

# ClarkSportsCenter

## Summer Schedule

*June 23 to August 31, 2014*

*Bowling Camp  
July 7-11*

|                      |       |
|----------------------|-------|
| Membership .....     | 2-3   |
| Aquatics .....       | 4-5   |
| Summer Camps .....   | 6-7   |
| Adventure .....      | 8     |
| Bowling.....         | 8     |
| Athletics .....      | 9     |
| Health & Fitness ... | 10-11 |
| Racquets.....        | 12    |

### Summer Hours

Monday-Friday, 5:30am-9:00pm  
Saturday, 8:00am-6:00pm  
Sunday: Closed

### Closures

Independence Day • Friday, July 4  
Induction Weekend • Saturday July 26-Monday, July 28  
Repair Week • Monday, August 25-Sunday, August 31  
Labor Day • Monday, September 1

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)

## Rates, Fees, and Payments

| Membership   | Rate                 |
|--|----------------------|
| Preschool (0–4 years)  | \$100                |
| Junior (5–20 years)  | \$180                |
| College Student (21–25 years, full time undergraduate students with a valid ID)                      | \$180                |
| Adult (21–61 years)  | \$330                |
| Senior Citizen Single (62+)  | \$213                |
| Senior Citizen Couple (One person 62+)   | \$360                |
| Family (Two adults in household, juniors, and college students)                                      | \$520                |
| Single Parent Family (Head of household, juniors, and college students) <b>Single Parents Only</b>   | \$355                |
| 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 (call Eve Cripps at 547-2800, ext. 105). Adults: \$10, Juniors under 21: \$5, Fitness Center: \$5 additional.

### Youth Members and Guests

Children 6th grade and below are not allowed in the building between 5:30–8:00am and 6:00pm to closing unless accompanied by an adult or if attending a Sports Center youth program or league. Youth in Kindergarten through 12th grade are not allowed in the facility or on the grounds during school hours, when school is in session.

### Lost and Found

The Lost and Found is located in the laundry room. Please ask for assistance. 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 after 2 weeks. Do not leave belongings unattended. The Clark Sports Center is not responsible for lost or stolen items.

### Additional Charges

**Personal Training Instruction/Private Swim Lessons**  
\$12.00 per 30 minutes or \$100 for ten 30 minute sessions.

#### Conference Room Rental

\$50.00 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).

### Lightning Policy

When you hear the siren sound for 15 seconds and amber lights illuminate and rotate, all participants on the fields, tennis courts and ropes course must seek shelter immediately. When the danger has passed, the "all clear" signal is three 5 second alerts on the siren and the lights will shut off.

## 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;
- 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, and emergency vehicles 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), 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 Directors, or Director.

