

# ClarkSportsCenter

## Winter Schedule

October 30, 2017–March 2018



2018 Fatty Bumpo Fat Tire Race:  
February 3, 2018

- Adventure.....4
- Bowling.....5
- Aquatics .....6-9
- Athletics ..... 10-11
- Group Fitness..... 12-14
- Health & Fitness ..... 14
- Racquets.....15
- Fitness Game Room ... 15

### Clark Sports Center Facility Hours

**Labor Day–Memorial Day**  
 Monday–Friday, 5:30am–9:30pm  
 (Pool closes at 9:00pm)  
 Saturday, 8:00am–9:00pm  
 Sunday, 8:00am–5:00pm

## 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) <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 (30 consecutive days)	\$55
7 Day Pass	Inquire at Main Desk

Applications for a reduced fee membership are available at the Main Desk. Applicants must meet income guidelines to qualify.

### Payment Plans

One payment (Pre-paid in Full)	Annual, 90 Day, and One Month Memberships
Two Payment Plan	One half upon application with bills sent biannually (Annual Membership only).
Quarterly Payment Plan	One quarter upon application with bills sent every three months (Annual Membership only).

*Multiple payment plans incur a \$2 processing fee for each billing.* All memberships with multiple payment plans are at minimum a one year obligation. After one year, memberships will continue to be billed but may be cancelled at any time without penalty. Failure to complete the minimum results in cancellation of membership and forfeiture of lockers with the remaining balance pending. Membership changes incur a \$10 administrative fee.

### Refund Policy

Membership refunds will be given only in the event of a medical condition that prevents a member from participation, or if a member permanently moves outside a fifty mile radius of The Clark Sports Center. All membership refund requests must be made in writing and submitted to Kathy Graham.

### Assumption of Risk

All participants must have an Assumption of Risk form on file prior to using The Clark Sports Center and its facilities. Assumption of Risk forms for any person under the age of 18 must be signed by a parent or legal guardian. The form may be picked up at the Main Desk or found at [www.clarksportscenter.com](http://www.clarksportscenter.com).

### Guests

Guests are welcome to The Clark Sports Center. We reserve the right to limit the number of guests if usage reaches capacity. Reservations are required for groups of 8 people or more (call Eve Cripps at 547-2800, ext. 105). Adults: \$10, Juniors: \$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 lightning detector 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 school 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, Sports Performance Area, Group Fitness rooms, 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 gym floor lobby. 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

Every school day 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 Animal Allowed Policy

Animals 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, and Tuesday and Thursday, 4:15-7:15pm. 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, bottles, and snacks must be supplied and all belongings labeled. Fee: \$5 per hour (minimum of \$5.00). Must be paid for on the day of service.



# Adventure Programs

## Adventure Outings and Events

**3<sup>rd</sup> Annual Fatty Bumpo Fat Tire Race** • Saturday, February 3, 2018. Race starts at 10:00am and takes place on the Clark Sports Center grounds. Register online or at the Clark Sports Center. Day of Registration will begin at 9:00am. Race fee: \$20/rider for all races. \$30/rider in both classes.

### Race classes:


FFFO (Fun for Fattys Only): 3" Tire and Wider. Men 10 Mile, Women 10 Mile and Junior (18 and under) 5 Mile.

FFA (Fun for All Fattys and Mtb): Open Class - Men, Women, Junior 5 Miles

**Winter Carnival Weekend Geocaching** • Learn how to use a GPS device in this high tech global treasure hunt. Be prepared to travel by foot to various locations in all weather conditions. The Clark Sports Center will have GPS Units to share for this program. No sign up necessary. Free for members & non-members. Adults & children: groups of children must have an adult with them.

Sunday, February 11, 10:00am. Meet in Pioneer Park.

## Keep an eye out for the following January and February trips!



**Ice Climbing** • Group trips guided by Jim DiLiberto and Will Weinert, NY State Licensed Guides. Ages 13+, youth must be accompanied by an adult. Dates and times will be announced as we get a better look at the weather!

**Kayak Rolling and Bracing Clinics** • Led by Jim DiLiberto, American Canoe Association Level 4 Whitewater Instructor in pool sessions. Good clean fun!

## School Break Activities

### February Break Activity

February 21 • 9:00am–5:00pm

Wonder Works at Destiny USA Trip • Sign up at the Main Desk. Participants need to bring their own lunch or lunch money for the food court. Parent signed waivers required. \$20 for members, \$25 non-members. Max participants: 20.

February 23 • 10:00am–4:00pm.

Skyzone • Sign up at the Main Desk. Participants need to bring their own lunch or lunch money for the food court. Parent signed waivers required. \$20 for members, \$25 non-members. Max participants: 20

## Winter Indoor Rock Wall Climbing Hours

### After School Climb

Monday-Friday, 3:00-4:30pm

### Advanced Climb

Monday-Friday, 8:00-10:00am

Monday-Thursday, 6:00-9:00pm

Saturday & Sunday, 8:00-11:00am

Saturday, 6:00-9:00pm

### Open Climb

Monday-Friday, 2:00-3:00pm

Monday-Thursday, 5:00-6:00pm

Friday, 5:00-9:00pm

Saturday, 12:00-6:00pm

Sunday, 12:00-5:00pm

### Belay School

Saturday & Sunday, 11:30am-12:00pm

**Advanced Climb Hours:** No one under the age of 12 is allowed to climb unless belayed by a parent or guardian.

**Afterschool Climb Hours:** Participants do not need to be accompanied by an adult. They can simply show up and climb.

**Open Climb Hours:** Anyone under the age of 12 must be accompanied by an adult. To climb on a top rope, a climber needs to bring a competent belay partner that is over 12 years of age.

