

Aquatic Center Schedule

April 29–June 23



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 teaching 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 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.
- Pollution of swimming pools prohibited urinating, discharge of fecal matter, expectorating or blowing the nose in any pool is prohibited.
- No swimming allowed without a lifeguard on duty.

CLARK SPORTS CENTER

124 County Highway 52, Cooperstown, NY • 607.547.2800 • www.clarksportscenter.com

Lap Pool

Schedule
April 29-June 23

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
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 Swim Lessons • Levels 4-6 3:30-4:00pm (Ends May 20) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Cross Currents 8:15-9:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:20 (Ends May 21) Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm (Ends May 21) 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 3:00-5:00pm Swim Lessons • Level 2 3:30-4:00pm (Ends May 22) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm (Ends May 22) 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 Swim Lessons • Level 3 3:30-4:00pm (Ends May 23) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm (Ends May 23) Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Aqua Zumba 8:00-8:45am Adult Laps 8:00am-3:00pm Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm (Ends May 18) Open Swim 1:00-5:00pm <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Beginning May 25 Adult Laps • 8:00-10:00am Open Swim • 10:00am-12:00pm Adult Laps • 12:00-1:00pm Open Swim • 1:00-5:00pm </div>
					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 (Ends May 26)

Please be aware that school groups will be visitng May-June and will share the Aquatics Center during daytime hours. There may be limited lanes due to Sharks Spring Swim Team practice from 4:00-5:00pm.

Teaching Pool

Schedule
April 29-June 23

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 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 Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 20) 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 12:30-2:20pm (Ends May 21) Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons • Level 1 3:30-4:00pm (Ends May 21) Open 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 21) Open 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-10:00am Headstart 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 22) Open 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Water Walking 101 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 Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 23) Open 7:00-9:00pm	Open 5:30-8:00am Aqua Zumba 8:00-8:45am Adult 9:00-9:30am Pathfinder 9:30-10:00am Headstart 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open 3:00-5:00pm Adult 5:00-6:30pm Open 6:30-9:00pm	Adult 8:00-9:00am Swim Lessons 9:00am-12:00pm (Ends May 18) Adult 12:00-1:00pm Open 1:00-5:00pm <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Beginning May 25 Adult • 8:00-10:00am Open • 10:00am-12:00pm Adult • 12:00-1:00pm Open • 1:00-5:00pm </div>
					Sunday
					Adult 8:00-10:00am Open 10:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm (Ends 5/26)

Diving Pool

Schedule
April 29-June 23

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
<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am</p> <p>POOL CLOSED</p> <p>Sweat Wet! 8:15-9:00am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Pathfinder 9:30-10:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-3:30pm</p> <p>Swim Lessons • Levels 4-6 3:30-4:00pm (Ends May 20)</p> <p>POOL CLOSED</p> <p>Open Swim 4:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Hydro Power 5:30-6:15pm</p> <p>POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:15am</p> <p>Adult Swim 8:15am-3:00pm</p> <p>L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:20pm (Ends May 21)</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Deep Aqua B.A.S.I.C. 5:30-6:15pm</p> <p>POOL CLOSED</p> <p>Swim Lessons (1/2 Pool) 6:30-7:00pm (Ends May 21)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am</p> <p>POOL CLOSED</p> <p>Hydro Power 8:15-9:00am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Hydro Power 5:30-6:15pm</p> <p>POOL CLOSED</p> <p>Swim Lessons (1/2 Pool) 6:30-7:00pm (Ends May 22)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:15am</p> <p>Sweat Wet! 8:15-9:00am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Deep Aqua B.A.S.I.C. 5:30-6:15pm</p> <p>POOL CLOSED</p> <p>Swim Lessons (1/2 Pool) 6:30-7:00pm (Ends May 23)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am</p> <p>POOL CLOSED</p> <p>Adult Swim 7:45am-3:00pm</p> <p>Pathfinder 9:30-10:30am</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult Swim 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm (Ends May 18)</p> <p>Open Swim 1:00-5:00pm</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Beginning May 25</p> <p>Adult Swim • 8:00-10:00am</p> <p>Open Swim • 10:00am-12:00pm</p> <p>Adult Swim • 12:00-1:00pm</p> <p>Open Swim • 1:00-5:00pm</p> </div>
					<p>Sunday</p> <p>Adult Swim 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Swim 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm (Ends May 26)</p>

