

ClarkSportsCenter

Spring Schedule

March–June 2019

Council Rock to Council Rock Run

Sunday, May 19, 2019

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

Clark Sports Center Facility Hours

October 1 – May 26

Monday–Friday: 5:30am–9:30pm

Saturday & Sunday: 8:00am–5:00pm

May 28–September 29

Monday–Friday, 5:30am–9:00pm

Saturday, 8:00am–5:00pm

Sunday, 8:00am–1:00 pm

Closures

Easter Day • Sunday, April 21

Memorial Day • Monday, May 27

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326 | Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326

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

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–24 years)	\$195
Adult (25–61 years)	\$350
Senior Citizen Single (62+)	\$225
Senior Citizen Couple (One person 62+)	\$380
Family (Two adults in household and juniors)	\$565
Single Parent Family (Head of household and juniors) Single Parents Only	\$375
Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+)	\$144
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. There will be no child care if Cooperstown Central School is on a delay or closed due to weather.

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 4:30–5:30pm	Auto Belay 4:30–5:30pm	Auto Belay 4:30–5:30pm	Auto Belay 4:30–5:30pm	Auto Belay 4:30–5:30pm	Belay School 11:30am–12:00pm
Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Open Climb 12:00–5:00pm
					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.

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!

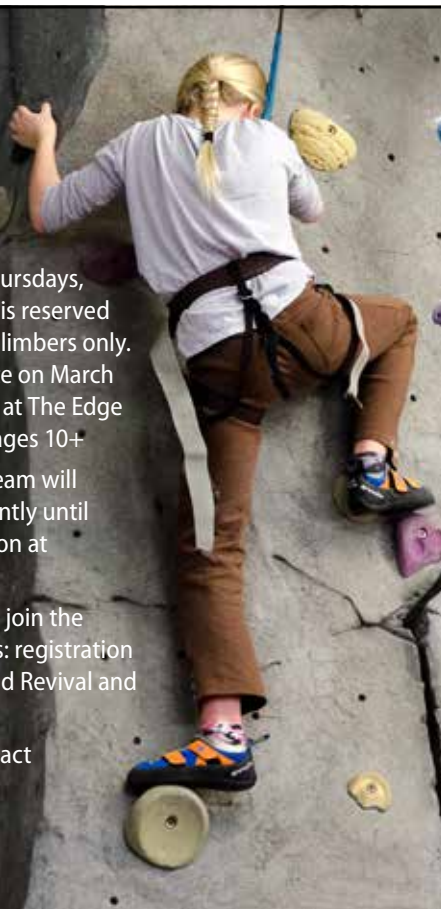
Youth Climbing Club

January 31-February 28, Thursdays, 6:00-9:00pm. The rock wall is reserved during this time for Team Climbers only. Team Climbers will compete on March 2, 2019, at the Lead Revival at The Edge Halfmoon. Open to youth ages 10+

Our new Youth Climbing Team will help climbers train proficiently until the Lead Revival competition at The Edge Halfmoon.

Register online. The cost to join the team is \$60, which includes: registration fee, entrance fee to the Lead Revival and transportation costs.

For more information, contact Jim DiLiberto by calling (607) 547-2800, ext. 126.



Mountain Biking Club

March 26–May 22 • Ages 10+

Tuesday • 3:30–5:00pm

Wednesday • 3:30–5:00pm

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

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



Bowling

Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Citizen Bowling 9:00–10:30 (Ends May 14) Preschool Bowling 10:30–11:00 (Ends May 14) Open 11:00–12:00 LEAH 12:30–2:30 (Ends May 21) Open 2:30–5:00 Summer No-Tap Bowling League 6:00–9:00 (Begins June 4)	Senior Citizen Bowling 1:00–2:30 (Ends May 15) Open 1:00–5:00	Open 9:00–12:00 Women's League 1:00–3:00 (Ends 4/11) Open 3:00–5:00	Open 9:00–12:00 Open 1:00–3:00 Elementary League 3:00–5:00 (Ends 4/05) 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¢

* Adult CSC Bowling League Members \$1.00/Game.

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Youths under 8 years of age must have an adult present.
- Open bowling is available on a first come, first serve basis.
- Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided. Assistance with scoring is available.
- Bumper lanes are available.
- Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Eve Cripps at (607) 547-2800.

Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 11–May 14 Tuesdays	10:30–11:00am	None	Free
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)
Summer No Tap Bowling League	June 4–July 23 Tuesdays	6:00–9:00pm	May 1–June 4	\$5 members; \$10 non-members (Per night)

Lap Pool

Schedule
March 4-April 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Pathfinder 9:15-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Swim Lessons • Levels 4-6 3:30-4:00pm</p> <p>Sharks Swim Team Practice 4:00-5:00pm Ends March 11 POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Cross Current 8:00-8:45am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 10:30-11:30am</p> <p>L.E.A.H Swim Lessons 12:30-2:30</p> <p>Open Swim 3:00-4:00pm</p> <p>Sharks Swim Team Practice 4:00-5:00pm Ends March 12 POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Pathfinder 9:30-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Swim Lessons • Level 2 3:30-4:00pm</p> <p>Sharks Swim Team Practice 4:00-5:00pm Ends March 13 POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 10:30-11:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Swim Lessons • Level 3 3:30-4:00pm</p> <p>Sharks Swim Team Practice 4:00-5:00pm Ends March 14 POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Aqua Zumba 8:00-8:45am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 10:30-11:30am</p> <p>Open Swim 3:00-4:00pm</p> <p>Sharks Swim Team Practice 4:00-5:00pm Ends March 15 POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult Laps 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Laps 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>

Teaching Pool

Schedule
March 4-April 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-9:30am</p> <p>Pathfinder 9:30-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Adult 11:30am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team Ends March 11 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-9:15am</p> <p>Fluid Movement 9:15-10:00am</p> <p>Tai Chi 10:00-10:30am</p> <p>Preschool Swim 10:30-11:00am</p> <p>Bassett Physical Therapy 11:00am-12:00pm</p> <p>Adult 12:00-12:30pm</p> <p>LEAH Swim 12:30-2:20pm</p> <p>Adult 2:20-3:00pm</p> <p>Open 3:00-3:30pm</p> <p>Swim Lessons • Level 1 3:30-4:00pm</p> <p>CSC Swim Team Ends March 12 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Head Start 10:00-11:00am</p> <p>Preschool Swim 11:00-11:30am</p> <p>Adult 11:30am-11:45pm</p> <p>Aqua Yoga 11:45-12:30pm</p> <p>Adult 12:30-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team Ends March 13 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-9:15am</p> <p>Fluid Movement 9:15-10:00am</p> <p>Water Walking 101 10:00-10:30am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Adult 11:30am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team Ends March 14 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Aqua Zumba 8:00-8:45am</p> <p>Adult 8:45-10:00am</p> <p>Head Start 10:00-11:00am</p> <p>Bassett Physical Therapy 11:00am-12:00pm</p> <p>Adult 12:00-3:00pm</p> <p>Open 3:00-4:00pm</p> <p>CSC Swim Team Ends March 15 4:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open 6:30-9:00pm</p>	<p>Adult 8:00-9:00am</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open 1:00-5:00pm</p>
<p>Schedules may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com. Red = Pool Closed</p>					

Diving Pool

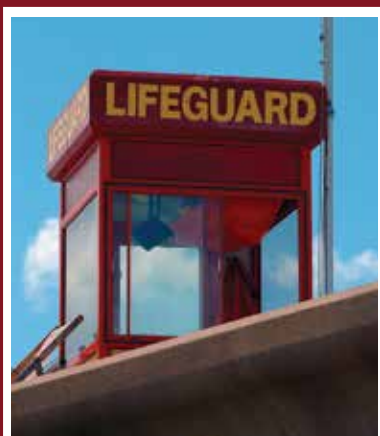
Schedule
March 4-April 28

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 Ends March 11 POOL CLOSED Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm	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 Ends March 12 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 Open Swim 7:00-9:00pm	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 Ends March 13 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 Open Swim 7:00-9:00pm	Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 8:45am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm Ends March 14 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 Open Swim 7:00-9:00pm	Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 7:45am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team Practice 4:00-5:00pm Ends March 15 POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	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, holiday, vacation, or early dismissal, there will be Open Swim 10:00am-12:00pm, and 1:00-5:00pm. For snow days and early dismissals due to weather, all aquatic programs will be cancelled for the day.



WATERFRONT LIFEGUARD TRAINING COURSE

Monday, April 15–Friday, April 19, 8:30am–4:30pm

Cost (includes non-refundable deposit): Members \$275; Non-Members \$350

Course includes: American Red Cross Lifeguard Training, American Red Cross CPR/AED and First Aid for the Professional Rescuer, and American Red Cross Waterfront Lifeguarding Module.

