

# Clark Sports Center

Rev. 10/19/2018

## Fall Schedule

September 4-October 28, 2018



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### Clark Sports Center Facility Hours

May 29–Sept 30

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–1:00pm

October 1–May 26

Monday–Friday, 5:30am–9:30pm

Saturday & 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) <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.

### Monthly Options

Payroll Direct Deposit	
Credit/Debit Card	No Billing Fees

### 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

Please ask for assistance at the Main Desk. 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 • Vaping • 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 8:30–11:30am
Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Open Climb 12:00–5:00pm
Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	<b>Sunday</b>
Please check the website for rock wall closures due to private programs					Open Climb (Starts Oct. 7) 12:00–5:00pm

**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!

## 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.

Wednesday, September 12, 4:00-7:00pm & Wednesday, October 17, 4:00-7:00pm

## After School Mountain Biking Club

**September 11–October 19**

**Tuesday, Wednesday, and Friday 3:30-5:00 pm**

**Tuesday** - Skill development day. Tuesdays 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 19, is our rider's party with pizza and movie after a ride for everyone who participated in our 7 week program. Parents are welcome.

## Returning!

### Kidz Korner

Kidz Korner is back for the 2018-2019 school year! Time for homework, quiet activities, and crafts with Peg Wilson in the Meeting Room.

Monday–Friday, on school days,  
3:00-5:30pm.

# 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 (Starts Sept. 11) Preschool Bowling 10:30–11:00 (Starts Sept. 11) Open 2:30–5:00 Women's League 6:00–9:00	Senior Citizen Bowling 1:00–2:30 (Starts Sept. 12) 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. 2–April 5) Open 6:00–9:00	Open 1:00–5:00	Open (Starts Oct. 7) 1:00–5:00



## Bowling Fees

	Juniors	HS/College	Adults
<b>Game</b>	75¢	\$1.00	\$2.00
<b>Shoes</b>	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. 11–May 14 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 2–April 5 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 2	\$30
Men's Monday League	Sept. 17–Mar. 11 Mondays	7:00–9:00pm	September 17	\$10 per night
Women's Tuesday League	Sept. 11–Mar. 19 Tuesdays	6:00–9:00pm	September 11	\$10 per night
Men's Wednesday League	Sept. 19–Mar. 27 Wednesdays	7:15–9:00pm	September 19	\$10 per night
Women's Thursday Afternoon League	Sept. 6–April 11 Thursdays	1:00–3:00pm	September 6	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 11–May 14 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 12–May 15 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)

# Laps Pool

Schedule  
October 22-October 28

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 Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Cross Current 7:00-7:45am Adult Laps 8:00am-3:00pm Cross Current 8:15-9:00am Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:30 (Starts Sept 18) Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm 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 Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm 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	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 Adult Laps 5:00-6:30pm 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 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 Open Swim 10:00am-12:00pm 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 Pool Area will be closed 4:00-5:00pm, beginning October 22, for Sharks Swim Team practice.

# Teaching Pool

Schedule  
October 22-October 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Adult 8:00-10:30am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 22) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am 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 Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons - Level 1 3:30-4:00pm Open 4:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 23) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Head Start 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-11:45pm Aqua Yoga 11:45-12:30pm Adult 12:30-1:30 Bassett Physical Therapy 2:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 24) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Adult 10:00-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 25) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:15am Aqua Zumba 8:15-9:00am Adult 9:00-9:30am Head Start 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open 3:00-5:00pm CSC Swim Team 4:00-5:00pm (Starts Oct 26) Adult 5:00-6:30pm Open 6:30-9:00pm	Adult 8:00am-1:00pm Open 1:00-5:00pm
					Sunday
					Adult 8:00-10:00am Open 10:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm

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

# Diving Pool

Schedule  
TBD-October 28

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:15am 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 Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 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	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:30pm (Starts Sept 18) Open Swim 3:00-5:00pm 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	Open Fitness 5:30-8:15am Morning Splash 7:00-7:45am POOL CLOSED Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:30-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 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	Open Fitness 5:30-7:00am Sweat Wet! 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 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open Fitness 5:30-8:15am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 9:00am-3:00pm 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	Adult Laps 8:00am-1:00pm Open Swim 10:00am-12:00pm Open Swim 1:00-5:00pm
					<b>Sunday</b> Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm

## Snow Day and School Holiday Pool Schedules

In the event of a Cooperstown Central School snow day or early dismissal, there will be Open Swim 10:00am-12:00pm, and 1:00-5:00pm. All aquatic programs will be cancelled for the day.



There is a mandatory informational meeting for all joining and returning swimmers and their parents, Wednesday, September 26, 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 \$150.00, which includes USA/ADK registration fees. Team cap will be handed out at time of registration.

### Sharks Swim Team "Tryout"

Tuesday September 18, and Thursday, September 20 • 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 Pool Area will be closed 4:00-5:00pm, beginning October 22, for Sharks Swim Team practice.

The Aquatic Center will be closed for CCS Varsity Swim Meets from 4:30 until the end of the meet. Dates and times are TBA and subject to change.



# Aqua Fitness

Schedule  
October 22-October 28

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

**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!!

**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 Yoga (Limit 10):** This class features gentle yoga that is good for beginners. It's restorative, easy on the joints and has zero resistance!

## 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.

Block 2 Fall Lessons - Monday, November 5 – Saturday, December 15. Registration begins Monday, October 29, and will take place online only. Lessons are free and for members only, but a credit card is required during online registration. Register online at: [www.active.com](http://www.active.com). Space is limited.

*No Lessons November 12, and November 20-24.*

### Afterschool swim lessons for school age children K-18

Monday 3:30-4:00pm : Level 4, 5 & 6  
Tuesday 3:30-4:00pm : Level 1  
Wednesday 3:30-4:00pm : Level 2  
Thursday 3:30-4:00pm: Level 3

### Evening Swim Lessons

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

Parent and Child 1  
Mondays 5:30-6:00pm  
Wednesdays 6:30-7:00pm  
Parent and Child 2  
Thursdays 6:30-7:00pm