## 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!

### Pool Color Codes

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

**Red** • Open Swim

**Blue** • Adult Swim

| Monday–Friday<br>June 30–August 8  | Monday–Friday<br>August 11–15  | Monday–Friday<br>August 18–22  | Saturday<br>June 28–August 23  |
|--|--|--|--|
| Adult Swim<br>5:30–8:00  | Adult Swim<br>5:30–8:00  | Adult Swim:<br>5:30–10:00  | Adult Swim<br>8:00–10:00   |
| Aqua Fitness<br>(Mondays & Wednesdays)<br>7:00–7:45<br>(Tuesdays)<br>6:30–7:15   | Aqua Fitness<br>(Mondays & Wednesdays)<br>7:00–7:45<br>(Tuesdays)<br>6:30–7:15   | Aqua Fitness<br>(Mondays & Wednesdays)<br>7:00–7:45<br>(Tuesdays)<br>6:30–7:15   | Open Swim<br>10:00–11:00   |
| Summer Swim Lessons<br>8:00–12:30  | Competitive Swim Camps<br>8:00–12:30   | Open Swim<br>10:00–11:00   | Adult Swim<br>11:00–1:00   |
| Adult Swim<br>12:00–2:00   | Adult Swim<br>12:00–2:00   | Adult Swim<br>11:00–2:00   | Open Swim<br>1:00–6:00   |
| Physical Therapy<br>(Tuesdays & Fridays)<br>12:30–1:00                           | Physical Therapy<br>(Tuesdays & Fridays)<br>12:30–1:00                           | Physical Therapy<br>(Tuesdays & Fridays)<br>12:30–1:00                           |  |
| Aquacize<br>(Mondays & Thursdays)<br>12:30–1:15                                  | Aquacize<br>(Mondays & Thursdays)<br>12:30–1:15                                  | Aquacize<br>(Monday & Thursday)<br>12:30–1:15                                    |  |
| Jr. Lifeguard Camp<br>(July 7–11)<br>1:00–4:00                                   | Open Swim<br>2:00–5:00   | Open Swim<br>2:00–5:00   | Sundays<br><br>The Sports Center is closed on Sundays through October 5. |
| Diving Camp<br>(July 21–25)<br>1:00–4:00   | Adult Swim<br>5:00–6:00  | Adult Swim<br>5:00–6:00  |  |
| Open Swim<br>2:00–5:00   | Aqua Fitness<br>(Mondays & Wednesdays)<br>5:15–6:15<br>* Deep pool closed Monday | Aqua Fitness<br>(Mondays & Wednesdays)<br>5:15–6:15<br>* Deep pool closed Monday |  |
| Adult Swim<br>5:00–6:00  | Open Swim<br>6:00–9:00   | Open Swim<br>6:00–9:00   |  |
| Aqua Fitness<br>(Mondays & Wednesdays)<br>5:15–6:15<br>* Deep pool closed Monday |  |  |  |
| Open Swim<br>6:00–9:00   |  |  |  |



## 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.

## Aquatics Program Guidelines

- **Spectators must use the balcony!**
- Preschoolers must be accompanied by a participating adult in the water.
- Adult swims are for swimmers 18 and over who have finished high school.
- The diving board is not open during adult swim time.
- Open swims are for all ages. Preschoolers must be accompanied by a participating adult in the water. 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.** Lessons are at no cost to members. Lessons will be offered June 30 through August 8.

### Sports Center Member Lessons • Monday–Friday

- *Levels 1–6 • 8:15–8:55am (Grades K-12)*  
Registration is required.

### Playground Programs • Monday–Friday

- *Hartwick: 9:00–9:40am*
- *Milford: 9:45–10:25am*
- *Cherry Valley: 10:30–11:10am*
- *Cooperstown: 11:15–11:55am*

### Preschool Lessons • Registration is required.

- *6–35 months (with a parent):*  
Mondays and/or Tuesdays, 12:00–12:30pm
- *3 & 4 year olds (without a parent):*  
Wednesdays and/or Thursdays, 12:00–12:30pm

## Pool Rentals Available On Saturdays Through the Summer!

Are you looking for a place to have a birthday party or do you have a large group looking for something to do? Use our pool area! The Pool will be available for group rentals on Saturdays, 6:30–8:30pm (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 9:00pm. Waivers are required for all participants in your group (signed by a parent if under 18). The rental cost for members is \$150 with a \$25 non-refundable deposit required at the time of reservation. Call Matt Phillips at 547-2800, ext. 117, for more information and to make a reservation today!

## Junior Livestock Show Pool Party

On Monday, July 7, 6:30–9:00pm, both pools will be used by Junior Livestock Show participants. There will be no lanes available for swimming. The Open Swim time will be very busy on this night.

## Inflatable Movie Screen Rental!

### Family Fun Nights/Indoor & Outdoor Events

The Movie Night includes all movie audiovisual projection equipment to host your indoor or outdoor movie event. Complete with theater delivery, set-up, removal & Clark Sports Center host. We provide: A Clark Sports Center host that will be present during the event to oversee all technical elements. Your audience will enjoy premium HD quality projection and our intense amplified sound system that shakes and rattles the walls! Our HUGE inflatable movie screen will more than satisfy the eyes of 5, 50 or 500!