Register online February 1-April 12:

<https://www.active.com/cooperstown-ny/water-sports/swimming-registrations/american-red-cross-lifeguard-training-with-waterfront-certification-april-2019>

For more information, please contact Lindsey Bailey at (607) 547-2800, ext. 114, or visit www.clarksportscenter.com.

Aqua Fitness

Schedule
March 4-April 28

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Splash 7:00-7:45 Carole	Cross Current 8:00-8:45 Susan	Morning Splash 7:00-7:45 Carole	Sweat Wet 8:00-8:45 Susan	Morning Splash 7:00-7:45 Carole
Sweat Wet 8:15-9:00 Carole	Fluid Movement 9:15-10:00 Susan	Sweat Wet 8:15-9:00 Carole	Fluid Movement 9:15-10:00 Susan	Aqua Zumba 8:00-8:45 Veronica
Aqua Body Blast 9:15-10:00 Carole	Aqua Tai Chi 10:00-10:30 Katherine	Aqua Body Blast 9:15-10:00 Carole	Water Walking 101 10:00-10:30 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		

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!!

Water Walking 101 (Limit 10): Join us for this very basic, low impact, light to moderate intensity workout using the water's natural resistance to increase aerobic endurance, balance, range of motion, and core strength. This class is appropriate for those just starting an exercise program, someone recovering from an injury, or has chronic joint concerns. Class is held in the therapy pool.

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 Tai Chi (Limit 10): Graceful flowing movements with unique abdications with relaxing properties to support your overall balance and core building. Class held in the teaching pool.

Aqua Yoga (Limit 10): Class features gentle yoga that is good for beginners. It's restorative, easy on the joints & 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!

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 4 Winter Lessons - Monday, February 25 – Saturday, April 13. Registration begins Monday, February 18, 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.

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 GameChangers Gold 11:00-11:30am GameChangers 1:00-1:30pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm GameChangers 6:00-6:30pm	Open* 11:00am-3:00pm Little GameChangers 11:00-11:30am LEAH Program 12:30-2:30pm After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open* 11:00am-3:00pm GameChangers Gold 11:00-11:30am GameChangers 1:00-1:30 After School Youth Play 3:00-5:00pm Open 5:00-7:00pm GameChangers 6:00-6:30	Open* 11:00am-3:00pm Little GameChangers 11:00-11:30am After School Youth Play 3:00-5:00pm Open 5:00-7:00pm	Open* 11:00am-3:00pm GameChangers Gold 11:00-11:30am After School Youth Play 3:00-5:00pm Open 5:00-8:00pm	Open 9:00am-5:00pm Fitness Game Room Party Rentals 6:00-8:00pm
					Sunday
					Open 9:00am-5:00pm <i>Beginning May 28, Open 9:00am-1:00pm</i>

* Cooperstown Central School vacation/holiday/conference day, the Fitness Game Room will open at 9:00am. This excludes snow days.

The Fitness Game Room is an interactive fitness room, using technology and gameplay to get people moving and active all while having fun! Participants can have fun playing games, but have to MOVE in order to play. It features six pieces of new equipment that use light, sound and technology to keep people moving. Each piece can be used by individuals or groups, allowing family members, friends and gym buddies to compete against each other. The equipment will provide different cognitive and physical benefits, ranging from strength to agility to heart health.

The room and equipment is also programmed for use by Personal Trainers and their clients, groups, as well as other adult fitness programs. Having fun while working out is our goal! We hope you will enjoy the Fitness Game Room as another added benefit of your Clark Sports Center membership.

ROOM USE

- The exergaming room may only be used during designated times and when staffed.
- Staff is available to orient all participants on the equipment during open hours.
- The Fitness Game Room is designed for interactive gaming and play. Participants will NOT be permitted to sit or stand around.
- All equipment must be used appropriately at all times.
- All safety precautions must be followed.
- Closed toe shoes are required at all times.
- No food or drink is permitted, with the exception of water bottles with lids that can close.
- The Fitness Game Room attendant reserves the right to expel any participant that is disrespectful to staff, other players, exhibits poor sportsmanship or misuse of the equipment.

AGE GUIDELINES

- The Fitness Game Room is for all ages during open times
- Participants under 5 years of age must be under direct supervision of an adult 18 years or older. Directly supervised is defined as standing on the floor an arm's length away, but not on another piece of equipment.

Fitness Game Room Descriptions

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

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

GameChangers: 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.

