

# ClarkSportsCenter

## Spring Schedule

March–June 2018



### Council Rock to Council Rock Run

Sunday, May 20, 2018

- Adventure.....4
- Bowling.....5
- Aquatics .....6-8
- Fitness Game Room ....9
- Athletics ..... 10-11
- Group Fitness..... 12-13
- Health & Fitness ..... 14
- Racquets ..... 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

May 29–September 30  
 Monday–Friday, 5:30am–9:00pm  
 Saturday, 8:00am–5:00pm  
 Sunday, 8:00–1:00

### Closures

Easter Day • Sunday, April 1  
 Memorial Day • Monday, May 28



## Rates, Fees, and Payments

<b>Membership</b>	<b>Rate</b>
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) <b>Single Parents Only</b>	\$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](http://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 school 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 Animal Allowed Policy

Animals 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–Saturday mornings, 8:15-11:15am, and Tuesday and Thursday, 4:15–7:15pm. 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

## Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	Advanced Climb 8:00–11:00am
Open Climb 5:00–6:00pm	Open Climb 5:00–6:00pm	Open Climb 5:00–6:00pm	Open Climb 5:00–6:00pm	Open Climb 5:00–9:00pm	Belay School 11:30am–12:00pm
Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm		Open Climb 12:00–5:00pm
					Advanced Climb 6:00–9:00pm
					<b>Sunday</b>
					Advanced Climb 8:00–11:00am
					Belay School 11:30am–12:00pm
					Open Climb 12:00–5:00pm
Please check the website for rock wall closures due to private programs					

**Advanced Climb Hours:** No one under the age of 12 is allowed to climb unless belayed by a parent or guardian.

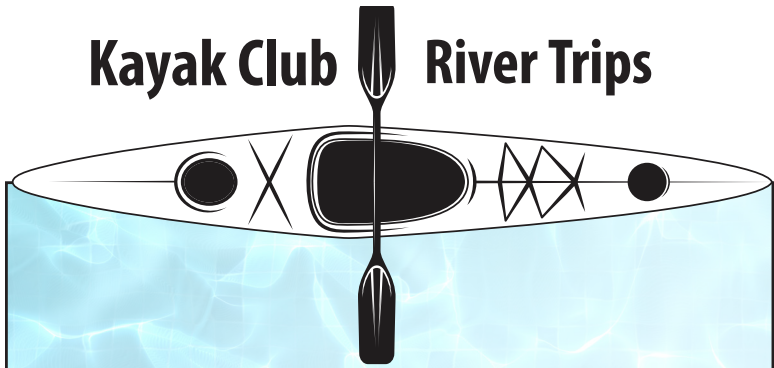
**Afterschool Climb Hours:** Participants do not need to be accompanied by an adult. They can simply show up and climb.

**Open Climb Hours:** Anyone under the age of 12 must be accompanied by an adult. To climb on a top rope, a climber needs to bring a competent belay partner that is over 12 years of age.

**Participants assume all risk in the use of personal climbing equipment.**

**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, after school and league play. Free for members!

## Kayak Club River Trips



April–May • Ages 13+

Sunday • 5:30–7:30pm

Free for members. Non-members must buy a day pass.

Learn basic kayaking and safe boating skills in the pool before heading outside to the river. This club is great if you would like to try something new or practice rolling techniques for spring paddling. Participants may bring their own boat. There will be a limited supply of boats available (first come, first serve). Boats must be clean before they are brought into the Pool. For more information, please call Jim DiLiberto at (607) 547-2800, ext. 126.

## Mountain Biking Club

Early March–May 25 • Ages 10+

Tuesday • 3:30–5:00pm  
Skill Development Day

Wednesday • 3:30–5:00pm  
Focus on rider skills

We ride rain or shine, trails can be technical but we will try to make each ride work for all. Free program, for members only. Must have your own bike and helmet. Please visit our website for more details.

For more information, please call Jim DiLiberto at (607) 547-2800, ext. 126.





