

ClarkSportsCenter

Winter Schedule

October 24, 2011 to March 25, 2012



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 9:00am–1:00pm)

Facility Closures | Thanksgiving Day • November 24
Christmas Eve Day & Christmas Day • December 24 & 25
New Year's Eve Day & New Year's Day • December 31 & January 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

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 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.

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). 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 – \$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).

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.

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 8:00–9:30	Open to Adults 9:00–1:00
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/Youth Basketball 9:30–1:00	Open 1:00–5:00
Open 11:00–3:00	Preschool Sports Acad. 11:15–11:45	Open 11:00–3:00	Preschool Sports Acad. 11:15–11:45	Open 11:00–3:00	Open/Special Programs 1:00–9:00	Fall Futsal League 5:00–10:00 (Oct. 9–Apr. 8) (Jan. 22–4:00)
Girl's Intramural Basketball 3:00–5:00	Open 12:00–12:30	Kid's Day 3:00–4:30	Open 12:00–3:00	Girl's Intramural Basketball 3:00–5:00	<p>Holidays & Snow Days In the event of a Cooperstown Central School holiday or snow day, the Gym Floor schedule will change accordingly. Mornings and afternoons will feature open Gym Floor. Evening activities and leagues will take place as scheduled. Call us at 547-2800 for current schedule information.</p>	
Closed for Cleaning 5:00–5:30	LEAH Program 12:30–3:00	Open 4:30–5:30	Boy's Intram. Basketball 3:00–5:00	Open 5:00–9:30		
Slow Break Basketball 5:30–10:00 (Nov. 7 to Mar. 12)	Boy's Intram. Basketball 3:00–5:00	Adult Pickup Basketball (Ages 16+) 5:30–9:30	Men's 50+ Basketball (Jan. 5–Apr. 12) 5:30–8:00			
	Open 5:00–6:00		Open 8:00–9:30			
	Closed for Cleaning 6:00–6:30					
	Adult Volleyball 6:30–9:30 (Nov. 15 to Mar. 20)		Jr. High Basketball (Nov. 3–Dec. 16) 5:30–7:30			
			Travel Basketball Note On Saturday mornings, boys and girls basketball games will be scheduled January to March 9:30–1:00, and take priority over open Gym Floor time. Time is subject to change.			



Gym Floor Rules and Information

- **Food and drink are not allowed!**
- 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.
- Wed. and Thurs. Pickup Basketball is for players 16+ only and Sunday Pickup Basketball is for players 21+ only.

Running Track Schedule and Information

- The Running Track is open for general use from opening to closing every day with the exception of special programs.
- Senior Walk (55+) meets Mondays, Wednesdays, and Fridays, 10:00–11:00am, November 2–March 23.
- 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. 13–May 31 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 4–Dec. 8 Dec. 13–Feb. 16 Feb. 28–May 17 Tues., Thurs.	11:15–11:45am	Sept. 6–Oct. 3 Nov. 28–Dec. 12 February 6–27	Free for members
Kid’s Day (Grades K–6)	Sept. 14– May 30 Wednesday	3:00–5:00pm	None	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 3–Dec. 16 Thurs., Fri.	5:30–8:00pm	Oct. 3–Oct. 27 Meeting Oct. 28	Free for members
Boy’s Junior & Senior Intramural Basketball League (Grades 2–6)	Nov. 1–Feb. 2 Tues., Thurs.	3:00–5:00pm	Oct. 2–Oct. 26 Meeting Oct. 27	Free for members
Girl’s Junior & Senior Intramural Basketball League (Grades 2–6)	Nov. 4–Feb. 6 Monday, Friday	3:15–4:45pm	Oct. 1–Oct. 28 Meeting Oct. 28	Free for members
Gymnastics (Ages 4 & 5)	March 12–April 13 Monday, Friday	2:00–2:45pm	Feb. 1– March 12 Meeting March 12	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	March 12–April 13 Monday, Friday	3:00–4:15pm	Feb. 1– March 12 Meeting March 12	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	March 12–April 13 Monday, Friday	4:15–5:30pm	Feb. 1– March 12 Meeting March 12	\$80 member \$110 non-member
Kid’s Dodgeball League (Grades 3–6)	April 3–May 17 Tues., Thurs.	3:00–5:00pm	March 14–29 Meeting March 29	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 9–April 29 Sundays	5:00–10:00pm 4:00–10:00pm on Nov. 13, Feb. 5 & 12	Sept. 7–Sept. 24 Meeting Sept. 28	\$250 team
Slow Break Basketball	Nov. 7–Mar. 12 Mondays	6:00–10:00pm	Sept. 6–Oct. 14 Meeting Oct. 17	\$425 member team ;\$675 non- member team; \$60 non-member on member team
Men’s 50+ Basketball	Jan. 5–April 12 Thursdays	5:30–8:00pm	Sept. 7–Dec. 14 Meeting Dec. 15	\$100 member team; \$200 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 15–Mar. 20 Tuesdays	6:00–9:30pm	Sept. 6–Nov. 7 Meeting Nov. 8	\$150 team
Senior Walk (55+)	Nov. 2–Mar. 30 Mon., Wed., Fri.	10:00–11:00am	November 2	Free for members and 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!

