March 5	Cardio Kick & Sculpt • Brittany
March 12	Step & Stretch • Joann
March 19	HIIT it Up • Brittany (45 minutes)
March 26	Core Circuits • Joann
April 2	Triple Threat • Brittany
April 9	Cardio Kick & Sculpt • Brittany
April 16	HIIT it Up • Brittany (45 minutes)
April 23	NO CLASS
April 30	Step & Sculpt • Joann (45 minutes)

## 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 must 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 and Zumbatomic).
- 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.

## Day Care Special Note

There is no Day Care in the Conference Room on a Cooperstown Central School snow day or delayed opening.

## 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 8:00am– 9:00pm	Adults 9:00–1:00
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	Reserved for Youth 3:00–5:00	<b>The Sports Center will be closing at 6:00pm on Saturdays starting May 7.</b>	Open 1:00–6:00
Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30		<b>The Sports Center will be closed on Sundays starting May 8.</b>

## Tennis Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–8:00	Adults 8:00–1:00
CCS Tennis Practice 3:00–5:00	CCS Tennis Practice 3:00–5:00	CCS Tennis Practice 3:00–5:00	CCS Tennis Practice 3:00–5:00	CCS Tennis Practice 3:00–5:00		Open 1:00–8:00
Men's League 5:00–8:00pm	Open 5:00–8:00	Women's League 5:00–8:00pm	Open 5:00–8:00	Open 5:00–8:00		

## 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 28 to November 1, during daylight hours.
- 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!