#### Ducks

Mondays 6:00-6:30pm  
Wednesdays 5:30-6:00pm

#### Frogs

Mondays 6:30-7:00pm  
Wednesday 6:00-6:30pm

#### Octopi

Thursdays 5:30-6:00pm

#### Dolphin

Thursdays 6:00-6:30pm

### School Age Swim Lessons (K-18)

#### Level 1

Tuesdays 5:30-6:00pm  
Thursdays 6:00-6:30pm

#### Level 2

Tuesdays 6:00-6:30pm  
Thursdays 6:30-7:00pm

#### Level 3

Tuesdays 6:30-7:00pm  
Thursdays 5:30-6:00pm

#### Level 4/5/6

Wednesdays 5:30-6:00pm

### Adult Group Swimming Lessons

#### Adult 1

Tuesdays 6:30-7:00pm

#### Adult 2

Wednesdays 6:00-6:30pm

#### Adult 3

Wednesday 6:30-7:00pm

### Saturday Morning Swim Lessons

#### Preschool

Parent and Child 1  
9:00-9:30am

Parent and Child 2  
9:30-10:00am

#### Ducks

10:00-10:30am

#### Frogs

10:30-11:00am

#### Octopi

10:30-11:00am

#### Dolphins

10:00-10:30am

### School Age Group Swim Lessons

#### Level 1

11:00-11:30am

#### Level 2

11:30-12:00pm

#### Level 3

9:30-10:00am

#### Level 4/5/6

9:00-9:30am

### Adult Group Swim Lessons

#### Adult 1

Saturdays 11:30am-12:00pm

#### Adult 2

Saturdays 11:00-11:30am



# Fitness Game Room

## Fitness Game Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 11:00am-3:00pm GameChangers 1:00-1:30pm After School Youth Play 3:00-5:30pm K1 Game Time 4:15-4:45pm Open 5:30-7:00pm GameChangers 6:00-6:30pm	Open 11:00am-3:00pm Little GameChangers 11:00-11:30am L.E.A.H. Program (Starts Sept. 18) 12:00-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-7:00pm	Open 11:00am-3:00pm GameChangers 1:00-1:30pm After School Youth Play 3:00-5:30pm K1 Game Time 4:15-4:45pm Open 5:30-7:00pm GameChangers 6:00-6:30pm	Open 11:00am-3:00pm Little GameChangers 11:00-11:30am After School Youth Play 3:00-5:30pm Open 5:30-7:00pm	Open 11:00am-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-8:00pm	Open 9:00am-5:00pm Fitness Game Room Party Rentals 6:00-8:00pm
					Sunday
					Open 9:00am-1:00pm (Ends September 30) Open 9:00am-5:00pm (Starts Oct. 7)

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!

### Fitness Game Room Program Descriptions

**GameChangers** – this techno-fitness program time will provide an opportunity for those looking to change up their fitness routine. With skills and challenges that will provide both a speed, agility, and strength component to your workout, but also trigger your mental and cognitive abilities through a fun, interactive, gaming environment.

**Little GameChangers** – this program time 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.

**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).

**K1 Game Time** - this program time is the GameChangers program, but with an attention to offer children in Kindergarten and 1st Grade to play the interactive technology that is age appropriate to their skills and abilities.

**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 2-hour for \$50. For more information or to make your reservation, please call Matt Phillips, (607) 547-2800, ext. 130.

### 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.

# Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–3:00	Open 5:30–8:30	Open 5:30–10:00	Open 8:00am–5:00	Open 8:00–9:00
Headstart (Starts Oct. 2) 9:30–11:30	Fit Camp 6:00–6:45	Adult Pickleball Open Play 9:00–12:00	Preschool Play 9:00–10:30	Headstart 10:00–10:45		Adult Pickleball Open Play 9:00–11:00
Open 11:30–3:00	Open 7:00–8:30	Kids Day (Starts Sept. 26)	Preschool Sports Academy (Starts Oct. 4)	Open 11:00–3:00		Open 11:00–1:00
Open (Sept. 4–Oct. 22) 3:00–5:00	Preschool Play (Starts Sept. 11) 9:00–10:30	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	Open 11:45–3:00	Boy's Jr. (3 <sup>rd</sup> –4 <sup>th</sup> Grade) Basketball League Games (Starts Oct. 26) 3:15–4:15		Open (Starts Oct. 7) 11:00–5:00
Boy's Sr. (5 <sup>th</sup> & 6 <sup>th</sup> Grade) Basketball League Practice (Starts Oct. 29) 3:15–4:15	L.E.A.H (Sept. 18–May 21) 12:30–2:30	Track Club (Grades 2–6) 3:15–4:00	Adult Pickleball Open Play 12:00–2:00	Track Club (K-1) 4:00–4:30		
Open 3:15–4:15	Open 10:45–3:00	Open 5:00–6:00	Gymnastics (Sept. 11–Oct. 16) 3:15–6:00	Girl's Jr. (3 <sup>rd</sup> –4 <sup>th</sup> Grade) Basketball League Games (Starts Oct. 26) 4:15–5:15		
Girl's Sr. (5 <sup>th</sup> & 6 <sup>th</sup> Grade) Basketball League Practice (Starts Oct. 29) 4:15–5:15	Gymnastics (Sept. 11–Oct. 16) 3:15–6:00	Adult Pickup Basketball (Sept. 12–June 5) 6:00–9:00	Boy's Sr. (5 <sup>th</sup> & 6 <sup>th</sup> Grade) Basketball League Games (Starts Oct. 25) 3:15–4:15	Junior High Basketball League (Oct. 26–Dec. 14) 5:30–7:30		
Open (Sept. 10–Oct. 29) 5:15–9:00	Open 3:15–4:15		Girl's Sr. (5 <sup>th</sup> & 6 <sup>th</sup> Grade) Basketball League Games (Starts Oct. 25) 4:15–5:15	Open (Sept. 7–Oct. 19) 5:15–9:00		
	Girl's Jr. (3 <sup>rd</sup> –4 <sup>th</sup> Grade) Basketball League Practice (Starts Oct. 23) 4:15–5:15		Adult Futsal Pickup (Sept. 20–Nov. 15) 6:30–9:00			
	Open (Half of Gym Floor) 6:00–9:00					
	Pick-up Volleyball (Sept. 11–Nov. 6) 6:00–9:00					