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

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



Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–8:30	Open 5:30–9:00	Open 5:30–10:00	Open 8:00am–5:00pm	Open 8:00–9:00
Headstart 9:30–11:30 (Ends June 3)	Fit Camp 6:00–6:45 Open 6:45–9:00	Pickleball/ Open Gym 9:00–11:00 (Ends April 10)	Preschool Play 9:00–10:30 (Ends May 23)	Headstart 10:15–10:45 (Ends June 7)		Adult Pickleball (Half Floor) 9:00–11:00 (Ends May 25)
Open 11:30–5:00	Preschool Play 9:00–10:30 (Ends May 21)	Open 11:00–3:30	Sports Academy 10:30–11:15 (Ends April 11)	Open 10:45–3:00		Open (Half Floor) 9:00–11:00
Open 5:00–9:30 (March 25–June 10)	Open 10:30–12:30	Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00 (Ends May 22)	Pickleball/ Open Gym 12:00–2:00 (Ends April 11)	Gymnastics Level 1 3:15–4:15 (Starts April 26)		Open 11:00–5:00
Slow Break 5:00–9:30 (Ends March 18)	LEAH 12:30–2:30 (Ends May 21)	Open 5:00–6:00	Dodgeball (April 4–May 16) 3:15–5:00	Gymnastics Level 2 4:15–5:15 (Starts April 26)		
Girls High School Hoops 5:30–10:00 (Starts June 17)	Gymnastics Level 1 3:15–4:15 (Starts April 23)	Boys High School Hoops 5:30–10:00 (Starts June 19)	Open 4:15–5:30	Open (Half Floor) 6:00–7:30		
	Gymnastics Level 2 4:15–5:15 (Starts April 23)	Adult Pickup Basketball 6:00–9:30 (Must be 18+, ends June 12)	Adult Futsal League 6:00–9:30 (Ends April 25)	Jr. High Dodgeball (Half Floor) 6:00–7:30	<p style="text-align: center;">Gym Floor Closed</p> <p style="text-align: center;">Wrestling Tournament Saturday, March 2</p> <p style="text-align: center;">Fetterman Basketball Tournament Saturday, March 9, and Sunday, March 10</p> <p style="text-align: center;">Monster Bench Press Saturday, April 13</p>	
	Open 6:00–9:30 (Half court)			Open 7:30–9:30		
	Adult Volleyball League 6:00–9:30 (Half court, ends March 12)				<p style="text-align: center;">Holidays & Snow Days</p> <p>In the event of a Cooperstown Central School holiday or snow day, the Gym Floor schedule will change accordingly. Mornings and afternoons will feature open Gym Floor. Evening activities and leagues will take place as scheduled. Call us at 547-2800 for current schedule information.</p>	
	Adult Volleyball Pickup 6:00–9:30 (Half Floor, starts March 19)					



SENIOR WALK

The annual Senior Walk program will conclude on Friday, April 26. This program is for members and non-members, ages 55+. Senior Walk meets on the track Mondays, Wednesdays, and Fridays, 10:00–11:00am. Only Senior Walk participants are allowed on the track at this time.

Athletics Information

ADULT PICKLEBALL

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



Tumble Buddies

Saturdays, April 27-June 1

1&2 year olds 10:30-11:00am

3&4 year olds 11:15-11:45am

Register online, March 4-April 27. Members only, \$40 per child.

Gymnastics • Spring Session



Tuesdays and Fridays • April 23–May 31
Register at the Main Desk or online from
March 4–April 23

Level One • Gymnastics for Level One meets 3:15–4:15pm,
beginning April 23 and ending May 31. \$80 per youth
(members only). Limit 15.

Level Two • Gymnastics for Level Two meets 4:15– 5:15pm,
beginning April 23 and ending May 31. \$80 per youth
(members only). Limit 15.

Track Rules and Times • The track is open at all times except during Senior Walk on Mondays, Wednesdays, and Fridays from 10:00–11:00am, November through March. We will also close the track during special programming, but will post signs well in advance. Please make sure to follow the directional arrow at all times. Outside of special programming the arrow should never change unless agreed upon by all who are on the track. You must be in 7th grade or above to use the track, unless with a supervised special program. There are 3 lanes on the track and walkers should always use the inside 2 lanes while runners have the outside lane. No strollers are permitted on the track.

Adult Leagues • Adult Softball and Adult Soccer registrations have started. For more information contact Scott Whiteman (607) 547-2800, ext. 109.