# Bowling

## Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Citizen Bowling 9:00–10:30 (Ends May 22)  Preschool Bowling 10:30–11:00 (Ends May 15)  Open 11:00–12:00  LEAH 12:30–2:30 (Ends May 22)  Open 2:30–5:00  Summer No-Tap Bowling League 6:00–9:00 (Begins June 5)	Senior Citizen Bowling 1:00–2:30 (Ends May 23)  Open 1:00–5:00	Open 9:00–12:00  Women's League 1:00–3:00 (Ends 4/12)  Open 3:00–5:00	Open 9:00–12:00  Open 1:00–3:00  Elementary League 3:00–5:00 (Ends 4/06)  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
<b>Game</b>	75¢	\$1.00	\$2.00
<b>Shoes</b>	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.
- 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 (607) 547-2800.

### Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 11–May 15 Tuesdays	10:30–11:00am	None	Free
Senior Citizen Bowling (Ages 55+)	Sept. 11–May 22 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 12–May 23 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (Per game)
Summer No Tap Bowling League	June 5–July 24 Tuesdays	6:00–9:00pm	May 1–June 5	\$5 members; \$10 non-members (Per night)



# Lap Pool

Schedule  
April 30-June 24

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 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 3:00-5:00pm Swim Lessons • Levels 4-6 3:30-4:00pm (Ends May 14) CSC Sharks Swim Team 4:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Cross Currents 8:15-9:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:20 (Ends May 22) Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm (Ends May 15) 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 (Ends May 16) CSC Sharks Swim Team 4:00-5:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm (Ends May 16) 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 (Ends May 17) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm (Ends May 17) Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Open Swim 3:00-5:00pm CSC Sharks Swim Team 4:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm (Ends May 19) Open Swim 1:00-5:00pm Adult Laps 5:00-6:30pm (Ends May 26) Open Swim 6:30-9:00pm (Ends May 26)
					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 (Ends May 27)

Please be aware that school groups will be visiting May-June and will share the Aquatics Center during daytime hours.

# Teaching Pool

Schedule  
April 30-June 24

This schedule 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**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30-8:00am Adult 8:00-10:30am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-1:30pm Bassett Physical Therapy 1:30-3:00pm Open Swim 3:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 14) Open Swim 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Adult 10:00-10:30am Preschool Swim 10:30-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-12:30 LEAH Swim 12:30-2:20pm (Ends May 22) Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons • Level 1 3:30-4:00pm (Ends May 15) Open Swim 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 15) Open Swim 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-10:00am Headstart 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-1:30pm Bassett Physical Therapy 1:30-3:00pm Open Swim 3:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 16) Open Swim 7:00-9:00pm	Open 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Adult 10:00-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-1:30pm Bassett Physical Therapy 1:30-3:00pm Open Swim 3:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm (Ends May 17) Open Swim 7:00-9:00pm	Open 5:30-8:15am Aqua Zumba 8:15-9:00am Adult 9:00-9:30am Pathfinder 9:30-10:00am Headstart 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open Swim 3:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-9:00pm	Adult 8:00-9:00am Swim Lessons 9:00am-12:00pm (Ends May 19) Adult 12:00-1:00pm Open Swim 1:00-5:00pm Adult 5:00-6:30pm (Ends May 26) Open Swim 6:30-9:00pm (Ends May 26)
					Sunday
					Adult 8:00-10:00am Open Swim 10:00am-12:00pm Adult 12:00-1:00pm Open Swim 1:00-5:00pm (Ends 5/27)



# Diving Pool

Schedule  
April 30-June 24

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
<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am POOL CLOSED</p> <p>Sweat Wet! 8:15-9:00am POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Pathfinder 9:30-10:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-3:30pm</p> <p>Swim Lessons • Levels 4-6 3:30-4:00pm (Ends May 14) POOL CLOSED</p> <p>Open Swim 4:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Hydro Power 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:15am</p> <p>Adult Swim 8:15am-3:00pm</p> <p>L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:20pm (Ends May 22)</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED</p> <p>Swim Lessons (1/2 Pool) 6:30-7:00pm (Ends May 15)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am POOL CLOSED</p> <p>Hydro Power 8:15-9:00am POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Hydro Power 5:30-6:15pm POOL CLOSED</p> <p>Swim Lessons (1/2 Pool) 6:30-7:00pm (Ends May 16)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:15am</p> <p>Sweat Wet! 8:15-9:00am POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED</p> <p>Swim Lessons (1/2 Pool) 6:30-7:00pm (Ends May 17)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am POOL CLOSED</p> <p>Adult Swim 7:45am-3:00pm</p> <p>Pathfinder 9:30-10:30am</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm (Ends May 19)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult Laps 5:00-6:30pm (Ends May 26)</p> <p>Open Swim 6:30-9:00pm (Ends May 26)</p>
					<b>Sunday</b>
					<p>Adult Swim 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Swim 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm (Ends May 27)</p>