Developmental Competitive Swim Camp



Dates: Monday, August 12–Friday, August 16
Time: 10:00am–12:00pm
Grades: 1–6
Cost: \$85 Members or \$110 Non-members
Limit: 35

Developmental Competitive Swim Camp is for swimmers that are currently on a developmental swim team, or are looking to join a swim team. Campers will be working on technique, drills and endurance for the 4 competitive swim strokes, as well as competitive starts, turns and finishes. For safety reasons, children that join this camp must be able to swim unassisted 25 yards of Front Crawl, 25 yards of Back Crawl, and be able to do a head first entry into water 8 feet deep. A swim test to determine eligibility for the camp will be administered on the first day.

Jr. Lifeguard Camp



Dates: Monday, July 8–Friday, July 12
Time: 2:00–4:00pm
Ages: 10–14
Cost: \$90 Members or \$115 Non-members
Limit: 12

The Jr. Lifeguard program teaches children the knowledge and skills that professional lifeguards possess, including but not limited to personal fitness, teamwork, personal water rescue, and basic lifeguarding techniques.

Synchronized Swimming Camp



Dates: Monday, August 5–Friday, August 9
Time: 9:00am–12:00pm
Ages: 7–12
Cost: \$85 Members or \$135 Non-members • Limit: 12

Synchronized swimming is an aquatic sport that involves a mix of gymnastics, dance and swimming. Boys and girls are welcome, swimmers must be comfortable in deep water and able to swim 25 yards of front crawl without stopping. Instructors will review swimming skills and teach basic synchro skills including sculling, layouts, swim strokes, and underwater swimming.

Learn how to do an Oyster, a tub, and water wheels! You'll float and learn how to gracefully synch with other swimmers, creating patterns and gaining valuable water skills. At the end of the week, we will do a routine to music to show off the abilities you've gained. Swimmers will need goggles, swim cap, swim suit, towel, and water bottle for the day. Noseplugs will be provided.

Aqua Fitness

Schedule
April 29-June 23

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Splash 7:00-7:45 Carole	Cross Currents 8:15-9:00 Susan	Morning Splash 7:00-7:45 Carole	Sweat Wet 8:15-9:00 Susan	Morning Splash 7:00-7:45 Carole
Sweat Wet 8:15-9:00 Carole	Fluid Movement 9:15-10:00 Susan	Hydro Power 8:15-9:00 Carole	Fluid Movement 9:15-10:00 Susan	Aqua Zumba 8:00-8:45 Veronica
Aqua Body Blast 9:15-10:00 Carole	Deep Aqua B.A.S.I.C. 5:30-6:15 Carole	Aqua Body Blast 9:15-10:00 Carole	Water Walking 101 10:00-10:30 Susan	
Hydro Power 5:30-6:15 Carole		Hydro Power 5:30-6:15 Carole	Deep Aqua B.A.S.I.C. 5:30-6:15 Carole	

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!!

Water Walking 101 (Limit 10): Join us for this very basic, low impact, light to moderate intensity workout using the water's natural resistance to increase aerobic endurance, balance, range of motion, and core strength. This class is appropriate for those just starting an exercise program, someone recovering from an injury, or has chronic joint concerns. Class is held in the therapy pool.

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 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!

Swim Lessons

Summer 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.

Summer swim lessons run Monday, July 1–Friday, August 9 (no lessons on July 4). Registration begins Monday, June 17 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

Sports Center Member Lessons – Monday- Friday

Levels 1-6, 8:15-8:55am (entering grades K- 12)

Preschool Lessons – (6 mos – not attending K in fall)

Monday, Tuesday or Thursday Mornings • 9:00-9:30am

- Ducks
- Frogs
- Octopi
- Dolphins

Wednesday or Friday Mornings • 9:00-9:30am

- Parent and Child 1
- Parent and Child 2

Wednesday Evenings

- 5:30-6:00pm: Parent and Child 1
- 6:00-6:30pm: Parent and Child 2

Private Lessons

Call the Aquatics Department to schedule sessions. \$15/hour or 10 sessions for \$125.