# Athletics Information

**Pick-up Nights** • 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.

**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. There will be a kids programs from 3:00-4:30 on Wednesdays.

**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 (i.e. youth basketball) 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. One will run on Wednesday morning, Thursday afternoons, and Sunday mornings. Please check our schedule for times and dates.

**Preschool Play Program** • This program runs Tuesday 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](http://www.clarksportscenter.com).

## Preschool Halloween Party Tuesday, October 30 9:00-11:00am



## PRESCHOOL SPORTS ACADEMY

Begins October 4!

Thursdays, 11:00–11:30am

Open to youth ages 4 and 5

Free for members, must  
register online.

For more information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).



## GYMNASTICS- Level 1 & 2

Register online August 1–September 11. Program begins September 11.  
Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more information.





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Escape</b> 6:00-6:30 Deirdre	<b>Fit Camp</b> 6:00-6:45 Alison	<b>Escape</b> 6:00-6:30 Deirdre	<b>Fit Camp</b> 6:00-6:45 Alison	<b>Escape</b> 6:00-6:30 Deirdre	<b>Escape</b> 8:30-9:00 Various
<b>Fish Out of Water</b> 7:00-7:45 Carole	<b>Forever Fit</b> 7:00-7:45 Deirdre	<b>Fish Out of Water</b> 7:00-7:45 Carole	<b>Forever Fit</b> 7:00-7:45 Deirdre	<b>Prime Time</b> 11:15-12:15 Katherine	<b>Variety</b> 9:30-10:30 Various
<b>Escape</b> 9:45-10:15 Maureen	<b>FIRE</b> 8:15-9:15 Maureen	<b>NEW TIME Long Strong Life</b> 8:30-9:15 Denise	<b>FIRE</b> 8:15-9:15 Maureen	<b>Escape</b> 4:30-5:00 Deirdre	
<b>Prime Time</b> 11:15-12:15 Katherine	<b>Barre</b> 9:15-10:00 Holly	<b>Core &amp; More</b> 9:20-9:35 Amy	<b>Barre</b> 9:15-10:00 Holly		
<b>Express</b> 4:30-5:00 Laurie	<b>Long Strong Life</b> 9:30-10:15 Maureen	<b>Prime Time</b> 11:15-12:15 Carina	<b>Long Strong Life</b> 9:30-10:15 Maureen		<b>TRX Plus</b> 8:30-9:00 Andi/Ben
<b>Zumba</b> 5:30-6:15 Elma	<b>Low Impact Zumba</b> 10:15-11:00 Holly	<b>NEW Stretch &amp; Strengthen</b> 5:30-6:00 Gail	<b>Low Impact Zumba</b> 10:15-11:00 Holly		<b>Escape</b> 9:30-10:00 Ben/Deirdre
<b>Tabata</b> 5:30-6:30 Andi	<b>Beginner Tai Chi</b> 11:15-12:00 Kathryn	<b>Cardio Dance &amp; Core</b> 6:15-7:00 Anoel	<b>Express</b> 4:30-5:00 Laurie		
<b>Escape</b> 6:30-7:00 Ben	<b>Escape</b> 4:30-5:00 Kara	<b>Escape</b> 6:30-7:00 Ben	<b>NEW Pound (Parent &amp; Child)</b> 5:00-5:30 Michelle		
<b>Karate</b> 6:30-8:00 Dave	<b>TRX Plus</b> 5:30-6:00 Andi		<b>TRX Plus</b> 5:30-6:00 Andi		
	<b>Pound</b> 5:30-6:15 Stefanie		<b>Karate</b> 6:30-8:00 Dave		

