

ClarkSportsCenter

March Newsletter 2011

Upcoming Programs: **Pages 2–3** • Adventure: **Page 1**
 Aquatics: **Page 4** • Athletics: **Page 5 & 6** • Racquets: **Page 6**
 Bowling: **Page 7** • Health & Fitness: **Page 7**



Men's Top 3: Mike Rutledge (1st), Mark Gobel (2nd) & Nathan Sentz (3rd)



Women's Top 3: Emily Stein (1st), Nancy Potter (2nd) & Sarah Siegel (3rd)



3rd Annual Cross-Country Ski Race

The Sports Center held it's 3rd Cross-Country Ski Race as part of Cooperstown's Winter Carnival events on Saturday, February 12, 2011. This year's race had 48 adult and youth skiers competing, our largest crowd to date. Plenty of snow helped us groom a fast course on the Sports Center grounds that contributed to Mike Rutledge, the defending Coop Loop winner, finishing in first place overall with a time of 16 minutes and 1 second. Emily Stein took top honors for the female racers with a time of 26:04. More race photos and the full race results can be found on our website at www.clarksportscenter.com/events/cross-country-ski-race/.

5k Race Top 10 Finishers

Place	Name	Age Group	Time
1	Mike Rutledge	31–59	0:16:01
2	Mark Gobel	31–59	0:19:25
3	Nathan Sentz	31–59	0:20:34
4	Bill Kerr	31–59	0:22:23
5	Hans Ofer	12–15	0:23:57
6	Doug DeLong	31–59	0:24:26
7	Kurt Ofer	31–59	0:25:37
8	Holgen Loewendal	31–59	0:26:42
9	Drew Porter	31–59	0:27:57
10	Kai Mebust	31–59	0:27:57

1 Mile Race Top 10 Finishers

Place	Name	Age Group	Time
1	Molly Mooney	12–15	0:13:44
2	Joe Peterson	12–15	0:14:20
3	Kelly Mooney	11 & under	0:14:48
4	Diane Greenblatt	31–59	0:16:33
5	Lisa Mooney	31–59	0:16:38
6	Isaac Greenblatt	11 & under	0:17:02
7	Reilly Mooney	11 & under	0:17:06
8	Kim Jastremski	31–59	0:19:22
9	George Hovis	31–59	0:19:47
10	Ray Hovis	11 & under	0:20:13

Past Sports Center Newsletters

You can find an archive of past Clark Sports Center newsletters on our website at www.clarksportscenter.com/newsletters/. Download high resolution PDF's for viewing, printing and scrapbooking! If you would like additional printed copies of this newsletter or past newsletters, please contact the Marketing Department by calling 547-2800.



Clark Sports Center Facility Hours

March 1–May 2 • Monday–Friday: 6:00am–9:30pm
 (Pool closes at 9:00pm) • Saturday: 8:00am–9:00pm
 Sunday: 9:00am–6:00pm (Adults Only 9:00am–1:00pm)
 May 3–October 3 • Monday–Friday: 6:00am–9:00pm
 Saturday: 8:00am–6:00pm • Sunday: Closed

Closures

Easter Day • Sunday, April 24
 Memorial Day • Monday, May 30

Contact Us

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

Upcoming Programs

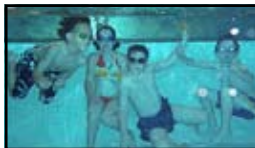
March Programs

Junior Lifeguards • Sign up for Junior Guards starting March 1 at the Aquatics Office! Meets Wednesdays, April 6–June 8, 3:30–5:00pm. Open to ages 10–14.

Underwater Photography

Learn the basics of digital underwater photography!

Sign up in the Aquatics Office starting March 1. Meets



Tuesdays, 4:00–5:00pm. Session One: March 22–April 12. Session Two: April 26–May 17, Session Three: May 24–June 7. Ages 10+ and able to swim in deep water.

