ClarkSportsCenter

Summer Schedule

June 18 to September 3, 2017

Gymnastics & Dance Camp
July 17–21

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

Hours

Monday–Friday • 5:30am–9:00pm
Saturday • 8:00am–5:00pm
Sunday • 8:00am–5:00pm

Closures

Independence Day • Tuesday, July 4
Induction Weekend • Saturday July 29–Sunday, July 30
Labor Day • Monday, September 4

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**

Rates, Fees, and Payments

Membership	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) **Single Parents Only**	$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 (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, ext. 105). Adults: $10, Juniors: $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.

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

$15.00 per 30 minutes or $125 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 at any time. For up to date information, please call (607) 547-2800. In the event the Sports Center must close due to adverse weather conditions, mechanical difficulties, etc., announcements will be made on our website and on the following radio stations: WZOZ (103.1FM) and WSRK (103.9FM).

Lightning Policy

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

Member and Guest Code Of Conduct

All members and others attending an event or utilizing the Center's facilities or grounds must adhere to all rules and policies of the Sports Center and are expected to act in a safe, courteous and respectful manner at all times. All requests and instructions by the Center's staff should be strictly followed and failure to do so may result in any person, including members, being directed to leave the premises.
Prohibited conduct at the Sports Center and Center-sponsored activity off-premises includes, but is not limited to, the following:

- Possession of guns, knives or other weapons;
- Striking, attempting to strike or threatening to strike any staff person, member, visitor or any other person affiliated with the Center;
- Threatening, harassing or intimidating any staff person, member, visitor or any other person affiliated with the Center;
- Foul, profane or abusive language;
- Theft of any property; • Smoking; • Use of illegal drugs;
- Damaging the facilities of the Center in any way (skateboards, scooters, and roller blades are not allowed on the Sports Center grounds; animals, bicycles; and other potentially damaging devices are not allowed in the building);
- Providing false information or records to the Center;
- Youth who are serving a suspension may not use the Sports Center while school is in session.

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 upstairs lobby 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 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 and the Sports Performance Area. 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, and Field Usage

Parking is available for members and guests in the designated parking areas. Please do not park in the driveways and crosswalks leading to the Sports Center or in the circle near the main entrance. The circle is one way for pickup and drop-off, and emergency vehicles only. Persons who park in the circle will be asked to move their vehicles.

Use of Sports Center telephones is restricted to business calls and emergencies. Cell phone use is prohibited in all locker rooms.

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 who are beyond high school. Youth locker rooms are for use by youth K-12.
- Parents bringing a preschooler are asked to use the family locker rooms. Please do not use the adult locker rooms. Once a child turns 5 or starts kindergarten they should transition to the youth locker rooms.
- Locker rooms for the physically disabled are available. Please check in at the Main Desk for options.
- 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.
- 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.

Child Care

Child care is available in the child care room for members and guests who are using the Sports Center on Monday, Wednesday, Friday, and Saturday mornings, 8:15-11:15am. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:5 with two staff members present at all times. Diapers and bottles must be supplied and all belongings labeled. Fee: $5 per hour (minimum of $5.00). Must be paid for on the day of service.