Sunday
<b>TRX Plus</b> 8:30-9:00 Andi/Ben
<b>Escape</b> 9:30-10:00 Ben/Deirdre

**After School Kids Group Fitness**  
3:30-4:00

- Monday • Kids Yoga (Lisa-Studio 1)
- Tuesday • Fit Kids (Mitch-Sports Performance Area)
- Thursday • Generation Pound® (Michelle-Studio 1)
- Friday • Fit Kids (Deirdre-Sports Performance Area)

**Class Key**

- Studio 1 (Blue box)
- Studio 2 (Dark Blue box)
- Sports Performance Area (Green box)
- Gym Floor (Grey box)
- NEW New Class (Yellow box)
- NEW TIME New Time (Pink box)
- Returning Class (Light Blue box)

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

## Saturday Variety

September 8	Zumba (Elma)
September 15	Pound (Stefanie)
September 22	Stretch & Strengthen (Gail)
September 29	Cardio Dance & Core (Emily)
October 6	Cardio Dance & Core (Emily)
October 13	Stretch & Strengthen (Gail)
October 20	Pound (Michelle)
October 27	Tabata (Deirdre)

## Saturday Spinning

September 8	Don
September 15	Colleen
September 22	Alison
September 29	Don
October 6	Deirdre
October 13	Colleen
October 20	Alison
October 27	Deirdre

## Sunday Spinning

September 9	Don
September 16	Colleen
September 23	Josie
September 30	Don
October 7	Deirdre
October 14	Don
October 21	Josie
October 28	Deirdre

# Group Fitness

# Spinning

Schedule  
September 4-October 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Express Spin</b> 6:00-6:30 Alison	<b>Express Spin</b> 9:30-10:00 Deirdre	<b>Spinning</b> 6:00-6:50 Colleen	<b>Express Spin</b> 9:30-10:00 Deirdre	<b>Express Spin</b> 6:00-6:30 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>NEW TIME Express Spin</b> 3:45-4:15 Josie		
<b>NEW TIME Express Spin</b> 3:45-4:15 Josie	<b>Spinning</b> 5:30-6:15 Deirdre/Josie		<b>Spinning</b> 5:30-6:15 Deirdre		<b>Sunday</b> <b>Spinning</b> 9:30-10:30 Various

# Group Fitness

# Yoga

Schedule  
September 4-October 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Restorative/Gentle Yoga</b> 8:15-9:15 Katherine		<b>Yoga Flow</b> 8:45-9:45 Nancy	<b>Beginner Yoga Flow</b> 9:45-10:45 Antonita	<b>Yoga Flow</b> 9:45-10:45 Nancy	<b>Ashtanga Yoga</b> 9:30-10:45 Simone
<b>Adventurous Yoga</b> 9:30-10:45 Katherine				<b>Gentle Yoga</b> 1:00-2:00 Karla	<b>NEW TIME Gentle Yoga</b> 11:30-12:30 Antonita
<b>Gentle Yoga</b> 1:00-2:00 Antonita		<b>Gentle Yoga</b> 1:00-2:00 Nicole			
<b>Heated Kripalu Flow Yoga</b> 5:30-6:30 Lisa	<b>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>Sunday</b> <b>Yoga for Athletes</b> 8:15-9:00 Nicole
	<b>Yoga for Athletes</b> 6:15-7:00 Nicholas				<b>Yin Yoga</b> 9:30-10:30 Nicole

Please refer to the Aquatics Fitness page for Aqua Yoga class information.