Basic Winter Climbing Skills • Saturday, March 5, 7:00am to 6:00pm. Sign up at the Main Desk. \$15 for members, \$30 for non-members.

Movie Night in the Pool: "The Sandlot" • Saturday, March 12, starting at 6:30pm. Playing on our new large movie screen! \$4 for members, \$6 for non-members.

Session Three Swim Lessons will begin on March 21 and run to May 28. Registration for Preschool Lessons will start March 14 at the Main Desk.

Indoor Community Ropes Course • Wednesday, March 23, 5:00 to 8:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$10 for members, \$15 for non-members.

April Programs



Kids Kayaking in the Pool

Tuesday–Thursday, April 12–14, 4:00–5:00pm. Learn basic kayaking and safe boating skills. Register at the

Main Desk starting March 21. Open to youth 12 and older. Free for members or \$50 for non-members.

Kayak Rolling Clinic • Tuesday–Thursday, April 12–14, 7:00–9:00pm. Register at the Main Desk starting March 21. Open to youth 16+. Boats must be clean before they are brought into the Pool. Free for members or \$50 for non-members.

Kid's Triathlon Club • Sign up at the Aquatics Office starting April 4! Tuesdays & Thursdays, 4:15–5:00pm, starting April 26. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 8–14. Meeting on April 26 with practices starting April 28.

Outdoor Community Ropes Course • Tuesday, April 19, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

April Programs Continued

Waterfront Lifeguard Training • April 26–May 19 (all classes mandatory; see the Main Desk for schedule). Sign up at the Main Desk by April 13 with a \$50 deposit. \$140 for members, \$190 for non-members.

Rock Climbing Clinic at Little Falls • Saturday, April 30, 9:00am to 3:00pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

May Programs

Adventure Gear Swap • Sunday, May 1, 10:00am to 4:00pm, in the Conference Room. Bring in your unused gear to swap with other climbers and bikers for something new! Free for members.

Zipline • Tuesday, May 3, 3:30 to 5:00pm. Sign up at the Main Desk. Ages 12+. Free for members.

Little Falls After School Climbing • Tuesday, May 3, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

Rock Climbing Clinic at Little Falls • Saturday, May 7, 9:00am to 3:00pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

Outdoor Community Ropes Course • Wednesday, May 18, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

CPR/AED Recertification • Monday, May 23 and Tuesday, May 24, 5:30 to 8:30pm (must attend both nights). \$35 members or \$50 non-members. Sign up at the Main Desk by May 9.

Waterfront Lifeguard Training Recertification Monday–Thursday, May 23–26, 5:30–8:30pm (must attend each night). \$60 for members or \$75 for non-members. Sign up at the Main Desk by May 9.

Little Falls After School Climbing • Thursday, May 26, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

June Programs

Kid's Triathlon Club Race • Saturday, June 4, 10:00am. Race starts and ends at the Sports Center.

Moving Up Night in the Pool • Saturday, June 4, 6:00–8:30pm. The Pool will be open with snacks and floats to all 4th graders moving up to 5th grade and all 5th graders moving up to 6th grade! Free for members.

Little Falls After School Climbing Thursday, June 9, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.



Upcoming Programs

June Programs Continued

Whitewater Kayaking Introduction • Saturday, June 4. Meet in the Main Lobby at 7:30am. Half a day of flat water, eat lunch on the road to a local river, then practice the basics of ferrying and eddy turn maneuvers. Sign up at the Main Desk. Ages 12+. \$30 for members, \$50 for non-members.

High Rock Climbing Wall

We are keeping the High Rock Climbing Wall open through April 30. The current hours are: Tuesdays and Wednesdays, 3:30–5:30pm, Thursdays, 3:30–8:00pm, and Saturdays 1:00–4:00pm. All ages and experience levels are welcome. Free for members (non-members must pay for a Day Guest Pass).

Monster Bench Competition

**Saturday, April 9 • Weigh-ins: 9:30am
Rules: 11:00am • Competition: 11:30am**

Our annual lifting competition is returning this year with our popular Rep-Off and Team Event! Divisions are available for men, women, and youth. Event brochure and registration forms can be downloaded at www.clarksportscenter.com/events/monster-bench/.

