

Clark Sports Center

Winter Schedule

October 28, 2019–March 1, 2020



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Clark Sports Center Facility Hours

September 30 – May 24

Monday–Friday: 5:30am–9:30pm

Saturday & Sunday: 8:00am–5:00pm

Closures

Thanksgiving Day • Thursday, November 28

Christmas Eve Day • Tuesday, December 24

Christmas Day • Wednesday, December 25

New Years Eve Day • Tuesday, December 31

New Years Day • Wednesday, January 1

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–24 years)	\$195
Adult (25–61 years)	\$350
Senior Citizen Single (62+)	\$225
Senior Citizen Couple (One person 62+)	\$380
Family (Two adults in household and juniors)	\$565
Single Parent Family (Head of household and juniors)	\$375
Single Parents Only	
Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+)	\$144
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
Family One Month Membership with Fitness Center (30 consecutive days)	\$150
Family One Month Membership (30 consecutive days)	\$125
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.

Monthly Options

Payroll Direct Deposit	
Credit/Debit Card	No Billing Fees

Refund/Suspension Policy

Membership refunds/extensions 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 refunds/extensions requests must be made in writing and submitted to Kathy Graham.

Assumption of Risk

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

Guests

Guests are welcome to The Clark Sports Center. We reserve the right to limit the number of guests if usage reaches capacity. Reservations are required for groups of 8 people or more (call Matt Phillips at 547-2800, ext. 130). 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 (by appointment only). Must also purchase a Day Pass.

Meeting/Community 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).

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.

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.

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. Parking is prohibited on Co. Hwy. 52.

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 and Tennis Courts. 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.
- Gender neutral locker room options are available. Please ask the Main Desk for more information.
- 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–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. There will be no Child Care if Cooperstown Central School is on a delay or closed due to weather.

Adventure Programs

Indoor Rock Wall Climbing Hours

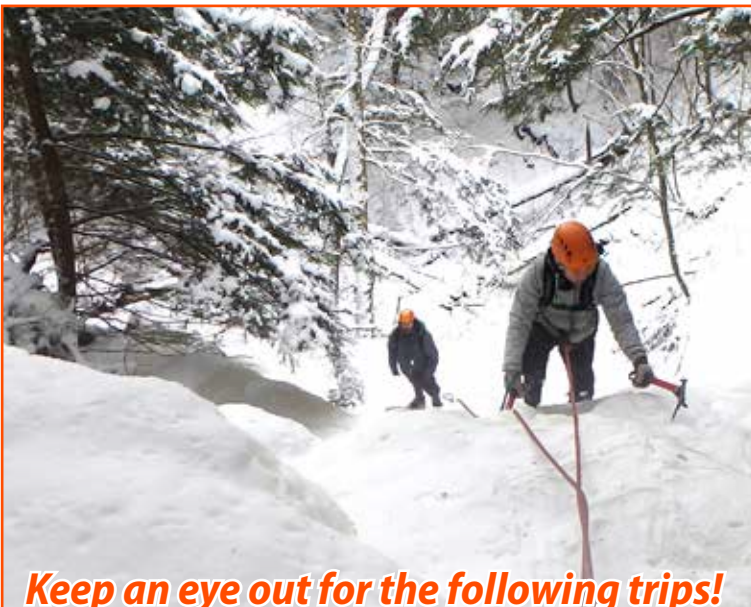
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	Guys Climb 9:30–11:00am	Women's Climb 8:00–10:00am	Adult Climb 8:30–11:30am
Open Climb 4:30–5:30pm	Open Climb 4:30–5:30pm	Open Climb 4:30–5:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	Open Climb 12:00–5:00pm
Adult Climb 6:00–9:00pm	Adult Climb 6:00–9:00pm	Adult Climb 6:00–9:00pm	Open Climb 4:30–5:30pm	Open Climb 4:30–5:30pm	
Please check the website for rock wall closures due to private programs					Sunday
					Open Climb 12:00–5:00pm

Adult Climb: This time is designated for adults ages 16+.

After School Climb: This time is designated for youth in grades K-7 only.

Open Climb: This time is open to everyone.

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



Keep an eye out for the following 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!



CSC Otsego Composite Mountain Bike Race Team

The CSC Otsego Composite Mountain Bike Team competes in the NYS National Interscholastic Cycling Association (NICA) 5 race series. Practices including indoor cycling, and strength and conditioning begins January 27. This program is open to Clark Sports Center members in grades 6-12. All riders welcome. This is a developmental program with a goal of getting more kids on bikes to create a life-long love of cycling and outdoor enjoyment. Please contact Jim DiLiberto, (607) 547-2800, ext. 126, for program fees and more information.