2017 Sports & Adventure Camp Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 25	26	27	28	29	30	**July 1**
	Adventure Camps: Hit the Trails (pg. 7), Mountain Biking Clinic (pg. 7), Science Camp (pg. 8)					
	Sports Camps: Little Athletes (pg. 13), Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15)					
2	3	4	5	6	7	8
	Adventure Camps: Adirondack Mountain Biking (pg. 5), Little Explorers (pg. 7), Science Camp (pg. 8)					
	Sports Camps: Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15)					
9	10	11	12	13	14	15
	Adventure Camps: Hit the Trails (pg. 7), Science Camp (pg. 8),					
	Sports Camps: Bowling Camp (pg. 10), Circus Theatricks Camp (pg. 11), Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15)					
16	17	18	19	20	21	22
	Adventure Camps: Hit the Trails (pg. 7), Science Camp (pg. 8), White Water Kayaking Clinic - Novice (pg. 9)					
	Sports Camps: Baseball Camp (pg. 10), Gymnastics and Dance Camp (pg. 12), Mini Golf Adventure Camp (pg. 14), Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15), Summer Rec Sampler (pg. 15)					
23	24	25	26	27	28	29
	Adventure Camps: CSC Explorers (pg. 6), Science Camp (pg. 8),					
	Sports Camps: Jr. Lifeguard Camp - Junior Guards Year 1 (pg. 13), Lacrosse Camp (pg. 13), Soccer Intermediate Camp (pg. 14), Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15), Tennis Camp (pg. 15), Wrestling Camp (pg. 16)					
30	31	**August 1**	2	3	4	5
	Adventure Camps: Extreme Adventure Sampler (pg. 6), Science Camp (pg. 8), White Water Kayaking Clinic - Intermediate (pg. 9)					
	Sports Camps: Jr. Lifeguard Camp - Jr. Guards Year 2 (pg. 13), Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15)					
6	7	8	9	10	11	12
	Adventure Camps: Down on the Farm (pg. 6), GPS Geocaching Camp (pg. 6), Kingdom Trails Mountain Bike Camp (pg. 7)					
	Sports Camps: Developmental Swim Camp (pg. 12), Soccer Training Camp (pg. 14), Speed, Agility, and Quickness Camp (pg. 15), Sports Performance Camp (pg. 15), Volleyball Camp (pg. 16), Volleyball Skills Clinic (pg. 16)					
13	14	15	16	17	18	19
	Adventure Camps: Adventure Sampler (pg. 5), Down on the Farm (pg. 6), Three Day Rock Climbing (pg. 8)					
	Sports Camps: Boys & Girls Basketball Camp (pg. 11), Competitive Swim Camp (pg. 11), Yogi Explorers Camp (pg. 16)					
20	21	22	23	24	25	26
	Adventure Camps: St. Regis Wilderness Explorers (pg. 8)					
	Sports Camps: Golf Camp (pg. 12), Golf Adventure Camp (pg. 12), Jr. Lifeguard Camp - Junior Cadets (pg. 13), Little Swingers Golf Camp (pg. 14)					

Adventure Programs

Adventure Outings and Events

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

Friday, July 14, 10:00am to 2:00pm
Thursday, August 17, 10:00am to 2:00pm

Little Falls Rock Climb • Single pitch rock climbing on Moss Island. Great day to try your hand at a growing sport. All equipment provided by the Sports Center. Bring a full days supply of water and snacks. Meet in the Main Lobby. Sign up at the Main Desk. Ages 10+. Free for members, $20 non-members.

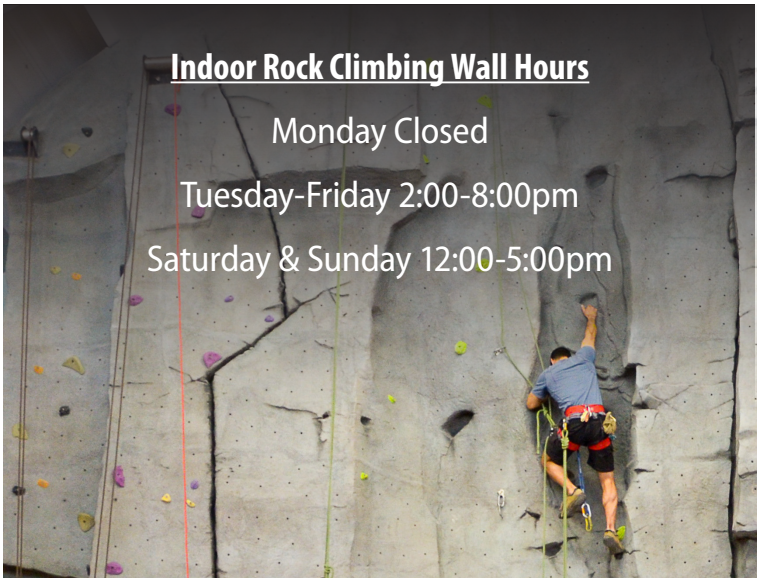
Monday, July 10, 10:00am to 2:00pm

Gunks Climb • Come climb with us in the premier Single Pitch Crag of NY State. This trio is for beginner and moderate climbers alike. All gear provided by CSC. Bring a full days supply of water and a packed lunch. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, $20 non-members.

Tuesday, July 25, 8:00am to 6:00pm

Summit Crane Mountain • A unique hiking experience with a visit to an Alpine lake and 360° views from the summit. Bring hiking footwear, a full days supply of water, and a packed lunch. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, $20 non-members.

Monday, August 7, 8:00am to 6:00pm



The Bouldering Wall • Located in the Gym Floor, open to all ages. The Wall is open year-round. Children under 12 years of age must stay below the designated line; the Wall is off limits during camps, special events, and league play. Free for members!