*Participants assume all risk in the use of personal climbing equipment.*

**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, after school and league play. Free for members!

# Bowling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00 Men's League 6:00–9:00	Senior Citizen Bowling 9:00–10:30 Preschool Bowling 10:30–11:00 Open 1:00–5:00 Women's League 6:00–9:00	Senior Citizen Bowling 1:00–2:30 Open 2:30–5:00 Men's League 7:15–9:00	Open 9:00–12:00 Women's League 1:00–3:00 Open 3:00–5:00	Open 9:00–12:00 Open 1:00–5:00 Elementary League 3:00–5:00 (Nov. 3–April 6) Open 6:00–9:00 League 7:00–9:00 (Oct. 26–Mar. 31, 4 lanes)	Open 1:00–5:00 Open 6:00–9:00	Open 1:00–5:00



## Bowling Fees

	Juniors	HS/College	Adults
<b>Game</b>	75¢	\$1.00	\$2.00
<b>Shoes</b>	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.

## 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.

## Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 12–May 15 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 3–April 6 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 3	\$30
Men's Monday League	Sept. 18–Mar. 12 Mondays	7:00–9:00pm	September 18	\$10 per night
Women's Tuesday League	Sept. 12–Mar 20 Tuesdays	6:00–9:00pm	September 12	\$10 per night
Men's Wednesday League	Sept. 20–Mar. 28 Wednesdays	7:15–9:00pm	September 20	\$10 per night
Women's Thursday Afternoon League	Sept. 7–April 5 Thursdays	1:00–3:00pm	September 7	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 12–May 15 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 13–May 16 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)

# Lap Pool

Schedule  
December 26-March 4

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Pathfinder 9:15-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CSC Sharks Swim Team 3:30-5:00pm Swim Lessons - Levels 4-6 3:30-4:00pm Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:30 Open Swim 3:00-4:00pm CSC Sharks Swim Team 3:30-5:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00 Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CSC Sharks Swim Team 3:30-5:00pm Swim Lessons - Level 2 3:30-4:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CSC Sharks Swim Team 3:30-5:00pm Swim Lessons - Level 3 3:30-4:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Pathfinder 9:15-10:30am Preschool Swim 10:30-11:30am Open Swim 3:00-4:00pm CSC Sharks Swim Team 3:30-5:00pm Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm <b>Sunday</b> Adult Laps 8:00-10:00am Paddle Board Yoga 8:15-9:15 Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm The Lap Pool will be closed Monday-Friday, 4:00-5:00pm, until mid-March, for Sharks Swim Team practice.

# Teaching Pool

Schedule  
December 26-March 4

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com). **Red = Pool Closed**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30-8:00am Adult 8:00-10:00am Head Start 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-12:00pm Adult 12:30-1:00pm Bassett Physical Therapy 1:30-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Adult 10:00-10:30am Preschool Swim 10:30-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-12:30 LEAH Swim 12:30-2:30pm Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons 3:30-4:00pm CSC Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-10:00am Head Start 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-11:45pm Aqua Yoga 11:45-12:30pm Adult 12:30-1:30 Bassett Physical Therapy 1:30-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Adult 10:00-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-1:30pm Bassett Physical Therapy 1:30-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open 5:30-8:00am Aqua Zumba 8:15-9:15am Adult 9:15-10:00am Head Start 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00pm Adult 5:00-6:30pm Open 6:30-9:00pm	Open 8:00-9:00am Swim Lessons 9:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm Adult 5:00-6:30pm Open 6:30-9:00pm <b>Sunday</b> Adult 8:00-10:00am Open 10:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm



# Diving Pool

Schedule  
December 26-March 4

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30-8:15am Morning Splash 7:00-7:45am POOL CLOSED Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-3:30pm Swim Lessons - Levels 4-6 3:30-4:00pm POOL CLOSED CSC Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 5:30-8:15am Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:30pm Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 5:30-8:15am Morning Splash 7:00-7:45am POOL CLOSED Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 5:30-8:15am Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 5:30-8:15am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Adult 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm
					Sunday
					Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm

## New Class! Stand Up Paddle Board Yoga

Classes begin Sunday, January 7, from 8:15-9:15am, through March 4. Sign up ahead of time at the Main Desk. Class will be taught by Nicole. Limit 9.

Members: \$20 per class or \$135 for all 9 classes.

Non-members: \$40 per class or \$270 for all 9 classes.



## Aquatic Center Closure Notice

- The Aquatic Center will be closed for CCS Boy's Varsity Swim on January 4, January 16 and January 30.
- On January 20, the Aquatics Center will be closed for a Clark Sports Center Shark's Swim Team meet.
- On February 24, the Aquatics Center will be closed from 8:00am to 2:00pm, or approximately 30 minutes after the conclusion of the meet.