Holiday & No School Hours (Cooperstown School District)

Open Climb 12:00–4:00 pm
Adult Climb 5:00–9:00 pm

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 LEAH 12:30–2:30 (Sept. 17–May 19) Open 2:30–5:00 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 12:00–2:30 Open 2:30–5:00	Open 9:00–12:00 Open 1:00–5:00 Elementary League 3:00–5:00 Open 6:00–9:00	Pathfinder Bowling League 9:00–12:00pm (Sept. 14–March 20) Open 1:00–5:00	Open 1:00–5:00



Bowling Fees

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

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youth 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 Matt Phillips at 547-2800, ext. 130.

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 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. 10–May 12 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 1–March 27 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 1	\$30
Men's Monday League	Sept. 16–Mar. 9 Mondays	7:00–9:00pm	September 16	\$11 per night
Women's Tuesday League	Sept. 24–Mar 24 Tuesdays	6:00–9:00pm	September 24	\$11 per night
Men's Wednesday League	Sept. 11–April 8 Wednesdays	7:15–9:00pm	September 11	\$12 per night
Women's Thursday Afternoon League	Sept. 5–April 9 Thursdays	1:00–3:00pm	September 5	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 10–May 12 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 11–May 13 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)

Lap Pool

Schedule
January 6-March 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Pathfinder 9:15-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Swim Lessons • Level 3, 4, 5 3:30-4:00pm</p> <p>CSC Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Cross Current 8:00-8:45am</p> <p>Aqua Flow 9:15-10:00am</p> <p>Preschool Swim 10:30-11:30am</p> <p>L.E.A.H Swim Lessons 12:30-2:30</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>CCS Varsity Swim Team 6:00-8:00</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Pathfinder 9:30-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Swim Lessons • Level 2 3:30-4:00pm</p> <p>CSC Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 10:30-11:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Swim Lessons • Level 3 3:30-4:00pm</p> <p>CSC Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Zumba 8:00-8:45am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult Laps 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Laps 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>

Teaching Pool

Schedule
January 6-March 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:30am</p> <p>Pathfinder 9:30-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Adult 11:30am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team 4:00-5:00</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Aqua Tai Chi 10:00-10:30am</p> <p>Adult 10:00-10:30am</p> <p>Preschool Swim 10:30-11:00am</p> <p>Bassett Physical Therapy 11:00am-12:00pm</p> <p>Adult 12:00-12:30pm</p> <p>LEAH Swim 12:30-2:20pm</p> <p>Adult 2:30-3:00pm</p> <p>Open 3:00-3:30pm</p> <p>Swim Lessons • Level 1 3:30-4:00pm</p> <p>CSC Swim Team 4:00-5:00</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Head Start 10:00-11:00am</p> <p>Preschool Swim 11:00-11:30am</p> <p>Adult 11:30am-11:45pm</p> <p>Aqua Yoga 11:45-12:30pm</p> <p>Adult 12:30-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team 4:00-5:00</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-9:15am</p> <p>Fluid Movement 9:15-10:00am</p> <p>Water Walking 101 10:00-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Bassett Physical Therapy 11:30am-12:30pm</p> <p>Adult 12:30am-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team 4:00-5:00</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Aqua Zumba 8:00-8:45am</p> <p>Adult 8:45-10:00am</p> <p>Head Start 10:00-11:00am</p> <p>Bassett Physical Therapy 11:00am-12:00pm</p> <p>Adult 12:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team 4:00-5:00</p> <p>Adult 5:00-6:30pm</p> <p>Open 6:30-9:00pm</p>	<p>Adult 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Open 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open 1:00-5:00pm</p>

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

Diving Pool

Schedule
January 6-March 1

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 Fitness 5:30-7:00am 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 • Level 4/5/6 3:30-4:00pm POOL CLOSED 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 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 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 6:30-7:00pm Swim Lessons (1/2 pool) 6:30-7:00 CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open Fitness 5:30-7:00am 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 3:00-4:00pm 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 6:30-7:00pm Swim Lessons (1/2 pool) 6:30-7:00 CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am 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 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 Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 8:00am-3:00pm 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 Laps 8:00am-1:00pm Swim Lessons 9:00am-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.