Bowling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Open 1:00–5:00 Summer League 6:00-9:00 June 6–August 8	Open 1:00–5:00	Open 1:00–5:00	Open 1:00–5:00 Open/Special Groups 6:00–9:00	Open 1:00–5:00	Open 1:00–5:00

Youth and Adult Bowling Leagues and Programs

Program	Dates, Days, & Time	Fee
Bowling Camp	July 10–14 • 9:00am–12:00pm	$85 members, $110 non-members

Bowling Fees

	Juniors	HS/College	Adults
Game	75¢	$1.00	$2.00
Shoes	25¢	50¢	50¢

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youths under 8 years of age must have an adult present.
- Open bowling is available on a first come, first serve basis.
- Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided. Assistance with scoring is available.
- Bumper lanes are available.
- Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Eve Cripps at 547-2800.

Bowling Alley Rentals

Rent our Bowling Alley June 26 through August 31 on Monday, Wednesday, Thursday and Saturday nights, 6:00–8:00pm! The cost for the rental is $150. Call Barry Gray at (607) 547-2800, ext. 108, for more information and to make a reservation!

Lap Pool Schedule

June 26-August 6

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Open Laps 5:30-8:00am 5:30-8:00am Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Open Laps 5:30-8:00am** 5:30-8:00am Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Open Laps 5:30-8:00am** 5:30-8:00am Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Open Laps 5:30-8:00am** 5:30-8:00am Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Open Laps 5:30-8:00am** 5:30-8:00am Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Open Laps 8:00-10:00am** 8:00-10:00am Lap Swim (6 Lanes) Open Fitness (2 Lanes)
Summer Swim Lessons 8:00am-1:00pm 8:00-9:30am Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) 9:30am-10:15am Swim Lessons (3 Lanes) Open Fitness (NO LANES) Lap Swim (2 Lanes) Aqua Body Blast (3 Lanes) 10:15am-1:00pm Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Summer Swim Lessons 8:00am-1:00pm** 8:00am-1:00pm Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Summer Swim Lessons 8:00am-1:00pm** 8:00am-1:00pm Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Summer Swim Lessons 8:00am-1:00pm** 8:00-9:30am Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) 9:30am-10:15am Swim Lessons (3 Lanes) Open Fitness (NO LANES) Lap Swim (2 Lanes) Aqua Body Blast (3 Lanes) 10:15am-1:00pm Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Summer Swim Lessons 8:00am-1:00pm** 8:00am-1:00pm Swim Lessons (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Open Swim 10:00am-12:00pm** 10:00am-12:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)
Open Swim 1:00-5:00pm (6/26-7/17) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) (7/24 & 7/31) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (2 Lanes) Open Fitness (NO LANES) JR Lifeguard Camp (2 Lanes)	**Open Swim 1:00-5:00pm** (6/27-7/18) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) (7/25 & 8/1) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (2 Lanes) Open Fitness (NO LANES) JR Lifeguard Camp (2 Lanes)	**Open Swim 1:00-5:00pm** (6/28-7/19) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) (7/26 & 8/2) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (2 Lanes) Open Fitness (NO LANES) JR Lifeguard Camp (2 Lanes)	**Open Swim 1:00-5:00pm** (6/29-7/20) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) (7/27 & 8/3) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (2 Lanes) Open Fitness (NO LANES) JR Lifeguard Camp (2 Lanes)	**Open Swim 1:00-5:00pm** (6/28-7/19) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane) (7/26 & 8/2) 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (2 Lanes) Open Fitness (NO LANES) JR Lifeguard Camp (2 Lanes)	**Adult Fitness 12:00-1:00pm** 12:00-1:00pm Lap Swim (6 Lanes) Open Fitness (2 Lanes) **Open Swim 1:00-5:00pm** 1:00-5:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)
Adult Fitness 5:00-6:30pm 5:00-6:30pm Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Adult Fitness 5:00-6:30pm** 5:00-6:30pm Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Adult Fitness 5:00-6:30pm** 5:00-6:30pm Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Adult Fitness 5:00-6:30pm** 5:00-6:30pm Lap Swim (6 Lanes) Open Fitness (2 Lanes)	**Adult Fitness 5:00-6:30pm** 5:00-6:30pm Lap Swim (6 Lanes) Open Fitness (2 Lanes)	
Open Swim 6:30-9:00pm 6:30-9:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Open Swim 6:30-9:00pm** 6:30-9:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Open Swim 6:30-9:00pm** 6:30-9:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Open Swim 6:30-9:00pm** 6:30-9:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	**Open Swim 6:30-9:00pm** 6:30-9:00pm Open Swim (4 Lanes) Lap Swim (3 Lanes) Open Fitness (1 Lane)	

Aquatic Center Key

Lap Swim	Designated lap swim lanes are available in the 25 yard lap pool throughout the day. Sharing lanes is expected. Please swim counter clockwise whenever more than one person is in a lane. Stop at the walls only and move out of the way of oncoming swimmers. Try to avoid swimming side by side.
Open Fitness	For using the wall, aqua jogging or water walking.
Open Swim	Open to all ages and abilities. Aquatic Center rules apply.
Aqua Fitness	Aquatic group fitness classes. Please visit the website or pick up a pool brochure for class descriptions.
Swim Lessons	Offered for youth of all ages and abililties, preschool-high school. Lessons are for members only, and registration is required.