## Teaching Pool Closure Notice

The Teaching Pool will be closed 1:00-1:30pm on January 3, 11, 18, 24, February 1, 7, 15, 28, March 7 and 15.

*Dates are subject to change.*

## Snow Day and School Holiday Pool Schedules

In the event of a Cooperstown Central School snow day or early dismissal, there will be Open Swim 10:00am-12:00pm, and 1:00-5:00pm. All aquatic programs will be cancelled for the day.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Splash</b> 7:00-7:45 Carole	<b>Sweat Wet</b> 8:15-9:00 Susan	<b>Hydro Power</b> 7:00-7:45 Carole	<b>Sweat Wet</b> 8:15-9:00 Susan	<b>Morning Splash</b> 7:00-7:45 Carole
<b>Sweat Wet</b> 8:15-9:00 Carole	<b>Fluid Movement</b> 9:15-10:00 Susan	<b>Sweat Wet</b> 8:15-9:00 Carole	<b>Fluid Movement</b> 9:15-10:00 Susan	<b>Aqua Zumba</b> 8:15-9:15 Veronica
<b>Aqua Body Blast</b> 9:15-10:00 Carole	<b>Deep Aqua B.A.S.I.C.</b> 5:30-6:15 Carole	<b>Aqua Body Blast</b> 9:15-10:00 Carole	<b>Deep Aqua B.A.S.I.C.</b> 5:30-6:15 Carole	
<b>Hydro Power</b> 5:30-6:15 Carole		<b>Aqua Yoga</b> 11:45-12:30 Nicole		
		<b>Hydro Power</b> 5:30-6:15 Carole		

**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.

**Aqua Yoga (Limit 10):** This class features gentle yoga that is good for beginners. It's restorative, easy on the joints and has zero resistance! Class begins 10/30/17.

**Aqua Zumba (Limit 20):** Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio conditioning, body-toning, and most of all, fun & invigorating!

**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.

**Hydro Power (Limit 20):** Utilizing high intensity interval training, your body works the deep water with power to attain maximum cardio and strength benefits.

**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!!

## New Sunday Class!

### Stand Up Paddle Board Yoga

Classes begin Sunday, January 7, from 8:15-9:15am, through March 4. Sign up ahead of time at the Main Desk. Class will be taught by Nicole. Limit 9.

Members: \$20 per class or \$135 for all 9 classes.

Non-members: \$40 per class or \$270 for all 9 classes.

## Winter Swim Lessons

Swimming lessons are offered for youth of all ages and abilities, preschool – high school. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed on the pool deck during lessons, please use the balcony to watch. Please arrive on time. Lessons are for members only and registration is required.

Block 3 Winter Lessons - Monday, January 8- Saturday, February 17. Registration begins Tuesday, January 2. Due to the overwhelming demand of swimming lessons, we ask that you sign your child up for just one class at this time. Classes may be canceled due to CCS Swim Team Meets.

### Afterschool swim lessons for school age children K-18

Monday 3:30-4:00pm : Level 4, 5 & 6 (Limit 15)

Tuesday 3:30-4:00pm : Level 1 (Limit 18)

Wednesday 3:30-4:00pm : Level 2 (Limit 18)

Thursday 3:30-4:00pm: Level 3 (Limit 18)

### Evening Swim Lessons

#### Preschool Lessons – (6 mos – not attending K)

Parent and Child 1 (Limit 10 per class)

Mondays 5:30-6:00pm

Wednesdays 6:30-7:00pm

Parent and Child 2 (Limit 10 per class)

Thursdays 6:30-7:00pm

#### Ducks

Mondays 6:00-6:30 (Limit 5)

Wednesdays 5:30-6:00pm (Limit 10)

#### Frogs

Mondays 6:30-7:00pm (Limit 5)

Wednesday 6:00-6:30pm (Limit 10)

#### Octopi

Thursdays 5:30-6:00pm (Limit 10)

#### Dolphin

Thursdays 6:00-6:30pm (Limit 5)

### School Age Swim Lessons (K-18)

#### Level 1

Tuesdays 5:30-6:00pm (Limit 12)

Thursdays 6:00-6:30pm (Limit 12)

#### Level 2

Tuesdays 6:00-6:30pm (Limit 12)

Thursdays 6:30-7:00pm (Limit 12)

#### Level 3

Tuesdays 6:30-7:00pm (Limit 12)

Thursdays 5:30-6:00pm (Limit 12)

#### Level 4/5/6

Wednesdays 5:30-6:00pm (Limit 8)

### Adult Group Swimming Lessons

#### Adult 1

Tuesdays 6:30-7:00pm (Limit 8)

#### Adult 2

Wednesdays 6:00-6:30pm (Limit 8)

#### Adult 3

Wednesday 6:30-7:00pm (Limit 8)

### Saturday Morning Swim Lessons

#### Preschool

Parent and Child 1 (Limit 10)

9:00-9:30am

Parent and Child 2 (Limit 10)