Questions may be directed to event director Doug McCoy by calling 547-2800 or email at mccoym@clarksportscenter.com.

1st Annual “Just Du It” Duathlon

**Sunday, May 15 • Individual or Teams
Registration: 9:00am • Race: 10:30am**

We will be holding our first event run-bike-run duathlon on Sunday, May 15! Athletes may compete solo or as a team (one biker and one runner). Youth 14 and older may take part in the running portion of the team event (must be 18+ to bike). Event brochure, registration forms, and duathlon rules can be downloaded at www.clarksportscenter.com/events/duathlon/.

Questions may be directed to event director Doug McCoy by calling 547-2800 or email at mccoym@clarksportscenter.com.

Athletics Upcoming Spring Programs & Leagues

Program	Days	Time	Registration	Fee
Girl's Volleyball (Grades 3–6)	May 2–June 10 Monday, Friday	Grades 3–4: 3:15–4:00pm Grades 5–6: 4:00–4:45pm	April 1–May 1 Meeting May 2	Free for members
Gymnastics (Ages 4–5)	March 14–April 15 Monday, Friday	Ages 4–5: 2:00–2:45pm	Feb. 1–March 14 Meeting Mar. 14	\$50 member \$75 non-member
Gymnastics Levels 1 & 2 (Grade School)	March 14–April 15 Monday, Friday	Level 1: 3:00–4:15pm Level 2: 4:15–5:30pm	Feb. 1–March 14 Meeting Mar. 14	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	April 5–May 17 Tuesday, Thursday	3:00–5:00pm	March 14–30 Meeting Mar. 30	Free for members
Boy's Summer High School Hoops League	June 20–August 15 Monday	6:00–10:00pm	May 1–June 1	\$250 per team
Girl's Summer High School Hoops League	June 22–August 10 Wednesday	6:00–10:00pm	May 1–June 1	\$250 per team
Monday Competitive Softball (Ages 18+, coed, 8 teams)	May 2–August 22 Monday	6:00–9:00pm	Starts Feb. 28 Meeting Apr. 11	\$400 per team
Wednesday Recreational Softball (Ages 18+, coed, 8 teams)	May 4–August 24 Wednesday	6:00–9:00pm	Starts Feb. 28 Meeting Apr. 13	\$400 per team
Coed Sunday Soccer (Ages 18+, coed, 8 teams)	July 3–August 28 Sunday	4:00–8:00pm	Starts May 2 Meeting June 24	\$100 per team



Aquatics News



The Clark Sports Center Sharks Swim Team had a terrific 2010–2011 swim season. Coach Kristen Griger was joined this year by Coaches Lindsey Bailey, Matt Phillips, Bayla Akulin and Sally Zaengle. They welcomed back 46 returning swimmers this season and added 15 new swimmers to the roster. The Sharks held practice five days a week, with returning swimmers required to attend three practices each week and developmental swimmers attended two practices each week. All swimmers took to the pool on Wednesday afternoons, a great time to check out

the fun and talent of 61 competitive youth swimmers from the balcony of the pool. The team also added two days of dry-land training and a day of weight room training for the senior swimmers. The Clark Sports Center Sharks' season included 10 meets throughout the Adirondack region and will culminate with the Gold Championships in mid-March. The team is a member of and competes in the Central Valley Swim League, which includes teams from Amsterdam, Canajoharie and Delhi. A full team roster, records and more can be found at our website.

Pool Schedule Changes March 21

Beginning March 21, the Sports Center's Sharks Swim Team will have concluded their winter season. Adult lap swimming will be held 5:00–6:30pm Monday–Thursday and 5:00–7:00pm on Fridays. After school Open Swim will be held 3:30–5:00pm Mondays, Thursdays, and Fridays, and 3:30–4:00pm on Tuesdays and Wednesdays.