Diving Pool Schedule

June 26-August 6

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Open Fitness 5:30-8:15am	**Open Fitness 5:30-8:15am**	**Open Fitness 5:30-8:15am**	**Open Fitness 5:30-8:15am**	**Open Fitness 5:30-8:15am**	**Adult Fitness 8:00-10:00am**
5:30-7:00am Open Fitness	5:30-8:15am Open Fitness	5:30-7:00am Open Fitness	5:30-8:15am Open Fitness	5:30-8:15am Open Fitness	8:00-10:00am Open Fitness
7:00-7:45am Morning Splash (CLOSED)	**Summer Swim Lessons 8:15am-1:00pm**	7:00-7:45am Morning Splash (CLOSED)	**Summer Swim Lessons 8:15am-1:00pm**	**Summer Swim Lessons 8:15am-1:00pm**	**Open Swim 10:00am-12:00pm**
7:45-8:15am Open Fitness	8:15-9:15am Sweat Wet! (CLOSED)	7:45-8:15am Open Fitness	8:15-9:15am Sweat Wet! (CLOSED)	8:15-1:00pm Open Fitness (1/2 Pool) Swimming Lessons (1/2 Pool)	10:00am-12:00pm Open Swim
Summer Swim Lessons 8:15am-1:00pm	9:15am-10:00pm Swimming Lessons (CLOSED)	**Summer Swim Lessons 8:15am-1:00pm**	9:15am-1:00pm Open Fitness (1/2 Pool) Swimming Lessons (1/2 Pool)	**Open Swim 1:00-5:00pm**	**Adult Fitness 12:00-1:00pm**
8:15-9:15am Sweat Wet! (CLOSED)	10:00am-1:00pm Open Fitness (1/2 Pool) Swimming Lessons (1/2 Pool)	8:15-9:15am Sweat Wet! (CLOSED)	**Open Swim 1:00-5:00pm**	1:00-5:00pm Open Swim	12:00-1:00pm Open Fitness
9:15am-1:00pm Open Fitness (1/2 Pool) Swimming Lessons (1/2 Pool)	**Open Swim 1:00-5:00pm**	9:15am-1:00pm Open Fitness (1/2 Pool) Swimming Lessons (1/2 Pool)	1:00-5:00pm Open Swim	**Adult Fitness 5:00-6:30pm**	**Open Swim 1:00-5:00pm**
Open Swim 1:00-5:00pm	1:00-5:00pm Open Swim	**Open Swim 1:00-5:00pm**	**Adult Fitness 5:00-6:30pm**	5:00-6:30pm Open Fitness	1:00-5:00pm Open Swim
1:00-5:00pm Open Swim	**Adult Fitness 5:00-6:30pm**	1:00-5:00pm Open Swim	5:00-5:30pm Open Fitness	**Open Swim 6:30-9:00pm**	
Adult Fitness 5:00-6:30pm	5:00-5:30pm Open Fitness	**Adult Fitness 5:00-6:30pm**	5:30-6:30pm Deep Aqua B.A.S.I.C (CLOSED)	6:30-9:00pm Open Swim	
5:00-5:30pm Open Fitness	5:30-6:30pm Deep Aqua B.A.S.I.C (CLOSED)	5:00-5:30pm Open Fitness	**Open Swim 6:30-9:00pm**		
5:30-6:30pm Deep Aqua B.A.S.I.C (CLOSED)	**Open Swim 6:30-9:00pm**	5:30-6:30pm Deep Aqua B.A.S.I.C (CLOSED)	6:30-9:00pm Open Swim		
Open Swim 6:30-9:00pm	6:30-9:00pm Open Swim	**Open Swim 6:30-9:00pm**			
6:30-9:00pm Open Swim		6:30-9:00pm Open Swim			

