

Clark Sports Center

Spring Schedule

2017

Council Rock to Council Rock Run

Sunday, May 21, 2017

Membership..... 2-3

Athletics 4-5

Health & Fitness 6

Bowling..... 7

Racquets..... 8

Special Events 8

Clark Sports Center Facility Hours

Starting October 3

Monday-Friday: 5:30am-9:30pm

Saturday: 8:00am-6:00pm

Sunday: 8:00am-6:00pm

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326 | Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326

Phone: (607) 547-2800 • Fax: (607) 547-4100 | www.clarksportscenter.com

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–24 years)	\$180
Adult (25–61 years)	\$330
Senior Citizen Single (62+)	\$213
Senior Citizen Couple (One person 62+)	\$360
Family (Two adults in household and juniors)	\$520
Single Parent Family (Head of household and juniors) Single Parents Only	\$355
Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+)	\$120
90 Day Membership	One half of above
One Month Membership with Fitness Center (30 consecutive days)	\$80
One Month Membership without Fitness Center (30 consecutive days)	\$55
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.

Refund Policy

Membership refunds 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 refund 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 Eve Cripps at 547-2800, ext. 105). Adults: \$10, Juniors under 25: \$5.

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. Youth in Kindergarten through 12th grade are not allowed in the facility or on the grounds during school hours, when school is in session.

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

\$12.00 per 30 minutes or \$100 for ten 30 minute sessions. \$25.00 per 30 minutes for non-members.

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. 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.

Lightning Policy

When you hear the 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.

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, Aerobics Room, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Food and drink are allowed only in the lobby and in the restricted areas of the bowling alley. 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 at the main entrance of the building. 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. Locker rooms and rest room access for the physically disabled are available. Any questions or concerns can be directed to the Main Desk.

Electronic Free Days

Everyday 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 and be encouraged to participate in programming.

Parking, Telephones, Stores, 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 main driveway near the entrance. The main driveway is one way for pickup and drop-off, and emergency vehicles only. Persons who park in the main driveway will be asked to move their vehicles.

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. Non-members must pay any appropriate guest fees.

Sex Offender Policy

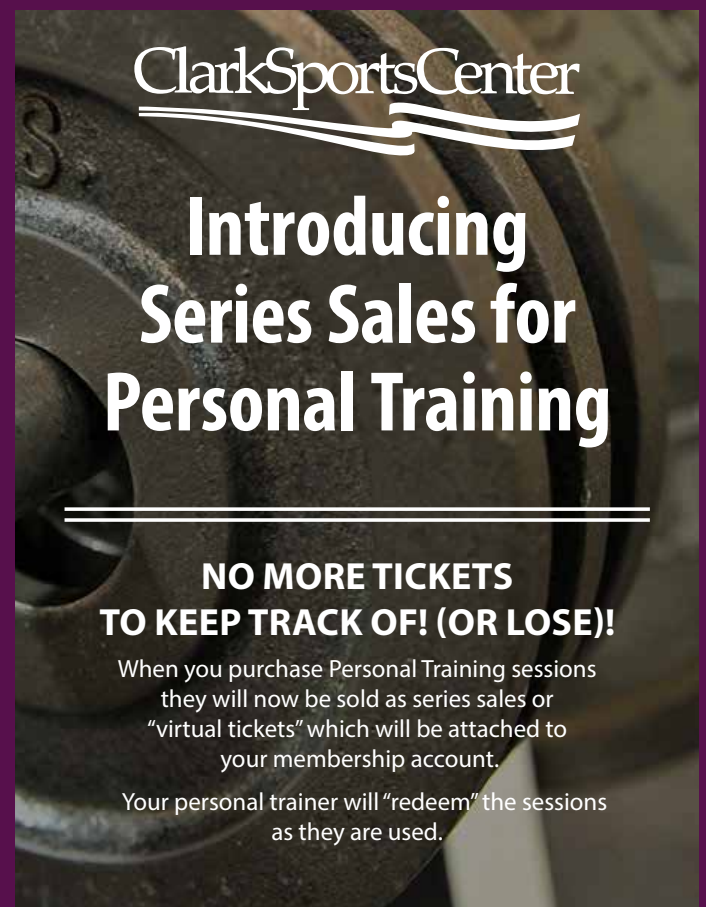
Registered or convicted sex offenders are not eligible for membership in The Clark Sports Center or for participation in its programs and activities. Registered or convicted sex offenders shall not enter onto or loiter in the vicinity of the property of The Clark Foundation that is designated as The Clark Sports Center or other property of The Clark Foundation when used for programs and activities of The Clark Sports Center.

