

# ClarkSportsCenter

## Winter Schedule

October 19, 2015 to March 20, 2016

Patrick C. Fetterman  
Memorial Basketball  
Tournament

January 16-18



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

### Winter Hours

Monday-Friday, 5:30am-9:30pm  
(Pool Closes at 9:00pm)  
Saturday, 8:00am-6:00pm  
Sunday, 8:00am-6:00pm  
(Adults only 8:00-10:00,  
Adults and High School Students  
10:00am-12:00pm)

### Facility Closures

Thanksgiving Day • November 26  
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](http://www.clarksportscenter.com)

## Rates, Fees, and Payments

Membership	Annual Rate
Preschool (0–4 years)	\$100
Junior (5–24 years)	\$180
Adult (25–61 years)	\$330
Senior Citizen Single (62+)	\$213
Senior Citizen Couple (One person 62+)	\$360
Family (Two adults in household and juniors)	\$520
Single Parent Family (Head of household and juniors) <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
Adult One Month Membership with Fitness Center (30 consecutive days)	\$80
Junior One Month Membership with Fitness Center Ages 14+ may use the Fitness Center. (30 consecutive days)	\$55
Family One Month Membership Options Available	Inquire at Main Desk
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 25: \$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.  
\$25.00 per 30 minutes for non-members.

#### 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. 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.

### 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 main entrance of the building. 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.

## Electronic Free Days

Everyday is an electronic free day for school aged youth until 6:00pm. If your child is using an electronic device other than a cell phone to call home he/she will be asked to put it away and be encouraged to participate in programming.

## 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 main driveway near the entrance. The main driveway is one way for pickup and drop-off, and emergency vehicles only. Persons who park in the main driveway 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.

## Gym Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–9:00	Open 5:30–6:00	Open 5:30–10:00	Youth Basketball 8:00–1:00 (Begins Nov.14)	Open to Adults 8:00–10:00
Headstart 9:30–11:00	Fit Camp 6:00–6:45	Preschool Play 9:00–10:30	Fit Camp 6:00–6:45	Headstart 10:00–10:30	Open/Special Programs 1:00–6:00	Open to Adults & HS Students 10:00–12:00
Open 11:00–3:00	Open 6:45–9:00	Open 10:30–2:45	Open 6:45–9:00	Open 10:30–2:45	Lacrosse Club 6:00–7:00	Open 12:00–6:00
Open 11:00–5:00 (Begins Dec. 21)	Preschool Play 9:00–10:30	Little Athletes 3:00–3:30	Preschool Play 9:00–10:30	Girl's Travel Basketball 3:00–5:00		
Girl's Intramural Basketball (Nov. 2–Dec. 14) 3:00–5:00	Preschool Sports Acad. 11:15–11:45	Kid's Day (Grades K–1) 3:30–4:00	Preschool Sports Acad. 11:15–11:45	Junior High Basketball 5:45–8:00 (Oct. 30–Dec. 18)		
Closed for Cleaning 5:00–5:30	LEAH Program 12:00–2:30	(Grades 2–3) 4:00–4:30	Open 12:00–2:45	Open 7:30–9:30 (Jan. 8–Apr. 8)	<b>Holidays &amp; Snow Days</b> 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.	
Slow Break Basketball 5:30–10:00 (Nov. 2–Mar. 14)	Setup 2:30–3:00	(Grades 4–6) 4:30–5:00	Boy's Travel Basketball 3:00–5:00			
	Boy's Intram. Basketball (Nov. 3–Dec. 15) 3:00–5:00	Open 5:00–6:00	Closed for Cleaning 5:00–5:30		<b>Travel Basketball Note</b> On Saturday mornings, boys and girls basketball games will be scheduled January to March, 8:00am–1:00pm, and take priority over open Gym Floor time. Time is subject to change.	
	Open 3:00–5:00 (Begins Dec. 22)	Adult Pickup Basketball (Ages 16+) 6:00–9:30 Through Dec. (5:30–7:00 Jan.–Mar.)	Futsal 5:30–10:00			
	Closed for Cleaning 5:00–5:30	Senior League Basketball 7:15–9:30 (Jan.–Mar.)				
	Adult Volleyball 5:45–9:30 (Nov. 3–Mar. 8) (half floor closed)					
	Open 6:00–9:30					

## 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 Pickup Basketball is for players 16+ only (6:00–9:30pm). Saturday Pickup Basketball is for players 18+ only (8:00–9:00am).