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 Hannah/Alison
Escape 9:45-10:15 Lisa E.	Forever Fit 7:00-7:45 Deirdre	Core & More 9:20-9:35 Amy	Forever Fit 7:00-7:45 Deirdre	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	Escape 9:45-10:15 Lisa E.	FIRE 8:15-9:15 Maureen	Escape 4:30-5:00 Amy L.	TRX Plus 9:30-10:00 Hannah
Low Impact Zumba 1:00-1:45 Suzanne F. <small>NEW</small>	Long Strong Life 9:30-10:15 Maureen	Prime Time 11:15-12:15 Carina	Long Strong Life 9:30-10:15 Maureen		Stretch & Strengthen 10:45-11:30 Gail
Express 4:30-5:00 Laurie	Escape 4:30-5:00 Kara	Low Impact Zumba 1:00-1:45 Suzanne F. <small>NEW</small>	Express 4:30-5:00 Laurie		
Insanity Live® 5:30-6:00 Renee	Pound 5:30-6:15 Michelle	Core de Force® 5:30-6:20 Renee <small>NEW</small>	Pound (Parent & Child) 5:30-6:15 Michelle		TRX Plus 8:30-9:00 Andi/Ben
Zumba 5:30-6:15 Elma	TRX Plus 6:00-6:30 Andi	Cardio Dance & Core 6:15-7:00 Anoel	TRX Plus 6:00-6:30 Andi		Escape 9:30-10:00 Ben
Escape 6:30-7:00 Ben	Escape 7:00-7:30 Ben	Escape 6:30-7:00 Ben	Karate 6:30-8:00 Dave		Cardio Dance & Yoga 1:00-2:00 Elma
Karate 6:30-8:00 Dave					Escape 1:30-2:00 Ben

Sunday
TRX Plus 8:30-9:00 Andi/Ben
Escape 9:30-10:00 Ben
Cardio Dance & Yoga 1:00-2:00 Elma
Escape 1:30-2:00 Ben

After School Kids Group Fitness

3:30-4:00

- Monday • Generation Pound® (Michelle-Studio 1)
- Tuesday • Fit Kids (Mitch-Sports Performance Area)
- Thursday • Generation Pound® (Michelle-Studio 1)
- Friday • Fit Kids (Amy L.-Studio 1)

Class Key	Studio 1 Instructor	Studio 2 Instructor	Sports Performance Area Instructor	Gym Floor Instructor	NEW New Class	NEW TIME New Time	Returning Class
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Saturday Spinning

March 9	Alison
March 16	Don
March 23	Alison
March 30	Colleen
April 6	Melissa
April 13	Lisa E.
April 20	Don
April 27	Colleen

Sunday Spinning

March 10	Melissa
March 17	Lisa E.
March 24 (90 Min. Ride)	Don/Melissa
March 31	Carlene
April 7	Don
April 14	Carlene
April 21	CSC CLOSED
April 28	Colleen

Saturday Variety

March 9	Zumba (Elma)
March 16	Cardio Dance & Core (Emily)
March 23	Cardio Dance & Core (Anoel)
March 30	Body Awareness & Mobility (Brittany)
April 6	Cardio Dance & Core (Emily)
April 13	Pilates (Stacia)
April 20	Zumba (Ashley)
April 27	Pound (Michelle)

Group Fitness

Spinning

Schedule
March 4–April 28

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 8:30-9:15 Amy		Spinning 8:30-9:30 Nancy	
Gentle Spin 10:00-10:45 Sherie/Carlene		Gentle Spin 10:00-10:45 Nancy	Express Spin 3:45-4:15 Laurie		
Express Spin 3:45-4:15 Laurie	Express Spin 5:30-6:00 Lisa E./Amy	NEW Express Spin 3:45-4:15 Laurie	Express Spin 5:30-6:00 Laurie		Spinning 9:30-10:30 Various