You provide: The movie and movie copyright, standard electric, and a space big enough to hold the screen and viewer. For more information, please contact Matt Phillips at 547-2800, ext. 117.

## Outdoor Community Movie Nights

Come and join us on the front lawn for a family friendly movie that is sure to be a hit on our inflatable movie screen. The movies are free to the community; all you need to bring are chairs or a blanket and don't forget the snacks! Movies start promptly at 9:00pm.

### Movie Dates:

**June 27:** The LEGO Movie

**July 11:** Frozen

**July 18:** Rio 2

**August 8:** Nut Job

**August 15:** The Muppets: Most Wanted

If inclement weather is in the forecast, the movie will be indoors on the gym floor, except Friday, June 27, the gym floor will be closed.



# Sports & Adventure Camp Calendar 2013

| Sunday  | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|---------|-----------|----------|--------|----------|
| June 29 | 30   | July 1  | 2         | 3        | 4      | 5        |
|         | Adventure Camps: Bookworm (pg. 6) • Girls Rock Climbing (pg. 7) • Little Caveman (pg. 7)   |         |           |          |        |          |
|         | Sports Camps: Gymnastics & Dance Camp (pg. 11) • Strength & Conditioning Camp (pg. 12)<br>Volleyball Camp (pg. 13) • Volleyball Skills Clinic (pg. 13)             |         |           |          |        |          |
| 6       | 7  | 8       | 9         | 10       | 11     | 12       |
|         | Adventure Camps: Bookworm (pg. 6) • Little Explorers (pg. 7) • Mountain Biking Course (pg. 8) • Science Camp (pg. 8)   |         |           |          |        |          |
|         | Sports Camps: Bowling Camp (pg. 10) • Circus Theatrics Camp (pg. 10) • Jr. Lifeguard Camp (pg. 11)<br>Strength & Conditioning Camp (pg. 12) • Tennis Camp (pg. 13) |         |           |          |        |          |
| 13      | 14   | 15      | 16        | 17       | 18     | 19       |
|         | Adventure Camps: Extreme Adventure Discovery (pg. 7) • Science Camp (pg. 8) • Summer Splash Camp (pg. 8)   |         |           |          |        |          |
|         | Sports Camps: Soccer Intermediate Camp (pg. 12) • Strength & Conditioning Camp (pg. 12)<br>Super Juniors Soccer Camp (pg. 12)                                      |         |           |          |        |          |
| 20      | 21   | 22      | 23        | 24       | 25     | 26       |
|         | Adventure Camps: Extreme Adventure Discovery (pg. 7) • Science Camp (pg. 8)  |         |           |          |        |          |
|         | Sports Camps: Diving Camp (pg. 10) • Lacrosse Camp (pg. 11) Strength & Conditioning Camp (pg. 12) • Tennis Camp (pg. 13)   |         |           |          |        |          |