## Advanced Competitive Swim Camp



Dates: Monday, June 25–Friday, June 29

Time: 9:00am–1:00pm

Ages: 10–18

Cost: \$95 Members or \$120 Non-members

Limit: 30

Advanced Competitive Swim Camp will be coached by Kristen Griger, head coach of the Clark Sports Center Sharks, and will focus on building competitive swim skills. This week long camp will cover areas including stroke technique, starts, turns and race strategy. Each day will include dryland training as well as pool time. At the end of the week our improved skills will be on display as the swimmers compete in a camp swim meet. Participants must have at least 2 years experience on a competitive swim team to be eligible for this camp with coaches' approval.

## A Quintessential Swim Camp



Dates: Monday, June 25–Friday, June 29

Time: 8:00–10:30am

Grades: 1–6

Cost: \$85 Members or \$110 Non-members

Limit: 35

This camp for newer and intermediate competitive swimmers will use the five basic elements from ancient Greek philosophy (air, earth, fire, water and aether) to help swimmers develop a better feel for the water and understanding of how they move through the water. Coaches Katy Haseley and Sally Zaengle will use games and fun activities to make abstract concepts applicable and help your swimmer become faster.

## Jr. Lifeguard Camp



Cost: \$90 Members or \$115 Non-members

Limit: 12

The Jr. Lifeguard program teaches children the knowledge and skills that professional lifeguards possess, including but not limited to personal fitness, teamwork, personal water rescue, and basic lifeguarding techniques.

### Junior Guards Year 1

Dates: Monday, July 9–Friday, July 13

Time: 2:00–4:00pm

Ages: 10–14

### Junior Guards Year 2 and Beyond

Dates: Monday, July 16–Friday, July 20

Time: 2:00–4:00pm

Ages: 11–14

Boost the skills learned in Year 1. Campers will participate in an American Red Cross Citizens hands-only CPR course.



# Aqua Fitness

Schedule  
April 30-June 24

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

**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!!



## Swim Lessons

### Summer 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.

Summer swim lessons run Monday, July 2–Friday, July 27 (no lessons on July 4). Registration begins Monday, June 4 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)

#### Sports Center Member Lessons – Monday- Friday

Levels 1-6, 8:15-8:55am (entering grades K- 12)

#### Preschool Lessons – (6 mos – not attending K in fall)

Monday, Tuesday or Thursday Mornings • 9:00-9:30am

- Ducks
- Frogs
- Octopi
- Dolphins

#### Wednesday or Friday Mornings • 9:00-9:30am

- Parent and Child 1
- Parent and Child 2

#### Wednesday Evenings

- 5:30-6:00pm: Parent and Child 1
- 6:00-6:30pm: Parent and Child 2

# Fitness Game Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 11:00am-7:00pm	Open 11:00am-7:00pm	Open 11:00am-7:00pm	Open 11:00am-7:00pm	Open 11:00am-8:00pm	Open 9:00am-5:00pm
GameChangers Gold 11:00-11:30am	Little GameChangers 11:00-11:30am	GameChangers Gold 11:00-11:30am	Little GameChangers 11:00-11:30am	GameChangers Gold 11:00-11:30am	Fitness Game Room Party Rentals 6:00-8:00pm
GameChangers 1:00-1:30	LEAH Program 12:00-3:00pm	GameChangers 1:00-2:00	GameChangers 1:00-1:30	After School Youth Play 3:00-5:00pm	
After School Youth Play 3:00-5:00pm	After School Youth Play 3:00-5:00pm	After School Youth Play 3:00-5:00pm	After School Youth Play 3:00-5:00pm		<b>Sunday</b>
GameChangers 6:00-6:30		GameChangers 6:00-6:30			Open 9:00am-5:00pm

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 is also 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! 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 all participants 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.