Group Fitness

Yoga & Pilates

Schedule
March 4–April 28

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 Nicholas
Adventurous Yoga 9:30-10:45 Katherine	Kripalu Yoga Flow 9:45-10:45 Lisa B.		Beginner Tai Chi 11:15-12:00 Katherine	Gentle Yoga 1:00-2:00 Karla	Gentle Yoga 11:30-12:30 Antonita
Gentle Yoga 1:00-2:00 Antonita	Tai Chi 11:15-12:00 Kathryn	Gentle Yoga 1:00-2:00 Nicole	Yoga for Beginners & Beyond 1:00-2:00 Katherine		
Monday Meditation 5:30-6:00 Lisa B.		NEW TIME Pilates 4:30-5:15 Stacia	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne	Hatha Happy Hour 5:30-6:30 Harpreet	Yoga for Athletes 8:15-9:00 Nicole
Heated Kripalu Flow Yoga 6:15-7:15 Lisa B.	Beginner Yoga Fit 5:30-6:30 Elma	Yoga for Athletes 6:15-7:00 Simone			NEW TIME Yin Yoga 9:30-10:45 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 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. Please contact Ben Maxson, Sports Performance Coordinator, at 607-547-2800 for more information.



Escape Classes		TRX Plus Classes	
Monday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Tuesday	6:00-6:30pm
Tuesday	4:30-5:00pm, 7:00-7:30pm	Thursday	6:00-6:30pm
Wednesday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Saturday	9:30-10:00am
Friday	6:00-6:30am, 4:30-5:00pm	Sunday	8:30-9:00am
Saturday	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 reopening in April.** Available during daylight hours. Members may play at no charge unless a program is in progress. Programs take precedent over open play. Courts may be reserved for \$20/hour per court. Please contact Rich Jantzi at (607) 547-2800, ext. 125 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–8:00	Open 8:00–5:00
CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30		
Open 5:00–8:00	Women's League 5:00–8:00pm	Women's League 5:00–8:00pm	Open 5:00–8:00	Open 5:00–8:00		

TENNIS LEAGUES

The Women's Spring Tennis League will take place on Tuesday and Wednesday evenings, May 7–June 26. Registration runs April 1–20 at the Fitness Center Desk. \$30 members, \$60 non-members. The league runs Tuesdays and Wednesdays, 5:15pm and 6:30pm matches. A and B Divisions. For more information, please contact Amy Porter at (607) 547-2800, ext. 129.

TENNIS RULES AND INFORMATION

- The tennis courts are available March 31 (weather permitting) until November 1, during daylight hours.
- During tennis leagues, all four courts are reserved for league participants.
- The closing time is subject to change as daylight allows. Courts may be closed at any time for inclement weather.
- Open play is available at no charge for all members.
- Court reservations and tennis programs take precedent over open play.
- Non-members must check-in at the Main Desk and pay a fee to play on the courts.

Indoor Racquetball and Squash Court Schedule

The Sports Center has two racquetball courts, two squash courts, and a doubles squash court that are open year round during facility hours. Members may play at no charge unless a program is in progress. Programs take precedent over open play. Afterschool court play takes precedence during 3:00–5:15pm (while school is in session). Courts may be reserved for \$20/hour per court. For more information, contact Matt Phillips at (607) 547-2800, ext. 130.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–3:00pm	Open 5:30am–12:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 8:00am–5:00pm
After School Youth Play 3:00–5:15pm	LEAH Program 12:30–2:30pm	After School Youth Play 3:00–5:15pm	After School Youth Play 3:00–5:15pm	After School Youth Play 3:00–5:15pm	Sunday Open 8:00am–5:00pm (Beginning May 28, courts will be open 8:00am-1:00pm)
Racquetball League 5:30–9:30pm	After School Youth Play 3:00–5:15pm	Racquetball League 5:30–9:30pm	Squash League 5:30–9:30pm	Open 5:15–9:30pm	
	Squash League 5:30–9:30pm	Doubles Squash League 5:30–9:30pm			

COURT RULES

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

For more information on court rules and reservations, visit www.clarksportscenter.com.

Special Events

Council Rock to Council Rock

4.4 Mile Run & walk • May 19



Race starts at 11:00am at
Council Rock Park

Proceeds from the 2019 race will go to the
Wounded Warriors Amputee Softball Team

ClarkSportsCenter

BASE RACE

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

5K Fun Run & Competitive 10K Race

Help promote healthy and active
lifestyles for individuals of all ages

Saturday, May 25, 9:00am

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

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

26.2  RACE THE LAKE
13.1
www.clarksportscenter.com

5K Returning!

6th Annual RACE THE LAKE Marathon and Half-Marathon

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

The 26.2 will start and end at Glimmerglass State Park.
The 13.1 race will start on Route 80,
near the Fenimore Art Museum. Both races will finish together
at Glimmerglass State Park.

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

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

**Register today at itsyourrace.com or stop by the
Health & Fitness Desk.**

June 8



ClarkSportsCenter