|    |  |   |    |    |    |                 |    |   |  |  |
|----|--|---|----|----|----|-----------------|----|---|--|--|
|    |  |   |    |    |    |                 |    |   |  |  |
| 27 |  | 28  | 29 | 30 | 31 | <b>August 1</b> |    | 2 |  |  |
|    |  | Adventure Camps: Bookworm (pg. 6) • Little Explorers (pg. 7) • Science Camp (pg. 8) • White Water Course (pg. 9)  |    |    |    |                 |    |   |  |  |
|    |  | Sports Camps: Boys Basketball Camp (pg. 9) • Girls Basketball Camp (pg. 9) • Little Tots Basketball Camp (pg. 12) Strength & Conditioning Camp (pg. 12) |    |    |    |                 |    |   |  |  |
| 3  |  | 4   | 5  | 6  | 7  | 8               | 9  |   |  |  |
|    |  | Adventure Camps: Adventure Sport Sampler (pg. 6) • Red Sails to Capri (pg. 8) • Little Explorers (pg. 7) • Science Camp (pg. 8)                         |    |    |    |                 |    |   |  |  |
|    |  | Sports Camps: Baseball Camp (pg. 9) • Strength & Conditioning Camp (pg. 12) • Wrestling Camp (pg. 13)   |    |    |    |                 |    |   |  |  |
| 10 |  | 11  | 12 | 13 | 14 | 15              | 16 |   |  |  |
|    |  | Adventure Camps: Adirondack Explorers (pg. 6) • GPS Geocaching Camp (pg. 7) • Little Caveman (pg. 7)  |    |    |    |                 |    |   |  |  |
|    |  | Sports Camps: Competitive Swim Camps (pg. 10) • Soccer Training Camp (pg. 12)   |    |    |    |                 |    |   |  |  |
| 17 |  | 18  | 19 | 20 | 21 | 22              | 23 |   |  |  |
|    |  | Adventure Camps: Extreme Adventure Discovery (pg. 7) • Sailing Camp (pg. 8) • Summer Splash Camp (pg. 8)  |    |    |    |                 |    |   |  |  |
|    |  | Sports Camps: Golf Camp (pg. 11) • Little Swingers Golf Camp (pg. 11)   |    |    |    |                 |    |   |  |  |

## Summer Adventure Programs

Our schedule is filling up fast! We offer a variety of outdoor programs on the Sports Center grounds and organized trips around the Northeast. Our high and low outdoor ropes challenge courses are perfect for team-building opportunities for your organization or youth group, and can be tailored to fit any age or skill level. Call us at 547-2800 to book your adventure today!

## Adventure Outings and Events

**Outdoor Community Ropes Course** • Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

Tuesday, July 15, 10:00am to 2:00pm

Tuesday, August 12, 10:00am to 2:00pm

## Thursday Night Climbing in Little Falls, NY

Meet the Adventure Department every Thursday (weather dependent) for a chance to go climbing outside at our local crag, Moss Island in Little Falls. The Adventure Department will be there starting at 5:00pm to set up ropes. Transportation not provided. Reserve equipment in advance (607-547-2800 ext. 126) or bring your own harness, shoes and helmet. Members only. 16+ or with a parent.

**The Bouldering Wall** • Located in the Gym Floor, open to all ages. The Wall is 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!

## Bowling Schedule

| Monday            | Tuesday  | Wednesday         | Thursday          | Friday  | Saturday          | Sunday  |
|-------------------|--|-------------------|-------------------|---|-------------------|---|
| Open<br>1:00–5:00 | Open<br>1:00–5:00<br><br>Summer League<br>6:00–9:00<br>(Ends July 8) | Open<br>1:00–5:00 | Open<br>1:00–5:00 | Open<br>1:00–5:00<br><br>Open/Special Groups<br>6:00–9:00 | Open<br>1:00–5:00 | The Sports Center is closed on Sundays through October 5. |

## Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youth 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.

## Bowling Fees

|              | Juniors | HS/College | Adults |
|--------------|---------|------------|--------|
| <b>Game</b>  | 75¢     | \$1.00     | \$2.00 |
| <b>Shoes</b> | 25¢     | 50¢        | 50¢    |

## Bowling Alley Rentals

Rent our Bowling Alley June 30 through August 22 on Monday, Wednesday, Thursday and Saturday nights, 6:00–8:00pm! The cost for the rental is \$150. Call Barry Gray at (607) 547-2800, ext. 108, for more information and to make a reservation!