## 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.

# Health & Fitness

## Fitness Center

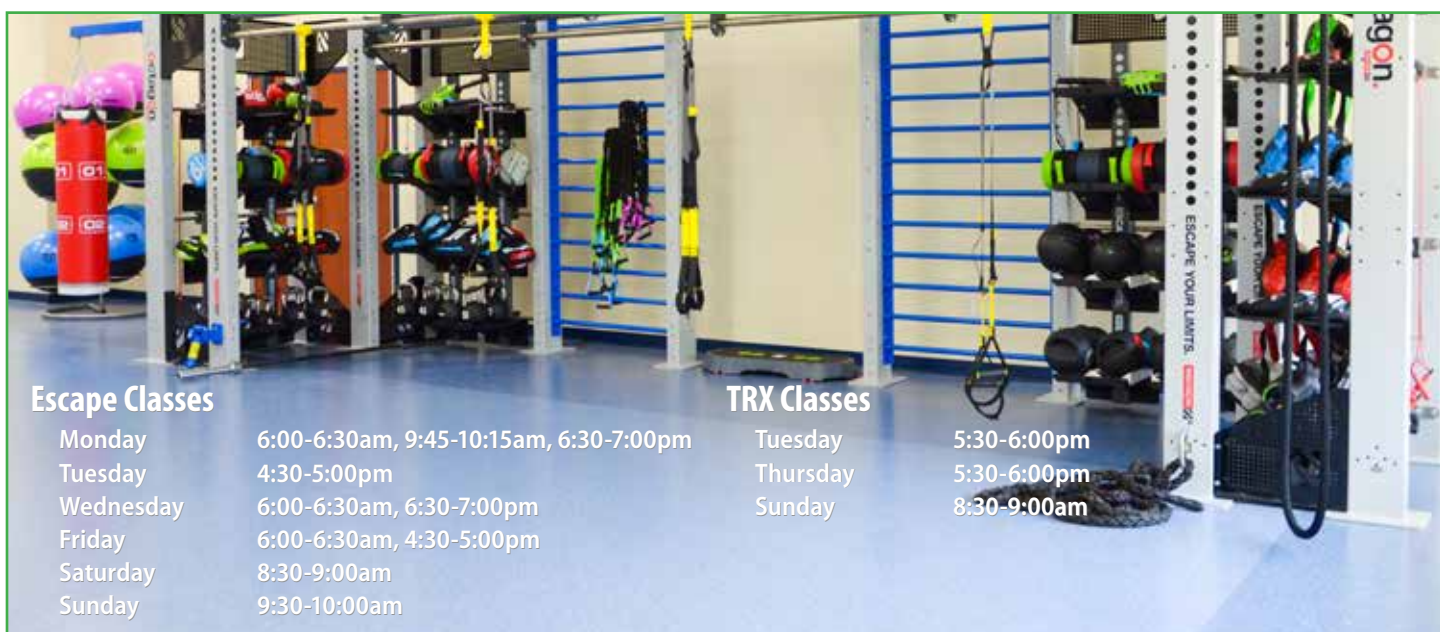
The new 6500 sq. ft. facility featuring 32 Pieces of cardiovascular equipment, a 16 piece selectorized circuit and a significant section of free weight equipment. A Fitness Center Membership is required to use the Fitness Center. Members and guests must be at least 14 years of age and check-in to the 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](http://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		TRX Classes	
Monday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Tuesday	5:30-6:00pm
Tuesday	4:30-5:00pm	Thursday	5:30-6:00pm
Wednesday	6:00-6:30am, 6:30-7:00pm	Sunday	8:30-9:00am
Friday	6:00-6:30am, 4:30-5:00pm		
Saturday	8:30-9:00am		
Sunday	9:30-10:00am		

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

## Tennis Leagues

The Women’s Fall Tennis Leagues will take place on Tuesday and Wednesday evenings, starting September 4. 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.