Waterfront Lifeguard Training Course



Monday, February 17–Friday, February 21

9:00am–5:00pm with lunch break (must bring own)

Cost (includes non-refundable deposit):
Members \$275; Non-Members \$350

Course includes: American Red Cross Lifeguard Training, American Red Cross CPR/AED and First Aid for the Professional Rescuer, and American Red Cross Waterfront Lifeguarding Module.

Visit www.clarksportscenter.com for more information.

Aquatic Center Closure Notice

- On January 25 the Aquatics Center will be closed for the Clark Sports Center Shark's Swim Meet from 8:00am to 2:00pm, or approximately 30 minutes after the conclusion of the meet.
- The Aquatic Center will be closed for CCS Boy's Varsity Swim Meet from 4:30pm until the end of the meet on January 7, 9, & 14.

Aqua Fitness

Schedule
January 6-March 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Splash 7:00-7:45 Carole	Cross Current 8:00-8:45 Susan	Morning Splash 7:00-7:45 Carole	Sweat Wet 8:00-8:45 Susan	Morning Splash 7:00-7:45 Carole
Sweat Wet 8:15-9:00 Carole	Aqua Flow 9:15-10:00 Susan	Sweat Wet 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	Aqua Tai Chi 10:00-10:30 Kathryn	Aqua Body Blast 9:15-10:00 Carole	Water Walking 101 10:00-10:30 Susan	
Deep Aqua B.A.S.I.C. 5:30-6:15 Carole	Hydro Power 5:30-6:15 Carole	Aqua Yoga 11:45-12:30 Nicole	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 Flow (Limit 20): Held in the lap pool with the same fluid movement you love, relocated and blended with up tempo cardio activities.

Aqua Tai Chi (Limit 10): Graceful flowing movements with unique abdications with relaxing properties to support your overall balance and core building. Class held in the teaching pool.

Aqua Yoga (Limit 10): Class features gentle yoga that is good for beginners. It's restorative, easy on the joints & 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!

Swim Lessons

Lesson Guidelines: Online registration is required. Space in each class is limited, so we ask that you only sign up for one class. Please arrive on time to the lesson. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed to be on the pool deck during lessons, please use the balcony to watch. If you miss 2 classes in a row without notifying us, your spot will be given to someone on the waiting list.

Block 3 Winter Lessons - Monday, January 6 - Saturday, February 15. Registration begins Monday, December 30, 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. Space is limited.

No lessons after 4:00pm on January 7, 9, 14.

No lessons January 20 & 25.

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

Thursdays 5:30-6:00pm

Parent and Child 2

Wednesdays 5:30-6:00pm

*Parent and Child 3

Wednesdays 6:00-6:30pm

Ducks

Mondays 6:00-6:30pm

Frogs

Mondays 6:30-7:00pm

Thursdays 6:00-6:30pm

Dolphins

Wednesdays 6:30-7:00pm

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm

Thursdays 6:30-7:00pm

Level 2

Tuesdays 6:00-6:30pm

Level 3

Tuesdays 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

*Parent and Child 3

10:00-10:30am

Ducks

10:30-11:00am

Frogs

11:00-11:30am

Dolphins

11:00-11:30am

School Age Group Swim Lessons

Level 1

11:30-12:00pm

Level 2

10:00-10:30am

Level 3

9:30-10:00am

Level 4/5/6

9:00-9:30am

Adult Group Swim Lessons

Adult 1

Saturdays 10:30-11:00am

Adult 2

Saturdays 11:30am-12:00pm

* Parent and Child 3

Taught in the teaching pool. For preschoolers ages 3-5. Children become more comfortable working on basic swimming skills. Parents are in the water with their child and we are working on getting the adult out of the water. This is a transitional class from Parent and Child to Preschool classes.

Fitness Game Room

Fitness Game Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open 8:00am-12:30pm L.E.A.H. Program 12:30-2:30pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open 9:00am-5:00pm Fitness Game Room Party Rentals 6:00-8:00pm
					Sunday
					Open 9:00am-5:00pm



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.

Fitness Game Room Program Descriptions

After School Youth Play – this time slot, Monday-Friday 3:00-5:30pm, 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 breaks/vacations, conference and snow days).

Fitness Game Room Party Rentals – the Fitness Game Room is available for your birthday party or group gathering to use the room just for your private use. Rentals are first come, first serve priority and will be available for Saturday evenings. You can rent the room for 2-hours for \$50. For more information or to make your reservation, please call Matt Phillips, (607) 547-2800, ext. 130.

ROOM USE

- 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 within an arm's length away, but not on another piece of equipment.

