

ClarkSportsCenter

Fall Schedule

2017

2016 Coop Loop



- Adventure.....4
- Bowling.....5
- Aquatics6-9
- Athletics 10-11
- Group Fitness..... 12-14
- Health & Fitness14
- Racquets.....15
- Fitness Game Room ...15

Clark Sports Center Facility Hours

Labor Day–Memorial Day
 Monday–Friday, 5:30am–9:30pm
 (Pool closes at 9:00pm)
 Saturday, 8:00am–9:00pm
 Sunday, 8:00am–5:00pm

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
Adult One Month Membership with Fitness Center (30 consecutive days)	\$80
Junior One Month Membership with 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: \$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.

Conference 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).

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 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.

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 and be encouraged to participate in programming.

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.

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).

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.
- 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, Wednesday, Friday, and Saturday mornings, 8:15-11:15am, and Tuesday and Thursday, 4:30-7:30pm. 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.

Adventure Programs

Adventure Outings and Events

Outdoor Community Ropes Course • Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

Monday, September 18, 4:00-7:00pm

Wednesday, October 11, 4:00-7:00pm

After School Rock Climbing Outings • All equipment provided by the Sports Center. Meet in the Main Lobby. Sign up at the Main Desk. Ages 10 to 15, under 12 accompanied by an adult, with the exception of permission from the Adventure Director. Free for members, \$15 non-members.

Thursday, September 21, 3:30-7:00pm [Little Falls]

Thursday, October 5, 3:30-7:00pm [Little Falls]

Saturday, October 21, 9:00am-4:00pm [Southern ADKs]

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, and league play. Free for members!

Indoor Rock Climbing Wall Hours

Tuesday-Friday

2:00-3:00pm Open Climb

3:00-5:00pm After school Climb

5:00-8:00pm Open Climb

Saturday & Sunday

12:00-5:00 Open Climb



After School Mountain Biking Club

September 11–October 27

Monday, Wednesday, and Friday 3:30-5:00 pm

Monday - Skill development day. Mondays are set aside to practice cornering, bike body separation, rolling over obstacles, and handling the controls of the bike in open areas. At times we will ride into wooded areas. This is a perfect time for all riders, beginners and advanced, to enjoy the challenges of mountain biking, learn some new skills and meet other riders. (Minimum age is 10 with exceptions after Instructor Assessment.)

Wednesday - Focus on rider skills at our skills park area and trails right here on The Clark Sports Center property, which are designed for instruction. This session is more technical and challenging than Mondays, and may not be for everyone. Mountain bike trails are rocky, with roots, with ride over obstacles, narrow and can be steep.

Friday - Trail ride day! We will ride from The Clark Sports Center and typically ride a local trail off of The Clark Sports Center property, which will include at least one long climb and descent. This is the day we put your conditioning and skill to the test. This is not a day for beginners!

Advanced Rider Trips out of the area will be announced on Wednesdays and through email throughout the session.

Last Ride, October 30, is our rider's party with pizza and movie after a ride for everyone who participated in our 7 week program. Parents are welcome.



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 Open 1:00–5:00 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 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. 3–April 6) Open 6:00–9:00	Open 1:00–5:00 Open 6:00–9:00	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.
- Youths 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 Eve Cripps at 547-2800.

Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 12–May 15 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 3–April 6 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 3	\$30
Men's Monday League	Sept. 18–Mar. 12 Mondays	7:00–9:00pm	September 18	\$10 per night
Women's Tuesday League	Sept. 12–Mar 20 Tuesdays	6:00–9:00pm	September 12	\$10 per night
Men's Wednesday League	Sept. 20–Mar. 28 Wednesdays	7:15–9:00pm	September 20	\$10 per night
Women's Thursday Afternoon League	Sept. 7–April 5 Thursdays	1:00–3:00pm	September 7	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 12–May 15 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 13–May 16 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)

Lap Pool

Schedule
September 5-October 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 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 3:00-5:00pm Swim Lessons • Levels 4-6 3:30-4:00pm Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm *Swim Lessons Begin September 11 and end October 21	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:30 (Starts Sept 19) Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00 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 Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Swim Lessons • Level 2 3:30-4:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00pm 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 3:00-5:00pm Swim Lessons • Level 3 3:30-4:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Zumba 8:15-9:15am CCS 3rd Grade Swim 8:15-9:15am Pathfinder 9:15-10:30am Preschool Swim 10:30-11:30am Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm (8:00-10:00am Sept 9 Only) Open Swim 10:00am-12:00pm (Sept 9 Only) Swim Lessons 9:00am-12:00pm (Starts Sept 16) Open Swim 1:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm
					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

The Lap Pool will be closed 4:00-5:00pm, beginning October 23, for Sharks Swim Team practice.