Pool Color Codes

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

Green • Open Laps

Red • Open Swim

Blue • Adult Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
Aqua Class (Deep Pool) 8:30–9:30	Pathfinder 9:30–10:30	Headstart 10:00–11:00	Preschool 10:00–11:00	Faith Christian Preschool Class 9:00–9:30	Pool Closed 11:00–12:00
Headstart 10:00–11:00	Preschool 10:00–11:00	Springbrook 1:00–2:30	Aquacize (Shallow Pool) 11:00–12:00	Pathfinder 9:30–10:30	Youth Swim Lessons Levels 3, 4, 5, & 6 8:30–9:00
Springbrook 1:00–2:30	Phys. Therapy 12:00–12:30	Deep 2 Lessons 3:00–3:30	4 & 5 Yr. Old Lessons 2:00–2:30	Phys. Therapy 12:00–12:30	Level 2 Deep 9:00–9:30
Level 1 Lessons 3:00–3:30	LEAH Program 1:00–3:00	Open Swim 3:30–4:00	Levels 3 & 4 Lessons 3:00–3:30	Levels 5 & 6 Lessons 3:00–3:30	Level 2 Shallow 9:30–10:00
Open Swim 3:30–4:00	Shallow 2 Lessons 3:00–3:30	CSC Swim Team 4:00–5:30	Open Swim 3:30–4:00	Open Swim 3:30–4:00	Level 1 10:00–10:30
CSC Swim Team 4:00–5:30	Open Swim 3:30–4:00	Aquacize (Shallow Pool) 5:40–6:40	CSC Swim Team 4:00–5:30	CSC Swim Team 3:30–5:30	6–35 months (with a parent) 10:30–11:00
Aquacize (Deep Pool) 5:40–6:40	CSC Swim Team 3:30–5:30	Adult Swim 5:30–6:30	Adult Swim 5:30–6:30	Adult Swim 5:30–7:00	3 years old 11:00–11:30
Adult Swim 5:30–6:30	Adult Swim 5:30–6:30	Open Swim 6:30–8:00	Open Swim 6:30–8:00	High School Swim Team 6:00–7:00	4 & 5 yrs. old 11:30–12:00
Open Swim 6:30–8:00	4 & 5 Yr. Old Lessons 6:00–6:30	High School Swim Team 7:30–9:00	3 Yr. Old Lessons 6:00–6:30	Open Swim 7:00–9:00	Adult Swim 12:00–1:00
High School Swim Team 7:30–9:00	Open Swim 6:30–8:00	Open Laps 8:00–9:00	High School Swim Team 7:30–9:00		Open Swim 1:00–5:00
Open Laps 8:00–9:00	High School Swim Team 7:30–9:00		Open Laps 8:00–9:00		Adult Swim 5:00–6:30
	Open Laps 8:00–9:00				Open Swim 6:30–9:00
					Sundays

Snow Day and School Holiday Pool Schedules

In the event of a Cooperstown Central School snow day, the Pool will use the following schedule:

6:00–10:00 • Adult Swim	5:00–6:30 • Adult Swim
10:00–11:00 • Open Swim	6:30–8:00 • Open Swim
11:00–1:00 • Adult Swim	8:00–9:00 • Open Laps
1:00–5:00 • Open Swim	

On CCS holidays the pool will follow the snow day schedule except that Open Swim will be 1:00–4:00, Swim Team will practice 4:00–5:30, and Adult Swim will start at 5:30. For the most current aquatics schedule, call the Sports Center at 547-2800.

Adult Swim
9:00–1:00

Open Swim
1:00–6:00

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 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 swim 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.

Sports Center Sharks Swim Team

Practice begins on Monday, October 24 at 4:00–5:30pm on Mondays, Wednesday, and Thursdays and 3:30–5:30pm on Tuesdays and Fridays. No other activities are offered in the pool 4:00–5:30pm.