## 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, beginning November 2. Track only available for Senior Walk participants at this time.
- Youths 7<sup>th</sup> grade and above are 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.

**The Gym Floor will be closed January 16–18, for the Fetterman Basketball Tournament.**



## Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 15–May 26 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Sept. 29–Dec. 17 Tues., Thurs.	11:15–11:45am	Sept. 8–Sept. 29	Free for members Limit – 15 Children
Kid’s Day (Grades K–6)	Sept. 23–May 25 Wednesday	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	None	Free for members
Junior High Basketball (Grades 7 & 8)	Oct. 30–Dec. 18 Friday	5:30–7:30pm	Oct. 1–Oct. 27 Meeting Oct. 27 at 4:00pm	Free for members
Boy’s Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 3–Dec. 19 Tues., Sat. morning	3:00–5:00pm	Oct. 1–Oct. 24 Meeting Oct. 27	Free for members
Girl’s Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 2–Dec. 19 Mon., Sat. morning	3:00–5:00pm	Oct. 1–Oct. 24 Meeting Oct. 26	Free for members
Boy’s Travel Basketball	Oct. 29–Mar. 10 Thurs., Sat.	3:00–5:00	Sign up for tryouts Oct. 1-23 Tryouts Oct. 29	Free for members
Girl’s Travel Basketball	Oct. 30–Mar. 11 Fri., Sat.	3:00–5:00	Sign up for tryouts Oct. 1-23 Tryouts Oct. 30	Free for members
Little Athletes (Kickers, Hockey, Basketball, Lacrosse, Baseball)	Sept. 16–May 25 Wednesday	3:00–3:30	Nov. 18–Dec. 2	Free for members Limit 30
Kid’s Dodgeball League (Grades 3–6)	April 5–May 12 Tues., Thurs.	3:00–4:00pm	March 8–22 Meeting March 29	Free for members

## Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 8–Dec. 10 & Jan. 7–Mar. 10 Thursdays	5:30–9:30pm	Sept. 8–Sept. 25 Meeting Sept. 24	\$150 team; \$300 non-member team; \$60 individual non- member
Slow Break Basketball	Nov. 2–Mar. 14 Mondays	6:00–10:00pm	Sept. 8–Oct. 12 Meeting Oct. 19	\$450 member team; \$700 non- member team; \$60 non-member on member team
Men’s 50+ Basketball	Jan. 6–April 9 Wednesdays	7:15–9:30pm	Nov. 1–Dec. 9 Meeting Dec. 16 at 6:00pm	\$100 member team; \$200 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 3–Mar. 8 Tuesdays	6:00–9:30pm	Sept. 8–Oct. 27 Meeting Oct. 27	\$150 team; \$300 non-member team; \$60 individual non- member
Senior Walk (55+)	Nov. 2–April 29 Mon., Wed., Fri.	10:00–11:00am	November 2	Free for members and non-members