## Youth and Adult Bowling Leagues and Programs

| Program      | Dates, Days, & Time        | Fee                             |
|--------------|----------------------------|---------------------------------|
| Bowling Camp | July 7–11 • 9:00am–12:00pm | \$80 members, \$180 non-members |





## Gym Floor Schedule

| Monday   | Tuesday                                     | Wednesday   | Thursday  | Friday   | Saturday                  | Sunday  |
|--|---|---|---|--|---------------------------|---|
| Open<br>5:30–6:45  | Open<br>5:30–6:00                           | Open<br>5:30–6:45   | Open<br>5:30–6:00   | Open<br>5:30–8:00  | Open<br>8:00am–<br>6:00pm | The Sports Center is closed on Sundays through October 5. |
| Training Program<br>6:45–8:00                                    | Fit Camp<br>6:00–7:00                       | Training Program<br>6:45–8:00                                   | Fit Camp<br>6:00–7:00                                     | Open/Sports Camps<br>8:00–5:00                           |                           |   |
| Open/Sports Camps<br>8:00–5:00                                   | Open<br>7:00–8:00                           | Open/Sports Camps<br>8:00–5:00                                  | Open<br>7:00–8:00   | Open<br>5:00–9:00  |                           |   |
| Closed For Gym Floor Cleaning<br>5:00–5:30                       | Open/Sports Camps<br>8:00–5:00              | Closed For Gym Floor Cleaning<br>5:00–5:30                      | Open/Sports Camps<br>8:00–5:00                            | <b>Center Court Badminton 6:00–8:00 (Starts July 11)</b> |                           |   |
| Girls High School Basketball League<br>5:30–9:00 (Ends August 4) | Open<br>5:00–6:00                           | Boys High School Basketball League<br>5:30–10:00 (Ends July 30) | Open<br>5:00–9:00   |  |                           |   |
| Open<br>5:00–9:00 (Begins Aug. 11)                               | Pickup Volleyball<br>6:00–9:00 (Half floor) |   | <b>Center Court Pickleball 6:00–8:00 (Starts July 10)</b> |  |                           |   |
|  | Open<br>6:00–9:00 (Half floor)              | Open<br>5:00–9:00 (Begins Aug. 6)                               |   |  |                           |   |

## 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. Please call for Gym Floor availability.

## 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 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 at the corners of the Running Track.

## Youth Athletics Leagues and Programs

| Program                        | Dates & Days                 | Time         | Fee            |
|--------------------------------|------------------------------|--------------|----------------|
| Girls Summer High School Hoops | June 16–August 4 • Mondays   | 5:30–10:00pm | \$250 per team |
| Boys Summer High School Hoops  | June 18–July 30 • Wednesdays | 5:30–9:00pm  | \$250 per team |