## Fitness Game Room Descriptions

**After School Youth Play** – this time slot, Monday-Friday 3:00-5:00pm, is geared towards allotting school age children an opportunity to enjoy the interactive gaming environment of the Fitness Game Room. This time slot may vary depending on the school calendar (i.e. School Breaks/Vacations, Conference and Snow Days).

**Fitness Game Room Party Rentals** – the Fitness Game Room is available for your birthday party or group gathering to use the room just for your private use. Rentals are first come, first serve priority and will be available for Saturday evenings. You can rent the room for 1-hour for \$50 or for 2-hours for \$75. For more information or to make your reservation, please call Matt Phillips, (607) 547-2800, ext. 130.

**GameChangers Gold:** This program is designed to provide an opportunity for those in their “golden years” to change up their workout routine to a fun, interactive, gaming environment that will train your mental and cognitive abilities, balance, and strength to keep an active lifestyle.

**Little GameChangers:** This program is geared very similar to the GameChangers program, but with an attention to offer preschool aged children to play the interactive technology that is age appropriate to their skills and abilities.



# Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–8:30	Open 5:30–9:00	Open 5:30–10:00	Open 8:00am–9:00pm	Open 8:00–9:00
Headstart 9:30–11:30 (Ends June 4)	Fit Camp 6:00–6:45  Open 6:45–9:00	Pickleball/ Open Gym 8:30–2:00	Preschool Play 9:00–10:30 (Ends May 31)	Headstart 10:15–10:45 (Ends June 8)		Adult Pickleball (Half Floor) 9:00–11:00
Open 11:30–3:00	Preschool Play 9:00–10:30 (Ends May 29)	Open 2:00–3:30	Sports Academy 10:30–11:15 (Ends April 19)	Open 10:45–3:00		Open (Half Floor) 9:00–11:00
Dodgeball (March 15–April 31) 3:15–4:15	Open 10:30–12:30	Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00 (Ends May 30)	Pickleball/ Open Gym 11:30–2:30	Gymnastics Level 1 3:15–4:15 (Starts March 16)		Open 11:00–5:00
Open 4:30–9:30 (Ends June 11)	LEAH 12:30–2:30 (Ends April 10)	Open 5:00–6:00	Dodgeball (March 15–April 31) 3:15–4:15	Gymnastics Level 2 4:15–5:15 (Starts March 16)		
Girls High School Hoops 5:30–10:00 (Starts June 18)	Gymnastics Level 1 3:15–4:15 (Starts March 13)	Boys High School Hoops 5:30–10:00 (Starts June 20)	Open 4:15–5:30	Open 6:00–9:30		
	Gymnastics Level 2 4:15–5:15 (Starts March 13)	Adult Pickup Basketball 6:00–9:30 (Must be 18+, ends June 13)	Adult Futsal League 6:00–9:30 (Ends May 24)			
	Open 6:00–9:30 (Half court)					
	Adult Volleyball League 6:00–9:30 (Half court, ends April 17)					
	Youth Pickup Volleyball, Gr. 7–12 5:00–7:00 (Half court, begins April 24)					
	Adult Pickup Volleyball, 18+ 7:00–9:30 (Half court, begins April 24)					
<p><b>Holidays &amp; Snow Days</b></p> <p>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.</p>						



**SENIOR WALK**

The annual Senior Walk program will conclude on Friday, April 27. This program is for members and non-members, ages 55+. Senior Walk meets on the track Mondays, Wednesdays, and Fridays, 10:00–11:00am. Only Senior Walk participants are allowed on the track at this time.



# Athletics Information



## ADULT PICKLEBALL

Wednesdays, 8:30am–2:00pm, Thursdays, 11:30-2:30 and Sundays, 9:00-11:00am. During Thursday afternoons, Adult Pickleball will have available open floor time, depending on numbers. Please call (607) 547-2800 ahead of time to inquire about availability.



## Gymnastics • Spring Session

**Tuesdays and Fridays • March 13–May 11, 2018**  
Register at the Main Desk or online from  
February 12–March 13

**Level One • Gymnastics for Level One meets 3:15–4:15pm,**  
beginning March 13 and ending May 11. \$80 per youth  
(members only). Limit 15.

**Level Two • Gymnastics for Level Two meets 4:15– 5:15pm,**  
beginning March 13 and ending May 11. \$80 per youth  
(members only). Limit 15.