# Aquatics Pool Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Open Lap Swim 5:30–8:00	Open Lap Swim 5:30–8:00	Open Lap Swim 5:30–8:00	Open Lap Swim 5:30–8:00	Open Lap Swim 5:30–8:00	Adult Swim 8:00–1:00
Aqua Fitness (Deep Pool) 7:00–7:45	Aqua HIIT (Deep Pool) 7:00–7:45	Aqua Fitness (Deep Pool) 7:00–7:45	Aqua HIIT (Deep Pool) 7:00–7:45	Adult Swim 8:00–3:00	<b>Youth Swim Lessons</b>
Adult Swim 8:00–3:00	Adult Swim 8:00–3:00	Adult Swim 8:00–3:00	Adult Swim 8:00–3:00	Preschool Swim 10:30–11:30	Level 3-6 8:15–8:45
Aqua Fitness (Deep Pool) 8:30–9:15	Aquacize (Shallow) 9:30–10:15 (Begins Nov. 2)	Aqua Fitness (Deep Pool) 8:30–9:15	Aquacize (Shallow) 9:30–10:15 (Begins Nov. 2)	Phys. Therapy 12:00–12:30	Level 2 Deep 8:50–9:20
Aquacize (Shallow) 9:30–10:15 (Begins Nov. 2)	Preschool Swim 10:30–11:30	Headstart 10:00–11:00	Preschool Swim 10:30–11:30	Open Swim 3:00–4:00	Level 1 9:25–9:55
Headstart 10:00–11:00	Phys. Therapy 12:00–12:30	Preschool Swim 10:30–11:30	Springbrook 12:45–1:45	Sharks Swim Team 3:15–5:00 (Pool closed 4:00–5:00)	Level 2 - Shallow (with a parent) 10:00–10:30
Preschool Swim 10:30–11:30	LEAH Program 12:30–2:20	Springbrook 12:45–1:45	Preschool Lessons Levels Ducks & Frogs 1:30–2:00	Adult Swim 5:00–6:30	6–35 months (with a parent) 10:35–11:05
Springbrook 12:45–1:45	Level 2 - Deep Lessons 3:15–3:45	CCS Elementary Swim 12:30–1:15 (Oct. 21–Dec. 16, no available lanes)	Preschool Lessons Levels Octopi & Dolphins 2:00–2:30	CCS High School Swim Team (3 Lanes) 6:00–7:00	Preschool Lessons Level Ducks & Frogs 11:10–11:40
CCS Elementary Swim 12:30–1:15 (Oct. 26–Dec. 21, no available lanes)	Open Swim 3:00–4:00	Open Swim 3:00–4:00	Level 1 & 2 Shallow Lessons 3:15–3:45	Open Swim 6:30–9:00	Preschool Lessons Level Octopi & Dolphins 11:45–12:15
Level 3-6 Lessons 3:15–3:45	Sharks Swim Team 3:45–5:00 (Pool closed 4:00–5:00)	Sharks Swim Team 4:00–5:00 (Pool closed 4:00–5:00)	Open Swim 3:30–4:00		Open Swim 1:00–6:00
Sharks Swim Team 3:15–5:00 (Pool closed 4:00–5:00)	Adult Swim 5:00–6:30	Adult Swim 5:00–6:30	Sharks Swim Team 3:45–5:00 (Pool closed 4:00–5:00)		
Open Swim 3:00–4:00	Aqua HIIT (Deep Pool) 5:30–6:15	Aqua Fitness (Deep Pool Closed) 5:30–6:15	Adult Swim 5:00–6:30		<b>Sundays</b>
Adult Swim 5:00–6:30	Adult Swim Lessons Level 1 5:30–6:00	6–35 Months (w/ parent) 6:00–6:30	6–35 Months (w/ parent) 5:30–6:00		Adult Swim 8:00–1:00
Aqua Fitness (Deep Pool Closed) 5:30–6:15	Preschool Lessons Levels Octopi & Dolphins 6:00–6:30	Open Swim 6:30–9:00	Aqua HIIT (Deep Pool) 5:30–6:15		Open Swim 1:00–6:00
Open Swim 6:30–9:00	Levels 1 & 2 Shallow Lessons 6:35–7:05	CCS High School Swim Team (3 Lanes) 7:30–9:00	Adult Swim Lessons Level 1 5:30–6:00		
Sharks Swim Team (2 Lanes) 6:30–8:30	Open Swim 6:30–9:00		Preschool Lessons Level Frogs & Ducks 6:00–6:30		
CCS High School Swim Team (3 Lanes) 7:30–9:00	Sharks Swim Team (2 Lanes) 6:30–8:30		Level 2 - Deep & 3 Lessons 6:35–7:05		
	CCS High School Swim Team (3 Lanes) 7:30–9:00		Open Swim 6:30–9:00		
<b>Snow Day and School Holiday Pool Schedules</b>			Sharks Swim Team (2 lanes) 6:30–8:30		
In the event of a Cooperstown Central School snow day, the Pool will use the following schedule:			CCS High School Swim Team (3 Lanes) 7:30–9:00		
5:30–10:00 • Adult Swim	1:00–4:00 • Open Swim				
10:00–12:00 • Open Swim	5:00–6:30 • Adult Swim				
12:00–1:00 • Adult Swim	6:30–9:00 • Open Swim				