9:30-10:00am

#### Ducks (Limit 10)

10:00-10:30am

#### Frogs (Limit 10)

10:30-11:00am

#### Octopi (Limit 5)

10:30-11:00am

#### Dolphins (Limit 5)

10:00-10:30am

### School Age Group Swim Lessons

#### Level 1 (Limit 12)

11:00-11:30am

#### Level 2 (Limit 12)

11:30-12:00pm

#### Level 3 (Limit 8)

9:30-10:00am

#### Level 4/5/6 (Limit 8)

9:00-9:30am

### Adult Group Swim Lessons

#### Adult 1

Saturdays 11:30am-12:00pm

#### Adult 2

Saturdays 11:00-11:30am



# Fitness Game Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 11:00am–7:00pm	Open 11:00am–7:00pm	Open 11:00am–7:00pm	Open 11:00am–7:00pm	Open 11:00am–8:00pm	Open 11:00am–5:00pm
GameChangers Gold 11:00–11:30am	Little GameChangers 11:00–11:30am	Little GameChangers 11:00–11:30am	Little GameChangers 11:00–11:30am	GameChangers Gold 11:00–11:30am	Fitness Game Room Party Rentals 6:00–8:00pm
GameChangers 1:00–1:30pm	LEAH Program 12:00–3:00pm	GameChangers Gold 11:00–11:30am	GameChangers 1:00–1:30pm	After School Youth Play 3:00–5:00pm	
After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	GameChangers 1:00–2:00pm	After School Youth Play 3:00–5:00pm		<b>Sunday</b>
GameChangers 6:00–6:30pm		After School Youth Play 3:00–5:00pm			Open 11:00am–5:00pm
		GameChangers 6:00–6:30pm			

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

## ROOM USE

- The exergaming room may only be used during designated times and when staffed.
- Staff is available to orient all participants on the equipment during open hours.
- The Fitness Game Room is designed for interactive gaming and play. Participants will NOT be permitted to sit or stand around.
- All equipment must be used appropriately at all times.
- All safety precautions must be followed.
- Closed toe shoes are required at all times.
- No food or drink is permitted, with the exception of water bottles with lids that can close.
- The Fitness Game Room attendant reserves the right to expel any participant that is disrespectful to staff, other players, exhibits poor sportsmanship or misuse of the equipment.

## AGE GUIDELINES

- The Fitness Game Room is for all ages during open times
- Participants under 5 years of age must be under direct supervision of an adult 18 years or older. Directly supervised is defined as standing on the floor an arm's length away, but not on another piece of equipment.

## Fitness Game Room Descriptions

**GameChangers:** This techno-fitness program time will provide an opportunity for those looking to change their fitness routine. Skills and challenges that will provide speed, agility and strength components to your workout, and will also trigger your mental and cognitive abilities through a fun, interactive, gaming environment.

**Little GameChangers:** This program is geared very similarly to the GameChangers program, but with the intention to offer preschool aged children a time to play with the interactive technology that is age appropriate at their skills and abilities level.

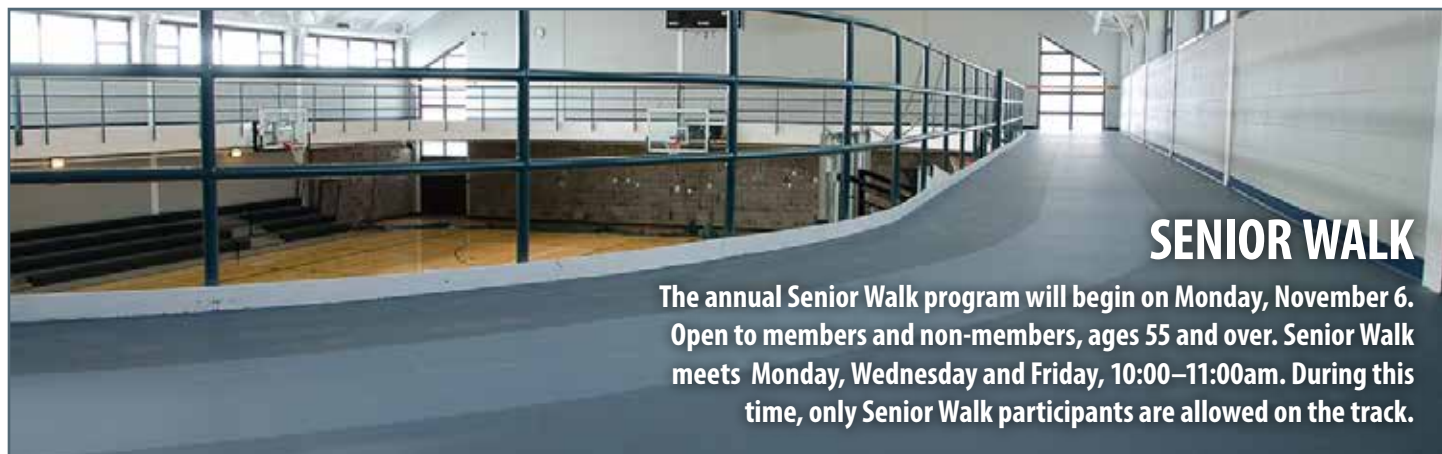
**GameChangers Gold:** Much like GameChangers program time, this program is designed to provide an opportunity for those in their “golden years” to change up their workout routine to a fun, interactive, gaming environment that will train mental and cognitive abilities, balance and strength to keep an active lifestyle.

