

ClarkSportsCenter

Summer Schedule

June 24 to August 25, 2019



Membership	2-3
Summer Camps	4
Adventure	5
Bowling.....	5
Aquatics	6-8
Fitness Game Room	8
Gym Floor.....	9
Health & Fitness	10-12
Racquets.....	12

Facility Hours

May 28–Sept 29

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–1:00pm

Closures

Independence Day • **Thursday, July 4**

Induction Weekend • **Saturday, July 20–Sunday, July 21**

Repair Week • **Monday, August 26–Sunday, September 1**

Labor Day • **Monday, September 2**

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)	\$375
Single Parents Only	
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
Family One Month Membership with Fitness Center (30 consecutive days)	\$150
Family One Month Membership (30 consecutive days)	\$125
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 Matt Phillips at 547-2800, ext. 130). Adults: \$10, Juniors: \$5, Fitness Center: \$5 additional.

Youth Members and Guests

Children 6th grade and below are not allowed in the building between 5:30–8:00am and 6:00pm to closing unless accompanied by an adult or if attending a Sports Center youth program or league.

Lost and Found

The Lost and Found is located in the laundry room. Please ask for assistance. Jewelry, wallets, and items of value are kept at the Main Desk. When the Lost and Found area is overflowing, all items are donated to a local charity after 2 weeks. Do not leave belongings unattended. The Clark Sports Center is not responsible for lost or stolen items.

Additional Charges

Personal Training Instruction/Private Swim Lessons
\$15.00 per 30 minutes or \$125 for ten 30 minute sessions. \$25.00 per 30 minutes for non-members. (By appointment only. Does not include day pass.)

Conference Room Rental

\$50.00 for up to a three hour time block (a fee of \$10 per hour for each additional hour may be applied).

Schedule Changes & Emergency Closings

The following schedule will be followed as closely as possible, but can be subject to change at any time. Program areas may be closed at any time without prior notice. Weather conditions, mechanical difficulties, special events, facility capacity, etc., may alter the schedule at any time. For up to date information, please call (607) 547-2800. In the event the Sports Center must close due to adverse weather conditions, mechanical difficulties, etc., announcements will be made on our website and on the following radio stations: WZOZ (103.1FM) and WSRK (103.9FM).

Lightning Policy

When you hear the lightning detector siren sound for 15 seconds and amber lights illuminate and rotate, all participants on the fields, tennis courts and ropes course must seek shelter immediately. When the danger has passed, the “all clear” signal is three 5 second alerts on the siren and the lights will shut off.

Member and Guest Code Of Conduct

All members and others attending an event or utilizing the Center’s facilities or grounds must adhere to all rules and policies of the Sports Center and are expected to act in a safe, courteous and respectful manner at all times. All requests and instructions by the Center’s staff should be strictly followed and failure to do so may result in any person, including members, being directed to leave the premises.

Prohibited conduct at the Sports Center and Center-sponsored activity off-premises includes, but is not limited to, the following:

- Possession of guns, knives or other weapons;
- Striking, attempting to strike or threatening to strike any staff person, member, visitor or any other person affiliated with the Center;
- Threatening, harassing or intimidating any staff person, member, visitor or any other person affiliated with the Center;
- Foul, profane or abusive language;
- Theft of any property; • Smoking; • Use of illegal drugs;
- Damaging the facilities of the Center in any way (skateboards, scooters, and roller blades are not allowed on the Sports Center grounds; animals, bicycles; and other potentially damaging devices are not allowed in the building);
- Providing false information or records to the Center;
- Youth who are serving a school suspension may not use the Sports Center while school is in session.

Additionally, any criminal activity or acts or threats of violence may be reported to the proper authorities and prosecuted.

The Clark Sports Center reserves the right to deny, suspend, revoke or limit access to the Sports Center’s facilities at its sole discretion in the case of any violation of this Code of Conduct or any rule or policy of the Center, consistent with applicable law. Any question arising regarding the meaning of any provision of this Code of Conduct should be brought to the attention of the Director of The Clark Sports Center. The Center’s interpretation of any provision of this Code shall be final.

Attire and Etiquette

Appropriate attire is required to use the Sports Center facilities. Clean sneakers must be worn in the Fitness Center, Sports Performance Area, Group Fitness rooms, racquets courts, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Bathing suits are required to enter the pool; Cut-off shorts and shirts are not allowed as pool attire. Babies must wear swim diapers. Food and drink are allowed only in the upstairs gym floor lobby. Drinks in glass bottles are prohibited inside The Clark Sports Center.