## Pool Color Codes

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

- Red** • Open Swim
- Blue** • Adult Swim
- Green** • Swim Lessons

The Clark Sports Center Aquatics Department is staffed with Lifeguards and Instructors who possess current certifications in Lifeguard Training, CPR, AED, and First Aid. Aquatics Staff are responsible for the safety of our members and guests, the running of aquatic programming, and the enforcement of all rules and regulations. The schedule has been designed so that members and guests, no matter their swimming ability, has the opportunity to enjoy all the aquatics facility and programs.

## 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:

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

## Aquatics Program Guidelines

- Adult swim times are for swimmers 18 and over who have finished high school.
- Open swim times are for all ages. Preschoolers must be accompanied by a participating adult. The deep pool will alternate between open swim and diving every half hour.

## Clark Sports Center Sharks Swim Team

Practices begin Monday, October 19, and follow this schedule:

- Developmental-Group 1: Mondays & Fridays, 3:15-4:00pm
- Developmental-Group 2: Mondays & Fridays, 3:30-4:30pm and Tuesdays & Thursdays, 3:45-4:15pm
- Age Group: Mondays-Fridays, 4:00-5:00pm
- Senior Group: Mondays, Tuesdays, & Thursdays, 6:30-8:30pm
- Team Practice: Wednesdays, 4:00-5:00pm

The Clark Sports Center Sharks Swim Team will be hosting its annual First Splash Swim Meet on Saturday, November 7, from 8:00am-2:00pm (Pool will closed during the meet). This meet is the only home swim meet the Sharks will have, so please come and watch our swimmers as they compete against visiting clubs.

## Cooperstown Boys High School Swim Team

The CCS Boys H.S. Swim Team will start practices November 9, Mondays-Thursday, 7:30-9:00pm, Fridays, 6:00-7:00pm. Tentative dates for home swim meets are: December 7, 17, 22, & January 11. The pool will be closed from 4:30-6:30pm during the extent of the swim meet and will reopen at the conclusion of the meet.

## Youth Swim Lessons

**Registration is required for both School Age and Preschool Swim Lessons.** To register your child, call the Pool Office, 607-547-2800, ext. 114, during the registration dates.

**Block II** – Registration: October 26–31

Lessons: Monday, November 2–Saturday, December 12

**Block III** – Registration: December 14–23

Lessons: Monday, January 6–Saturday, February 13

**Block IV** – Registration: February 15–20

Lessons: Monday, February 22–Saturday, March 12

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

- Level 1: Thursdays, 3:15–3:45pm, Tuesdays, 6:35–7:05pm & Saturdays, 10:00–10:30am;
- Level 2 (Shallow): Thursdays, 3:15–3:45pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;
- Level 2 (Deep): Tuesdays, 3:15–3:45pm, Thursdays, 6:35–7:05pm & Saturdays 8:50–9:20am;
- Level 3: Mondays, 3:15–3:45pm, Thursdays, 6:35–7:05pm, & Saturdays 8:15–8:45am;
- Level 4, 5 & 6: Mondays, 3:15–3:45pm & Saturdays 8:15–8:45am;

**Preschool Swim Lessons** are for members only and range in ages 6 months to 5 years old (not in school).

- 6–35 months (with a parent): Wednesday, 6:00–6:30pm, Thursdays, 5:30–6:00pm (**New Class Time!**), & Saturdays, 10:35–11:05am;
- Preschool Levels Ducks & Frogs (ages 3–5 years old): Thursdays, 1:30–2:00pm or 6:00–6:30pm & Saturdays, 11:10am–11:40pm.
- Preschool Levels Octopi & Dolphins (ages 3–5 years old): Tuesdays 6:00–6:30pm, Thursday, 2:00–2:30pm, or 6:00–6:30pm & Saturdays, 11:45am–12:15pm.