**After School Youth Play:** This time slot, Monday–Friday, 3:00–5:00pm, is geared towards allotting school age children an opportunity to enjoy the interactive gaming environment of the Fitness Game Room. This time slot may vary depending on the school calendar (i.e. school break/vacation, conference and snow days).

**Fitness Game Room Party Rentals:** The Fitness Game Room is available for your private birthday party or group gathering. Rentals are first come, first serve. Priority will be available for Saturday evenings. You may rent the room for 1 hour for \$50, or for 2 hours for \$75. For more information or to make your reservation, please call Matt Phillips, at (607) 547-2800, ext. 130.

# Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–10:00	Open 5:30–6:00	Open 5:30–8:30	Open 5:30–8:30	Open 5:30–9:00	Open 8:00am–9:00pm	Open 8:00–9:00
Headstart 10:00–11:30	Fit Camp 6:00–7:00	Open/ Adult Pickleball 8:30–2:30	Setup 8:30–9:00	Headstart 9:30–10:30	Travel Basketball Note: 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.	Adult Pickleball Open Play 9:00–11:00
Open 11:30–5:00	Open 7:00–8:30	Kids Day	Preschool Play 9:00–10:30	Open 10:30–3:00		Open 11:00–5:00
Slow Break Basketball League Setup & Warm-up 5:15–6:00	Setup 8:30–9:00	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	Preschool Sports Academy 10:45–11:15	Boy's Jr. (C & D) Basketball League Practice 3:15–4:15		
Slow Break Basketball League 6:00–10:00	Open 10:30–12:30	Open 5:00–6:00	Open 11:30–12:00	Girl's Jr. (C) Basketball League Practice 4:15–5:15		
	L.E.A.H 12:30–2:30	Men's Pickup Basketball (Sept. 13–June 6) 6:00–8:00	Adult Pickleball Open Play 12:00–2:30	Open 5:30–9:30		
	Open 2:30–5:00	Women's Pickup Basketball (Sept. 13–June 6) 8:00–9:30	Boy's Sr. (A & B) Basketball League Practice 3:15–4:15			
	Adult Volleyball League (Half of Gym Floor, Jan. 2–April 17) 6:00–9:00		Girl's Sr. (A & B) Basketball League Practice 4:15–5:15			
	Open (Half of Gym Floor, Jan. 2–April 17) 6:00–9:00		Adult Futsal League 6:00–9:30			
<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.						



**SENIOR WALK**  
The annual Senior Walk program will begin on Monday, November 6. Open to members and non-members, ages 55 and over. Senior Walk meets Monday, Wednesday and Friday, 10:00–11:00am. During this time, only Senior Walk participants are allowed on the track.

# Athletics Information



## ADULT PICKLEBALL

Wednesdays, 8:30am–2:30pm (begins January 3) Thursdays, 12:00-2:30pm and Sundays, 9:00-11:00am. During Thursday afternoons, Adult Pickleball have available open floor time, depending on numbers. Please call (607) 547-2800 ahead of time to inquire about availability.

## PRESCHOOL PLAY PROGRAM

This program runs Tuesday and Thursday during the school year from 9:00-10:30am. Children must be accompanied by an adult and we ask that no food or beverage be brought into the gym. This is a free program for all members and requires no sign-up. Preschool Play does not run on school holidays or snow days.



**Track Rules and Times** • The track is open at all times except during Senior Walk on Mondays, Wednesdays, and Fridays from 10:00-11:00am, November through April. We will also close the track during special programming, but will post signs well in advance. Please make sure to follow the directional arrow at all times. Outside of special programming the arrow should never change unless agreed upon by all who are on the track. You must be in 7th grade or above to use the track, unless with a supervised special program. There are 3 lanes on the track and walkers should always use the inside 2 lanes while runners have the outside lane. No strollers are permitted on the track.

**Pick-up Nights** • New this year are adult pick-up nights for volleyball, futsal and basketball. These nights require no sign-ups, just show up and play. Pick-up nights are for adults who are 18+ and must be out of high school. There will be a designated night for pick-up basketball and volleyball for grades 7-12.

**Attire** • Sneakers with non-marking soles are the only shoes allowed on the gym floor and track. No other shoes will be allowed.

**Special Programs** • Special programs will take precedent over open gym times on Saturday mornings. There will also be weekend programs such as the National Baseball Hall of Fame Induction, and the Antiquarian Book Fair that will close the gym floor and running track. Signs will always be up in advance as well as on [www.clarksportscenter.com](http://www.clarksportscenter.com).

**Pickleball** • We will have designated pickleball times throughout the year. During this time we will set-up the pickleball nets on a needs basis. At least one court will be up with the option for adding two more, depending on the number of people playing. These programs will be for adults only.

**Sign-up Programs** • Preschool Sports Academy, dodgeball, youth basketball, gymnastics, Tumble Buddies, and adult leagues are all programs that require sign-ups. For information on dates, times, and eligibility, please visit [www.clarksportscenter.com](http://www.clarksportscenter.com).