Physically Disabled

The Clark Sports Center is equipped to handle the needs of the physically disabled. The designated handicapped parking area is located near the main entrance. A wheelchair ramp is located in front of the main entrance. Upon entering the building, please ask for assistance at the Main Desk. An elevator is available to provide access to the lower level of the building and the Sports Performance Area. Locker rooms and rest room access for the physically disabled are available. Any questions or concerns can be directed to the Main Desk.

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.
- Gender neutral locker room options are available. Please ask the Main Desk for more information.
- 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.

2019 Sports & Adventure Camp Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30	July 1	2	3	4	5	6
Adventure Camps: Kidz Korner on the Go (pg. 6), Mountain Biking Club (pg. 7), Science Camp (pg. 7)						
Sports Camps: Intro to Strength Program (pg. 11), Speed, Agility & Quickness Program (pg. 14), Sports Performance Program (pg. 14) Volleyball Prep Camp (pg. 15), Volleyball Club Camp (pg. 15)						
7	8	9	10	11	12	13
Adventure Camps: Climbing Club (pg. 6), Extreme Adventure (pg. 6), Mountain Biking Club (pg. 7), Science Camp (pg. 7), Enchanted Forest Water Safari (pg. 8), Zoom Flume (pg. 8)						
Sports Camps: Bowling Camp (pg. 10), Circus Theatrics Camp (pg. 10), Intro to Strength Program (pg. 11), Jr. Golf Camp (pg. 12), Jr. Lifeguard Camp (pg. 12), Little Swingers Golf Camp (pg. 13), Plyometrics (Jump) Program (pg. 13), Speed, Agility & Quickness Program (pg. 14), Sports Performance Program (pg. 14)						
14	15	16	17	18	19	20
Adventure Camps: Climbing Club (pg. 6), Mountain Biking Club (pg. 7), Science Camp (pg. 7)						
Sports Camps: Intro to Strength Program (pg. 11), Little Athletes (pg. 12), Plyometrics (Jump) Program (pg. 13), Speed, Agility & Quickness Program (pg. 14), Sports Performance Program (pg. 14)						
21	22	23	24	25	26	27
Adventure Camps: Climbing Club (pg. 6), Mountain Biking Club (pg. 7), Science Camp (pg. 7), Zoom Flume (pg. 8)						
Sports Camps: Intro to Strength Program (pg. 11), Plyometrics (Jump) Program (pg. 13), Speed, Agility & Quickness Program (pg. 14), Sports Performance Program (pg. 14), Wrestling Camp (pg. 15)						
28	29	30	31	August 1	2	3
Adventure Camps: Advanced Rider Camp (pg. 5), Climbing Club (pg. 6), Kidz Korner on the Go (pg. 6), Science Camp (pg. 7)						
Sports Camps: Baseball Camp (pg. 9), Beginner Dance Camp (pg. 9), Football Camp (pg. 11), Gymnastics & Dance (pg. 11), Intro to Strength Program (pg. 11), Plyometrics (Jump) Program (pg. 13), Speed, Agility & Quickness Program (pg. 14), Sports Performance Program (pg. 14)						
4	5	6	7	8	9	10
Adventure Camps: Climbing Club (pg. 6), GPS Geocaching Camp (pg. 6), Kidz Korner on the Go (pg. 6), Mountain Biking Club (pg. 7), Enchanted Forest Water Safari (pg. 8)						
Sports Camps: Intro to Strength Program (pg. 11), Plyometrics (Jump) Program (pg. 13), Soccer Intermediate Camp (pg. 13), Soccer Training Camp (pg. 13), Speed, Agility & Quickness Program (pg. 14), Sports Performance Program (pg. 14), Synchronized Swimming (pg. 14)						
11	12	13	14	15	16	17
Adventure Camps: Adventure Sampler (pg. 5), Kidz Korner on the Go (pg. 6), Rumney New Hampshire Climbing (pg. 7)						
Sports Camps: Bowling Camp (pg. 10), Basketball Camp (pg. 10), Developmental Competitive Swim Camp (pg. 11), Plyometrics (Jump) Program (pg. 13)						
18	19	20	21	22	23	24
Adventure Camps:						
Sports Camps: Jr. Golf Camp (pg. 12), Little Swingers Golf Camp (pg. 13), Summer Splash Camp (pg. 14)						