Teaching Pool

Schedule
September 5-October 22

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com.

The teaching pool is **NOT** available during the following times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Head Start Program 10:00-11:00am Bassett Physical Therapy 1:30-3:00pm Swim Lessons 5:30-7:00pm *Block 1 Swim Lessons Run September 11-October 21	Fluid Movement 9:15-10:00am Bassett Physical Therapy 11:00am-12:00pm L.E.A.H. Swim Program 12:30-2:30pm Level 1 Swim Lessons 3:30-4:00pm Swim Lessons 5:30-7:00pm	Head Start Program 10:00-11:00am Bassett Physical Therapy 1:30-3:00pm Swim Lessons 5:30-7:00pm	Fluid Movement 9:15-10:00am Bassett Physical Therapy 1:30-3:00pm Swim Lessons 5:30-7:00pm	CCS 3rd Grade Swim Program 8:15-9:15am Bassett Physical Therapy 11:00am-12:00pm	Swim Lessons 9:00am-12:00pm (Starts Sept 16)

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.

Diving Pool

Schedule
September 5-October 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 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 3:00-5:00pm Swim Lessons - Levels 4-6 3:30-4:00pm 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 *Block 1 Swim Lessons Run September 11-October 21	Open 5:30-8:15am Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:30pm (Starts Sept 19) Open Swim 3:00-5:00pm Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 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 Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 5:30-8:15am Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED CCS 3rd Grade Swim Program 8:15-9:00am (Starts Sept 15) POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Open Swim 3:00-5:00pm 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	Adults 8:00am-1:00pm (8:00-10:00am Sept 9 Only) Open Swim 10:00am-12:00pm (Sept 9 Only) Swim Lessons 9:00am-12:00pm (Starts Sept 16) Open Swim 1:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm 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



There is a mandatory informational meeting for all joining and returning swimmers and their parents, Wednesday October 4, at 6:00pm. Registration for the upcoming season will be held directly following. 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 \$100.00, which includes USA/ADK registration fees. Team cap will be handed out at time of registration.

Sharks Swim Team "Tryout"

Tuesday September 26, and Thursday, September 28 • 4:00-5:00pm
New swimmers that are interested in joining The Clark Sports Center Sharks, have the opportunity to come and try a practice or two. Swimmers will run through strokes and skills, and receive information on possibly joining the Sharks in the upcoming season.

The Lap Pool will be closed 4:00-5:00pm, beginning October 23, for Sharks Swim Team practice.

The Aquatic Center will be closed for CCS Varsity Swim Meets on September 14, 18, 29, October 3, 12, 17 & 20 from 4:30 until the end of the meet. Dates and times are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Splash 7:00-7:45 Carole	Sweat Wet 8:15-9:00 Susan	Morning Splash 7:00-7:45 Carole	Sweat Wet 8:15-9:00 Susan	Morning Splash 7:00-7:45 Carole
Sweat Wet 8:15-9:00 Carole	Fluid Movement 9:15-10:00 Susan	Sweat Wet 8:15-9:00 Carole	Fluid Movement 9:15-10:00 Susan	Aqua Zumba 8:15-9:15 Veronica
Aqua Body Blast 9:15-10:00 Carole	Deep Aqua B.A.S.I.C. 5:30-6:15 Carole	Aqua Body Blast 9:15-10:00 Carole	Deep Aqua B.A.S.I.C. 5:30-6:15 Carole	
Hydro Power 5:30-6:15 Carole		Hydro Power 5:30-6:15 Carole		

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 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!

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!!

Fall Swim Lessons

Swimming lessons are offered for youth of all ages and abilities, preschool – high school. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed on the pool deck during lessons, please use the balcony to watch. Please arrive on time. Lessons are for members only and registration is required.

Block 1 Fall Lessons - Monday, September 11 – Saturday, October 21. Registration begins Monday, August 28. Due to the overwhelming demand of swimming lessons, we ask that you sign your child up for just one class at this time.