## Free Community Movie Nights

The weather has cooled down and we have moved indoors. Come and enjoy the “local movie theater” this winter at The Clark Sports Center. All family movie nights start at 6:30pm on the Gym Floor, and admission is free (non-members must have a signed waiver on file at the Main Desk). Viewers are welcome to bring drinks (non-alcoholic), snacks, blankets, sleeping bags, and pillows for added comfort. We ask that no chairs be placed on the gym floor, the bleachers will be available. Youth under 18 must have a parent sign in & leave and emergency contact number. Children below the age of 10 must have a parent with them.

**Saturday, October 24, November 21, & December 19.**

## Private Pool Party

Looking for a location for a birthday party, an enjoyable group activity, or a fun gathering for family and friends? Book our pool for a Private Pool Party Saturday evenings from 6:30–8:30pm. To make your reservation, call Matt Phillips at (607) 547-2800, ext. 117.

# Group Fitness Schedule • Winter Session

## January 4–February 28, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Josie	Fit Camp (G) 6:00–6:45 • Brittany	Spinning (S) 6:00–6:50 • Colleen	Tabata 6:00–6:45 • Colleen <b>New Format!</b>	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 8:15–9:15 • Various (See back of schedule)
Sunrise Yoga (C) 6:30–7:30 • Katherine	Spinning (S) 6:00–6:50 • Deirdre	Aqua Fitness (P) 7:00–7:45 Deep Pool • Carole	Spinning (S) 6:00–6:50 • Don	Aqua Zumba (P) 8:30–9:15 • Veronica <b>Returning!</b>	Variety (S) 9:30–10:30 • Various (See schedule below)
Aqua Fitness (P) 7:00–7:45 Deep Pool • Susan	Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan	Aqua Fitness (P) 8:30–9:15 Deep Pool • Carole	Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan	Spin Yoga (S) 8:35–9:35 • Joann	Yoga Foundations (C) 9:30–10:45 • Bonnie
Aqua Fitness (P) 8:30–9:15 Deep Pool • Susan	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Spin Core & More (S) 8:35–9:35 • Amy	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Barre Pilates Fusion (S) 9:45–10:45 • Joann	<b>Sunday</b>
Spinning (S) 8:35–9:35 • Maureen	Body at the Barre (S) 9:45–10:15 • Katherine	Pilates (S) 9:45–10:45 • Joann	Yoga Flow (C) 8:35–9:35 • Katherine	Prime Time (S) 11:15–12:15 • Carina	Gentle Yoga (C) 9:30–10:45 • Nicole
Aquacize (P) 9:30–10:15 Shallow Pool • Susan	Aquacize (P) 9:45–10:30 Shallow Pool • Susan	Prime Time (S) 11:15–12:15 • Katherine	Aquacize (P) 9:45–10:30 Shallow Pool • Carole	Gentle Yoga (C) 1:00–2:00 • Katherine	Zumba (S) 1:15–2:15 • Elma
Yoga Flow (S) 9:45–10:45 • Katherine	Hatha Yoga (S) 10:30–11:30 • Katherine	Gentle Yoga (C) 1:00–2:00 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Zumba (S) 5:20–6:20 • Various	Creative Kids Yoga (S) Ages 3–4 • 2:30–2:55 <b>New Class!</b> Ages 5–8 • 3:00–3:25 Ages 9–12 • 3:30–4:00 Mary Clare
Prime Time (S) 11:15–12:15 • Katherine	Low Impact Zumba (S) 1:00–1:45 • Holly <b>Returning!</b>	Fit Kids (S) Grades K-3 • 3:45–4:15 Josie	Gentle Spin, Strength & Stretch (S) 11:15–12:15 • Carina		<b>Saturday Variety Class Schedule</b>
Power & Grace (S) 1:00–2:00 • Nancy	Express (S) 4:30–5:00 • Amy/Sabrina <b>Returning!</b>	Body at the Barre (S) 4:30–5:00 • Laurie <b>Returning!</b>	Express (S) 4:30–5:00 • Laurie <b>Returning!</b>		1/9 Cardio Dance & Core
Fit Kids (S) Grades 4-6 • 3:45–4:15 Josie	Aqua HIIT (P) 5:30–6:15 Deep Pool • Carole	Aqua Fitness (P) 5:30–6:15 Deep Pool • Carole	Aqua HIIT (P) 5:30–6:15 Deep Pool • Carole		1/16 Yoga
Body at the Barre (S) 4:30–5:00 • Laurie <b>Returning!</b>	Spin Core & More (S) 5:30–6:30 • Amy	Tabata (S) 5:30–6:30 • Laurie <b>New Format!</b>	Spin Core & More (S) 5:30–6:30 • Laurie		1/23 Back to Basics
Aqua Fitness (P) 5:30–6:15 Deep Pool • Carole	Total Body Conditioning (DL) 5:30–6:30 Sabrina/Krystle	Yoga Flow (C) 5:30–6:45 • Katherine			1/30 Cardio Dance & Core
Tabata (S) 5:30–6:30 • Laurie	Zumba 6:45–7:30 • James <b>Returning!</b>	Spinning (S) 6:45–7:30 • Various <b>Returning!</b>	Karate (S) 6:30–8:00 • Dave		2/6 Cardio Dance & Core
Karate (C) 6:00–7:30 • Dave					2/13 Let Loose & Line Dance
					2/27 Zumba

