

ClarkSportsCenter

Winter Schedule

October 29, 2018–March 2019



| | |
|------------------------|-------|
| Adventure..... | 4 |
| Bowling..... | 5 |
| Aquatics..... | 6-8 |
| Fitness Game Room..... | 9 |
| Athletics..... | 10-11 |
| Group Fitness..... | 12-13 |
| Health & Fitness..... | 14 |
| Racquets..... | 15 |
| Special Programs..... | 16 |

Clark Sports Center Facility Hours

October 1 – May 26

Monday–Friday: 5:30am–9:30pm

Saturday & Sunday: 8:00am–5:00pm

Closures

Thanksgiving Day • **Thursday, November 22**

Christmas Eve Day • **Monday, December 24**

Christmas Day • **Tuesday, December 25**

New Years Eve Day • **Monday, December 31**

New Years Day • **Tuesday, January 1**

Rates, Fees, and Payments

| Membership | Rate |
|--|----------------------|
| Preschool (0–4 years) | \$100 |
| Junior (5–24 years) | \$180 |
| Adult (25–61 years) | \$330 |
| Senior Citizen Single (62+) | \$213 |
| Senior Citizen Couple (One person 62+) | \$360 |
| Family (Two adults in household and juniors) | \$520 |
| Single Parent Family (Head of household and juniors) Single Parents Only | \$355 |
| Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+) | \$120 |
| 90 Day Membership | One half of above |
| Adult One Month Membership with Fitness Center (30 consecutive days) | \$80 |
| Junior One Month Membership with Fitness Center (30 consecutive days) | \$55 |
| 7 Day Pass | Inquire at Main Desk |

Applications for a reduced fee membership are available at the Main Desk. Applicants must meet income guidelines to qualify.

Payment Plans

| | |
|--------------------------------|---|
| One payment (Pre-paid in Full) | Annual, 90 Day, and One Month Memberships |
| Two Payment Plan | One half upon application with bills sent biannually (Annual Membership only). |
| Quarterly Payment Plan | One quarter upon application with bills sent every three months (Annual Membership only). |

Multiple payment plans incur a \$2 processing fee for each billing. All memberships with multiple payment plans are at minimum a one year obligation. After one year, memberships will continue to be billed but may be cancelled at any time without penalty. Failure to complete the minimum results in cancellation of membership and forfeiture of lockers with the remaining balance pending. Membership changes incur a \$10 administrative fee.

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.

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. Parking is prohibited on Co. Hwy. 52.

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 and Tennis Courts. 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 |
| 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 | Sunday 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.



Keep an eye out for the following trips!

Ice Climbing • Group trips guided by Jim DiLiberto and Will Weinert, NY State Licensed Guides. Ages 13+, youth must be accompanied by an adult. Dates and times will be announced as we get a better look at the weather!

Kayak Rolling and Bracing Clinics • Led by Jim DiLiberto, American Canoe Association Level 4 Whitewater Instructor in pool sessions. Good clean fun!



CSC Otsego Composite Mountain Bike Race Team

The CSC Otsego Composite Mountain Bike Team competes in the NYS National Interscholastic Cycling Association (NICA) 5 race series. Practices including indoor cycling, and strength and conditioning begins January 27. This program is open to Clark Sports Center members in grades 6-12. All riders welcome. This is a developmental program with a goal of getting more kids on bikes to create a life-long love of cycling and outdoor enjoyment. Please contact Jim DiLiberto, (607) 547-2800, ext. 126, for program fees and more information.

Holiday Break Rock Wall Hours
Monday, February 18–Friday, February 22
12:00–4:00pm & 5:00–9:00pm

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!

Bowling

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|-------------------|-------------------|
| Open 1:00–5:00 Men's League 6:00–9:00 | Senior Citizen Bowling 9:00–10:30 Preschool Bowling 10:30–11:00 LEAH 12:30–2:30 Sept. 18–May 21 Open 2:30–5:00 Women's League 6:00–9:00 | Senior Citizen Bowling 1:00–2:30 Open 2:30–5:00 Men's League 7:15–9:00 | Open 9:00–12:00 Women's League 1:00–3:00 Open 3:00–5:00 | Open 9:00–12:00 Open 1:00–5:00 Elementary League 3:00–5:00 Open 6:00–9:00 | Open 1:00–5:00 | Open 1:00–5:00 |



Bowling Fees

| | Juniors | HS/College | Adults |
|--------------|---------|------------|--------|
| Game | 75¢ | \$1.00 | \$2.00 |
| Shoes | 25¢ | 50¢ | 50¢ |

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youths under 8 years of age must have an adult present.
- Open bowling is available on a first come, first serve basis.
- Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided. Assistance with scoring is available.
- Bumper lanes are available.
- Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Eve Cripps at 547-2800.