Private Swim Lessons

Private swim lessons are available for both youth and adults of all ages and ability levels. Swimmers must pay for lesson tickets at time of sign up (\$12 per 30 minute session or \$100 for a book of 10 session tickets). To sign up, call Matt Phillips at 547-2800 by March 14 to schedule an appointment.

Outdoor Summer Movies

We'll be bringing our Movie Nights outdoors starting in June! We'll be showing movies on our inflatable movie screen out on our lawn—look for more information on our website and on movie flyers soon.

Scuba Diving Course

Any members or non-members interested in taking a scuba diving course should visit the Main Desk and sign up on our interest list before April 30. The cost will be approximately \$495 for the course.

Pool Rental

Our pool is available for rental on Saturday nights 6:00–8:00pm beginning May 7. The cost is \$150 with a non-refundable \$50 deposit. Please call the Pool Office at 547-2800 to reserve a date.

Summer Swim Lessons

Registration for Summer Swim Lessons will begin on May 3 and end on May 29. Class space may be limited, especially in the beginning levels. The Summer lessons will run from June 27 to August 5.



Athletics News



Junior High Basketball Regular Season Champs
 Front, L to R: Scott Curtis, E.J. Perez, Johnny Hage, and Jenny Flynn;
 Back, L to R: Noah Briggs, Kevin Frevele, Jordian Siver, and Sophia Miller.



Junior High Basketball Playoff Champs
 Front, L to R: Ken Eldred, Ryan McGuire, Jack Donnelly, Carmen Boonan; Back, L to R: Jen Snyder, Mallory Arthurs, and Katlynn Palmatier. Absent: Will Cadwalader.



Boys Junior Intramural Basketball Playoff & Regular Season Champs
 Front, L to R: Worth McGarey, Lucian Lytel, Elliot Carr, Ian Quinn;
 Back, L to R: Calvin Sandler, Jack Odell, Jordan Carpenter, Alex Woeppel.



Boys Senior Intramural Basketball Playoff & Regular Season Champs
 Front, L to R: Jessie Furnari, Jack Lambert, William Friedman;
 Back, L to R: Bobby Haggerty, Jack Poulson, Owen Carr, Daniel Francis.



Girls Junior Intramural Basketball Playoff & Regular Season Champs
 Front, L to R: Lauren Vibbard, Kate Donnelly, Lindsey Trosset;
 Back, L to R: Kaitlin Curtis, Abbie Makofske, and Anya McGoldrick.



Girls Senior Intramural Basketball Playoff & Regular Season Champs
 Front, L to R: Lydia Williams, Maria Noto, Mae Loewenguth;
 Back, L to R: Mya Stearns, Fiona McGoldrick, and Sam Fanion.



Fetterman Tournament Boys Champion
 Victor



Fetterman Tournament Girls Champion
 Frankfort



Athletics News Continued



Winter Carnival Adult Free-Throw & 3-Point Contest Winners
Henry Knauth (Free-Throw) & Dave Kent (3-Point)



Winter Carnival Youth Free-Throw Contest Winners
Elementary Girls: Amanda Parsons; Middle School Girls: Mallory Arthurs;
Middle School Boys: Jordan Gutierrez; High School Boys: Sam Bowen.

Adult League Standings

Men's Slow Break League Standings

1. Leatherstocking Insurance (13-2)
2. Colonial Pharmacy (13-2)
3. Bella Pockets (9-6)
4. Church & Scott (9-6)

Men's 50+ League Standings

1. Team 3/Team Doubleday (8-2)
2. Team 4/Team Kent (8-2)
3. Team 1/Team Allen (2-8)
4. Team 2/Team Raddatz (1-9)

Adult Volleyball Standings

1. Cooperstown Bat Company (10-0)
2. Bonzai (8-2)
3. Loose Cannon (8-2)
4. Jungle Ballers (7-3)

Adult Futsal Standings

1. The Crew (34pts)
2. Troopers (34pts)
3. Pugs (28pts)
4. Nicolettas (28pts)



Fetterman Tournament Boys Award Winners
Cooperstown's Bobby Haggerty (far left) received All-Tournament Team recognition.