Adventure Programs

Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Climb 12:00–4:00pm Advanced Climb 5:00–9:00pm	Open Climb 12:00–4:00pm Advanced Climb 5:00–9:00pm	Open Climb 12:00–4:00pm Advanced Climb 5:00–9:00pm	Open Climb 12:00–4:00pm Advanced Climb 5:00–9:00pm	Open Climb 12:00–4:00pm Open Climb 5:00–9:00pm	Advanced Climb 8:30–11:00am Open Climb 12:00–5:00pm
Please check the website for rock wall closures due to private programs					Sunday Closed

The Bouldering Wall • Located in the Gym Floor, open to all ages. The Wall is open year-round. Children under 12 years of age must stay below the designated line; the Wall is off limits during camps, special events, after school and league play. Free for members!

Adventure Outings and Events

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

Wednesday, July 10, 4:30-7:00pm & Wednesday, August 7, 4:30-7:00pm.

Climbing Club • July 9, 16, 23, 25(full day), 30, August 1(full day), 6(full day), 10:30am-12:00pm

Climbing Club is a comprehensive climbing program designed to create a fun atmosphere while developing young climbing athletes. Each day starts with warmups, mobility drills, climbing, and then finishing with climbing games and climbing drills. On at least 2 Sundays TBA we will climb outside at cliffs or other climbing gyms within a day's drive. This program is for those truly interested in the art of climbing. Climbing Club and trips are led by a certified American Mountain Guides Association Instructor.

Mountain Biking Club • July 2, 11, 18, 25, August 8, 10:30am-12:00pm

Mountain Bike Club is the place where young riders can learn to play in the woods on and off their bikes with cycling in mind. With a focus on fun, our coaches use drills and trail rides to help riders develop as mountain bike athletes. Whether you want to race or just have more fun on rides, this club is for you. Bike and helmet are necessary but we may be able to lend equipment for the day. Mountain biking programs are led by a National Interscholastic Cycling Association Licensed Coach.

Bowling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Open 1:00–5:00 Summer League 6:00-9:00 June 4–July 23	Open 1:00–5:00	Open 1:00–5:00	Open 1:00–5:00 Open/Special Groups 6:00–9:00	Open 1:00–5:00	Closed

Youth and Adult Bowling Leagues and Programs

Program	Dates, Days, & Time	Fee
Bowling Camp	July 8–12 • 9:00am–12:00pm	\$85 members, \$135 non-members
Bowling Camp	August 12–16 • 9:00am–12:00pm	\$85 members, \$135 non-members



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 Matt Phillips at 547-2800.

Lap Pool

Schedule
June 24–August 25

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
<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Aqua Body Blast 9:30-10:15am</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Cross Currents 8:00-8:45am</p> <p>Aqua Flow 9:30-10:15am</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Aqua Body Blast 9:30-10:15am</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p>

Teaching Pool

Schedule
June 24–August 25

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Parent and Child 1 5:30-6:00pm</p> <p>Parent and Child 2 6:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00-9:30am</p> <p>Fluid Movement 9:30-10:15am</p> <p>Summer Programming 10:15am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm</p> <p>Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p>

Diving Pool

Schedule
June 24–August 25

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
<p>Open 5:30-7:00am</p> <p>Morning Splash 7:00-7:45am POOL CLOSED</p> <p>Sweat Wet! 8:15-9:00am POOL CLOSED</p> <p>Summer Programming 9:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Hydro Power 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-7:00am</p> <p>Hydro Power 7:00-7:45am POOL CLOSED</p> <p>Sweat Wet! 8:15-9:00am POOL CLOSED</p> <p>Summer Programming 9:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Instructor's Choice 5:30-6:15pm POOL CLOSED</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:15am</p> <p>Sweat Wet! 8:00-8:45am POOL CLOSED</p> <p>Summer Programming 9:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Summer Programming 8:00am-1:00pm (Limited Availability)</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p>

Developmental Competitive Swim Camp



Dates: Monday, August 12–Friday, August 16
Time: 10:00am–12:00pm
Grades: 1–6
Cost: \$85 Members or \$110 Non-members
Limit: 35

Developmental Competitive Swim Camp is for swimmers that are currently on a developmental swim team, or are looking to join a swim team. Campers will be working on technique, drills and endurance for the 4 competitive swim strokes, as well as competitive starts, turns and finishes. For safety reasons, children that join this camp must be able to swim unassisted 25 yards of Front Crawl, 25 yards of Back Crawl, and be able to do a head first entry into water 8 feet deep. A swim test to determine eligibility for the camp will be administered on the first day.