Special Note: High School Bowling Matches

CCS High School Bowling home matches will take place after school. Matches take priority over open bowling time and are subject to change at any time. Visit www.clarksportscenter.com to view all dates for home bowling matches.

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) |

Lap Pool

Schedule
October 29-December 23

| 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 3:00-4:00pm Swim Lessons • Levels 4-6 3:30-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED 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 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00 Open Swim 6:30-9:00pm | Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 2 3:30-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm | Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 3 3:30-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm | Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Zumba 8:15-9:15am Preschool Swim 10:30-11:30am Open Swim 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED 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 Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm |
| | | | | | 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 |

Teaching Pool

Schedule
October 29-December 23

| 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 3:00-4:00pm CSC Swim Team 4:00-5:00pm 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 CSC Swim Team 4:00-5:00pm 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 3:00-4:00pm CSC Swim Team 4:00-5:00pm 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 3:00-4:00pm CSC Swim Team 4:00-5:00pm 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 3:00-4:00pm CSC Swim Team 4:00-5:00pm Adult 5:00-6:30pm Open 6:30-9:00pm | Adult 8:00-9:00am Swim Lessons 9:00am-12:00pm Adult 12:00-1:00pm 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. **Red = Pool Closed**

Diving Pool

Schedule
October 29-December 23

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|
| Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-3:30pm Swim Lessons • Levels 4-6 3:30-4:00pm POOL CLOSED Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED 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 Open Swim 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm | Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:30-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm | Open 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 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim (1/2 Pool) 6:30-7:00pm Swim Lessons (1/2 Pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm | Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 9:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm POOL CLOSED 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 Swim 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm |
| | | | | | Sunday |
| | | | | | Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm |

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.



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"

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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Morning Splash 7:00-7:45 Carole | Cross Current 7:00-7:45 Susan | Morning Splash 7:00-7:45 Carole | Sweat Wet 7:00-7:45 Susan | Morning Splash 7:00-7:45 Carole |
| Sweat Wet 8:15-9:00 Carole | Cross Current 8:15-9:00 Susan | Sweat Wet 8:15-9:00 Carole | Sweat Wet 8:15-9:00 Susan | Aqua Zumba 8:00-8:45 Veronica |
| Aqua Body Blast 9:15-10:00 Carole | Fluid Movement 9:15-10:00 Susan | Aqua Body Blast 9:15-10:00 Carole | Fluid Movement 9:15-10:00 Susan | |
| Deep Aqua B.A.S.I.C. 5:30-6:15 Carole | Hydro Power 5:30-6:15 Carole | Aqua Yoga 11:45-12:30 Nicole | Hydro Power 5:30-6:15 Carole | |
| | | Deep Aqua B.A.S.I.C. 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 Yoga (Limit 10): This class features gentle yoga that is good for beginners. It's restorative, easy on the joints and has zero resistance!

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

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. 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