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Open 5:30–10:00</p> <p>Closed/Programs 10:00–11:30</p> <p>Open 11:30–3:00 (Half floor)</p> <p>Little Dribblers 3:00–3:45 (Jan. 6–Feb. 24)</p> <p>Open 3:45–5:15</p> <p>Slow Break Basketball League Setup & Warm-up 5:15–6:00</p> <p>Slow Break Basketball League 6:00–9:30</p>	<p>Open 5:30–6:00</p> <p>Fit Camp 6:00–7:00</p> <p>Open 7:00–8:30</p> <p>Preschool Play 9:00–10:30</p> <p>Open 10:30–12:30</p> <p>L.E.A.H 12:30–2:30</p> <p>Open 2:30–5:30 (Half floor)</p> <p>Adult Volleyball League (Nov. 12–Mar. 24) 5:30–9:00</p> <p>Open 9:00–9:30</p>	<p>Open 5:30–9:00 (Half floor)</p> <p>Open/ Adult Pickleball 9:00–11:00</p> <p>Adult Cornhole 11:00–12:00</p> <p>Open 12:00–3:30 (Half floor)</p> <p>K-1 Track Club 3:00–3:30 (Located on track)</p> <p>Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00</p> <p>Adult Pick-up Basketball, 18+ 5:00–6:30 (Nov. 13–Mar. 11)</p> <p>Adult 3 vs. 3 League 6:30–9:30 (Begins Jan. 8)</p>	<p>Open 5:30–8:30</p> <p>Preschool Play 9:00–10:30</p> <p>Open Half Floor 10:30–12:00</p> <p>Adult Pickleball Open Play 12:00–2:00 (Half floor)</p> <p>Open 2:00–3:00 (Half floor)</p> <p>Boy's Travel Basketball Practice 3:15–4:15</p> <p>Girl's Travel Basketball Practice 4:15–5:15</p> <p>Adult Futsal League 5:30–9:30 (Dec. 5–Apr. 30)</p>	<p>Open 5:30–10:00 (Half floor)</p> <p>Headstart 10:00–11:00</p> <p>Open 11:00–12:00 (Half floor)</p> <p>Adult Cornhole 12:00–1:00 (Half floor)</p> <p>Open 1:00–3:00 (Half floor)</p> <p>Boy's Travel Basketball Practice 3:15–4:15</p> <p>Girl's Travel Basketball Practice 4:15–5:15</p> <p>Open 5:15–9:30 (Half floor)</p>	<p>Open 8:00am–5:00pm</p> <p>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.</p>	<p>Open 8:00–9:00</p> <p>Adult Pickleball Open Play 9:00–11:00</p> <p>Open 11:00–5:00</p>
						<p>Holidays & Snow Days</p> <p>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.</p>



SENIOR WALK

The annual Senior Walk program will begin on Monday, November 4. 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.

Gym Floor Information



ADULT PICKLEBALL

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



PICK-UP CORNHOLE

Grab some friends and join us for cornhole on the Sports Center's custom boards. There will be 4 games available on Wednesday's, 11:00am-12:00pm, and Friday's 12:00-1:00pm. Instruction is available.



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. It is not open to children in grades K-6. 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, and Wednesdays 3:00-3:30 for K-1 Track Club. 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. Dry sneakers should be worn at all times.

Pick-up Nights • Adult pick-up basketball, Futsal, and Volleyball are for adults who are 18+ and must be out of high school.

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.

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Shirley	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Bella	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Deirdre	Escape 8:30-9:00 Various
Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Friday Fitness Fusion 9:00-9:45 (Begins Jan. 24) Andrea	TRX® Fitness 9:30-10:00 Hannah
Escape 9:45-10:15 Andrea	FIRE 8:15-9:15 Andrea	Core & More 9:20-9:35 Amy	FIRE 8:15-9:15 Andrea	Prime Time Plus 11:15-12:15 Katherine	Variety 9:30-10:30 Various
Prime Time 11:15-12:15 Katherine	Long Strong Life 9:30-10:15 Andrea	Escape 9:45-10:15 Andrea	Long Strong Life 9:30-10:15 Andrea	Escape 4:30-5:00 Andrea	Sunday
Express 4:30-5:00 Andrea	Sit & Get Fit 10:30-11:15 Carlene	Prime Time 11:15-12:15 Carina	Sit & Get Fit 10:30-11:15 Carlene		The Rig 8:30-9:00 Andi
Zumba 5:30-6:15 Elma	Escape 4:30-5:00 Bella	Fit 30 4:30-5:00 Sierra	Express 4:30-5:00 Andrea		Cardio Dance & Yoga 9:30-10:30 Elma
Escape 6:30-7:00 Bella	TRX® Fitness 5:30-6:00 Andi	Barre Fitness 5:30-6:00 Andrea	TRX® Fitness 5:30-6:00 Andi		
Karate 6:30-8:00 Dave	Pound 5:30-6:15 Joelle	Cardio Dance & Core 6:15-7:00 Anoel	Pound 5:30-6:15 Michelle		
		Escape 6:30-7:00 Bella	Karate 6:30-8:00 Dave		