**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 close 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.

**Adult Leagues** • REMINDER: Adult Softball and Adult Soccer registrations have started. For more information contact Scott Whiteman (607) 547-2800, ext. 109, or Jessica Gualtieri (607) 547-2800, ext. 107.

**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](http://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.

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



Monday	Tuesday	Wednesday	Thursday	Thursday cont.	Saturday
<b>Escape</b> 6:00-6:30 Deirdre	<b>NEW Pound</b> 5:45-6:15 Michelle	<b>Escape</b> 6:00-6:30 Deirdre	<b>Fit Camp</b> 6:00-6:45 Alison	<b>Escape</b> 7:00-7:30 Andi/Deirdre	<b>Escape</b> 8:30-9:00 Adam
<b>Long Strong Life</b> 8:30-9:30 Denise	<b>Fit Camp</b> 6:00-6:45 Alison	<b>CSC</b> 8:30-9:30 Nancy	<b>Forever Fit</b> 7:00-7:45 Susan	<b>Friday</b>	<b>Variety</b> 9:30-10:30 Various
<b>Escape</b> 9:45-10:15 Maureen	<b>Forever Fit</b> 7:00-7:45 Susan	<b>Core &amp; More</b> 9:20-9:35 Amy	<b>FIRE</b> 8:15-9:15 Maureen	<b>Escape</b> 6:00-6:30 Deirdre	<b>Stretch &amp; Strengthen</b> 11:00-11:45 Gail
<b>Prime Time</b> 11:15-12:15 Katherine	<b>FIRE</b> 8:15-9:15 Maureen	<b>TRX Plus</b> 9:45-10:15 Ben	<b>Barre</b> 9:15-10:00 Holly	<b>Prime Time</b> 11:15-12:15 Various	<b>Sunday</b>
<b>Express</b> 4:30-5:00 Laurie	<b>Barre</b> 9:15-10:00 Holly	<b>Prime Time</b> 11:15-12:15 Carina	<b>Long Strong Life</b> 9:30-10:15 Maureen	<b>Escape</b> 4:30-5:00 Deirdre	<b>TRX Plus</b> 8:30-9:00 Andi/Ben
<b>Zumba</b> 5:30-6:15 Elma	<b>Long Strong Life</b> 9:30-10:15 Maureen	<b>Express</b> 4:30-5:00 Laurie	<b>Escape</b> 9:45-10:15 Kara		<b>Escape</b> 9:30-10:00 Ben
<b>Tabata</b> 5:30-6:30 Laurie	<b>Low Impact Zumba</b> 10:15-11:00 Holly	<b>STEP</b> 5:15-6:00 Laurie	<b>Low Impact Zumba</b> 10:15-11:00 Holly		<b>NEW TIME!</b> <b>Zumba</b> 11:00-11:45 Elma
<b>Escape</b> 6:30-7:00 Ben	<b>Escape</b> 4:30-5:00 Kara	<b>Barre</b> 5:30-6:00 Stefanie	<b>Express</b> 4:30-5:00 Laurie		
<b>Karate</b> 6:30-8:00 Dave	<b>TRX Plus</b> 5:30-6:00 Andi	<b>Cardio Dance &amp; Core</b> 6:15-7:00 Stefanie	<b>NEW TIME!</b> <b>Pound</b> 5:00-5:45 Michelle		
	<b>Pound</b> 5:30-6:15 Stefanie	<b>Escape</b> 6:30-7:00 Adam	<b>TRX Plus</b> 5:30-6:00 Andi		
	<b>Core &amp; More</b> 6:20-6:35 Deirdre/Josie		<b>Tabata</b> 6:00-7:00 Deirdre		
	<b>Escape</b> 7:00-7:30 Ben		<b>Karate</b> 6:30-8:00 Dave		

### Class Key

<b>Studio 1</b> Instructor	<b>Studio 2</b> Instructor
<b>Sports Performance Area</b> Instructor	<b>Gym Floor</b> Instructor
<b>NEW</b> New Class	