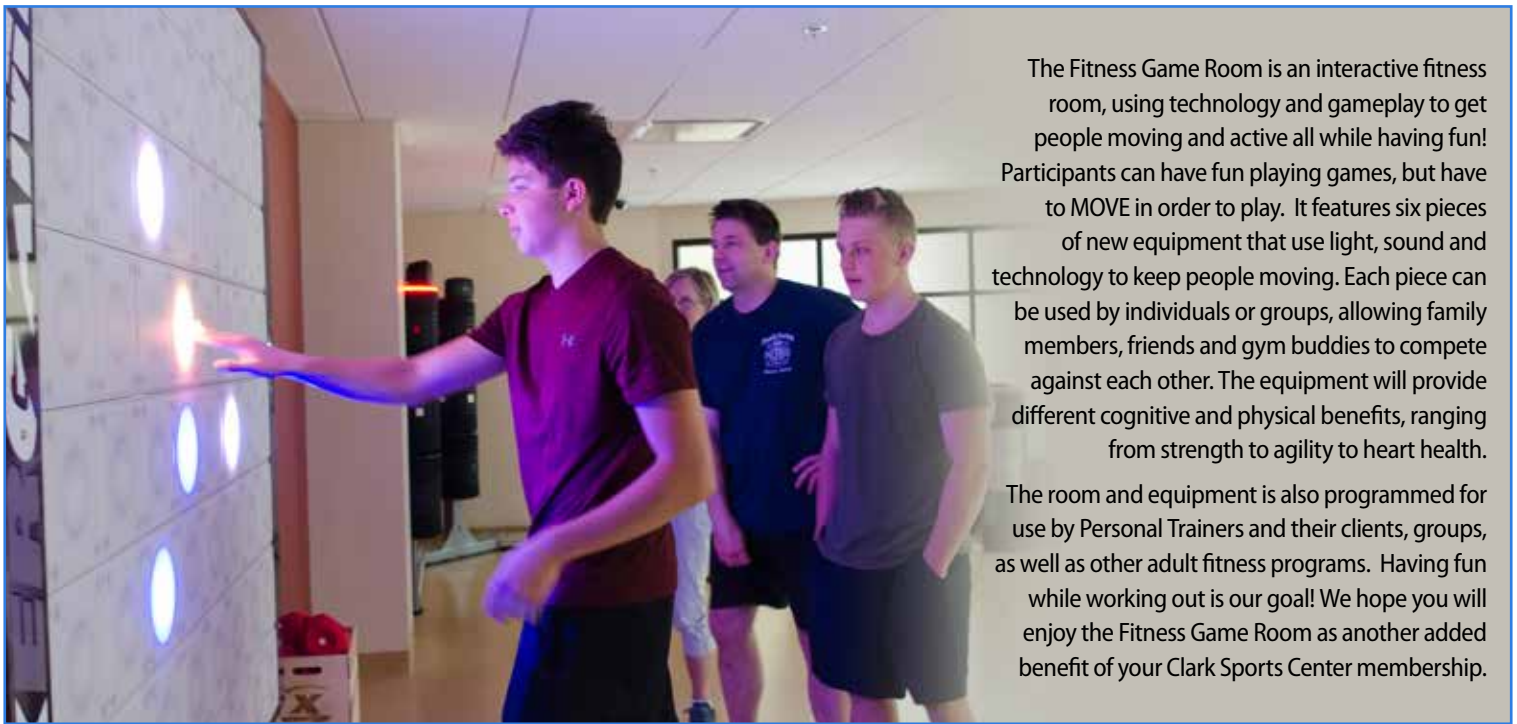
Saturdays 11:30am-12:00pm

Adult 2

Saturdays 11:00-11:30am

Fitness Game Room

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| Open 11:00am–3:00pm | Open 11:00am–3:00pm | Open 11:00am–3:00pm | Open 11:00am–3:00pm | Open 11:00am–3:00pm | 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 11:30am–12:00pm | GameChangers Gold 11:00–11:30am | Fitness Game Room Party Rentals 6:00–8:00pm |
| GameChangers 1:00–1:30pm | LEAH Program 12:30–2:30pm | GameChangers 1:00–1:30pm | 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 | Open 5:00–7:00pm | Open 5:00–7:00pm | |
| Open 5:00–7:00pm | Open 5:00–7:00pm | Open 5:00–7:00pm | | | Sunday |
| GameChangers 6:00–6:30pm | | GameChangers 6:00–6:30pm | | | 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.

Fitness Game Room Descriptions

GameChangers: This techno-fitness program time will provide an opportunity for those looking to change their fitness routine. Skills and challenges will provide speed, agility and strength components to your workout, and will also trigger your mental and cognitive abilities through a fun, interactive, gaming environment.

Little GameChangers: This program is geared very similarly to the GameChangers program, but with the intention to offer preschool aged children a time to play with the interactive technology that is age appropriate at their skills and abilities level.

GameChangers Gold: Much like GameChangers program time, 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 mental and cognitive abilities, balance and strength to keep an active lifestyle.

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 break/vacation, conference and snow days).

Fitness Game Room Party Rentals: The Fitness Game Room is available for your private birthday party or group gathering. Rentals are first come, first serve. Priority will be available for Saturday evenings. You may 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, at (607) 547-2800, ext. 130.