Cooperstown Boys High School Swim Team

The CCS Boys High School Swim Team will have meets on December 6, December 20, January 10 and January 19. The pool will be closed 4:30–7:00pm. Please note that swim meet dates are subject to change.

Swim Stroke Workshop

Curious as to what your swim strokes look like? Do you wonder if you are doing them correctly? Are you feeling pain that could be related to your swim workout?

We may have the answer to these questions – our new Swim Stroke Workshop! These workshops are designed to give you a stroke ‘analysis’ from our certified American Red Cross Water Safety Instructors. Using video recording equipment (in and out of the water) your strokes will be filmed and analyzed. Instructors will give you tips on how to improve your strokes and work with you to make your stroke more efficient.

Swim Stroke Workshops will be offered starting in January 2012. Look for sign-ups in December.

Youth Swim Lessons

Grade School Age Swim Lessons are free for members and take place after school and on Saturdays. **Session One** ends on December 10, 2011. **Session Two** will be offered January 9–March 17, 2012 and **Session Three** will be taught March 26–May 26, 2012. No Saturday lessons on November 12, 2011 due to a Sharks home meet.

- 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): Wednesdays, 3:00–3:30pm & Saturdays, 9:00–9:30am;
- Levels 3 & 4: Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- Levels 5 & 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. Call the Main Desk to register and complete payment. The Pool is closed 11:00am–12:00pm during Saturday lessons. Session One Preschool lessons end December 10. **Session Two** is set for January 9–March 17, 2012 (December 12 Registration) and **Session Three** will be taught March 26–May 26, 2012 (March 12 Registration).

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

Community Movie Nights

Our summer Outdoor Movie Nights were such a great success, we’re bringing them inside onto the Gym Floor so kids and adults can enjoy attending “the local movie theater” this winter! Starting in October, we will be showing family movies at 7:00pm, and on certain dates, classic movies at 9:00pm for viewers 18 and over. Admission is free for both movies. Non-members must have a signed waiver on file at The Sports Center. Viewers are welcome to bring snacks and beverages. No alcoholic beverages will be allowed. Youth under 18 must have a parent sign in & leave an emergency contact number. Children below the age of 10 must have a parent with them.

We also ask that no chairs be brought into the gym, the bleachers will be available.

Family Movies: October 29 (*Ghostbusters*), November 19, December 17, January 21, February 18 & March 10.

Classic Movies: October 29 (original Halloween), January 21 & February 18.

Group Fitness Schedule • Winter Session

Monday, January 2–Sunday, February 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning* (S) 6:10–7:00 • Alison	Fit Camp (S) 6:10–7:00 • Laurie	Spinning* (S) 6:10–7:00 • Don	Fit Camp (S) 6:10–7:00 • Alison	Spinning* (S) 6:10–7:00 • Don	Spinning* (S) 8:15–9:15 • Various (See 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 Yoga* (S) 8:35–9:35 • Joann	Variety (S) 9:30–10:30 • Various (See schedule below)
Aquacize (P) 8:45–9:45 • Carole New Time!	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Express Workout (S) 9:45–10:15 Katherine	Functional Strength & Balance (S) 8:15–9:25 • Maureen	Cardio Sculpt (S) 9:45–10:30 • Joann New Class!	Power Yoga* (C) 9:30–10:45 • Jack
Zumba (S) • (30min) 9:45–10:15 • Katherine	Yoga Flow (S) 9:45–10:45 Katherine	Yoga for Flexibility & Balance (S) 10:20–10:50 Katherine	Fitness Yoga (C) 8:35–9:35 Katherine	Prime Time* (S) 11:15–12:15 • Carina	Sunday
Yoga for Flexibility & Balance (S) 10:20–10:50 • Katherine	Express Workout (S) 4:30–5:00 Amy/Sabrina	Prime Time* (S) 11:15–12:15 Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Spin Yoga (S) 9:15–10:30 • Nancy
Prime Time* (S) 11:15–12:15 • Katherine	Spin Core & More*(S) 5:20–6:20 • Amy	Gentle Yoga (C) 1:00–2:00 • Katherine	Aquacize (P) 11:00–12:00 • Carole	Zumbatomic* (S) 4:00–4:30 Katherine & Holly	Zumba (S) 1:15–2:15 • Elma
Fit for Life (S) 1:00–2:00 • Katherine	Retro Hi–Lo (S) 6:30–7:15 • Laurie	Zumbatomic (S) 3:15–3:45 • Grades 4–6 Katherine & Holly	Express Workout (S) 4:30–5:00 • Laurie	Zumba (S) 5:20–6:20 • Katherine	Sunday Zumba is open to youth 9 years old and above with an adult.
Fit Kids (S) 3:15–3:45 • Grades 4-6 4:00–4:30 • Grades K-3 Emily		Zumbatomic (S) 4:00–4:30 • Grades K–3 Katherine & Holly	Spin Core & More*(S) 5:20–6:20 • Laurie		
Cardio Sculpt (S) 5:30–6:15 Laurie/Brittany		Cardio Kick & Sculpt* (S) 5:30–6:15 • Laurie	Total Body Conditioning (L) 5:30–6:15 • Kara New Class!	Class Notes & Schedule Changes	
C.T.C (L) 5:30–6:45 Sabrina/Jimmy		Yoga Flow* (C) 5:20–6:20 • Katherine	Karate* (S) 6:30–8:00 • Dave	Power Yoga will be held in the Bowling Alley at 9:30am on Saturday, Jan. 14.	There will be no Fit Kids on Monday Jan 4, Jan. 16, and Feb. 20.
Aquacize (P) 5:40–6:40 • Carole		Aquacize (P) 5:30–6:30 • Carole		Gentle Yoga will be held in the Studio at 1:00pm on Wed., Jan. 4 & Feb. 1.	There will be no Zumbatomic on Wed., Feb. 22
Karate* (C) 6:00–7:30 • Dave		Spinning 6:30–7:15 • Alison			
Cardio Kick & Sculpt (S) • 6:30–7:15 • Laurie					

