

ClarkSportsCenter

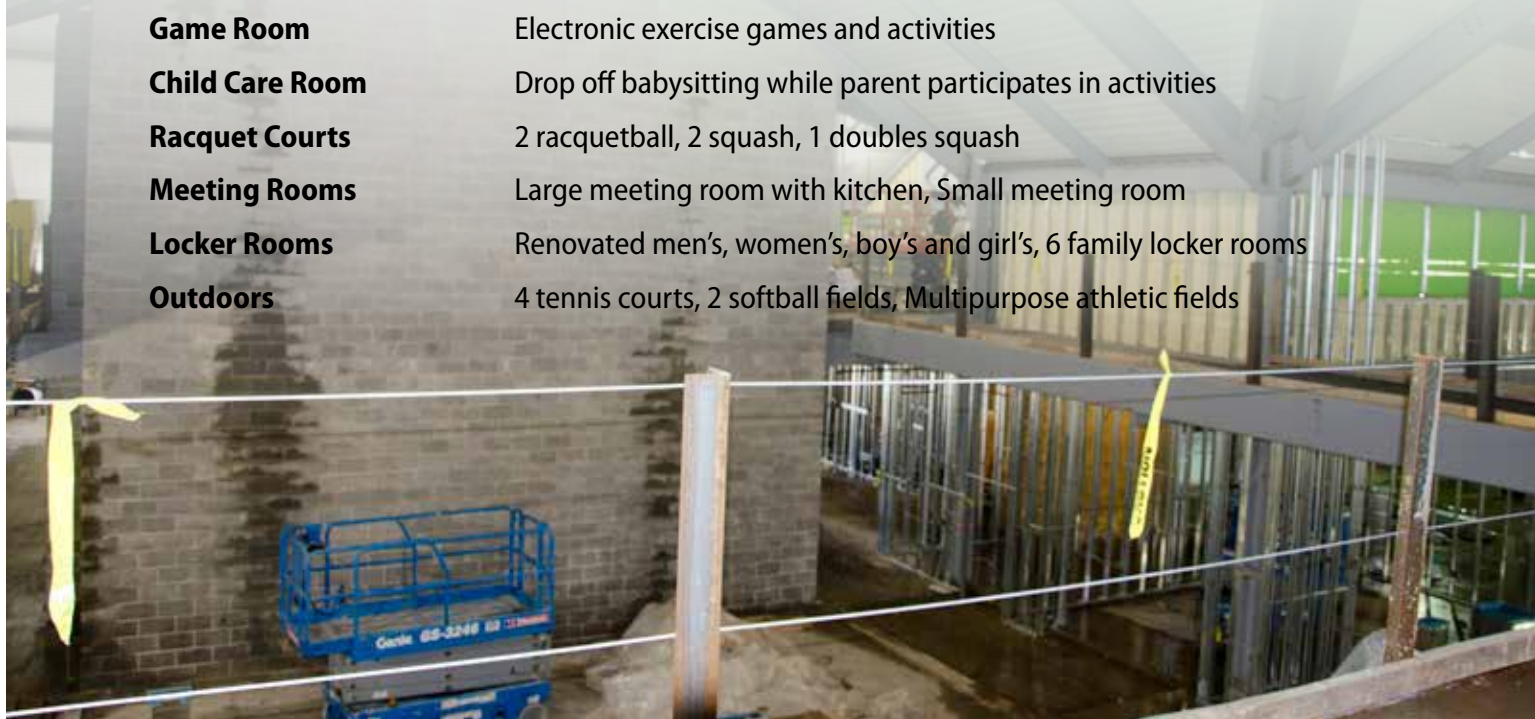
EXPANSION AND PROGRAM UPDATE

March 21, 2016

A New and Improved Clark Sports Center Facility

The Clark Sports Center building expansion project is well underway and going smoothly. The project is scheduled for completion by the end of October 2016. When completed the Sports Center will be a state-of-the-art recreation and fitness facility with the following amenities:

Aquatics Center	25 yard, 8 lane competitive pool (depth 4'-8'), Diving pool with 1 meter diving board (depth 13'), Therapy/Teaching pool (depth 2'-4'), Aquatic activities room
Gym floor	Regulation basketball court, 100 yard flat running track around the upper gym floor level
Bowling Alley	8 lanes
Rock Climbing Walls	36' indoor wall in lobby, 10' x 100' bouldering wall on the gym floor
Ropes Courses	30' high indoor ropes course suspended above the pool, 38' high two level outdoor ropes course with zip line
Fitness Center	6,000+ square foot fitness center with new cardio and strength training equipment
Sports Performance	Training area specifically geared toward team training and the elite athlete
Group Fitness	Spinning room, Yoga/Pilates room (hot Yoga capable), Large group fitness room, Small group fitness room
Physical Therapy	On-site clinic managed by Bassett Healthcare
Game Room	Electronic exercise games and activities
Child Care Room	Drop off babysitting while parent participates in activities
Racquet Courts	2 racquetball, 2 squash, 1 doubles squash
Meeting Rooms	Large meeting room with kitchen, Small meeting room
Locker Rooms	Renovated men's, women's, boy's and girl's, 6 family locker rooms
Outdoors	4 tennis courts, 2 softball fields, Multipurpose athletic fields



Closures and Renovations

Up until March 2016, most of the construction has been outdoors and on the back side of the building with little impact on the current facility.