Gym Floor

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|--|---|
| Open 5:30–10:00 | Open 5:30–6:00 | Open 5:30–9:00 | Open 5:30–8:30 | Open 5:30–9:30 | Open 8:00am–5:00pm | Open 8:00–9:00 |
| Headstart 10:00–11:30 | Fit Camp 6:00–7:00 | Open/ Adult Pickleball 9:00–11:00 | Setup 8:30–9:00 | Headstart 9:30–10:30 | Travel Basketball Note: On Saturday mornings, boys and girls basketball games will be scheduled January to March, 8:00am– 1:00pm, and take priority over open Gym Floor time. Time is subject to change. | Adult Pickleball Open Play 9:00–11:00 |
| Open 11:30–3:00 | Open 7:00–8:30 | Open 11:00–3:30 | Preschool Play 9:00–10:30 | Open 10:30–3:00 | | Open 11:00–5:00 |
| Boys Sr. (5 & 6) Basketball League 3:15–4:15 | Setup 8:30–9:00 | Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00 | Preschool Sports Academy 11:00–11:30 | Little Dribblers 3:00–3:30 | | |
| Girls Sr. (5 & 6) Basketball League 4:15–5:15 | Preschool Play 9:00–10:30 | | Open 11:30–12:00 | Boy's Jr. (3 & 4) Basketball League Games 3:30–4:30 | | |
| Slow Break Basketball League Setup & Warm-up 5:15–6:00 | Open 10:30–12:30 | Open 5:00–6:00 | Adult Pickleball Open Play 12:00–2:30 | Girl's Jr. (3 & 4) Basketball League Games 4:30–5:30 | | |
| Slow Break Basketball League 6:00–10:00 | L.E.A.H 12:30–2:30 | Men's Pickup Basketball (Sept. 6–June 5) 6:00–9:30 | Boy's Sr. (5 & 6) Basketball League Games 3:15–4:15 | Jr. High Basketball Games (Oct. 26–Dec. 21) 5:30–7:30 | | |
| | Little Dribblers 3:00–3:30 | | Girl's Sr. (5 & 6) Basketball League Games 4:15–5:15 | Open (Begins Dec. 28) 5:30–9:30 | | |
| | Boys Jr. (3 & 4) Basketball Practice 3:30–4:30 | | Adult Futsal League 6:00–9:30 | | | |
| | Girls Jr. (3 & 4) Basketball Practice 4:30–5:30 | | | | | |
| | Adult Volleyball League (Half of Gym Floor, Nov. 13–Mar. 26) 6:00–9:00 | | | | | |
| | Open (Half of Gym Floor, Nov. 13–Mar. 26) 6:00–9:30 | | | | | |
| | | | | | <p>Holidays & Snow Days In the event of a Cooperstown Central School holiday or snow day, the Gym Floor schedule will change accordingly. Mornings and afternoons will feature open Gym Floor. Evening activities and leagues will take place as scheduled. Call us at 547-2800 for current schedule information.</p> | |



SENIOR WALK

The annual Senior Walk program will begin on Monday, November 5. Open to members and non-members, ages 55 and over. Senior Walk meets Monday, Wednesday and Friday, 10:00–11:00am. During this time, only Senior Walk participants are allowed on the track.

Athletics Information



ADULT PICKLEBALL

Wednesdays, 9:00–11:00am, Thursdays, 12:00–2:00pm and Sundays, 9:00–11:00am. During Thursday afternoons, Adult Pickleball has available open floor time, depending on numbers. Please call (607) 547-2800 ahead of time to inquire about availability.



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. Preschool Play does not run on school holidays or snow days.

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.

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.

Attire • Sneakers with non-marking soles are the only shoes allowed on the gym floor and track. No other shoes will be allowed.

Special Programs • Special programs will take precedent over open gym times on Saturday mornings. There will also be weekend programs such as the National Baseball Hall of Fame Induction, and the Antiquarian Book Fair that will close the gym floor and running track. Signs will always be up in advance as well as on www.clarksportscenter.com.

Pickleball • We will have designated pickleball times throughout the year. During this time we will set-up the pickleball nets on a needs basis. At least one court will be up with the option for adding two more, depending on the number of people playing. These programs will be for adults only.