Fetterman Tournament Girls Award Winners
Jane Gozigan (far left) and Maria Noto (second from left) both received All-Tournament Team plaques, and Samantha Fanion (third from left) received the Sportsmanship Award.

Racquets News

Racquets League Standings

Men's "A" Racquetball Standings

- | | |
|------------------------|----------------------|
| 1. Bob Donnelly (9-0) | 3. Bob Hassman (8-4) |
| 2. Tom Hohensee (11-1) | 4. Tom Minich (5-4) |

Men's "B" Racquetball Standings

- | | |
|----------------------|-------------------------|
| 1. Tom Shieber (9-0) | 3. Brian Williams (4-6) |
| 2. Adam Jordan (5-4) | 4. Gary Goodwin (4-5) |

Mixed Racquetball Standings

- | | |
|--------------------------|---------------------------|
| 1. Zach Winnie (10-2) | 3. Chris Chapman (7-5) |
| 2. Andrea Johnson (11-3) | 4. Phyllis Orlowski (3-8) |

Mixed Squash Standings

- | | |
|-----------------------|------------------------|
| 1. Maureen Kuhn (4-3) | 3. Chris Hammond (1-2) |
| 2. Gwen Snyder (2-2) | 4. Tim Iverson (0-1) |

Tennis Center & Leagues

The Sports Center's Tennis Center will reopen on Monday, March 28 (weather dependent). Look for adult league registration and lesson sign up's starting soon at the Fitness Center Desk.



Bowling News

Winter Carnival Tournament

Place	Names	Score
1	Kyle Amsden & Rich Potratz	1359
2	Jeremy & Laura Davidson	1336
3	Dominick Zeh & Bernie Zeh Jr.	1328
4	Dominick Zeh & Bernie Zeh III	1318
5	Chris Harloff & Mike Davis	1295
6	Spencer & John Vann	1291
7	Wade & Kim Stahl	1274
8	Gillis & Linden Summers	1267
9	Chelsea & Cheryl Beckwith	1267
10	Lucas Busse & Mike Boyson	1266

Youth High Game W/HDCP: Kyle Amsden (256)

Youth High Series W/HDCP: Kyle Amsden (717)

Adult High Game W/HDCP: Mike Boyson (307)

Adult High Series W/HDCP: Mike Boyson (725)

For full results, visit www.clarksportscenter.com/events/winter-carnival/.



2010–2011 Men's 300 Game Bowlers
Steve Cannistra, Cliff Coleman, and Mike DeSimone

Summer Bowling League

Registration for our Summer Mixed No-Tap Bowling League has started and runs through May 31. League play begins June 7 and ends August 9. League meets every Tuesday, 6:15–8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$7 for non-members. To sign up, contact the Bowling Office by calling 547-2800

Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Chuck Hascup • 212	Chuck Hascup • 289	Chuck Hascup • 769
Tuesday Women's	Betty Staffin • 171	Betty Staffin • 237	Laura Coleman • 575
Wednesday Men's	Barry Gray • 213	Cliff Coleman, Mike DeSimone, Steve Cannistra • 300 games	Mike Staffin • 754
Thursday Women's	Marion Madison • 159	Marion Madison • 215	Marion Madison • 573
Elem. & Middle School	Kyle Amsden • 125	Teddy Trosset • 182	Kyle Amsden • 439

Health & Fitness News

Spring Group Fitness Session

The next Group Fitness class session has begun and runs until May 1. A separate limited class schedule will run April 18–25 (an additional fee applies for these classes). Download the schedule from www.clarksportscenter.com or pick one up at the Fitness Center Desk.