Class Information & Policies

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

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 mat to
yoga classes.

SPINNING is a registered
trademark of Mad Dogg
Athletics, Inc.

Saturday Spinning Instructors

January 7	Maureen
January 14	Don
January 21	Alison
January 28	Emily K.
February 4	Don
February 11	Alison
February 18	Maureen
February 25	Emily K.

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

January 7	Triple Threat • Brittany
January 14	Hip Hop • Emily D.
January 21	Cardio Kick & Sculpt • Brittany
January 28	Hip Hop • Emily D.
February 4	HIIT it Up • Brittany
February 11	Triple Threat • Brittany
February 18	Hip Hop • Emily D.
February 25	Zumba • Elma

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

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 rates cover an entire 8 week session. The above prices are pro-rated 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.

Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
Open 1:00–5:00	Senior 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	Open 1:00–5:00												
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	Closed 5:00–6:00													
Men's League 6:00–9:30	LEAH Program 1:00–3:00	Men's League 6:00–9:30	Women's League 1:00–3:00	Open 1:00–3:00	Open 6:00–9:00													
	Open 3:00–5:00		Open 3:00–5:00	Elementary & Middle School League 3:00–5:00	Bowling Fees <table border="1"> <thead> <tr> <th></th> <th>Game</th> <th>Shoes</th> </tr> </thead> <tbody> <tr> <td>Juniors</td> <td>75¢</td> <td>25¢</td> </tr> <tr> <td>HS/ College</td> <td>\$1.00</td> <td>50¢</td> </tr> <tr> <td>Adults</td> <td>\$2.00</td> <td>50¢</td> </tr> </tbody> </table>			Game	Shoes	Juniors	75¢	25¢	HS/ College	\$1.00	50¢	Adults	\$2.00	50¢
	Game	Shoes																
Juniors	75¢	25¢																
HS/ College	\$1.00	50¢																
Adults	\$2.00	50¢																
	Closed 5:00–6:00		Mixed League 7:00–9:30	Closed 5:00–6:00														
	Women's League 6:00–9:30			Open 6:00–9:00														



NEW! Thursday Night Mixed Recreational Bowling League

Teams must consist of four people, two men and two women (all participants must be at least 18 years old). Bowling will start on Thursday night, January 5, 2012. Cost per week is \$10.00 per person. For more information or to register, please see Mike DeSimone or Barry Gray in The Clark Sports Center Bowling Alley or call 547-2800.

Special Note: High School Bowling Matches

CCS High School Bowling home matches will take place after school on Nov. 29, Dec. 6, Dec. 8, Dec. 20, Jan. 10, Jan. 19 and Jan. 31. Home matches take priority over open bowling time and are subject to change at any time.