Jr. Lifeguard Camp



Dates: Monday, July 8–Friday, July 12
Time: 2:00–4:00pm
Ages: 10–14
Cost: \$90 Members or \$115 Non-members
Limit: 12

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

Synchronized Swimming Camp



Dates: Monday, August 5–Friday, August 9
Time: 9:00am–12:00pm
Ages: 7–12
Cost: \$85 Members or \$135 Non-members
Limit: 12

Synchronized swimming is an aquatic sport that involves a mix of gymnastics, dance and swimming. Boys and girls are welcome, swimmers must be comfortable in deep water and able to swim 25 yards of front crawl without stopping. Instructors will review swimming skills and teach basic synchro skills including sculling, layouts, swim strokes, and underwater swimming.

Please visit www.clarksportscenter.com for more information.

Aqua Fitness

Schedule
June 24–August 25

Monday	Tuesday	Wednesday	Thursday
Morning Splash 7:00–7:45 Carole	Cross Currents 8:00–8:45 Susan	Hydro Power 7:00–7:45 Carole	Sweat Wet 8:00–8:45 Susan
Sweat Wet 8:15–9:00 Carole	Aqua Flow (Lap Pool) 9:30–10:15 Susan	Sweat Wet 8:15–9:00 Carole	Fluid Movement 9:30–10:15 Susan
Aqua Body Blast 9:30–10:15 Carole	Hydro Power 5:30–6:15 Carole	Aqua Body Blast 9:30–10:15 Carole	
Deep Aqua B.A.S.I.C. 5:30–6:15 Carole		Instructor's Choice 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!!

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 Flow (Limit 20): Held in the Lap Pool with the same fluid movement you love, relocated and blended with up tempo cardio activities.

There will be NO Aqua Fitness classes on Monday, July 15.

Swim Lessons

Summer Swim Lessons

Swimming lessons are offered for youth of all ages and abilities, preschool – high school. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed on the pool deck during lessons, please use the balcony to watch. Please arrive on time. Summer swim lessons run Monday, July 1–Friday, August 9 (no lessons on July 4). Registration began Monday, June 17 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.

Fitness Game Room

Fitness Game Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9:00am–7:00pm	Open 9:00am–7:00pm	Open 9:00am–7:00pm	Open 9:00am–7:00pm	Open 9:00am–7:00pm	Open 9:00am–5:00pm
					Sunday
					Open 9:00am–1:00pm

Community Outdoor Movie Nights

Saturday nights starting at 9:00pm by the soccer fields. Scheduled Outdoor Movie Nights will take place weather permitting on June 29, July 6, 27, August 3 & 17. Please check the website for movie titles and other information.

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–6:45	Open 5:30–6:00	Open 5:30–6:45	Open 5:30–6:45	Open 5:30–6:45	Open 8:00am–5:00pm	Open 8:00am–1:00pm
Training Program 7:00–8:00	Fit Camp 6:00–6:45	Training Program 7:00–8:00	Training Program 7:00–8:00	Training Program 7:00–8:00		
Open/Sports Camps/Training 8:00–5:00	Training Program 7:00–8:00	Open/Sports Camps/Training 8:00–5:00	Open/Sports Camps/Training 8:00–5:00	Open/Sports Camps/Training 8:00–5:00		
Closed For Gym Floor Cleaning 5:00–5:30	Open/Sports Camps/Training 8:00–5:00	Closed For Gym Floor Cleaning 5:00–5:30	Open 5:00–9:00	Open 5:00–9:00		
Girls High School Basketball League 5:30–10:00 June 17-July 29	Open 5:00–6:00	Boys High School Basketball League 5:30–10:00 June 19-July 31				
Open 5:00-9:00 August 5-19	Pickup Volleyball 6:00–9:00 (Half floor)	Open 5:00-9:00 August 7-21				
Open 6:00–9:00 (Half floor)						

Gym Floor Rules and Information

- **Food and drink are not allowed on the Gym Floor!**
- Non-marking sneakers are required on the floor at all times.
- The Bouldering Wall is open for 7th Grade and above during general Gym Floor operating hours except during camps, special events and league play on the Gym Floor.
- Special groups and activities such as clinics, tournaments, basketball games, training, and camps take priority over open play.
- We advise to call ahead to verify open gym times.