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.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|
| Escape 6:00-6:30 Deirdre | Fit Camp 6:00-6:45 Alison | Escape 6:00-6:30 Deirdre | Fit Camp 6:00-6:45 Alison | Escape 6:00-6:30 Deirdre | Escape 8:30-9:00 Deirdre/Alison |
| Escape 9:45-10:15 Lisa E. | Forever Fit 7:00-7:45 Deirdre | Long Strong Life 8:30-9:15 Denise | Forever Fit 7:00-7:45 Deirdre | NEW Prime Time Plus 11:15-12:15 Katherine | Variety 9:30-10:30 Various |
| Prime Time 11:15-12:15 Katherine | FIRE 8:15-9:15 Maureen | Core & More 9:20-9:35 Amy | FIRE 8:15-9:15 Maureen | Escape 4:30-5:00 Deirdre | TRX Plus 9:30-10:00 Hannah |
| Express 4:30-5:00 Laurie | Barre 9:15-10:00 Holly | TRX Plus 9:45-10:15 Lisa E. | Barre 9:15-10:00 Holly | | Stretch & Strengthen 10:45-11:30 Gail |
| Zumba 5:30-6:15 Elma | Long Strong Life 9:30-10:15 Maureen | Prime Time 11:15-12:15 Carina | Long Strong Life 9:30-10:15 Maureen | | |
| NEW Insanity Live 5:30-6:00 Renee | Low Impact Zumba 10:15-11:00 Holly | Stretch & Strengthen 5:30-6:00 Gail | Low Impact Zumba 10:15-11:00 Holly | | TRX Plus 8:30-9:00 Andi/Ben |
| Escape 6:30-7:00 Ben | NEW Tai Chi 11:15-12:00 Kathryn | Cardio Dance & Core 6:15-7:00 Anoel | NEW Beginner Tai Chi 11:15-12:00 Katherine | | Escape 9:30-10:00 Ben |
| Karate 6:30-8:00 Dave | Escape 4:30-5:00 Kara | Escape 6:30-7:00 Ben | Express 4:30-5:00 Laurie | | TRX Plus 1:30-2:00 Ben |
| | TRX Plus 5:30-6:00 Andi | | NEW TIME Pound (Parent & Child) 5:30-6:00 Michelle | | |
| | Pound 5:30-6:15 Stefanie | | TRX Plus 5:30-6:00 Andi | | |
| | TRX Plus 7:00-7:30 Ben | | TRX Plus 5:30-6:00 Andi | | |
| | | | Tabata 6:15-6:45 Deirdre | | |
| | | | Karate 6:30-8:00 Dave | | |

Sunday

| |
|--|
| TRX Plus 8:30-9:00 Andi/Ben |
| Escape 9:30-10:00 Ben |
| TRX Plus 1:30-2:00 Ben |

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 Instructor | Studio 2 Instructor | Sports Performance Area Instructor | Gym Floor Instructor | NEW New Class | NEW TIME New Time | Returning Class |
|-----------|-------------------------------|-------------------------------|--|--------------------------------|----------------------|--------------------------|------------------------|

Saturday Variety

| | |
|----------------|--------------------------------|
| November 3 | Cardio Dance & Core (Emily) |
| November 10 | Zumba (Elma) |
| November 17 | Cardio Dance & Core (Stefanie) |
| November 24 | Stretch & Strengthen (Gail) |
| December 1 | Tabata (Deirdre) |
| December 8 | Pound (Michelle) |
| December 15 | Cardio Dance & Core (Emily) |
| 12 December 22 | Zumba (Anoel) |

Saturday Spinning

| | |
|-------------|---------|
| November 3 | Don |
| November 10 | Colleen |
| November 17 | Don |
| November 24 | Alison |
| December 1 | Deirdre |
| December 8 | Colleen |
| December 15 | Don |
| December 22 | Alison |

Sunday Spinning

| | |
|----------------------------|--------------|
| November 4 | Don |
| November 11 | Melissa |
| November 18 | Melissa |
| November 25 (90 Min. Ride) | Alison & Don |
| December 2 | Deirdre |
| December 9 | Lisa E. |
| December 16 | Don |
| December 23 | Melissa |

Group Fitness

Spinning

Schedule
October 29-December 23

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|
| Express Spin 6:00-6:30 Alison | Express Spin 9:30-10:00 Lisa E. | Spinning 6:00-6:50 Colleen | Express Spin 9:30-10:00 Lisa E. | Express Spin 6:00-6:30 Colleen | Spinning 8:15-9:15 Various |
| Spinning 8:30-9:30 Maureen | | Spinning 8:30-9:20 Amy | | Spinning 8:30-9:30 Nancy | |
| Gentle Spin 10:00-10:45 Deirdre | | Gentle Spin 10:00-10:45 Nancy | Express Spin 3:45-4:15 Laurie | | |
| Express Spin 3:45-4:15 Laurie | NEW Express Spin 5:30-6:00 Deirdre/Amy | | NEW Express Spin 5:30-6:00 Deirdre | | Spinning 9:30-10:30 Various |
| | | | | | Sunday |
| | | | | | Spinning 9:30-10:30 Various |