Monday	Tuesday	Wednesday	Thursday	Thursday cont.	Saturday	
Escape 6:00-6:30 Deirdre	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Deirdre	Fit Camp 6:00-6:45 Alison	Core & More 6:20-6:35 Laurie	Escape 8:30-9:00 Adam	
<b>NEW</b> Long Strong Life 8:30-9:30 Deirdre/Danisa	Forever Fit 7:00-7:45 Susan	CSC 8:30-9:30 Nancy	Forever Fit 7:00-7:45 Susan	Karate 6:30-8:00 Dave	Pound/Zumba 8:30-9:15 Various	
Escape 9:45-10:15 Maureen	FIRE 8:15-9:15 Maureen	Core & More 9:20-9:35 Amy	FIRE 8:15-9:15 Maureen	<b>NEW</b> Escape 7:00-7:30 Andy/Jimmy	Variety 9:30-10:30 Various	
Prime Time 11:15-12:15 Katherine	Barre 9:15-10:00 Holly	TRX Plus 9:45-10:15 Ben	Barre 9:15-10:00 Holly	Friday		
Express 4:30-5:00 Laurie	Long Strong Life 9:30-10:15 Maureen	Prime Time 11:15-12:15 Carina	Long Strong Life 9:30-10:15 Maureen	<b>NEW</b> Escape 6:00-6:30 Deirdre	<b>NEW</b> TRX Plus 1:30-2:00 Hannah	
Zumba 5:30-6:15 Breanne	Low Impact Zumba 10:15-11:00 Holly	<b>NEW</b> Express 4:30-5:00 Laurie	Escape 9:45-10:15 Kara	Prime Time 11:15-12:15 Barb	Sunday	
Tabata 5:30-6:30 Laurie	Escape 4:30-5:00 Kara	<b>NEW</b> Express STEP 5:15-5:45 Laurie	Low Impact Zumba 10:15-11:00 Holly	Escape 4:30-5:00 Deirdre	TRX Plus 8:30-9:00 Andi	
Escape 6:30-7:00 Ben	TRX Plus 5:30-6:00 Brittany	Barre 5:30-6:00 Stefanie	Express 4:30-5:00 Laurie	Zumba 5:30-6:30 Elma	Escape 9:30-10:00 Ben	
Karate 6:30-8:00 Dave	Pound 5:30-6:15 Stefanie	<b>NEW</b> Cardio Dance & Core 6:15-7:00 Stefanie	TRX Plus 5:30-6:00 Andi	Zumba 1:00-1:45 Elma	Zumba 1:00-1:45 Elma	
	Core & More 6:20-6:35 Amy/Deirdre	Escape 6:30-7:00 Adam	Pound 5:30-6:15 Michelle	<b>NEW</b> Escape 1:30-2:00 Ben		
	<b>NEW</b> Escape 7:00-7:30 Ben		Tabata 6:00-7:00 Brittany			

Class Key

Studio 1

Instructor

Studio 2

Instructor

Sports Performance Area

Instructor

Gym Floor

Instructor

**NEW** New Class

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more class information.

Saturday Variety

Jan 6	TBC (Brittany)
Jan 13	Cardio Dance & Barre (Stefanie)
Jan 20	Cardio Dance & Core (Emily)
Jan 27	Barre (Holly)
Feb 3	Let Loose & Line Dance (Brittany)
Feb 10	Cardio Dance & Core (Emily)
Feb 17	Cardio Dance & Barre (Stefanie)
Feb 24	Tabata (Colleen)
Mar 3	TBC (Deirdre)

Sat. Pound/Zumba

Jan 6	Pound (Michelle)
Jan 13	Pound (Stefanie)
Jan 20	Pound (Michelle)
Jan 27	Zumba (Holly)
Feb 3	Zumba (Veronica)
Feb 10	Pound (Michelle)
Feb 17	Pound (Stefanie)
Feb 24	Zumba (Elma)
Mar 3	Zumba (Elma)

Saturday Spinning

Jan 6	Deirdre
Jan 13	Don
Jan 20	Alison
Jan 27	Colleen
Feb 3	Deirdre
Feb 10	Josie
Feb 17	Don
Feb 24	Alison
Mar 3	Colleen

Sunday Spinning

Jan 7	Deirdre
Jan 14	Colleen
Jan 21	Don
Jan 28	Maureen
Feb 4*	Colleen
*90 Minute Food Pantry Ride • 8:30-10:00am.	
Feb 11	Josie
Feb 18	Colleen
Feb 25	Don
Mar 4	Maureen

# Group Fitness

# Spinning

Schedule  
January 2–March 4

Monday	Monday cont.	Wednesday	Thursday	Friday	Saturday
<b>Spinning</b> 6:00-6:50 Alison	<b>Express Spin</b> 6:00-6:30PM Josie	<b>Spinning</b> 6:00-6:50 Colleen	<b>Express Spin</b> 9:15-9:45AM Deirdre	<b>Spinning</b> 6:00-6:50 Colleen	<b>Spinning</b> 8:15-9:15 Various
<b>Spinning</b> 8:30-9:30 Maureen	<b>Tuesday</b>	<b>Spinning</b> 8:30-9:20 Amy		<b>Spinning</b> 8:30-9:30 Nancy	
<b>Gentle Spin</b> 10:00-10:45 Deirdre	<b>Express Spin</b> 9:15-9:45AM Deirdre	<b>Gentle Spin</b> 10:00-10:45 Nancy	<b>Express Spin</b> 3:30-4:00PM Josie		<b>Sunday</b>
<b>Express Spin</b> 3:30-4:00PM Josie	<b>Spinning</b> 5:30-6:15PM Amy/Deirdre	<b>Express Spin</b> 6:00-6:30PM Laurie	<b>Spinning</b> 5:30-6:15PM Laurie		<b>Spinning</b> 9:30-10:30 Various