Aqua Fitness Schedule

June 19-September 3

Monday	Tuesday	Wednesday	Thursday
Morning Splash 7:00-7:45 Instructor	**Sweat Wet** 8:15-9:15 Instructor	**Morning Splash** 7:00-7:45 Instructor	**Sweat Wet** 8:15-9:15 Instructor
Sweat Wet 8:15-9:15 Instructor	**Fluid Movement** 9:30-10:15 Instructor	**Sweat Wet** 8:15-9:15 Instructor	**Aqua Body Blast** 9:30-10:15 Instructor
Aqua Body Blast 9:30-10:15 Instructor	**Deep Aqua B.A.S.I.C.** 5:30-6:30 Instructor	**Deep Aqua B.A.S.I.C.** 5:30-6:30 Instructor	**Deep Aqua B.A.S.I.C.** 5:30-6:30 Instructor
Deep Aqua B.A.S.I.C. 5:30-6:30 Instructor			

Morning Splash (Limit 20): Wake up with a total body workout that integrates a variety of deep water exercises to enhance cardiovascular fitness while strengthening and toning muscles.

Sweat Wet (Limit 20): Jump right into the deep to increase your strength, endurance and cardiovascular fitness. Designed to burn calories and make you sweat. Let's get WET!!

Aqua Body Blast (Limit 25): While easy on your joints, this "liquid gym" utilizes the deep and/or shallow ends of the lap pool to improve your core stabilization, cardiovascular fitness, and endurance with no or low impact.

Deep Aqua B.A.S.I.C. (Limit 20): (Balance, Aerobic, Strength, Interval and Core) TRAINING. Everybody gets a full body workout when cardiovascular and muscle strengthening exercises meet the challenge of the depth and resistance of the water.

Fluid Movement (Limit 10): Held in the warm-water therapy pool, this workout focuses on flexibility, range of motion, balance and overall core strength and stability. We will use minimum impact to slowly work through each joint and muscle group to help increase performance with everyday activities.

Teaching/Therapy Pool Schedule

June 26-August 6

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Open Fitness 5:30-8:00am	**Open Fitness 5:30-8:00am**	**Open Fitness 5:30-8:00am**	**Open Fitness 5:30-8:00am**	**Open Fitness 5:30-8:00am**	**Adult Fitness 8:00-10:00am**
5:30-8:00am Open Fitness	5:30-8:00am Open Fitness	5:30-8:00am Open Fitness	5:30-8:00am Open Fitness	5:30-8:00am Open Fitness	8:00-10:00am Open Fitness
Summer Swim Lessons 8:00am-1:00pm	**Summer Swim Lessons 8:00am-1:00pm**	**Summer Swim Lessons 8:00am-1:00pm**	**Summer Swim Lessons 8:00am-1:00pm**	**Summer Swim Lessons 8:00am-1:00pm**	**Open Swim 10:00am-12:00pm**
8:00am-1:00pm Swimming Lessons (CLOSED)	8:00-9:30am Swimming Lessons (CLOSED)	8:00am-1:00pm Swimming Lessons (CLOSED)	8:00am-1:00pm Swimming Lessons (CLOSED)	8:00am-1:00pm Swimming Lessons (CLOSED)	10:00am-12:00pm Open Swim
Open Swim 1:00-5:00pm	9:30am-10:15am Fluid Movement (CLOSED)	**Open Swim 1:00-5:00pm**	**Open Swim 1:00-5:00pm**	**Open Swim 1:00-5:00pm**	**Adult Fitness 12:00-1:00pm**
1:00-5:00pm Open Swim	10:15am-1:00pm Swimming Lessons (CLOSED)	1:00-5:00pm Open Swim	1:00-5:00pm Open Swim	1:00-5:00pm Open Swim	12:00-1:00pm Open Fitness
Adult Fitness 5:00-6:30pm	**Open Swim 1:00-5:00pm**	**Swim Lessons 5:00-6:30pm**	**Adult Fitness 5:00-6:30pm**	**Adult Fitness 5:00-6:30pm**	**Open Swim 1:00-5:00pm**
5:00-6:30pm Open Fitness	1:00-5:00pm Open Swim	5:00-5:30pm Open Fitness	5:00-6:30pm Open Fitness	5:00-6:30pm Open Fitness	1:00-5:00pm Open Swim
Open Swim 6:30-9:00pm	**Adult Fitness 5:00-6:30pm**	5:30-6:00pm P&C 1 (CLOSED)	**Open Swim 6:30-9:00pm**	**Open Swim 6:30-9:00pm**	
6:30-9:00pm Open Swim	5:00-6:30pm Open Fitness	6:00-6:30pm P&C 2 (CLOSED)	6:30-9:00pm Open Swim	6:30-9:00pm Open Swim	
	Open Swim 6:30-9:00pm	**Open Swim 6:30-9:00pm**			
	6:30-9:00pm Open Swim	6:30-9:00pm Open Swim			