Beginning at the end of March 2016, renovation work will begin on the current building and will affect programming and other areas to the point where various sections will close. As a result, activities and programs will be impacted.

Aquatics Area	closed March 14-end of October
Adventure indoor rock climbing and ropes course	closed March 14- end of October
Fitness Center	closed March 30- end of October
Aerobics Studio	closed March 30- end of October
Conference room	closed March 30- end of October
Squash courts	closed March 30- end of October
Racquetball courts	closure date to be determined
Gym Floor and running track	closed July 26-date to be determined
Bowling Alley	closure date to be determined
Locker rooms	closure date to be determined
No heat or air conditioning	April 1 – October
Driveway and parking lot work	spring, summer, fall

Options for our Members

We are happy to offer the following alternatives to our members to stay fit and healthy as we work toward the creation of a virtually new facility:

Aquatics

Swimmers will be able to swim at facilities in Oneonta:

Hartwick College

Follow the pool schedule by visiting the following website: http://hartwickhawks.com/sports/2015/9/9/GEN_0909151539.aspx

- Sign-in each time you go
- Show your Sports Center membership key swipe card
- Sign a Hartwick waiver (once)

There is no cost to Sports Center members.

HealthLinks at FoxCare

This pool is available for lap swimming all the hours HealthLinks is open:

Monday - Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm
Saturday: 7:00am - 5:00pm
Sunday: 7:00am - 3:00pm

- Sign in each time you go
- Show your Sports Center membership key swipe card
- Sign a HealthLinks waiver and show your ID (once)

Visit healthlinksoneonta.com for more information.

There is no cost to Sports Center members.

For those interested in swimming lessons for children or lifeguard training classes – the Oneonta YMCA has classes available. You will need to pay the fees. Please visit oneontaymca.org for more information.

Fitness Center

The fitness center will be temporarily reestablished in the Sports Center's maintenance building (green building next to the tennis courts). All fitness center equipment including cardio, weight training, and free weights will be available. Most personal training appointments will be held in this building but please check with your trainer to see where your appointments will be located. Please park in the lot next to the building and enter the door on the parking lot side of the building. Sign in as you normally would to enter the room and for time on the cardio equipment.

Group Fitness Classes

Clark Sports Center group fitness classes will continue to be free to our members and a limited class schedule will be offered at various locations around Cooperstown. Please check our group fitness schedule inside the Sports Center main building, new Fitness Center in the maintenance building, or on our website: www.clarksportscenter.com.

Programs and Services on Hiatus

The following activities will be temporarily suspended until the end of October, 2016:

- Day Care for children 8 weeks to 5 years old
- Squash and racquetball (when racquetball courts close)
- Indoor ropes course
- Indoor rock climbing on the high wall
- All activities on the gym floor and Bowling Alley during their renovations
- All Aquatics activities. Please see "Options for our Members" section for other places to swim.
- Locker rooms as they are being renovated
- The driveways and parking lots will also be impacted as they are being changed. Please follow all directional signs/arrows/barricades for a safe trip in and out of the Sports Center.

What WILL Happen

In addition to swimming in other facilities, the fitness center in the maintenance building, and a limited schedule of group fitness classes in assorted locations, the following programs will continue to take place:

Gym Floor (Until July 26): Gymnastics program, Kids Dodgeball league, Little Athletes, Preschool Play, activities after school, Senior Walk, HS summer basketball leagues, open floor time.

Bowling, Softball League, Adult Soccer League, Adventure Outings, Special Events (Monster Bench, Rock to Rock Race, Race the Lake Marathon, Vis Vires Strongman, Drops to Hops, and Coop Loop), Outdoor Movie Nights

Summer Camps: Sports: Baseball, Basketball Camp (Boys/Girls), Basketball Road Camp, Bowling, Circus Theatricks, Golf, Golf Adventure, Gymnastics, Kids Yoga, Lacrosse, Soccer Intermediate, Soccer Training, Speed, Agility, and Quickness, Splash Camp, Sports Conditioning, Super Juniors Soccer, Tennis, Volleyball, and Wrestling. **Adventure:** ADK Explorers, Extreme Adventure, GPS, Kayak Camp, Kayak Clinic, Little Caveman, Little Explorers, Mountain Bike Camp, Mountain Bike Clinic, and Science . **The Summer Camp brochure will be available April 4.**

Membership Information

Your membership and health are important to us. Thank you for your patience as we move toward the closing stages of the project. We have done our best to find alternate sites for you to participate in activities and programs.

As a result, each current annual member will receive four months free on your membership. You are welcome to participate in activities offered during the next several months in the assorted locations. In order to be eligible to utilize our pool/group class options at no charge, you have to be an active member. If you have an outstanding balance you must pay that in order to remain active. Once the balance is paid, the free four months will be added to your new expiration date. If you have any questions regarding the status of your membership please contact our membership director, Kathy Graham, at (607) 547-2800, ext 115 or grahamk@clarksportscenter.com.

Please check our website for program offerings, group fitness class schedules, camps, and updated news on the construction project.



Expansion and Program Update

ClarkSportsCenter

Contact Us

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