# Group Fitness

# Yoga & Pilates

Schedule  
January 2–March 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Restorative/ Gentle Yoga</b> 8:15-9:15 Katherine	<b>Hatha Yoga</b> 9:45-10:45 Nicole	<b>Sunrise Yoga</b> 6:15-7:00 Nicole	<b>Creative Movement &amp; Meditation</b> 8:15-9:15 Harpremeet	<b>Yoga Flow</b> 9:45-10:45 Nancy	<b>NEW Gentle Yoga</b> 8:15-9:00 Antonita
<b>Adventurous Yoga</b> 9:30-10:45 Katherine	<b>Chair Yoga</b> 11:15-12:15 Nicole	<b>Pilates</b> 9:45-10:45 Joann	<b>Beginner Yoga Flow</b> 9:45-10:45 Antonita	<b>Gentle Yoga</b> 1:00-2:00 Karla	<b>Ashtanga Yoga</b> 9:30-10:45 Simone
<b>Gentle Yoga</b> 1:00-2:00 Antonita		<b>Gentle Yoga</b> 1:00-2:00 Nicole	<b>NEW Heated Vinyasa Flow Yoga</b> 5:30-6:30 Suzanne	<b>Hatha Happy Hour</b> 5:30-6:30 Harpremeet	<b>Sunday</b>
<b>Hot Yoga</b> 5:30-6:30PM Alexis	<b>Yoga for Athletes</b> 6:15-7:00 Nicholas	<b>Yoga Fit Level 1</b> 5:30-6:30 Elma			<b>NEW Yoga for Athletes</b> 9:30-10:15 Nicole
<b>NEW Hatha Yoga</b> 7:00-7:45 Alexis					<b>Gentle Yoga</b> 10:30-11:30 Nicole

\* Please see the Aquatic Center Schedule for Aqua Yoga classes.

## 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 years of age or 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 & TRX 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.

## After School Kids Group Fitness

3:30-4:00

Monday • Kids Yoga  
(Alexis-Studio 1)

Tuesday • Fit Kids  
(Ben-Sports Performance Area)

Thursday • Fit Kids  
(Deirdre-Studio 1)

Friday • Fit Kids  
(Ben-Sports Performance Area)

# Health & Fitness

## Fitness Center


The new 6500 sq. ft. facility features 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. 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](http://www.clarksportscenter.com). Our Personal Training Coordinator, Kara Arnold, (607) 547-2800, ext. 127, 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. All Personal Trainers are certified by a nationally recognized accredited agency.

## 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 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.



**TRX Plus Classes New!**

Tuesday	5:30-6:00pm
Wednesday	9:45-10:15am
Thursday	5:30-6:00pm
Sunday	8:30-9:00am

**Escape Classes**

Monday/Wednesday	6:00-6:30am, 6:30-7:00pm
Tuesday/Friday	4:30-5:00pm
Monday/Thursday	9:45-10:15am
Saturday	8:30-9:00am
Sunday	9:30-10:00am

## FREE BLOOD PRESSURE CHECK



**Tuesday, 9:00am & Wednesday, 5:00pm**  
**Located in the Personal Training Room**

## Power to Survive - Bassett Cancer Partnership

**Who?** A free small group program designed for adults who are facing a cancer diagnosis. Participants must be referred (in writing) by Bassett Healthcare.

**Objective?** To give adults who are facing cancer the opportunity to start or continue exercising to help give them the power to feel strong both physically and mentally. Help cancer patients in developing their own physical fitness to reduce side effects of treatments, improve energy levels and self-esteem.

**What?** 8 week program includes use of the facility, group fitness classes, nutrition information and group support meeting with personal trainer. When a person joins the program they initially meet with a person/personal trainer to outline a goal and how to reach that goal. This can initially be done in a group setting and then individually.

For more information, please contact Rich Jantzi, at (607) 547-2800, ext. 125.



# Racquets

## Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to **November 1**, during daylight 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 per court. Please contact Rich Jantzi at (607) 547-2800, ext. 125 for more information.