No Dogs Allowed Policy

Dogs are not allowed on Clark Sports Center property at any time (exception: service dogs).

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.



ClarkSportsCenter

Introducing Series Sales for Personal Training

**NO MORE TICKETS
TO KEEP TRACK OF! (OR LOSE)!**

When you purchase Personal Training sessions they will now be sold as series sales or "virtual tickets" which will be attached to your membership account.

Your personal trainer will "redeem" the sessions as they are used.

Gym Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–9:00	Open 5:30–9:00	Open 5:30–9:00	Open 5:30–9:00	Open 8:00–6:00	Open 8:00–6:00
Headstart 9:30–11:30 (Starts Oct. 3)	Preschool Play 9:00–10:30	Preschool Play 9:00–10:30	Preschool Play 9:00–10:30	Headstart 9:30–10:30		
Open 11:30–3:00	Open 10:30–3:00	Open 10:45–2:00	Open 10:30–12:00	Open 10:30–9:30 (Ends May 12)		
Gymnastics Level 1 3:15–4:30 (May 8–June 12)	LEAH Program 12:00–3:00 (March 28, April 11 and April 25)	Preschool Sports Academy 2:00–2:30	Pickleball 12:00–2:00	Gymnastics Level 1 3:15–4:30 (May 12–June 16)		
Gymnastics Level 2 4:30–6:00 (May 8–June 12)	Kids Dodgeball League 3:00–4:30 (Ends April 11)	Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	Open 2:00–3:00	Gymnastics Level 2 4:30–6:00 (May 12–June 16)		
Girls High School Hoops 5:30–9:30 (Starts June 19)	Open 4:30–6:00	Open 5:00–6:00	Open 3:00–5:30 (Starts April 20)	Open 6:00–9:30 (Starts May 12)		
Open 6:30–9:30 (Ends June 19)	Adult Pickup Volleyball 6:00–9:00 (Half court, must be 16+)	Boys High School Hoops 5:30–9:30 (Starts June 21)	Adult Futsal League 5:30–9:30 (Ends April 6)		Holidays & Snow Days 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.	
	Open 6:00–9:30 (Half court)	Adult Pickup Basketball 6:00–9:00 (Must be 16+, ends June 21)	Open 5:30–9:30 (Starts April 6)			

Gym Floor Rules and Information

- **Food and drink are not allowed!**
- Non-marking sneakers are required on the floor at all times.
- The Bouldering Wall is open during general Gym Floor operating hours except during special events, camps, and league play on the Gym Floor.
- Special groups and activities such as clinics, tournaments, and basketball games take priority over open play.

Running Track Schedule, Rules, and Information


- The Running Track is open for general use from opening to closing every day with the exception of special programs.
- Senior Walk (55+) meets Mondays, Wednesdays, and Fridays, 10:00–11:00am, beginning November 3. Track only available for Senior Walk participants at this time.
- Youths below the 7th grade are not permitted on the track unless included in a special program.
- Walkers and runners must go in the direction of the arrow.
- Please walk single file if there are other walkers or runners.
- The track may not be used as a spectator area.

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Oct. 25–June 1 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	March 1–April 26 Wednesday	2:00–2:30pm	None	Free for members Limit – 15 Children
Kid's Day (Grades K–6)	Oct. 26–May 24 Wednesday	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	None	Free for members
Gymnastics	May 8–June 16 Mondays, Fridays	Level 1 3:15–4:30 Level 2 4:30–6:00	April 1–May 8	\$80 members \$135 non-members
Kids Dodgeball League	March 14–April 13 Tuesdays, Thursdays	3–4 3:15–3:45 5–6 3:45–4:15	February 27–March 7	Free for members
Boys High School Hoops	June 21–August 2 Wednesdays	5:30–9:30pm	Begins April 1	\$250 per team
Girls High School Hoops	June 19–August 7 Mondays	5:30–9:30pm	Begins April 1	\$250 per team

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 27–April 6 Thursdays	6:00–10:00pm	Sept. 8–Sept. 25 Meeting Sept. 29	\$150 team; \$300 non-member team; \$60 individual non-member
Senior Walk	Nov. 7–April 28 Mon., Wed., Fri.	10:00–11:00am	Register on or after November 7	Free for members and non-members
Adult Pickleball	Jan. 5–April 27 Thursdays	12:00–2:00pm	None	Free for members. Non-members must purchase a Day Pass.
Adult Co-ed Softball League	April 26–July 19 Wednesdays	6:00–8:30pm	March 1–April 12	\$400 per team
7 on 7 Summer Soccer League	May 1–July 24 Mondays	6:00–8:00pm	March 1–April 12	\$100 per team



Kidz Korner

Time for homework, quiet activities, and crafts with Peg Wilson in the lobby.