Aquatic Center Rules

- According to NYS all swimmers must shower before entering the pool area. This is head to toe!
- All patrons must wear proper swimming attire: no t-shirts, cut-offs, basketball shorts, underwear etc.
- Preschoolers (not entering kindergarten) must be accompanied in the water and within arm's reach by a participating adult (18 years of age or at least 16 years of age with a current lifeguard training certificate). One (1) adult may accompany a maximum of two (2) preschoolers in the water (e.g. one child for each hand).
- Non-swimmers (kindergarten-15 years) may use the therapy pool with a lifejacket or be accompanied in the water and within arm's reach by a participating adult (18 years of age or at least 16 years of age with a current lifeguard training certificate).
- Swimmers (kindergarten-15 years old) must pass the swim test to swim without an adult in the aquatic center/the deep areas of the pools.
- No running in the aquatics area (deck, balcony, locker rooms or pool activity room).
- Spectators for all activities must be on the balcony.
- No street shoes on deck.
- No diving is allowed in the teaching/therapy pool or lap pool (unless for competitive swimming with a certified coach).
- No pushing, shoving or general horseplay allowed in the aquatics area (locker rooms, pool activity room, deck, etc.).
- Long hair must be tied back or in a swimming cap.
- Chewing gum, and loose Band-Aids are prohibited.
- All swimmers must use the appropriate locker rooms to change, the pool deck, balcony and hallways are not changing rooms. We have family changing rooms available to parents with small children and the physically disabled.
- No food or drink or glass containers are allowed in Aquatics area including the balcony areas (food and drink allowed in pool activity room for special events: i.e. pool parties)
- Patrons must follow all of the Aquatic Center rules posted in the Aquatic Center area and all other directions of the Lifeguards on duty.
- Lifeguards will enforce the above rules and may suspend violators.

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–6:45 Training Program 7:00–8:00 Open/Sports Camps 8:00–5:00 Closed For Gym Floor Cleaning 5:00–5:30 Girls High School Basketball League 5:30–9:00 (Ends July 24) Open 5:00-9:00 (Begins July 31)	Open 5:30–6:00 Fit Camp 6:00–7:00 Training Program 7:00–8:00 Open/Sports Camps 8:00–5:00 Open 5:00–6:00 Pickup Volleyball 6:00–9:00 (Half floor) Open 6:00–9:00 (Half floor)	Open 5:30–6:45 Training Program 7:00–8:00 Open/Sports Camps 8:00–5:00 Closed For Gym Floor Cleaning 5:00–5:30 Boys High School Basketball League 5:30–10:00 (Ends Aug. 2) Open 5:00-9:00 (Begins Aug. 9)	Open 5:30–6:45 Training Program 7:00–8:00 Open/Sports Camps 8:00–5:00 Open 5:00–9:00	Open 5:30–6:45 Training Program 7:00–8:00 Open/Sports Camps 8:00–5:00 Open 5:00–9:00	Open 8:00am–5:00pm	Open 8:00am–5:00pm

Gym Floor Rules and Information

- ***Food and drink are not allowed on the Gym Floor!***
- Non-marking sneakers are required on the floor at all times.
- The Bouldering Wall is open during general Gym Floor operating hours except during camps, special events and league play on the Gym Floor.
- Special groups and activities such as clinics, tournaments, and basketball games take priority over open play.

Running Track Schedule, Rules, and Information

- The Running Track is open for general use from opening to closing every day with the exception of special programs.
- 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.

Youth Athletics Leagues and Programs

Program	Dates & Days	Time	Fee
Girls Summer High School Hoops	June 19–July 24 • Mondays	5:30–10:00pm	$250 per team
Boys Summer High School Hoops	June 21–August 2 • Wednesdays	5:30–9:00pm	$250 per team

New! Fitness Game Room

The Fitness Game Room is an interactive fitness room, using technology and gameplay to get people moving and active all while having fun! Participants can have fun playing games, but have to MOVE in order to play. It will feature six pieces of new equipment that use light, sound and technology to keep people moving. Each piece can be used by individuals or groups, allowing family members, friends and gym buddies to compete against each other. The equipment will provide different cognitive and physical benefits, ranging from strength to agility to heart health.