Afterschool swim lessons for school age children K-18

Monday 3:30-4:00pm : Level 4, 5 & 6 (Limit 15)
 Tuesday 3:30-4:00pm : Level 1 (Limit 18)
 Wednesday 3:30-4:00pm : Level 2 (Limit 18)
 Thursday 3:30-4:00pm: Level 3 (Limit 18)

Evening Swim Lessons

(No Lessons 9/14, 9/18, 10/12, & 10/17)

Preschool Lessons – (6 mos – not attending K)

Parent and Child 1 (Limit 10 per class)
 Mondays 5:30-6:00pm
 Wednesdays 6:30-7:00pm
 Parent and Child 2 (Limit 10 per class)
 Thursdays 6:30-7:00pm

Ducks

Mondays 6:00-6:30 (Limit 5)
 Wednesdays 5:30-6:00pm (Limit 10)

Frogs

Mondays 6:30-7:00pm (Limit 5)
 Wednesday 6:00-6:30pm (Limit 10)

Octopi

Thursdays 5:30-6:00pm (Limit 10)

Dolphin

Thursdays 6:00-6:30pm (Limit 5)

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm (Limit 12)
 Thursdays 6:00-6:30pm (Limit 12)

Level 2

Tuesdays 6:00-6:30pm (Limit 12)
 Thursdays 6:30-7:00pm (Limit 12)

Level 3

Tuesdays 6:30-7:00pm (Limit 12)
 Thursdays 5:30-6:00pm (Limit 12)

Level 4/5/6

Wednesdays 5:30-6:00pm (Limit 8)

Adult Group Swimming Lessons

Adult 1

Tuesdays 6:30-7:00pm (Limit 8)

Adult 2

Wednesdays 6:00-6:30pm (Limit 8)

Adult 3

Wednesday 6:30-7:00pm (Limit 8)

Saturday Morning Swim Lessons

Preschool

Parent and Child 1 (Limit 10)
 9:00-9:30am

Parent and Child 2 (Limit 10)
 9:30-10:00am

Ducks (Limit 10)

10:00-10:30am

Frogs (Limit 10)

10:30-11:00am

Octopi (Limit 5)

10:30-11:00am

Dolphins (Limit 5)

10:00-10:30am

School Age Group Swim Lessons

Level 1 (Limit 12)

11:00-11:30am

Level 2 (Limit 12)

11:30-12:00pm

Level 3 (Limit 8)

9:30-10:00am

Level 4/5/6 (Limit 8)

9:00-9:30am

Adult Group Swim Lessons

Adult 1

Saturdays 11:30am-12:00pm

Adult 2

Saturdays 11:00-11:30am

New!

Fitness Game Room

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 will also be 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!

The Fitness Game Room is open Monday-Friday, 11:00am-8:00pm; Saturday, 11:00am-8:00pm, and Sunday, 11:00am-5:00pm.

We hope you will enjoy the Fitness Game Room as another added benefit of your Clark Sports Center membership.

ROOM USE

- The exergaming room may only be used during designated times and when staffed.
- Staff is available to orient youth on the equipment during open hours.
- 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 on the floor an arm's length away, but not on another piece of equipment.

Returning!

Kidz Korner

Kidz Korner is back for the 2017-2018 school year! Time for homework, quiet activities, and crafts with Peg Wilson in the Meeting Room, Monday-Friday, on school days, 3:00-5:00pm.



Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–9:00	Open 5:30–9:00	Open 5:30–9:00	Open 8:00am–9:00pm	Open 8:00–9:00
Headstart (Starts Oct. 2) 9:30–11:30	Fit Camp 6:00–7:00	Preschool Play 9:00–10:30	Preschool Play 9:00–10:30	Headstart 9:30–10:30	Tumble Buddies Gymnastics (Starts Sept. 9, Half of Gym Floor)	Adult Pickleball Open Play 9:00–11:00
Open 11:30–3:00	Open 7:00–9:00	Open 10:45–2:00	Preschool Sports Academy (Starts Oct. 5)	Open 10:30–3:00	9:00–11:00	Open 11:00–5:00
Kids Dodgeball (Sept. 18–Oct. 19) 3:15–4:15	Preschool Play (Starts Sept. 12) 9:00–10:30	Kids Day (Starts Sept. 20) K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	Open 11:30–3:00	Gymnastics (Sept. 12–Oct. 17) 3:15–6:00		
Boy's Sr. (5 th & 6 th Grade) Basketball League Practice (Starts Oct. 30) 3:15–4:15	L.E.A.H 12:30–2:30	Open 5:00–6:00	Adult Pickleball Open Play 12:00–2:00	Boy's Jr. (3 rd –4 th Grade) Basketball League Games (Starts Oct. 27) 3:15–4:15		
Girl's Sr. (5 th & 6 th Grade) Basketball League Practice (Starts Oct. 30) 4:15–5:15	Open 10:45–3:00	Adult Pickup Basketball (Sept. 13–June 6) 6:00–9:00	Kids Dodgeball (Sept. 21–Oct. 19) 3:15–4:15	Girl's Jr. (3 rd –4 th Grade) Basketball League Games (Starts Oct. 27) 4:15–5:15		
Open 4:15–5:30	Gymnastics (Sept. 12–Oct. 17) 3:15–6:00		Boy's Sr. (5 th & 6 th Grade) Basketball League Games (Starts Oct. 26) 3:15–4:15	Kids Pick-up Hoops 7 th –12 th (Half of Gym Floor, Sept. 8–Oct. 20) 6:00–9:00		
Slow Break Basketball League Setup & Warm-up 5:15–6:00	Boy's Jr. (3 rd –4 th Grade) Basketball League Practice (Starts Oct. 24) 3:15–4:15		Girl's Sr. (5 th & 6 th Grade) Basketball League Games (Starts Oct. 26) 4:15–5:15	Junior High Basketball League (Oct. 27–Dec. 15) 5:30–7:30		
Slow Break Basketball League (Nov. 13) 6:00–10:00	Girl's Jr. (3 rd –4 th Grade) Basketball League Practice (Starts Oct. 24) 4:15–5:15		Adult Futsal Pickup (Sept. 14) 6:00–9:00	Open (Half of Gym Floor) 5:00–9:30		
	Open (Half of Gym Floor) 6:00–9:00					
	Pick-up Volleyball (Sept. 12–Nov. 21) 6:00–9:00					



Athletics Information

Pick-up Nights • New this year are adult pick-up nights for volleyball, futsal and basketball. These nights require no sign-ups, just show up and play. Pick-up nights are for adults who are 18+ and must be out of high school. There will be a designated night for pick-up basketball for grades 7-12.

League Play • Our leagues are on a team sign-up basis only. It is a first come, first serve team sign-up. The first 8 teams to have their money and rosters in after registration opens will get the spots. We do not put any individuals on teams. We will however take single names and circulate them to teams on a free agent list. There are no guarantees of getting on a team, but we encourage all who want to play to come to the pick-up nights first.

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. We will also shut down 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.

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. One will run on Thursday afternoons and one on Sunday mornings. Please check our schedule for times and dates.

Preschool Play Program • This program runs Tuesday, Wednesday, 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.

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.



New!
TUMBLE BUDDIES
Begins September 9
Ages 1-4
Register at the Main Desk,
August 1–September 9.
Visit www.clarksportscenter.com
for more information.

ClarkSportsCenter

Every Saturday for 11 sessions. The cost of the program is \$50 for members and \$100 for non-members.

Tumble Buddies gymnastics class is an instructional gymnastics course for children ages 1-4. A care-giving adult must be present to participate with each child alongside of a certified gymnastics instructor. This class will help the children become familiar with the equipment, learn basic skills, flexibility, and coordination all while boosting their self-esteem in gymnastics. This class will be taught by Brittney McKinstry and Jessica Gualtieri.

Level One • Open to youth Ages 1 & 2, 9:00–10:00am.

Level Two • Open to youth Ages 3 & 4, 10:00–11:00am.



PRESCHOOL SPORTS ACADEMY
Begins October 5!
Thursdays, 10:45am–11:15pm
Open to youth ages 4 and 5
Free for members, but must
register at the Main Desk
For more information, visit www.clarksportscenter.com.