Monday–Friday, on school days, 3:00–5:00pm.

Group Fitness Schedule • Spring Session 1

February 27–April 30, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 Josie/Alison	Fit Camp (G) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Fit Camp (S) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 8:15–9:15 • Various (See back of schedule)
Live Strong (S) 7:00–7:45 • Carole	Forever Fit (S) 7:00–7:45 • Susan	Live Strong (S) 7:00–7:45 • Carole	Forever Fit (S) 7:00–7:45 • Susan	Spin & More (S) 8:35–9:35 Nancy/Joann	Variety (S) 9:30–10:30 • Various (See back of schedule)
Spinning (S) 8:35–9:35 • Maureen	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Spin Core & More (S) 8:35–9:35 • Amy	Yoga Flow (B) 7:45–8:45 • Katherine	Power & Grace (S) 9:45–10:45 Nancy/Joann New Class!	Yoga Foundations (B) 9:30–10:45 • Nicole
Yoga Flow (S) 9:45–10:45 • Katherine	Hatha Yoga (S) 9:45–10:45 Harpremejeet New Time!	Pilates (S) 9:45–10:45 • Joann New Class!	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Prime Time (S) 11:15–12:15 • Carina	
Prime Time (S) 11:15–12:15 • Katherine	Chair Yoga (S) 11:15–12:15 Harpremejeet New Class!	Prime Time (S) 11:15–12:15 Carina/Carole	Gentle Yoga (S) 9:45–10:45 • Katherine	Gentle Yoga (S) 1:00–2:00 • Karla	Sunday
Power & Grace (S) 12:30–1:30 • Katherine	Low Impact Zumba (PC) 12:30–1:15 • Holly	Gentle Yoga (S) 1:00–2:00 • Nicole	Chair Yoga (S) 11:15–12:15 • Tammy New Class!	Zumba (PC) 5:30–6:30 • Elma	Gentle Yoga (S) 9:00–10:15 • Nicole
Barre (S) 4:30–5:00 • Laurie New Format!		Barre (S) 4:30–5:00 • Holly	Express (S) 4:30–5:00 • Laurie		
Tabata (S) 5:30–6:20 • Laurie	Spin Core & More (S) 5:30–6:30 • Katie/Amy	Yoga Fit Level 1 (S) 5:30–6:30 • Elma	Spin Core & More (S) 5:30–6:30 • Laurie		
Karate (S) 6:30–8:00 • Dave			Karate (S) 6:30–8:00 • Dave		

Class Information & Policies				Class Notes & Schedule Changes
(B) = Bowling Alley	(G) = Gym Floor	(PC) = Presbyterian Church 25 Church Street, Cooperstown, NY	(S) = Studio (temporary) CSC Maintenance Shed	There are no class changes for the Spring Session 1 Group Fitness Schedule.
<ul style="list-style-type: none">• Parking at the Presbyterian Church is limited to street parking.• Prime Time participants need to obtain a numbered ticket at the temporary Health & Fitness desk, located in the Maintenance Shed (no sooner than 30 minutes prior to class).• Class size limits are listed under class descriptions.• Most classes require some set-up time. Please arrive to class 5 mins prior to scheduled starting time. No admittance 5 mins after class starts.• Classes are subject to change and may be cancelled at any time.• Instructor substitution may occur without notice.• It is recommended to bring your own mat to yoga classes.• Classes highlighted in red will be unavailable to non-members for pre-registration. Day Pass users may take Group Fitness classes based on availabilities (10 mins prior to class).				

Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
Open 1:00–5:00	Senior Citizen Bowling 9:00–10:30 Preschool Bowling 10:30–11:00 LEAH 12:30–2:30 (March 28, April 11 and April 25) Open 1:00–5:00	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 1:00–3:00 Open 3:00–5:00	Open 9:00–12:00 Open 1:00–5:00 Elementary League 3:00–5:00 (Nov. 4–April 7) Open 6:00–9:00	Open 1:00–5:00	Open 12:00–5:00												
<div>Bowling Fees</div> <table><tr><td></td><td>Juniors</td><td>HS/College</td><td>Adults*</td></tr><tr><td>Game</td><td>75¢</td><td>\$1.00</td><td>\$2.00</td></tr><tr><td>Shoes</td><td>25¢</td><td>50¢</td><td>50¢</td></tr></table>								Juniors	HS/College	Adults*	Game	75¢	\$1.00	\$2.00	Shoes	25¢	50¢	50¢
	Juniors	HS/College	Adults*															
Game	75¢	\$1.00	\$2.00															
Shoes	25¢	50¢	50¢															
* Adult CSC Bowling League Members \$1.00/Game.																		

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- 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 Eve Cripps at 547-2800, ext. 105.

Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 13–May 16 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 4–April 7 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 4	\$30
Men's Wednesday League	Sept. 21–Mar. 29 Wednesdays	7:15–9:00pm	September 21	\$10 per night
Women's Thursday Afternoon League	Sept. 8–April 13 Thursdays	1:00–3:00pm	September 8	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 13–May 16 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 14–May 17 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)
Summer No Tap Bowling League	June 6–July 18 Tuesdays	6:00–9:00pm	May 1–June 6	\$5 members; \$10 non- members (Per night)

Tennis Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–8:00	Open 8:00–8:00
CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30		
	Open 5:00–8:00	Women's League 5:00–8:00pm	Open 5:00–8:00	Open 5:00–8:00		

Tennis Leagues

The Women's Spring Tennis League will take place on Wednesday evenings, starting in May. For more information, please contact Amy Porter at (607) 547-2800, ext. 129.

Tennis Rules and Information

- The tennis courts are available March 31 (weather permitting) until November 1, during daylight hours.
- During tennis leagues, all four courts are reserved for league participants.
- The closing time is subject to change as daylight allows. Courts may be closed at any time for inclement weather.
- Open play is available at no charge for all members.
- Court reservations and tennis programs take precedent over open play.
- Non-members must check-in at the Main Desk and pay a fee to play on the courts.

Upcoming Special Events



Monster Bench Press Competition • Saturday, April 1. Weigh-ins and registration will begin at 9:00am on the Gym Floor. A rules review will take place at 10:00am. Competition will begin at approximately 10:30am. Events include: Team event (shirted and non-shirted classes), our popular 225 lbs. rep-off and shirted & non-shirted classes. Individual registration received on or before Friday, March 31: \$25 for one class, \$35 for two classes; Individual registration on Saturday, April 1: \$50.



19th Annual SADD Strides for Safety 5K Run/Walk • Sunday, April 2. Race starts at 1:00pm at the Oneonta High School. Early Registration Fee: (by March 17, 2017): \$15; Day of registration: \$20. Register online or by mail. Race day registration will be held from 9:30–10:30am in the Oneonta Gymnasium. A health fair with over 30 exhibitors will take place in the Gymnasium from 11:30am–2:30pm. This event is held rain or shine.



3rd Annual Council Rock to Council Rock Race • Sunday, May 21. The 4.4 mile race starts at 11:00am. Shuttles are available until 10:00am to take racers from the Brewery to the race start. Register at The Clark Sports Center, Council Rock Brewery, or online. Day of Registration: 9:00–10:30am at Council Rock Brewery. Single registration: \$25; Family registration: \$55. (5 people max, all children must be 18 or under).



6th Annual BASE Race 5k/10k • Saturday, May 27. Races start at 9:00am. The race starts and ending at historic Doubleday Field. Each registered runner will receive a participation medal (for the first 300 runners to register), goodie bag, a free general admission ticket to the Hall of Fame Classic valid on May 27. Registration is \$25 and \$55 for families prior to race day. Race day registration is \$30 for individuals or \$65 for families.



4th Annual Race the Lake Marathon and Half-Marathon • Saturday, June 10. The 26.2 Race will begin at 8:00am. The 13.1 race will begin at 9:00am. The 26.2 will start and end at Glimmerglass State Park. The 13.1 race will start on Route 80, near the Fenimore Art Museum. Both races will finish together at Glimmerglass State Park. Marathon registration: \$65 per person if received on or before June 6, or \$80 per person if received after June 6. Half-Marathon registration: \$55 per person if received on or before June 6, or \$70 per person if received after June 6.