## Indoor Courts (Racquetball & Squash)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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-5:00pm	Open Match Play 8:00am-12:00pm
After School Youth Play 3:00-5:30pm	LEAH Program 12:00-3:00pm	After School Youth Play 3:00-5:30pm	After School Youth Play 3:00-5:30pm	After School Youth Play 3:00-5:30pm		Open 12:00-1:00pm
Junior Racquetball Training 4:00-5:00pm	After School Youth Play 3:00-5:30pm	Racquetball League 5:30-9:00pm	Squash League 5:30-9:00pm	Open 5:30-9:00pm		Open (Starts Oct. 7) 12:00-5:00pm
Racquetball League 5:30-9:00pm	Youth Table Tennis Match Play 3:30-5:00pm	Doubles Squash League 5:30-9:00pm				
	Squash League 5:30-9:00pm					

Program does not use courts, but utilizes the space outside of the courts.

\*Racquet Clinics will be scheduled on Saturday mornings or Thursday evenings. Dates & Times TBA.

# Racquets

## Youth & Adult Racquet Leagues and Programs

Program	Days	Time	Registration	Fee
Junior Racquetball Training (Grades 3-6)	Oct. 22-Dec. 10 Monday	4:00-5:00pm	Sept. 5-Oct. 21	No fee. Members Only.
Youth Table Tennis Match Play (Grades K-6)	Oct. 23-TBD Tuesday	3:30-5:00pm	Oct. 1-Oct. 22	No fee. Members Only.
Racquetball League - Season 1 (Fall/Winter Season)	Oct. 1-Nov. 18 Monday & Wednesday	5:30-9:30pm	Sept. 5-Oct. 7	\$25 for members \$35 for non-members
Squash League - Season 1 (Fall/Winter Season)	Oct. 2-Nov. 18 Tuesday & Thursday	5:30-9:30pm	Sept. 5-Oct. 7	\$25 for members \$35 for non-members
Doubles Squash League (Fall/Winter Season)	Oct. 3-Nov. 18 Wednesday	5:30-9:30pm	Sept. 5-Oct. 7	\$30 per pair

### Racquet Program Descriptions

**Junior Racquetball Training** • An eight-week program designed to promote and teach school age children (Grades 3rd-6th) the introductory skills and knowledge of the sport and game of Racquetball. To sign up or ask questions, please contact Matt Phillips in person or by phone at (607) 547-2800, ext. 130.

**Youth Table Tennis Match Play** • An organized time slot for youth (Grades K-6th) to learn the rules, techniques, and competition of Table Tennis (aka Ping Pong). Matches, or games, will be monitored for fair and equal play, score and record keeping, and guided instruction. To sign up or ask questions, please contact Matt Phillips in person or by phone at (607) 547-2800, ext. 130.

**Racquetball, Squash, & Doubles Squash Leagues** • Are open to both Men and Women Adults (18 and out of high school), with any skill range and willingness to participate in an organized, weekly matchups with other Racquetball or Squash players. The league setup is set on a weekly matchup schedule, with scheduled league nights to allot league players opportunity to play their matches.

### Racquet Courts Reservations and Times

Reservations must be made in advance and are subject to a \$5 reservation fee.

Reservations are for 1-time slot at a time (per day). Reservations must be completed before another is made.

Reservations cannot be made during a programmed time.

Juniors/After-School Court Play takes precedence during 3:00-5:30pm (while school is in session). Court periods will be allotted in 15-minute intervals during After-School Youth Play.

**OCTOBER 28 - 1:00PM**

**COOP LOOP**

**COSTUME CONTEST** →

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

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

## 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.

Register online at [www.itsyourrace.com](http://www.itsyourrace.com).

5k • Registration on, or before, October 27: \$20, October 28: \$30.

10k • Registration on, or before, October 27: \$25, October 28: \$35.

Family • \$50 family entry fee. 5 people max, all children must be 18 or under.

Individual registrations must be completed for each member.