After School Kids Group Fitness
3:30-4:00

- Monday • Fit Kids (Amy R.-Studio 1)
- Tuesday • Fit Kids (Bella-Studio 1)
- Thursday • Generation Pound® (Michelle-Studio 1)
- Friday • Fit Kids (Megan-Sports Performance Area)

Class Key

Studio 1 Instructor Studio 2 Instructor Sports Performance Area Instructor Gym Floor Instructor NEW New Class NEW TIME New Time Returning Class

Visit www.clarksportscenter.com for more class information. Please refer to the Aquatics Schedule for Aquatic class information.

Saturday Variety

January 4	Cardio Dance & Core (Anoel)
January 11	Zumba (Elma)
January 18	Cardio Dance & Core (Emily)
January 25	Strengthen & Stretch (Andrea)
February 1	Cardio Dance & Core (Anoel)
February 8	Pound (Michelle)
February 15	Cardio Dance & Core (Emily)
February 22	Pound (Joelle)
February 29	Strengthen & Stretch (Andrea)

Saturday Spinning

January 4	Don
January 11	Alison
January 18	Colleen
January 25	Don
February 1	Kara
February 8	Rebecca
February 15	Alison
February 22	Don
February 29	Joshua

Sunday Spinning

January 5	Joshua
January 12	Carlene
January 19	Rebecca
January 26	Don
February 2	90 Minute Ride
February 9	Carlene
February 16	Andrea
February 23	Colleen
March 1	Melissa

Group Fitness

Spinning

Schedule
January 6 – March 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Spin 6:00-6:30 Alison		Express Spin 6:00-6:30 Colleen		Express Spin 6:00-6:30 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Carlene	Express Spin 9:30-10:00 Carlene	Spinning 8:30-9:15 Amy	Express Spin 9:30-10:00 Carlene	Spinning 8:30-9:30 Nancy	
Gentle Spin 10:00-10:45 Sherie/Carlene		Gentle Spin 10:00-10:45 Nancy	Express Spin 3:45-4:15 Andrea	Gentle Spin 10:00-10:45 (Starts Jan. 24) Andrea	
Express Spin 3:45-4:15 Andrea	Express Spin 5:30-6:00 Caitlin		Express Spin 5:30-6:00 Joshua/Amanda		Spinning 9:30-10:30 Various
NEW Express Spin 6:00-6:30 Rebecca		NEW Express Spin 6:00-6:30 Melissa/Kara			Sunday

Group Fitness

Yoga

Schedule
January 6 – March 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/ Gentle Yoga 8:15-9:15 Katherine		NEW Sunrise Yoga Flow 6:00-7:00 Nicole	Beginner Yoga Flow 9:45-10:45 Antonita	Yoga Flow 9:45-10:45 Nancy	Ashtanga Yoga 9:30-10:45 Simone
Adventurous Yoga 9:30-10:45 Katherine	Kripalu Yoga Flow 9:45-10:45 Antonita	Yoga Flow 8:45-9:45 Nancy	Beginners & Beyond Tai Chi 11:00-11:45 Katherine		Gentle Yoga 11:30-12:30 Antonita
Gentle Yoga 1:00-2:00 Antonita	Tai Chi 11:00-12:00 Kathryn	Gentle Yoga 1:00-2:00 Nicole	Core & Calm 12:00-1:00 Katherine	Gentle Yoga 1:00-2:00 Katherine/Antia	
Monday Meditation 5:30-6:00 Antonita	Beginner Yoga Fit 5:30-6:30 Elma		Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne		Yoga for Athletes 8:15-9:00 Nicole
Heated Kripalu Flow Yoga 6:15-7:15 Antonita	Gentle Yoga 7:00-7:45 Simone/Dana	Yoga Flow 6:15-7:15 Andrea	Gentle Yoga 7:00-7:45 Nicole	Hatha Happy Hour 5:30-6:30 Harpreet	Yin Yoga 9:30-10:45 Nicole

Group Fitness Class Information & Policies

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

Health & Fitness

Fitness Center

The 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 for use. Towel service is offered. Please pick-up and drop off your towel at the Fitness Center Desk.

