

# Aquatic Center Schedule

October 22-October 28



## 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 allowed in the teaching/therapy pool, Laps 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.

# CLARK SPORTS CENTER

124 County Highway 52, Cooperstown, NY • 607.547.2800 • [www.clarksportscenter.com](http://www.clarksportscenter.com)

# Laps Pool

Schedule  
October 22-October 28

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 3:00-5:00pm 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 Cross Current 7:00-7:45am Adult Laps 8:00am-3:00pm Cross Current 8:15-9:00am Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:30 (Starts Sept 18) Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm 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 Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm 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 Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm 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 Aqua Zumba 8:15-9:15am Preschool Swim 10:30-11:30am Open Swim 3:00-5:00pm 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 Open Swim 10:00am-12:00pm Open Swim 1:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm
					Sunday
					Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm

The Pool Area will be closed 4:00-5:00pm, beginning October 22, for Sharks Swim Team practice.

# Teaching Pool

Schedule  
October 22-October 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Adult 8:00-10:30am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 22) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 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 12:30-2:20pm Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons • Level 1 3:30-4:00pm Open 4:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 23) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 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 2:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 24) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 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-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 25) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:15am Aqua Zumba 8:15-9:00am Adult 9:00-9:30am Head Start 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 26) Adult 5:00-6:30pm Open 6:30-9:00pm	Adult 8:00am-1:00pm Open 1:00-5:00pm
					Sunday
					Adult 8:00-10:00am Open 10:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm

Schedules 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**

# Diving Pool

Schedule  
TBD-October 29

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 Fitness 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 3:00-5:00pm Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 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 Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:30pm (Starts Sept 18) Open Swim 3:00-5:00pm 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 Fitness 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 9:30-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 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 Fitness 5:30-7:00am Sweat Wet! 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 3:00-5:00pm 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 Fitness 5:30-8:15am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 9:00am-3:00pm Open Swim 3:00-5:00pm 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 Laps 8:00am-1:00pm Open Swim 10:00am-12:00pm Open Swim 1:00-5:00pm
					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

## 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.



There is a mandatory informational meeting for all joining and returning swimmers and their parents, Wednesday, September 26, at 6:00pm. Registration for the upcoming season will be held directly following. Participants must be members of The Clark Sports Center to join. New members must fill out paperwork and provide a copy of the child's birth certificate at registration. Team Registration fee per swimmer will be \$150.00, which includes USA/ADK registration fees. Team cap will be handed out at time of registration.

### Sharks Swim Team "Tryout"

Tuesday September 18, and Thursday, September 20 • 4:00-5:00pm  
New swimmers that are interested in joining The Clark Sports Center Sharks, have the opportunity to come and try a practice or two. Swimmers will run through strokes and skills, and receive information on possibly joining the Sharks in the upcoming season.

The Pool Area will be closed 4:00-5:00pm, beginning October 22, for Sharks Swim Team practice.

The Aquatic Center will be closed for CCS Varsity Swim Meets from 4:30 until the end of the meet. Dates and times are TBA and subject to change.

# Aqua Fitness

Schedule  
October 22-October 28

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Splash</b> 7:00-7:45 Carole	<b>Cross Current</b> 7:00-7:45 Susan	<b>Morning Splash</b> 7:00-7:45 Carole	<b>Sweat Wet</b> 7:00-7:45 Susan	<b>Morning Splash</b> 7:00-7:45 Carole
<b>Sweat Wet</b> 8:15-9:00 Carole	<b>Cross Current</b> 8:15-9:00 Susan	<b>Sweat Wet</b> 8:15-9:00 Carole	<b>Sweat Wet</b> 8:15-9:00 Susan	<b>Aqua Zumba</b> 8:15-9:00 Veronica
<b>Aqua Body Blast</b> 9:15-10:00 Carole	<b>Fluid Movement</b> 9:15-10:00 Susan	<b>Aqua Body Blast</b> 9:15-10:00 Carole	<b>Fluid Movement</b> 9:15-10:00 Susan	
<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	
		<b>Deep Aqua B.A.S.I.C.</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!

**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!

**Cross Currents:** Mix it up and enjoy the entire pool in this combo class that combines deep and shallow water exercise. This total body workout will feature non-stop high energy and movements to tone and strengthen the entire body while minimizing impact. A flotation belt must be worn in this class.

**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!!

## 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.

Block 2 Fall Lessons - Monday, November 5 – Saturday, December 15. Registration begins Monday, October 29, and will take place online only. Lessons are free and for members only, but a credit card is required during online registration. Register online at: [www.active.com](http://www.active.com). Space is limited.

*No Lessons November 12, and November 20-24.*

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

Monday 3:30-4:00pm : Level 4, 5 & 6  
Tuesday 3:30-4:00pm : Level 1  
Wednesday 3:30-4:00pm : Level 2  
Thursday 3:30-4:00pm: Level 3

### Evening Swim Lessons

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

Parent and Child 1  
Mondays 5:30-6:00pm  
Wednesdays 6:30-7:00pm  
Parent and Child 2  
Thursdays 6:30-7:00pm

#### Ducks

Mondays 6:00-6:30pm  
Wednesdays 5:30-6:00pm

#### Frogs

Mondays 6:30-7:00pm  
Wednesday 6:00-6:30pm

#### Octopi

Thursdays 5:30-6:00pm

#### Dolphin

Thursdays 6:00-6:30pm

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

#### Level 1

Tuesdays 5:30-6:00pm  
Thursdays 6:00-6:30pm

#### Level 2

Tuesdays 6:00-6:30pm  
Thursdays 6:30-7:00pm

#### Level 3

Tuesdays 6:30-7:00pm  
Thursdays 5:30-6:00pm

#### Level 4/5/6

Wednesdays 5:30-6:00pm

### Adult Group Swimming Lessons

#### Adult 1

Tuesdays 6:30-7:00pm

#### Adult 2

Wednesdays 6:00-6:30pm

#### Adult 3

Wednesday 6:30-7:00pm

### Saturday Morning Swim Lessons

#### Preschool

Parent and Child 1  
9:00-9:30am

Parent and Child 2  
9:30-10:00am

#### Ducks

10:00-10:30am

#### Frogs

10:30-11:00am

#### Octopi

10:30-11:00am

#### Dolphins

10:00-10:30am

### School Age Group Swim Lessons

#### Level 1

11:00-11:30am

#### Level 2

11:30-12:00pm

#### Level 3

9:30-10:00am

#### Level 4/5/6

9:00-9:30am

### Adult Group Swim Lessons

#### Adult 1

Saturdays 11:30am-12:00pm

#### Adult 2

Saturdays 11:00-11:30am