

Aquatic Center Schedule

October 28-December 22



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
October 28-December 22

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>
					<p>Sunday</p> <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
October 28-December 22

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 5:00-6:30pm</p> <p>Open 6:30-9:00pm</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>
					<p>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>
<p>Schedules may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com. Red = Pool Closed</p>					

Diving Pool

Schedule
October 28-December 22

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.



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 Starts October 21.

The Pool Area will be closed 4:00-5:00pm, beginning October 21, for Sharks Swim Team practice, and November 2, for the First Splash.



The Masters Swim Team at the Clark Sports Center offers regularly scheduled team practices, allowing adult swimmers (19 years old and over) to train together or to simply improve their endurance in a team environment. As a member of US Masters Swimming, individuals may compete in meets as well as qualify for Nationals and Worlds.

Weekly practices will be: Monday, Wednesday, and Thursday 5:30-7:00am, Tuesday and Friday 7:30-9:00pm.

Member fee: Practice only, \$50.

Practice and competitions, \$50 + \$50 future online registration fee.

The Aquatic Center will be closed for CCS Varsity Swim Meets from 4:00 until the end of the meet. Dates: December 10, 19, January 9, 14, 17.

Aqua Fitness

Schedule
October 28-December 22

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 2 Fall Lessons - Monday, November 4 – Saturday, December 14. Registration begins Monday, October 28, 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 November 2, 11, 26-30, and December 10.

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
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
Dolphins
Wednesdays 6:30-7:00pm

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm

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.