The room and equipment will also be programmed for use by Personal Trainers and their clients, groups, as well as other adult fitness programs. Having fun while working out is our goal!

The Fitness Game Room is open Monday-Friday, 11:00am-5:00pm and 6:00-8:00pm; Saturday and Sunday, 11:00am-5:00pm.

We hope you will enjoy the Fitness Game Room as another added benefit of your Clark Sports Center membership.

Group Fitness Group Classes Schedule

June 18-September 3

Monday

- **CSC** 8:30-9:30 — Katherine
- NEW **Escape** 9:45-10:15 — Maureen
- **Prime Time** 11:15-12:15 — Katherine
- **Express** 4:30-5:00 — Laurie
- NEW **Pound** 5:30-6:15 — Michelle
- **Tabata** 5:30-6:15 — Laurie
- NEW **Escape** 6:30-7:00 — Ben
- **Karate** 6:30-8:00 — Dave

Tuesday

- **Fit Camp** 6:00-6:45 — Alison
- **Forever Fit** 7:00-7:45 — Susan
- **FIT** 8:15-9:15 — Maureen
- NEW **Barre** 9:15-10:00 — Holly
- **Low Impact Zumba** 10:15-11:00 — Holly
- **Chair Yoga** 11:15-12:15 — Tammy
- NEW **Escape** 4:30-5:00 — Kara
- NEW **TBC** 6:00-6:45 — Sabrina
- **Core & More** 6:30-6:45 — Katie

Wednesday

- **CSC** 8:30-9:30 — Nancy
- **Core & More** 9:30-9:45 — Amy
- NEW **Pound** 9:45-10:30 — Michelle
- **Prime Time** 11:15-12:15 — Carina
- NEW **Barre** 5:30-6:00 — Stefanie
- ↺ **Cardio Kick** 5:30-6:15 — Laurie
- ↺ **Zumba** 6:15-7:00 — Stefanie
- NEW **Escape** 6:30-7:00 — Adam

Thursday

- **Fit Camp** 6:00-6:45 — Alison
- **Forever Fit** 7:00-7:45 — Susan
- **FIT** 8:15-9:15 — Maureen
- NEW **Escape** 9:45-10:15 — Kara
- **Express** 4:30-5:00 — Laurie
- NEW **Pound** 5:30-6:15 — Michelle
- NEW **Tabata** 6:00-6:45 — Katie
- **Core & More** 6:30-6:45 — Laurie
- **Karate** 6:30-8:00 — Dave

Friday

- **Prime Time** 11:15-12:15 — Barb
- ↺ **Zumba** 5:30-6:30 — Elma

Saturday

- **Variety** 9:30-10:30 — Various

Sunday

- ↺ **Zumba** 1:00-1:45 — Elma

Class Key

Studio 1 — Instructor | Studio 2 — Instructor | Sports Performance Area — Instructor | Gym Floor — Instructor | NEW New Class | ↺ Returning Class

Visit www.clarksportscenter.com for more class information.

Saturday Variety Schedule

June 24	Holly	Barre
July 1	Colleen	Tabata
July 8	Stefanie	Barre
July 15	Katie	Tabata
July 22	Sabrina	Total Body Conditioning
July 29	Closed	
August 5	Stefanie	Barre
August 12	Sabrina	Total Body Conditioning
August 19	Katie	Tabata
August 26	Emily	Cardio Dance & Core
Sept 2	Colleen	Tabata

Saturday Spinning Schedule

June 24	Alison
July 1	Colleen
July 8	Don
July 15	Katie
July 22	Don
July 29	Closed
August 5	Don
August 12	Colleen
August 19	Katie
August 26	Josie
Sept 2	Colleen

Group Fitness Spinning Schedule
June 18-September 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 6:00-6:50 Alison		Spinning 6:00-6:50 Colleen		Spinning 6:00-6:50 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Maureen		Spinning 8:30-9:20 Amy		Spinning 8:30-9:30 Nancy	
		NEW Gentle Spin 10:00-10:45 Nancy			
	Spinning 5:30-6:20PM Katie		Spinning 5:30-6:20PM Laurie		