Group Fitness

Yoga

Schedule
October 29-December 23

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|
| Restorative/Gentle Yoga 8:15-9:15 Katherine | | Yoga Flow 8:45-9:45 Nancy | Beginner Yoga Flow 9:45-10:45 Antonita | Yoga Flow 9:45-10:45 Nancy | Ashtanga Yoga 9:30-10:45 Simone |
| Adventurous Yoga 9:30-10:45 Katherine | NEW Kripalu Yoga Flow 9:45-10:45 Lisa B. | | | Gentle Yoga 1:00-2:00 Karla | Gentle Yoga 11:30-12:30 Antonita |
| Gentle Yoga 1:00-2:00 Antonita | | Gentle Yoga 1:00-2:00 Nicole | Yoga for Beginners & Beyond 1:00-2:00 Katherine | | |
| NEW TIME Heated Kripalu Flow Yoga 6:15-7:15 Lisa B. | Flex & Flow 5:15-6:00 Stacia | Beginner Yoga Fit 5:30-6:30 Elma | Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne | | |
| | Yoga for Athletes 6:15-7:00 Nicholas | | | | Sunday |
| | | | | | Yoga for Athletes 8:15-9:00 Nicole |
| | | | | | Yin Yoga 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.

Health & Fitness

Fitness Center

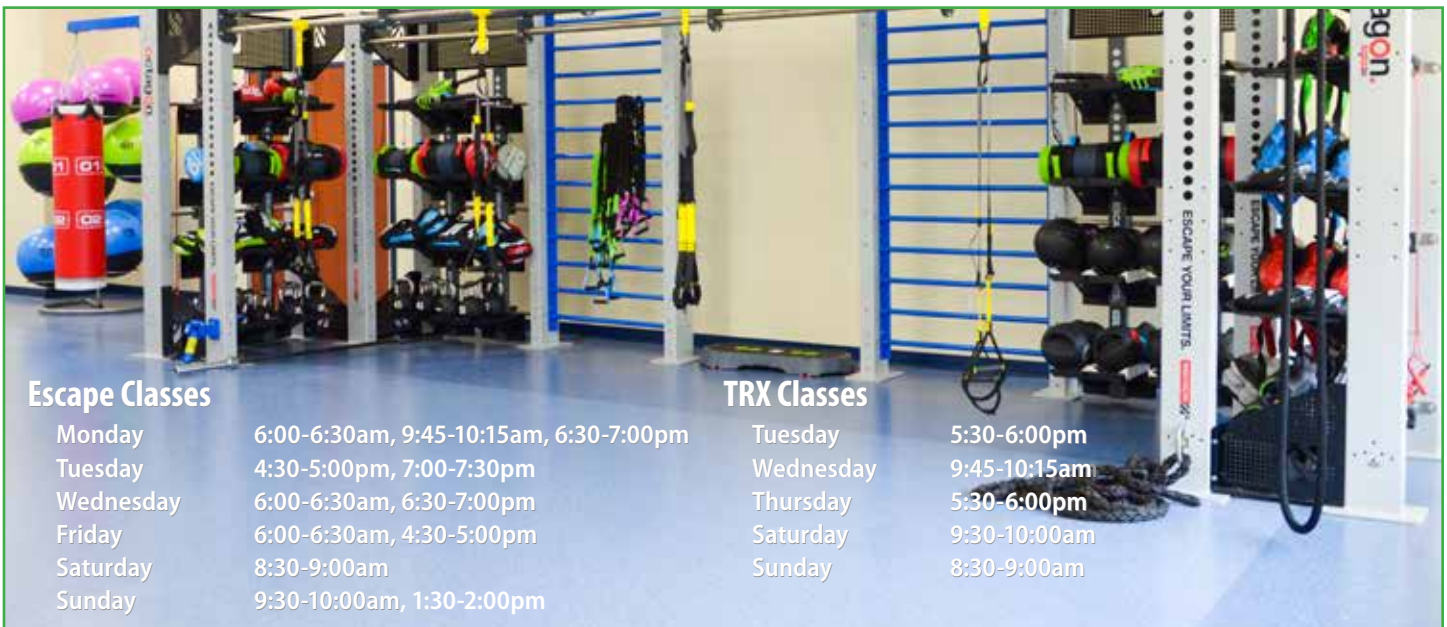
The new 6500 sq. ft. facility features 32 Pieces of cardiovascular equipment, a 16 piece selectorized circuit and a significant section of free weight equipment. A Fitness Center Membership is required to use the Fitness Center. Members and guests must be at least 14 years of age and check-in to the 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. Our Personal Training Coordinator, Kara Hill, (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 Ben Maxson, 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, 7:00-7:30pm | Wednesday 9:45-10:15am |
| Wednesday 6:00-6:30am, 6:30-7:00pm | Thursday 5:30-6:00pm |
| Friday 6:00-6:30am, 4:30-5:00pm | Saturday 9:30-10:00am |
| Saturday 8:30-9:00am | Sunday 8:30-9:00am |
| Sunday 9:30-10:00am, 1:30-2:00pm | |