GYMNASTICS- Level 1 & 2
Begins September 12
Register at the Main Desk, August 1–September 12, 2017.
Visit www.clarksportscenter.com for more information.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW Escape 6:00-6:30 Deirdre	Fit Camp 6:00-6:45 Alison	NEW Escape 6:00-6:30 Deirdre	Fit Camp 6:00-6:45 Alison	Prime Time 11:15-12:15 Barb	NEW Escape 8:30-9:00 Adam	
CSC 8:30-9:30 Deirdre	Forever Fit 7:00-7:45 Susan	CSC 8:30-9:30 Nancy	Forever Fit 7:00-7:45 Susan	NEW Escape 4:30-5:00 Deirdre	NEW Pound/Zumba 8:30-9:15 Various	
Escape 9:45-10:15 Maureen	FIT 8:15-9:15 Maureen	Core & More 9:20-9:35 Amy	FIT 8:15-9:15 Maureen	Zumba 5:30-6:30 Elma	Variety 9:30-10:30 Various	
Prime Time 11:15-12:15 Katherine	Barre 9:15-10:00 Holly	Prime Time 11:15-12:15 Carina	NEW Barre 9:15-10:00 Holly			
Express 4:30-5:00 Laurie	Low Impact Zumba 10:15-11:00 Holly	Barre 5:30-6:00 Stefanie	Escape 9:45-10:15 Kara			NEW Escape 9:30-10:00 Ben
NEW Zumba 5:30-6:15 Breanne	Escape 4:30-5:00 Kara	Zumba 6:15-7:00 Stefanie	NEW Low Impact Zumba 10:15-11:00 Holly		Zumba 1:00-1:45 Elma/Breanne	
Tabata 5:30-6:30 Laurie	TBC 6:00-6:45 Sabrina	Escape 6:30-7:00 Adam	Express 4:30-5:00 Laurie		NEW Kids Fitness Dance 2:30-3:00 Stefanie <small>Grades 3-6</small>	
Escape 6:30-7:00 Ben	Core & More 6:20-6:35 Katie		Pound 5:30-6:15 Michelle		NEW Kids Fitness Dance 3:15-3:45 Stefanie <small>Grades K-2</small>	
Karate 6:30-8:00 Dave			Tabata 6:00-7:00 Katie			
			Core & More 6:20-6:35 Laurie			
			Karate 6:30-8:00 Dave			

After School Kids Group Fitness
3:30-4:00
Monday • Kids Yoga (Alexis-Studio 1)
Tuesday • Fit Kids (Ben-Sports Performance Area)
Wednesday • Fit Kids (Josie-Studio 1)
Thursday • Kids Yoga (Alexis-Studio 1)
Friday • Fit Kids (Ben-Sports Performance Area)

Class Key

 Studio 1	 Studio 2	 Sports Performance Area	 Gym Floor	 NEW New Class
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Visit www.clarksportscenter.com for more class information.

Saturday Variety

Sept 9	Holly	Barre
Sept 16	Emily	Cardio Dance & Core
Sept 23	Brittany	Cardio Kick & Sculpt
Sept 30	Stefanie	Barre
Oct 7	Brittany	Let Loose & Line Dance
Oct 14	Brittany	Cardio Kick & Sculpt
Oct 21	Emily	Cardio Dance & Core
Oct 28	Stefanie	Barre

Saturday Pound/Zumba

Sept 9	Holly	Zumba
Sept 16	Michelle	Pound
Sept 23	Michelle	Pound
Sept 30	Michelle	Pound
Oct 7	Breanne	Zumba
Oct 14	Breanne	Zumba
Oct 21	Michelle	Pound
Oct 28	Michelle	Pound

Saturday Spinning

Sept 9	Don
Sept 16	Colleen
Sept 23	Josie
Sept 30	Alison
Oct 7	Colleen
Oct 14	Don
Oct 21	Alison
Oct 28	Josie

Group Fitness

Spinning

Schedule
September 5–October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 6:00-6:50 Alison	NEW Express Spin 9:15-9:45AM Deirdre	Spinning 6:00-6:50 Colleen	NEW Express Spin 9:15-9:45AM Deirdre	Spinning 6:00-6:50 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Maureen		Spinning 8:30-9:20 Amy		Spinning 8:30-9:30 Nancy	
NEW Gentle Spin 10:00-10:45 Deirdre		Gentle Spin 10:00-10:45 Nancy			
NEW Express Spin 6:00-6:30PM Josie	Spinning 5:30-6:15PM Katie	NEW Express Spin 6:00-6:30PM Laurie	Spinning 5:30-6:15PM Laurie		
					Sunday

