

# Aquatic Center Schedule

March 2 - April 26



## 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](http://www.clarksportscenter.com)

# Lap Pool

Schedule  
March 2-April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Pathfinder 9:15-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 3, 4, 5 3:30-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 9) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Cross Current 8:00-8:45am Aqua Flow 9:15-10:00am Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:30 Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 10) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 2 3:30-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 11) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00 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 3:00-4:00pm Swim Lessons • Level 3 3:30-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 12) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Zumba 8:00-8:45am Preschool Swim 10:30-11:30am Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 13) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm

# Teaching Pool

Schedule  
March 2-April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Adult 8:00-10:30am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 9) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Aqua Tai Chi 10:00-10:30am Adult 10:00-10:30am Preschool Swim 10:30-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-12:30pm LEAH Swim 12:30-2:20pm Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons • Level 1 3:30-4:00pm CSC Swim Team 4:00-5:00 (ends March 10) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Head Start 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-11:45pm Aqua Yoga 11:45-12:30pm Adult 12:30-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 11) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Water Walking 101 10:00-10:30am Preschool Swim 10:30-11:30am Bassett Physical Therapy 11:30am-12:30pm Adult 12:30am-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 12) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Aqua Zumba 8:00-8:45am Adult 8:45-10:00am Head Start 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 13) Adult 5:00-6:30pm Open 6:30-9:00pm	Adult 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open 1:00-5:00pm
					Sunday
					Adult 8:00-10:00am Open 10:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm

Schedules may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com). **Red = Pool Closed**

# Diving Pool

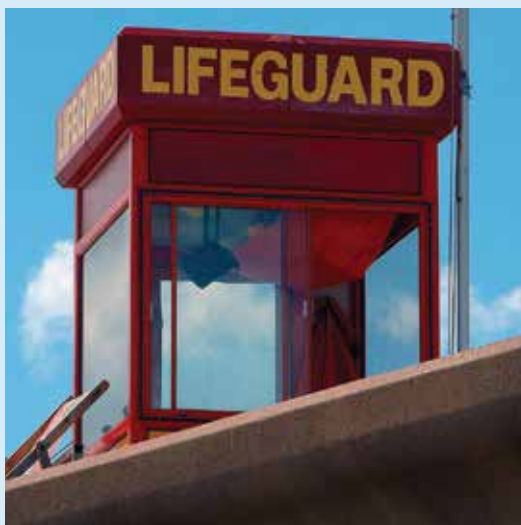
Schedule  
March 2-April 26

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-7:00am 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 (ends March 9) Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm	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 (ends March 10) Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm Swim Lessons (1/2 pool) 6:30-7:00	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 (ends March 11) Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm Swim Lessons (1/2 pool) 6:30-7:00	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 (ends March 12) Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm	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 (ends March 13) Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	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, April 6–Friday, April 10

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](http://www.clarksportscenter.com) for more information.

# Aqua Fitness

Schedule  
March 2-April 26

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Splash</b> 7:00-7:45 Carole	<b>Cross Current</b> 8:00-8:45 Susan	<b>Morning Splash</b> 7:00-7:45 Carole	<b>Sweat Wet</b> 8:00-8:45 Susan	<b>Morning Splash</b> 7:00-7:45 Carole
<b>Sweat Wet</b> 8:15-9:00 Carole	<b>Aqua Flow</b> 9:15-10:00 Susan	<b>Sweat Wet</b> 8:15-9:00 Carole	<b>Fluid Movement</b> 9:15-10:00 Susan	<b>Aqua Zumba</b> 8:00-8:45 Veronica
<b>Aqua Body Blast</b> 9:15-10:00 Carole	<b>Aqua Tai Chi</b> 10:00-10:30 Kathryn	<b>Aqua Body Blast</b> 9:15-10:00 Carole	<b>Water Walking 101</b> 10:00-10:30 Susan	
<b>Deep Aqua B.A.S.I.C.</b> 5:30-6:15 Carole	<b>Hydro Power</b> 5:30-6:15 Carole	<b>Aqua Yoga</b> 11:45-12:30 Nicole	<b>Hydro Power</b> 5:30-6:15 Carole	
		<b>Deep Aqua B.A.S.I.C.</b> 5:30-6:15 Carole		

**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 4 Winter Lessons - Monday, February 24 – Saturday, April 2. Registration begins Monday, February 17, and will take place online only.

Block 5 Spring Lessons - Tuesday, April 14 – Saturday, May 21. Registration begins Monday, April 6, and will take place online only.

Lessons are free and for members only, but a credit card is required during online registration. Register online at: [www.active.com](http://www.active.com). Space is limited.

*No lessons March 9, April 4, 13, and May 23.*

### 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.