### Class Information & Policies

- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30 minutes 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).

### Class Notes & Schedule Changes

- Gentle Yoga will be held at 1:00pm in the Studio on Wednesday, 1/13 and 2/10.
  - Yoga Foundations will be the Variety class on 1/16.
- (S) = Studio  
(P) = Pool  
(C) = Conf. Room  
(G) = Gym Floor  
(DL) = Downstairs Lobby



## 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. Daycare will not be available on CCS snowdays.

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

## 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
- 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.
- \$25.00 per 30 minutes for non-members.
- 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.

## 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 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.

## Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Bowling 9:00–10:30	Senior Bowling 1:00–2:30	Open 9:00–12:00	Open 9:00–12:00	Open 1:00–5:00	Open 12:00–5:00
Closed 5:00–6:00	Preschool Bowling 10:30–11:00	Open 2:30–5:00	Closed 12:00–1:00	Closed 12:00–1:00		
Men's League 6:00–9:30	LEAH Program 12:30–2:30	Closed 5:00–6:00	Women's League 12:30–2:30	Open 1:00–3:00		
	Open 2:30–5:00	Men's League 6:00–9:30	Open 2:30–5:00	Elementary & M.S. League 3:00–5:00 (Nov. 6–Apr. 10)	<b>Bowling Fees</b>	
	Closed 5:00–6:00			Closed 5:00–6:00	<b>Game</b>	<b>Shoes</b>
	Women's League 6:00–9:30			Open 6:00–9:00	<b>Juniors</b>	75¢ 25¢
					<b>HS/College</b>	\$1.00 50¢
					<b>Adults</b>	\$2.00 50¢

### Special Note: High School Bowling Matches

CCS High School Bowling home matches will take place after school. Matches take priority over open bowling time and are subject to change at any time.

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) to view all dates for home bowling matches.

### Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youths under 5 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, ext. 105.

### Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Sept. 15–May 17 Tuesdays	10:30–11:00am	None	Free for members
Elementary & Middle School League (Grades 3–8)	Nov. 6–April 8 Fridays	3:00–5:00pm	October 1–31	\$35
Adult/Youth Bowling League (Adult 18+, Child grades 3–8)	Nov. 7–Jan. 9 Saturdays	9:00–11:30am	Sept. 8–Nov. 6	\$35
Men's Monday Rec. League	Sept. 21–March 7 Mondays	6:00–9:30pm	September 21	\$10 per night
Women's Tuesday Competitive League	Sept. 15–March 15 Tuesdays	6:00–9:30pm	September 15	\$10 per night
Men's Wednesday Competitive League	Sept. 16–March 30 Wednesdays	6:00–9:30pm	September 16	\$11 per night
Women's Thursday Afternoon Rec. League	Sept. 10–April 7 Thursdays	1:00–3:00pm	September 10	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 15–May 17 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (All you can bowl)
Senior Citizen Bowling (Ages 55+)	Sept. 16–May 18 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (All you can bowl)



# ★ Bowling Party Packages

The Bowling Alley is great for private birthday or group parties!  
To make reservations, please contact Barry Gray at 547-2800, ext. 108.