New classes for the Spring Session:

- Power Mix & Core:** Tues., 6:30–7:15pm, Laurie
- Kid's Zumbatomic:** Wed., 3:00–4:55pm, Katherine/Holly
- Express Workout:** Fri., 9:45–10:15am, Karen
- Yoga Body Sculpt:** Fri., 10:20–10:50am, Karen
- Gentle Yoga:** Fri., 1:00–2:00pm, Katherine



Fundraising Spin Rides Held In January and February
Two benefit 90 minute Spinning rides raised a combined \$400 and food for the local Cooperstown Food Bank. The New Year's Ride on January 3 raised \$255 (shown above) and the Super Bowl Ride on February 6 raised \$110.



What's Inside:

Cross-Country Ski Race Results • Winter Carnival Winners
Athletics League Champions • Upcoming Spring Programs



Skiers compete during our 3rd annual Cross-Country Ski Race on Saturday, February 12 • Race results inside!

Contact Us

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

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The Clark Foundation

P.O. Box 850

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Return Service Requested

Monster Bench Competition

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Rules: 11:00am • Competition: 11:30am

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Questions may be directed to event director Doug McCoy by calling 547-2800 or email at mccoyd@clarksportscenter.com.



“Just Du It” Duathlon

Sunday, May 15 • Individual or Teams

Registration: 9:00am • Race: 10:30am

We will be holding our first event run-bike-run duathlon on Sunday, May 15! Athletes may compete solo or as a team (one biker and one runner). Youth 14 and older may take part in the running portion of the team event (must be 18+ to bike).

Individual (solo) race fee • Registration received on or before Saturday, May 14: \$35. Registration on Sunday, May 15: \$45.

Team (runner and one biker) race fee • Registration received on or before Saturday, May 14: \$55. Registration on Sunday, May 15: \$65.

Event brochure, registration forms, and duathlon rules, and a race course map can be downloaded at www.clarksportscenter.com/events/duathlon/.

Questions may be directed to event director Doug McCoy by calling 547-2800 or email at mccoyd@clarksportscenter.com.

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Waterfront Lifeguard Training Course and Recertification Courses

Spring Lifeguard Training

Class dates • April 26: 5:30–8:30pm; April 28: 5:30–8:30pm; May 1: 10:00am–4:00pm; May 3: 5:30–8:30pm; May 5: 5:30–8:30pm; May 10: 5:30–8:30pm; May 14: 8:00am–4:00pm; May 17: 5:30–8:30pm; May 19: 5:30–8:30pm. Students must attend all class sessions.

Fee & Sign Up • \$140 for members or \$190 for non-members. \$50 deposit due at sign up at the Main Desk by April 13.

Other Information • A minimum of six people must be signed up for training in order for the course to run. Must be 15 by the end of the class and able to pass skills test. Includes certification for Lifeguard Training, CPR/AED for the Professional Rescuer, and Waterfront Lifeguard.

Questions may be directed to Aquatics Director Brenda Wedderspoon-Gray by calling 547-2800 or email at wedderspoongrayb@clarksportscenter.com.

Spring Lifeguard Training Recertification

Class dates • May 23–26, 5:30–8:30pm. Students must attend all class sessions and be currently certified.

Fee & Sign Up • \$60 for members or \$75 for non-members. Sign up at the Main Desk. A minimum of six people must be signed up in order for the course to run.

Spring CPR/AED Recertification

Class dates • Monday & Tuesday, May 23 & May 24, 5:30–8:30pm. Students must attend both class sessions and be currently certified.

Fee & Sign Up • \$35 for members or \$50 for non-members. Sign up at the Main Desk. A minimum of six people must be signed up in order for the course to run.

ClarkSportsCenter

Waterfront Lifeguard Training Course and Recertification Courses

Spring Lifeguard Training

Class dates • April 26: 5:30–8:30pm; April 28: 5:30–8:30pm; May 1: 10:00am–4:00pm; May 3: 5:30–8:30pm; May 5: 5:30–8:30pm; May 10: 5:30–8:30pm; May 14: 8:00am–4:00pm; May 17: 5:30–8:30pm; May 19: 5:30–8:30pm. Students must attend all class sessions.

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