# Group Fitness Schedule • Summer Session

## June 30–August 23, 2014

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|--|---|--|---|--|
| <p><b>Spinning (S)</b><br/>6:00–6:50 • Alison</p> <p>Sunrise Yoga (C)<br/>6:30–7:30 • Katherine</p> <p>Aqua Fitness (P)<br/>7:00–7:45<br/>Deep Pool • Carole<br/><b>New Time!</b></p> <p><b>Spinning (S)</b><br/>8:35–9:35<br/>Maureen/Joann</p> <p>Yoga Flow (S)<br/>9:45–10:45 • Katherine</p> <p>Prime Time (S)<br/>11:15–12:15 • Katherine</p> <p>Aquacize (P)<br/>12:30–1:15<br/>Shallow Pool • Carole<br/><b>New Class!</b></p> <p>BOOM (S)<br/>1:00–2:00 • Katherine</p> <p><b>Aqua Fitness (P)</b><br/>5:15–6:15<br/>Deep Pool • Carole<br/><b>New Time!</b></p> <p>Cardio Crunch (S)<br/>5:30–6:30 • Laurie<br/><b>New Format!</b></p> <p>Karate (C)<br/>6:00–7:30 • Dave</p> | <p>Fit Camp (G)<br/>6:00–6:50 • Alison</p> <p>Aqua Fitness (P)<br/>6:30–7:15<br/>Deep Pool • Carole</p> <p><b>Functional Strength &amp; Balance (S)</b><br/>8:20–9:30 • Maureen</p> <p>Zumba (S) • (30min)<br/>9:45–10:15 • Katherine</p> <p>Yoga for Flexibility &amp; Balance (S)<br/>10:20–11:00 • Katherine</p> <p><b>Spinning (S)</b><br/>5:30–6:15 • Amy/Josie<br/><b>New Format!</b></p> <p><b>Total Body Conditioning (DL)</b><br/>5:30–6:30 • Sabrina</p> <p>Zumba Toning (S)<br/>6:30–7:15 • Elma<br/><b>New Time!</b></p> | <p><b>Spinning (S)</b><br/>6:00–6:50 • Colleen</p> <p>Aqua Fitness (P)<br/>7:00–7:45<br/>Deep Pool • Carole<br/><b>New Time!</b></p> <p><b>Spin Core &amp; More (S)</b><br/>8:35–9:35 • Amy</p> <p>Pilates (S)<br/>9:45–10:45 • Joann</p> <p>Prime Time (S)<br/>11:15–12:15<br/>Katherine</p> <p>Gentle Yoga (C)<br/>1:00–2:00 • Katherine</p> <p><b>Aqua Fitness (P)</b><br/>5:15–6:15<br/>Deep Pool • Carole<br/><b>New Time!</b></p> <p>Yoga Flow (C)<br/>5:20–6:20 • Katherine</p> <p>Cardio Kick &amp; Sculpt (S)<br/>5:30–6:30 • Laurie</p> | <p>Fit Camp (G)<br/>6:00–6:50 • Alison</p> <p>Pilates (C)<br/>6:30–7:15 • Joann</p> <p><b>Functional Strength &amp; Balance (S)</b><br/>8:20–9:30 • Maureen</p> <p>Yoga Flow (C)<br/>8:35–9:35<br/>Katherine</p> <p>Power &amp; Grace (S)<br/>9:45–10:45 • Katherine</p> <p>Aquacize (P)<br/>12:30–1:15<br/>Shallow Pool • Carole<br/><b>New Time!</b></p> <p><b>Spinning (S)</b><br/>5:30–6:15 • Laurie<br/><b>New Format!</b></p> <p>Karate (S)<br/>6:30–8:00 • Dave</p> | <p><b>Spinning (S)</b><br/>6:00–6:50 • Colleen</p> <p>Prime Time (S)<br/>11:15–12:15 • Carina</p> <p>Gentle Yoga (C)<br/>1:00–2:00 • Katherine</p> <p>Zumba (S)<br/>5:20–6:20<br/>Katherine</p> | <p><b>Spinning (S)</b><br/>8:15–9:15 • Various<br/>(See schedule on back)</p> <p>Variety (S)<br/>9:30–10:30 • Various<br/>(See schedule below)</p> <p>Yoga Foundations (C)<br/>9:30–10:45<br/>Jack/Bonnie<br/><b>New Format!</b></p> |
|  |  |   |  |   | <b>Saturday Variety Class Schedule</b>   |
|  |  |   |  |   | 7/5 Total Body Conditioning  |
|  |  |   |  |   | 7/12 Zumba Toning  |
|  |  |   |  |   | 7/19 Cardio Dance & Core   |
|  |  |   |  |   | 7/26 CLOSED  |
|  |  |   |  |   | 8/2 CLOSED   |
|  |  |   |  |   | 8/9 Cardio Dance & Core  |
|  |  |   |  |   | 8/16 Total Body Conditioning   |
|  |  |   |  |   | 8/23 Cardio Dance & Core   |

### Class Information & Policies

- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30mins prior to class).
- Class size limits are listed under class descriptions.
- Most classes require some set-up time. Please arrive to class 5 mins prior to scheduled starting time. No admittance 5 mins 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 mat to yoga classes.
- Classes highlighted in red will be unavailable to non-members for pre-registration. Day Pass users may take Group Fitness classes based on availabilities (10 mins prior to class).

(S) = Studio  
(P) = Pool  
(C) = Conf. Room  
(G) = Gym Floor  
(DL) = Downstairs Lobby

### Class Notes & Schedule Changes

- Some classes may go outside when the weather is nice.
- Gentle Yoga will be held in the Studio at 1:00pm on Wednesday, July 9 & August 13.