Personal Training

Our Personal Training program is designed to work with the member's schedule. Times are available during Clark Sports Center operating hours, by appointment only. Please no drop-ins. Stop in to pick up a Personal Training Interest Form or download one from www.clarksportscenter.com. Health and Fitness Director, Rich Jantzi, (607) 547-2800, ext. 125, 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.

Sports Performance

Located in the mezzanine above the Fitness Center, our Sports Performance Center offers 4 distinct areas for supplementing your training program. The ESCAPE rig is a Functional Training station capable of hosting 20 users at a time. The Kinesis Area offers a 7 Station Circuit that is designed to work with beginners or handle professional athletes. The Power Area offers users 4 pieces of Cardio Equipment as well as some fitness equipment to deliver a one of a kind fitness experience. The Team Area that doubles as a stretch, strength and core area. Use of the Sports Performance area is included with the Fitness Center Membership. Programs take precedence over open use. Schedule will vary. Rates are available for individual, small groups (2 or 3), large groups (4 or 5), and teams more than 5. Please contact Ben Maxson, Sports Performance Coordinator, at 607-547-2800, ext. 123 for more information.



Escape Classes		The Rig Class	
Monday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Sunday	8:30-9:00am
Tuesday	4:30-5:00pm	TRX Fitness Classes	
Wednesday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Tuesday	5:30-6:00pm
Friday	6:00-6:30am, 4:30-5:00pm	Thursday	5:30-6:00pm
Saturday	8:30-9:00am	Saturday	9:30-10:00am

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 (weather permitting)**, 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 Amy Porter at (607) 547-2800, ext. 129 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 3:00–5:00pm (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–5:00pm
After School Youth Play 3:00–5:00pm	LEAH Program 12:00–2:30pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	
Racquetball League 5:30–9:30pm	After School Youth Play 3:00–5:00pm	Racquetball League 5:30–9:30pm	Squash League 5:30–9:30pm	Open 5:00–9:30pm	
	Squash League 5:30–9:30pm	Doubles Squash League 5:30–9:30pm			Sunday
					Open Match Play 8:00am–5:00pm

Youth & Adult Racquet Leagues and Programs

The leagues are open to both Men and Women Adults (18 and out of high school), with any skill range and willingness to participate in organized weekly match-ups with other league players. The league setup is set on a weekly match-up schedule, with scheduled league nights to allot league players opportunity to play their matches.

Program	Days	Time	Registration	Fee
Winter Racquetball League (Winter Season)	Jan. 7–Mar. 17 Tuesdays	5:30–9:30pm	Dec. 16–Jan. 3	\$25 for members \$35 for non-members
Winter Squash League (Winter Season)	Jan. 7–Mar. 19 Tues. & Thurs.	5:30–9:30pm	Dec. 16–Jan. 3	\$25 for members \$35 for non-members
Winter Doubles Squash League (Winter Season)	Jan. 8–Mar. 18 Wednesdays	5:30–9:30pm	Dec. 16–Jan. 3	\$25 for members \$35 for non-members



Rockin' Around Cooperstown Ugly Sweater Run



2-mile Walk/Fun Run or 4-mile Timed Run!
Saturday, December 14 • 10:00am

Register at www.itsyourrace.com, or at the Clark Sports Center.
\$25 individual registration or \$100 group registration (5 people max).
Visit www.clarksportscenter.com for more information.

Frozen 5 Miler Trail Run

with a 2.5 mile option
Saturday, January 11
11:00am



Register at www.itsyourrace.com or
at the Clark Sports Center.

\$20 per individual registration.
Pre-registration will be held in the
Main Lobby from 9:00–10:00am.
This is a challenging off-road 5 mile
course that travels the perimeter of
the Clark Sports Center property and
the wooded trails. Race held in all
weather conditions.

Winter Carnival Bowling Tournament!

Friday, February 7, 6:00pm

Saturday, February 8, 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.



47th Annual Bob Smullens Race 5K/10K Run/Walk

Saturday, February 8, at 10:00am



Participate in one of the oldest running races in Otsego County! Race starts and ends in Cooper Park.

Register at the Clark Sports Center or online at itsyourrace.com

\$20 per person or \$50 per family (5 people max.)

For more information, visit www.clarksportscenter.com, or contact Event Director, Doug McCoy, at (607) 547-2800, ext. 111.