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.
- Bumper lanes and assistance with scoring is 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. 6–May 22 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members
Elementary & Middle School League (Grades 3–8)	Oct. 28–March 30 Fridays	3:00–5:00pm	October 1–28	\$45
Men's Monday Rec. League	Sept. 12–March 26 Mondays	7:00–9:30pm	September 12	\$10 per night
Women's Tuesday Competitive League	Sept. 6–March 27 Tuesdays	7:00–9:30pm	September 6	\$10 per night
Men's Wednesday Competitive League	Sept. 7–March 28 Wednesdays	7:00–9:30pm	September 7	\$11 per night
Women's Thursday Afternoon Rec. League	Sept. 8–April 12 Thursdays	1:00–3:00pm	September 8	\$5 per day
Thursday Night Mixed Rec. League (18+)	Jan. 5–March 22	7:00–9:30pm	January 5	\$10 per night
Senior Citizen Bowling (Ages 55+)	Sept. 6–May 22 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)	<p>During climbing hours anyone under the age of 12 must be under the direct supervision of an adult. Anyone 12 and older must be belayed and have a belay certified partner in order to climb. In order to become belay certified, you must be at least 12 years old and participate in belay school.</p> <p>During After school hours the participants do not need to be accompanied by an adult. They can just show up to climb.</p> <p>Belay School: Tuesdays, Wednesdays and Thursdays – 5:30, Saturday – 12:30 and 3:00.</p> <p>Participants assume all risks in the use of personal climbing equipment.</p>	Free for members

December Break Rock Wall Hours Tues. (Dec. 27), Wed. (Dec. 28), Thurs. (Dec. 29), 1:00–3:00pm After School Climb, 3:30–5:30pm Open Climb.

Rock Wall Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00–3:00		Adult Climb (18+)		Adult Climb (18+)		Open Climb	
3:00–4:30		Priority Goes to: Grades K–1	Priority Goes to: Grades 2–3	Priority Goes to: Grades 4–6		Open Climb	
* Belay certified climbers are welcome with a partner.							
5:00–8:00		Open Climb	Open Climb	Open Climb			

Adventure Programs and Outings

Program	Days	Fee
Community Indoor Ropes Course (Sign up at the Main Desk)	Wednesday, November 16, December 21, January 18, February 15 and March 14 • Starts at 5:00pm	Free/members \$15/non-members
Gore Mountain Ski Shuttle Check ski conditions at goremountain.com (Sign up at the Main Desk)	Saturday, January 21 • 6:30am–8:00pm	Free/members \$50/non-members Plus the cost of your personal lift ticket
Ice Climbing Clinic (Sign up at the Main Desk)	Saturday, January 28 and February 18, 7:00am–6:00pm (Ages 13+, youth must be accompanied by an adult)	Free/members \$50/non-members
Cross-Country Ski Race Visit www.clarksportscenter.com/ events/cross-country-ski-race/ for more information!	Saturday, February 11 Registration starts at 11:00am Race starts at 1:00pm	\$15 preregistration through Friday, February 10 \$20 on Race Day
Basic Winter Climbing Skills (Sign up at the Main Desk)	Saturday, March 3 7:00am–6:00pm	Free/members \$50/non-members

February Break Activities

Be prepared by wearing warm outdoor winter apparel. Sign up at the Main Desk in advance for all programs. February Break Activities are free for members (non-members must pay for a Day Guest Pass).

February Break Activity	Date & Time
Snowman Building & Sledding (Sign up at the Main Desk; Minimum of 10 youth to run activity)	February 21 • 1:00–2:00pm
Tye Dye (Sign up at the Main Desk; Minimum of 10 youth to run activity. \$5 for t-shirt, please leave shirt size at the front desk)	February 23 • 1:00–3:00pm

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	Open to 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		Open 1:00–6:00
Racquets Leagues 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30		

Adult Racquets Leagues

Program	Days	Time	Registration	Fee
Men's Racquetball League A & B Divisions	Oct. 10–Jan. 16 Mondays	5:00–9:30pm	Starts Sept. 7	\$25 members \$35 non-members

Racquets Lessons (Tennis, Squash, Racquetball)

\$10/Half-hour

\$20/Hour

Racquets Night

Racquets night will be held in March (date and time TBA). There will be a combined tournament of Racquetball, Squash, Badminton and Table Tennis. Please contact Rich Jantzi for more information.

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 Center Schedule

The Tennis Center is open Sunrise to Sunset, weather and daylight permitting, until Sunday, November 6, 2011. Women's Tennis Leagues plays on Wednesday nights, 5:00pm to Sunset. Both Leagues take priority over open court time. Open play is available for all members at no extra charge. Look for the courts to reopen in late March of 2012.