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

### Saturday Variety

May 5	Cardio Dance & Core (Emily)
May 12	Tabata (Deirdre)
May 19	Zumba (Elma)
May 26	Tabata (Colleen)
June 2	Pound (Stefanie)
June 9	Cardio Dance & Core (Emily)
June 16	Pound (Michelle)
June 23	Cardio Dance & Barre (Stefanie)

### Saturday Spinning

May 5	Alison
May 12	Deirdre
May 19	Josie
May 26	Colleen
June 2	Alison
June 9	Josie
June 16	Colleen
June 23	Don

### Sunday Spinning

May 6	Don
May 13	Deirdre
May 20	Josie
May 27	Don
June 3	Don
June 10	Josie
June 17	Josie
June 24	Don

# Group Fitness

# Spinning

Schedule  
April 30–June 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Spinning</b> 6:00-6:50 Alison	<b>Express Spin</b> 9:15-9:45AM Deirdre	<b>Spinning</b> 6:00-6:50 Colleen	<b>Express Spin</b> 9:15-9:45AM Deirdre	<b>Spinning</b> 6:00-6:50 Colleen	<b>Spinning</b> 8:15-9:15 Various
<b>Spinning</b> 8:30-9:30 Maureen		<b>Spinning</b> 8:30-9:20 Amy		<b>Spinning</b> 8:30-9:30 Nancy	
<b>Gentle Spin</b> 10:00-10:45 Deirdre		<b>Gentle Spin</b> 10:00-10:45 Nancy	<b>Express Spin</b> 3:30-4:00PM Josie		
<b>Express Spin</b> 3:30-4:00PM Josie	<b>Spinning</b> 5:30-6:15PM Deirdre/Josie		<b>Spinning</b> 5:30-6:15PM Laurie		<b>Spinning</b> 9:30-10:30 Various

# Group Fitness

# Yoga

Schedule  
April 30–June 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Restorative/ Gentle Yoga</b> 8:15-9:15 Katherine	<b>Hatha Yoga</b> 9:15-10:15 Simone		<b>Beginner Yoga Flow</b> 9:45-10:45 Antonita	<b>Yoga Flow</b> 9:45-10:45 Nancy	<b>Gentle Yoga</b> 8:15-9:00 Antonita
<b>Adventurous Yoga</b> 9:30-10:45 Katherine	<b>NEW Beginner Tai Chi</b> 10:45-11:30 Kathryn			<b>Gentle Yoga</b> 1:00-2:00 Karla	<b>Ashtanga Yoga</b> 9:30-10:45 Simone
<b>Gentle Yoga</b> 1:00-2:00 Antonita		<b>Gentle Yoga</b> 1:00-2:00 Katherine			
<b>Hot Yoga</b> 5:30-6:30PM Alexis	<b>NEW Flex &amp; Flow</b> 5:15-6:00 Stacia	<b>Beginner Yoga Fit</b> 5:30-6:30 Elma	<b>Heated Vinyasa Flow Yoga</b> 5:30-6:30 Suzanne	<b>Hatha Happy Hour</b> 5:30-6:30 Harpreet	<b>NEW TIME! Yoga for Athletes</b> 8:15-9:00 Nicole
<b>Hatha Yoga</b> 7:00-7:45 Alexis	<b>Yoga for Athletes</b> 6:15-7:00 Nicholas				<b>NEW TIME! Yin Yoga</b> 9:30-10:30 Nicole

## 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. Please bring a water bottle to class.
- 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 & TRX 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/group-fitness/class-descriptions/>) or at the Health & Fitness desk for class size limits.
- Personal headphones are not permitted during Group Fitness classes.
- It is recommended to bring your own yoga mat to yoga classes.

## After School Kids Group Fitness

3:30-4:00

Monday • Kids Yoga  
(Alexis-Studio 1)

Tuesday • Fit Kids  
(Mitch-Sports Performance Area)

Thursday • Fit Kids  
(Deirdre-Studio 1)

Friday • Fit Kids  
(Deirdre-Sports Performance Area)



# Health & Fitness

## Fitness Center

The new 6500 sq. ft. facility features 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](http://www.clarksportscenter.com). Our Personal Training Coordinator, Kara Arnold, (607) 547-2800, ext. 127, 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. All Personal Trainers are certified by a nationally recognized accredited agency.