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.

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 3:00–5:00pm (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–5:00pm |
| After School Youth Play 3:00–5:00pm | LEAH Program 12:00–2:30pm | After School Youth Play 3:00–5:00pm | After School Youth Play 3:00–5:00pm | After School Youth Play 3:00–5:00pm | *Racquet Clinics will be scheduled on Saturday mornings or Thursday evenings. Dates & times TBA. |
| Racquetball League 5:30–9:30pm | After School Youth Play 3:00–5:00pm | Racquetball League 5:30–9:30pm | Squash League 5:30–9:30pm | Open 5:00–9:30pm | Sunday Open Match Play 8:00am–5:00pm |
| | Squash League 5:30–9:30pm | Doubles Squash League 5:30–9:30pm | | | |



Youth & Adult Racquet Leagues and Programs

| Program | Days | Time | Registration | Fee |
|---|----------------------------------|-------------|----------------|--|
| Racquetball League (Fall/Winter Season) | Nov. 5–Dec. 23 Mon. & Wed. | 5:30–9:30pm | Oct. 1–Oct. 28 | \$25 for members \$35 for non-members |
| Racquetball League (Winter/Spring Season) | Jan. 7–Mar. 17 Tuesdays | 5:30–9:30pm | Dec. 17–Jan. 2 | \$25 for members \$35 for non-members |
| Squash League (Fall/Winter Season) | Nov. 6–Dec. 23 Tues. & Thurs. | 5:30–9:30pm | Oct. 1–Oct. 28 | \$25 for members \$35 for non-members |
| Squash League (Winter/Spring Season) | Jan. 8–Mar. 14 Tues. & Thurs. | 5:30–9:30pm | Dec. 17–Jan. 2 | \$25 for members \$35 for non-members |
| Doubles Squash League (Fall/Winter Season) | Nov. 7–Dec. 23 Tues. & Thurs. | 5:30–9:30pm | Oct. 1–Oct. 28 | \$25 for members \$35 for non-members |
| Doubles Squash League (Winter/Spring Season) | Jan. 9–Mar. 17 Wednesdays | 5:30–9:30pm | Dec. 17–Jan. 2 | \$25 for members \$35 for non-members |
| Private Instruction | By appointment | TBD | By appointment | \$12.50 per 30 minutes |

Winter Carnival Bowling Tournament!

Friday, February 8, 6:00pm

Saturday, February 9, 9:00am

Teams of 1 adult & 1 child (2nd grade+), and open to all members and non-members. \$3 for members or \$6 for non-members. Sign up in the Bowling Alley or call (607) 547-2800 to sign up.



46th Annual Bob Smullens Race 5K/10K Run/Walk Saturday, February 9, at 11:30am



Participate in one of the oldest running races in Otsego County! Race starts and ends in Cooper Park.

Register at the Clark Sports Center or online at itsyourrace.com

\$20 per person or \$50 per family (5 people max.)

For more information, visit www.clarksportscenter.com, or contact Event Director, Doug McCoy, at (607) 547-2800, ext. 111.

Rockin' Around Cooperstown Ugly Sweater Run Saturday, December 1 • 12:00pm start at Santa's House in Pioneer Park



Register online at www.itsyourrace.com, at the Clark Sports Center or the Cooperstown Chamber of Commerce. \$25 per individual registration or \$20 with a Toys for Tots donation.

\$100 per group registration (5 people max) or \$75 with a Toys for Tots donation.