## Indoor Racquetball and Squash Court 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. Afterschool court play takes precedence during 3:00–3:15pm (while school is in session). Courts may be reserved for \$20/hour per court. For more information, contact Matt Phillips at (607) 547-2800, ext. 130.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–3:00pm	Open 5:30am–12:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open* 8:00am–9:00pm
After School Court Play 3:00–5:00pm	LEAH Program 12:00–3:00pm	After School Court Play 3:00–5:00pm	After School Court Play 3:00–5:00pm	After School Court Play 3:00–4:00pm	*Racquet Clinics will be scheduled on Saturday mornings or Thursday evenings. Dates & times TBA.
Men's Racquetball League 6:00–9:30pm	After School Court Play 3:00–5:00pm	Men's Squash League 6:00–9:30pm	Women's Squash League 6:00–9:30pm	Jr. Racquet Academy (Racquetball • Nov. 3-12/1) (Squash • 1/5-1/26) 4:00–5:00pm	<b>Sunday</b> Open Match Play 8:00am–12:00pm
	Women's Racquetball League 6:00–9:30pm			Open 5:00–9:30pm	Open 12:00–5:00pm

### Court Rules

- Court doors must be closed during any court activity.
- Only clean, non-marking court shoes are permitted on the Racquetball and Squash Courts. Outdoor footwear, sandals or bare feet are not permitted on any indoor court surface.
- Eye protection **MUST** be worn at ALL times. Sport specified goggles are supplied in the equipment cart (stationed between the courts).
- Only 2 players allowed in the Racquetball Courts 1 & 2, Squash Courts 3 & 4. The Doubles Squash Court 4 may have up to 4 players. Due to the nature and size of the Doubles Squash Court, children (under the age of 14), may not use the court, unless participating in a program.
- Food, drink, gum, bags and electronics are not permitted in the courts at any time.

## Youth & Adult Racquet Leagues and Programs

Program	Days	Time	Registration	Fee
Jr. Racquets Academy - Squash (Grades 4-6, members only)	Jan. 5–26 Fridays	4:00–5:00pm	Dec. 4–22	\$20 per person
Men's Racquetball League	Nov. 6–TBD Mondays	6:00–9:30pm	Oct. 18–Nov. 6	\$25 for members \$35 for non-members
Women's Racquetball League	Nov. 7–TBD Tuesdays	6:00–9:30pm	Oct. 18–Nov. 7	\$25 for members \$35 for non-members
Men's Squash League	Nov. 8–TBD Wednesdays	6:00–9:30pm	Oct. 18–Nov. 8	\$25 for members \$35 for non-members
Women's Squash League	Nov. 9–TBD Thursdays	6:00–9:30pm	Oct. 18–Nov. 9	\$25 for members \$35 for non-members
Private Instruction	By appointment	TBD	By appointment	\$15 per 30 minutes

# Winter Carnival Bowling Tournament!

Friday, February 9, 6:00pm

Saturday, February 10, 9:00am

Teams of 1 adult & 1 child (2nd grade+), and open to all members and non-members. \$3 for members or \$6 for non-members. Sign up in the Bowling Alley or call (607) 547-2800 to sign up.



## WINTER CARNIVAL • February 9-11, 2018 • CSC Events

### TUESDAY FEBRUARY 6

**Elementary Free Throw Contest:** Clark Sports Center. Free for children in grades K-6. 3:00-4:00. Sign-up on the gym floor.

### FRIDAY FEBRUARY 9

**Bowling Tournament:** 6:00pm Clark Sports Center. Teams are 1 Adult & 1 Child (2nd grade or above). \$3 per member, \$6 per non-member. Call 547-2800 Ext 108 to register or sign up in the bowling alley.

### SATURDAY FEBRUARY 10

**Bowling Tournament:** 9:00am, Clark Sports Center. Teams are 1 Adult & 1 Child (2nd grade or above) \$3 per member, \$6 per non-member. Call 547-2800 Ext 108 to register or sign up in the bowling alley.

**45th Annual Bob Smullens 5k/10k Run:** Registration 10:30am, race begins at 11:30am, Cooper Park. Wear your favorite winter carnival pin from the past 50 years!! Sign up for this event at [itsyourrace.com](http://itsyourrace.com), or visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for pre-registration, day of registration and race bag pick-up information. \$20/person \$50 Family (max 5). This race is the kickoff race for the second annual Frozen Toes Race Series. Contact Doug McCoy ([mccoyd@clarksportscenter.com](mailto:mccoyd@clarksportscenter.com)) for more information.

**Community Movie Night: "Cool Runnings"** 6:30pm, Clark Sports Center. Admission is Free. Non-members must have a signed waiver on file at the Clark Sports Center. Youth under 18 must have a parent sign in and leave an emergency contact number. Children under the age of 10 must be accompanied by an adult.

### SUNDAY FEBRUARY 11

**Geocaching:** 10:00am, meet at Pioneer Park. Adults & Children (Group of children must have an adult w/them). Free. Learn how to use a GPS device in this high tech global treasure hunt. Be prepared to travel by foot to various locations in all weather conditions. The Clarks Sports Center will have GPS Units to share for this program.

**Adult Free Throw Contest:** 11:00am at the Clark Sports Center. Free for adults. Participants must be out of high school. No sign-up required.

**Adult 3 Point Contest:** Directly after the free throw contest at the Clark Sports Center. Free for adults. Participants must be out of high school. No sign-up required.

**Middle/High School 3 Point Contest:** Directly after adult 3 point contest at the Clark Sports Center. Free for children in grades 7-12. No sign-up required.

**Middle/High School Free Throw Contest:** Directly after middle/high school 3 point contest at the Clark Sports Center. Free for children in grades 7-12. No sign-up required.