## Fitness Center information

The Fitness Center is open during the general operating hours to Clark Sports Center members who have paid the additional fee to add it to their membership or who have purchased a one day pass. 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 Stairclimber 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
- Aqua exercise
- Nutrition
- Weight management
- Private yoga and pilates
- Sports conditioning and sports specific training
- Many other specialized and personalized programs
- Cardio training
- Weight training
- Balance
- Core training

## 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.
- The Sports Center is not responsible for lost or stolen tickets.

## Day Care

Day Care is available in the Conference Room for members and guests who are using The Clark Sports Center on Mondays, Wednesdays & 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 Group Fitness Studio must be aware of the following:

- Group Fitness classes are included in the base membership fee of The Clark Sports Center.
- Group Fitness schedules run on an 8 week schedule.
- Group Fitness classes are available on a first come, first serve basis.
- All classes will have a pre-determined class size limit based on location, equipment. (Located on the back of the Group Fitness Schedule.)
- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into each class (no sooner than 30 minutes prior to class).
- Only one number will be issued per member.
- Students must turn in their number to the instructor (or staff) prior to class.
- Classes may be cancelled at any time during the 8 week session.
- Group Fitness schedules are subject to change.
- Instructor substitutions may occur without notice.

## 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.
- Please turn cell phones off or to vibrate during class.

## Group Fitness Rates and Fees

Group Fitness classes are included in the base membership fee.

### Drop-In

- Day Pass only based on availability.
- Non-members must pay for a guest pass at the Main Desk.

### Pre-registration for non-members

- \$60.00 for one class per week.
- \$116.00 for two classes per week.
- \$168.00 for three classes per week.
- \$216.00 for four classes per week.
- \$260.00 for five classes per week.

Pre-registration rates cover an entire 8 week session. The above prices are prorated throughout the session. 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.

## Racquetball and Squash Court Schedules

| Monday                                | Tuesday                               | Wednesday                             | Thursday                              | Friday                                | Saturday          | Sunday  |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|-------------------|---|
| Open<br>5:30–8:00                     | Open<br>5:30–8:00                     | Open<br>5:30–8:00                     | Open<br>5:30–8:00                     | Open<br>5:30–8:00                     | Open<br>8:00–6:00 | The Sports Center is closed on Sundays through October 5. |
| Open/<br>Summer<br>Camps<br>8:00–5:00 | Open/<br>Summer<br>Camps<br>8:00–5:00 | Open/<br>Summer<br>Camps<br>8:00–5:00 | Open/<br>Summer<br>Camps<br>8:00–5:00 | Open/<br>Summer<br>Camps<br>8:00–5:00 |                   |   |
| Open<br>5:00–9:00                     | Open<br>5:00–9:00                     | Open<br>5:00–9:00                     | Open<br>5:00–9:00                     | Open<br>5:00–9:00                     |                   |   |

## Tennis Center Schedule

| Monday  | Tuesday                      | Wednesday  | Thursday                     | Friday                       | Saturday                     | Sunday  |
|---|------------------------------|--|------------------------------|------------------------------|------------------------------|---|
| Open<br>Sunrise–5:00<br><br>Men's League<br>5:00–8:00pm | Open<br>Sunrise to<br>Sunset | Open<br>Sunrise–5:00<br><br>Women's<br>League<br>5:00–8:00pm | Open<br>Sunrise to<br>Sunset | Open<br>Sunrise to<br>Sunset | Open<br>Sunrise to<br>Sunset | Open<br>Sunrise to<br>Sunset<br><br>The Sports Center is closed on Sundays through October 5. |

## 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, and table tennis 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.
- 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 now until 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.
- Non-members must check-in at the Main Desk and pay a fee to play on the courts.
- Please observe our lightning policy located at the entry of our Tennis Center.

**During tennis leagues, all four courts are reserved for league participants.**