**Party Includes:** Shoes, Music, Disco Lights & Unlimited Bowling!  
You may bring your own food & drink. (Limit 40 people)

**Availability:** Thursday & Saturday Nights, 5:30–7:30 or 7:30–9:30.

**Prices:** \$150/Members or \$250/Non-members.  
Non-members must have a signed waiver form on file.

## Adventure Schedule

### 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)	<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><b>Participants assume all risks in the use of personal climbing equipment.</b></p>	Free for members

### December Break Rock Wall Hours

Mon. (Dec. 21), Tues. (Dec. 22), Mon. (Dec. 28), Tues. (Dec. 29) 2:00–5:00pm Open Climb  
Wed. (Dec. 23), Wed. (Dec. 30) 2:00–4:00pm, 5:00–8:00pm Open Climb  
Saturday (Dec. 26 & Jan. 2) 2:00–5:00pm. Belay School 1:30–2:00pm.

### Rock Wall Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00–4:30	Climbing Club	After School Climb			Girl's Climbing	12:30–1:00 Belay School 1:00–4:00 *Open Climb	
5:00–8:00		*Open Climb	*Open Climb	*Open Climb	*Open Climb		

\* Belay certified climbers are welcome with a partner.

### 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). Check the website for February break activities.

February Break Activity	Date & Time
Snowman Building, Sledding & Hot Cocoa (Sign up at the Main Desk; Min. of 10 youth to run activity)	February 16 • 1:00–2:00pm
Tye Dye (Sign up at the Main Desk; Minimum of 10 youth to run activity. Please bring your own shirt, they will not be provided)	February 18 • 1:00–3:00pm

## Racquetball and Squash Court Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–3:00	Open 5:30–3:00	Open 5:30–3:00	Open 5:30–3:00	Open 5:30–3:00	Open 8:00am–6:00pm	Open to Adults 8:00–10:00
Reserved For Youth 3:00–5:00	Adult Table Tennis 9:00–11:00	Reserved For Youth 3:00–5:00	Reserved For Youth 3:00–5:00	Reserved For Youth 3:00–5:00		Open to Adults and High School Students 10:00–12:00
Open 5:00–9:30	Reserved For Youth 3:00–5:00	Racquets Leagues 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30		Open 12:00–6:00
	Open 5:00–9:30					

### 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

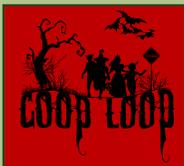
- Courts are available on a time period basis. Time periods are 30 minutes in duration.
- Waiting list procedure allows players to sign up for a court as far as three periods ahead.
- Reservations may be made up to one month in advance.
- Reservations must be completed before another is made.

### 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.
- 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. Leagues end October 28.**

## Upcoming Events



### October

**Coop Loop 15** • The 15<sup>th</sup> Annual Coop Loop 5K/10K Run starts at 11:00am on **SATURDAY**, October 31. It is a rain or shine event that starts and ends at the Sports Center. The race is open to all ages. Special prizes will be given to runners dressed in Halloween costumes! Registration by October 29 is \$20, or \$30 on October 30 or 31. First 100 registered runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800, ext. 116, for more information.



**Preschool Halloween Party** • Thursday, October 29, 9:00–11:00am. Dress up in your scariest costume for the annual Preschool Halloween Party! The Sports Center Gym Floor will be decorated with spooky ghosts and spiders! Bring a treat to pass with friends and parents, too. The Sports Center will be providing cider.



### December

**Rockin' Around Cooperstown** • Saturday, December 5, 2015. The Cooperstown Chamber of Commerce and The Clark Sports Center will partner to host Rockin' Around Cooperstown Ugly Sweater Run and Walk. The event will begin at the Santa's House in Pioneer Park at approximately 3:00pm. Your choice of a 2-mile fun walk or 4-mile timed run around Cooperstown.



**Preschool Christmas Party** • Thursday, December 17, 9:30–11:00am. Dress up in your holiday's best for the annual Preschool Christmas Party! Bring a snack to share with friends and parents, too! Punch will be provided by the Sports Center. Santa arrives at 10:00am.