Group Fitness

Yoga & Pilates

Schedule
September 5–October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW Restorative/Gentle Yoga 8:15-9:15 Katherine	NEW Hatha Yoga 9:45-10:45 Nicole	Sunrise Yoga 6:15-7:15 Nicole	Yoga Flow 8:15-9:15 Harpremeet	Yoga Flow 9:45-10:45 Nancy	NEW Ashtanga Yoga 9:30-10:45 Simone
NEW Advanced Kripalu 9:30-10:45 Katherine	Chair Yoga 11:15-12:15 Nicole	Pilates 9:45-10:45 Joann	NEW Intro to Yoga 9:45-10:45 Simone/Harpremeet	Gentle Yoga 1:00-2:00 Karla	
NEW Hatha Yoga 5:30-6:30PM Alexis	Pilates 5:15-5:45 Sabrina	Gentle Yoga 1:00-2:00 Nicole	NEW Hatha Yoga 5:30-6:30 Suzanne	NEW Hatha Happy Hour 5:30-6:30 Harpremeet	Gentle Yoga 9:00-10:15 Nicole
	NEW Yoga for Athletes 6:15-7:00 Nicole	Yoga Fit Level 1 5:30-6:30 Elma			NEW Creative Kids Yoga 2:30-3:00 Mary Clare <small>Grades K-2</small>
					NEW Creative Kids Yoga 3:15-3:45 Mary Clare <small>Grades 3-6</small>
					Sunday

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.
- 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/health-and-fitness/group-fitness/index.php#class-descriptions>) or at the Health & Fitness desk for class size limits.
- It is recommended to bring your own yoga mat to yoga classes.

Health & Fitness

Fitness Center

The new 6500 sq. ft. facility featuring 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. 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. Our Personal Training Coordinator, Kara Arnold, (607) 547-2800, 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. A free Functional Movement Screening (FMS) may be required. Please contact Adam Swartout, Sports Performance Coordinator, at 607-547-2800 for more information.



Escape Classes

Monday/Wednesday	6:00-6:30am, 6:30-7:00pm
Tuesday/Friday	4:30-5:00pm
Thursday	9:45-10:15am
Saturday	8:30-9:00am
Sunday	9:30-10:00am

FREE BLOOD PRESSURE CHECK



Tuesday, 9:00am & Wednesday, 5:00pm
Located in the Personal Training Room

New! 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.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to November 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 Rich Jantzi at (607) 547-2800, ext. 125 for more information.

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 8:00–8:00	Open 8:00–8:00	Open 8:00–8:00
Reserved (2 courts) 3:30–5:00	Reserved (2 courts) 3:30–5:00	Women's League 5:00–dark	Reserved (2 courts) 3:30–5:00			Long-term Rental 1:00-4:00 (2 Courts)
	Women's League 5:00–dark		Open 5:00–8:00			

Tennis Leagues

The Women's Fall Tennis Leagues will take place on Tuesday and Wednesday evenings, starting September 5. Doubles league is \$30 for members or \$60 for non-members. For more information, contact Amy Porter, (607) 547-2800, ext. 129.

Tennis Rules and Information

- The tennis courts are available now until November 1, during daylight hours.
- 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.
- Please observe our lightning policy located at the entry of our Tennis Center.
- During tennis league, all four courts are reserved for league participants.

Racquets 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. Courts may be reserved for \$20/hour per court. For more information, contact Matt Phillips at (607)547-2800, ext. 130.

New! Doubles Squash Court - Open during business hours.



September 30



BREWERY
OMMEGANG
COOPERSTOWN, N.Y.

ClarkSportsCenter



**23 mile and 43 mile races, starting
and ending at Brewery Ommegang.
Must be 21 to drink.**

**www.clarksportscenter.com
Register online at itsyourrace.com**

OCTOBER 29 - 1:00PM



Run or walk in your Halloween costume for a chance to win prizes in the following categories:

- Scariest
- Best Group
- Funniest
- Most Creative
- Best Overall Costume

5K/10K RUN & WALK

Day of race check-in and registration will take place from 11:30am-12:30pm.

The race starts and ends at The Clark Sports Center. It is a moderately difficult course that travels the roads in the Village of Cooperstown. The 5k race will travel the course once, while the 10k will travel the course two times.

5k - Registration on, or before, October 28: \$20, October 29: \$30.

10k - Registration on, or before, October 28: \$25, October 29: \$35.

Family - \$50 family entry fee. 5 people max, all children must be 18 or under. Individual registrations must be completed for each member.

Preschool Halloween Party Thursday, October 26 • 9:00-11:00am

Dress up in your scariest costume for our annual Preschool Halloween Party! The Sports Center Gym Floor will be decorated with spooky ghosts and spiders! Bring a treat to pass with friends and parents, too. The Sports Center will be providing cider.

