

Aquatic Center Schedule

June 24–August 25



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 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
June 24–August 25

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 Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Aqua Body Blast 9:30-10:15am</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Cross Currents 8:00-8:45am</p> <p>Aqua Flow 9:30-10:15am</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Aqua Body Blast 9:30-10:15am</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p>

Teaching Pool

Schedule
June 24–August 25

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
<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Parent and Child 1 5:30-6:00pm</p> <p>Parent and Child 2 6:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00-9:30am</p> <p>Fluid Movement 9:30-10:15am</p> <p>Summer Programming 10:15am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p>

Diving Pool

Schedule
June 24–August 25

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 POOL CLOSED</p> <p>Sweat Wet! 8:15-9:00am POOL CLOSED</p> <p>Summer Programming 9:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Hydro Power 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-7:00am</p> <p>Hydro Power 7:00-7:45am POOL CLOSED</p> <p>Sweat Wet! 8:15-9:00am POOL CLOSED</p> <p>Summer Programming 9:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Instructor's Choice 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:15am</p> <p>Sweat Wet! 8:00-8:45am POOL CLOSED</p> <p>Summer Programming 9:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</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.

Please visit www.clarksportscenter.com for more information.

Aqua Fitness

Schedule
June 24–August 25

Monday	Tuesday	Wednesday	Thursday
Morning Splash 7:00–7:45 Carole	Cross Currents 8:00–8:45 Susan	Hydro Power 7:00–7:45 Carole	Sweat Wet 8:00–8:45 Susan
Sweat Wet 8:15–9:00 Carole	Aqua Flow (Lap Pool) 9:30–10:15 Susan	Sweat Wet 8:15–9:00 Carole	Fluid Movement 9:30–10:15 Susan
Aqua Body Blast 9:30–10:15 Carole	Hydro Power 5:30–6:15 Carole	Aqua Body Blast 9:30–10:15 Carole	
Deep Aqua B.A.S.I.C. 5:30–6:15 Carole		Instructor's Choice 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 Flow (Limit 20): Held in the Lap Pool with the same fluid movement you love, relocated and blended with up tempo cardio activities.

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!!

There will be NO Aqua Fitness classes on Monday, July 15.

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)

*Swimmers may only register for one class for this block.

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

Ducks • Frogs • Octopi • Dolphins

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

Parent and Child Level 1 • Parent and Child Level 2

Wednesday Evenings

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

6:00-6:30pm: Parent and Child Level 2