## 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 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.



### TRX Plus Classes

Tuesday	5:30-6:00pm
Wednesday	9:45-10:15am
Thursday	5:30-6:00pm
Saturday	1:30-2:00pm
Sunday	8:30-9:00am

### Escape Classes

Monday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm
Tuesday	4:30-5:00pm, 7:00-7:30pm
Wednesday	6:00-6:30am, 6:30-7:00pm
Thursday	9:45-10:15am, 7:00-7:30pm
Friday	6:00-6:30am, 4:30-5:00pm
Saturday	8:30-9:00am
Sunday	9:30-10:00am, 1:30-2:00pm

## FREE BLOOD PRESSURE CHECK



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

## 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.

For more information, please contact Rich Jantzi, at (607) 547-2800, ext. 125.

# Racquets

## Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to **November 1**, 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 8:00–3:00	Open 8:00–8:00	Open 8:00–5:00
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	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 Tuesday and Wednesday evenings, May 1–June 20. Registration runs April 2–April 22 at the Fitness Center Desk. \$30 members, \$60 non-members. The league runs Tuesdays and Wednesdays, 5:15pm and 6:30pm matches. A and B Divisions. 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.

## Indoor Racquetball and Squash Court 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. Afterschool court play takes precedence during 3:00–3:15pm (while school is in session). Courts may be reserved for \$20/hour per court. For more information, contact Matt Phillips at (607) 547-2800, ext. 130.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–3:00pm	Open 5:30am–12:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 8:00am–9:00pm
After School Court Play 3:00–5:00pm	LEAH Program 12:30–2:20pm	After School Court Play 3:00–5:00pm	After School Court Play 3:00–5:00pm	After School Court Play 3:00–4:00pm	<b>Sunday</b> Open Match Play 8:00am–12:00pm Open 12:00–5:00pm (Racquetball Court 1 closes at 4:00pm for Volleyball Training)
Open 5:00–9:30pm	After School Court Play 3:00–5:00pm	Open 5:00–9:30pm	Open 5:00–9:30pm	Open 5:00–9:30pm	
	Open 5:00–9:30pm				

## COURT RULES

- Court doors must be closed during any court activity.
  - Only clean, non-marking court shoes are permitted on the Racquetball and Squash Courts. Outdoor footwear, sandals or bare feet are not permitted on any indoor court surface.
  - Eye protection **MUST** be worn at ALL times. Sport specified goggles are supplied in the equipment cart (stationed between the courts).
  - Only 2 players allowed in the Racquetball Courts 1 & 2, Squash Courts 3 & 4. The Doubles Squash Court 4 may have up to 4 players. Due to the nature and size of the Doubles Squash Court, children (under the age of 14), may not use the court, unless participating in a program.
  - Food, drink, gum, bags and electronics are not permitted in the courts at any time.
- For more information on court rules and reservations, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).



# Special Events



**Council Rock to Council Rock**  
4.4 Mile Run & Walk - May 20, 2018

Race starts at 11:00am at  
Council Rock Park

Proceeds from the 2018 race will go to the  
Wounded Warriors Amputee Softball Team

COUNCIL ROCK  
Cooperstown, NY



ClarkSportsCenter

# BASE RACE

5K 10K  
Be A Superior Example • Cooperstown, NY

5K Fun Run & Competitive 10K Race

Help promote healthy and active  
lifestyles for individuals of all ages

**Saturday, May 26, 9:00am**

Visit <http://baserace.itsyourrace.com> for online registration.

It's one of the most challenging and picturesque races of its kind, winding around beautiful Otsego Lake.

# 26.2 RACE THE LAKE

# 13.1

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

**New in 2018! 5K runners**

## 5th Annual RACE THE LAKE Marathon and Half-Marathon

- 26.2 Race begins at 8:00am
- 13.1 race begins at 9:00am
- 5K race begins at 10:00am

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.

The 5K race will take place at Glimmerglass State Park and  
runners may enter as a stand alone racer or team up with  
a marathon runner! Both racers will have their finish times  
combined for a total time.

For more information or to volunteer, visit [www.clarksportscenter.com](http://www.clarksportscenter.com), or contact Event Director, Doug McCoy,  
at (607) 547-2800, ext. 111.

**Register today at [itsyourrace.com](http://itsyourrace.com) or stop by the  
Health & Fitness Desk.**



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