Sunday

Group Fitness Yoga & Pilates Schedule
June 18-September 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Flow 9:45-11:00 Katherine	Kundalini Yoga 9:45-10:45 Tammy	NEW Sunrise Yoga 6:15-7:15 Nicole	Yoga Flow 8:00-9:00 Katherine	NEW Yoga Flow 9:45-10:45 Nancy	Kundalini Fit Yoga 9:30-10:45 Tammy
NEW Ashtanga Elements 5:30-6:30 Simone	Chair Yoga 11:15-12:15 Tammy	Pilates 9:45-10:45 Joann	NEW Restorative Yoga 9:45-10:45 Katherine	Gentle Yoga 1:00-2:00 Karla	
	NEW Pilates 5:15-5:45 Sabrina	Gentle Yoga 1:00-2:00 Nicole			
		Yoga Fit *Level 1* 5:30-6:30 Elma			

Sunday

Gentle Yoga 9:00-10:15 Nicole

Group Fitness Class Information & Policies

- Group Fitness studios & Spinning ® bikes are for classes only.
- Most classes require set up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.
- Group Fitness classes are included in the base membership fee and are available on a first come, first serve basis.
- Participants must be 14 yr. of age of older. (excluding Karate)
- Appropriate clothing and clean footwear is required.
- Preschoolers are not permitted in the studios during classes.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitutions may occur without notice.
- Prime Time participants need to obtain a numbered ticket at the Health & Fitness desk (no sooner than 30 minutes prior to class).
- Please check online (http://www.clarksportscenter.com/health-and-fitness/group-fitness/index.php#class-descriptions) or at the Health & Fitness desk for class size limits.
- It is recommended to bring your own yoga mat to yoga classes.

Class Notes & Schedule Changes

- The Wednesday morning Pound class starts June 28.
- June 28, Cardio Kick will be Tabata.
- July 18, Low Impact Zumba is cancelled.

Health & Fitness

Fitness Center

The new 6500 sq. ft. facility featuring 32 Pieces of cardiovascular equipment, a 16 piece selectorized circuit and a significant section of free weight equipment. A Fitness Center Membership is required to use the Fitness Center. Members and guests must be at least 14 years of age and check-in to the room upon arrival for use. Towel service is offered. Please pick-up and drop off your towel at the Fitness Center Desk.

Personal Training

Our Personal Training program is designed to work with the member's schedule. Times are available during Clark Sports Center operating hours, by appointment only. Please no drop-ins. Stop in to pick up a Personal Training Interest Form or download one from www.clarksportscenter.com . Our Personal Training Coordinator, Kara Arnold, (607) 547-2800, will determine the right trainer for you. Rates are $15/Half Hour or $12.50/Half Hour with the purchase of 10 Sessions. Our diverse training staff has the experience and education to meet your needs and personal goals. We specialize in weight loss, nutrition, strength training, cardiovascular, overall health, functional training, and sports performance.

New! Sports Performance

Located in the mezzanine above the Fitness Center, our Sports Performance Center offers 4 distinct areas for supplementing your training program. The ESCAPE rig is a Functional Training station capable of hosting 20 users at a time. The Kinesis Area offers a 7 Station Circuit that is designed to work with beginners or handle professional athletes. The Power Area offers users 4 pieces of Cardio Equipment as well as some fitness equipment to deliver a one of a kind fitness experience. The Team Area that doubles as a stretch, strength and core area. Use of the Sports Performance area is included with the Fitness Center Membership. Programs take precedence over open use. Schedule will vary. Rates are available for individual, small groups (2 or 3), large groups (4 or 5), and teams more than 5. A free Functional Movement Screening (FMS) may be required. Please contact Adam Swartout, Sports Performance Coordinator, at 607-547-2800 for more information.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to November during Clark Sports Center hours. Members may play at no charge unless a program is in progress. Programs take precedent over Open play. Courts may be reserved for $20/Hour. Please contact Rich Jantzi at (607) 547-2800, ext. 125 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00 Open 5:00–8:00	Open 8:00–3:00 Women's League 3:30–8:00pm	Open 8:00–3:00 Open 5:00–8:00	Open 8:00–3:00 Open 5:00–8:00	Open 8:00–8:00	Open 8:00–8:00 Long-term Rental 1:00-4:00 (2 Courts)

Tennis Leagues

The Women's Summer Tennis Leagues will take place on Wednesday evenings, starting July 5 and ending August 23. Register at the Fitness Center Desk, June 19-25. Doubles league is $30 for members or $60 for non-members. For more information, contact Amy Porter, (607) 547-2800, ext. 129.

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 league, all four courts are reserved for league participants.

Racquets Schedule

The Sports Center has two racquetball courts, two squash courts, and a doubles squash court that are open year round during facility hours. Members may play at no charge unless a program is in progress. Programs take precedent over Open play. Courts may be reserved for $20/Hour. For more information, contact Rich Jantzi at 607-547-2800, ext. 125.