Running Track Schedule, Rules, and Information

- The Running Track is open for general use from opening to closing every day with the exception of special programs.
- Youths below the 7th grade are not permitted on the track.
- Walkers and runners must go in the direction of the arrow.
- Please walk single file if there are other walkers or runners.
- The track may not be used as a spectator area.

Summer Camps on the Gym Floor

Boys Basketball Camp

Dates: Monday, August 12–Friday, August 16
Time: 1:00–3:30pm

Girls Basketball Camp

Dates: Monday, August 12–Friday, August 16
Time: 9:00–11:30am

Circus Theatricks Camp

Dates: Monday, July 8–Friday, July 12
Time: 9:00am–3:00pm (Friday 9:00am–4:00pm)

Gymnastics & Dance Camp

Dates: Monday, July 29–Friday, August 2

Level One

Ages: 4–6
Time: 11:15am–12:15pm

Level Two

Ages: 7–13
Time: 9:00–11:00am

Little Athletes Camp (Boys)

Dates: Monday, July 15–Thursday, July 18 [4 days]
Times: 8:30–10:00am

Little Athletes Camp (Girls)

Dates: Monday, July 15–Thursday, July 18 [4 days]
Times: 10:30am–12:00pm

Volleyball Club Camp

Dates: Friday, July 5
Time: 8:30am–4:00pm [Bring a lunch]

Volleyball Prep Camp

Dates: Monday, July 1–Wednesday, July 3
Time: 9:00am–12:00pm

In case of bad weather, outdoor camps will move to Gym Floor.

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 Various
Escape 9:45-10:15 Lisa E.	Forever Fit 7:00-7:45 Bella	Core & More 9:20-9:35 Amy	Forever Fit 7:00-7:45 Carolyn/Susan	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		
Insanity Live® 5:30-6:00 Renee	Long Strong Life 9:30-10:15 Maureen	NEW Barre Bootcamp 10:30-11:00 Andrea	Long Strong Life 9:30-10:15 Maureen		
Zumba 5:30-6:15 Elma	NEW Low Impact Zumba 10:30-11:15 Suzanne F.	Prime Time 11:15-12:15 Carina	NEW Low Impact Zumba 10:30-11:15 Suzanne F.		
Escape 6:30-7:00 Bella	Escape 4:30-5:00 Kara	NEW TIME Barre Bootcamp 5:30-6:00 Andrea	Express 4:30-5:00 Laurie		NEW TIME Escape 8:30-9:00 Various
Karate 6:30-8:00 Dave	TRX Fitness 5:30-6:00 AnDi	Cardio Dance & Core 6:15-7:00 Anoel	TRX Fitness 5:30-6:00 AnDi		NEW TIME Cardio Dance & Yoga 9:30-10:30 Elma
	Pound 5:30-6:15 Ashley	Escape 6:30-7:00 Chad	Karate 6:30-8:00 Dave		

Class Notes

The Clark Sports Center will be closed Saturday, July 20, and Sunday, July 21, for the National Baseball Hall of Fame Induction Weekend.

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

Saturday Variety

June 29	Zumba (Elma)
July 6	Insanity Live® (Renee)
July 13	Cardio Dance & Core (Anoel)
July 20	CLOSED
July 27	Cardio Dance & Core (Emily)
August 3	Zumba (Ashley)
August 10	Cardio Dance & Core (Anoel)
August 17	Pound (Joelle)
August 24	Cardio Dance & Core (Emily)

Saturday Spinning

June 29	Lisa E.
July 6	Colleen
July 13	Don
July 20	CLOSED
July 27	Melissa
August 3	Melissa
August 10	Don
August 17	Colleen
August 24	Don

Sunday Spinning

June 30	Lisa E.
July 7	Carlene
July 14	Don
July 21	CLOSED
July 28	Carlene
August 4	Amy L.
August 11	Don
August 18	Carlene
August 25	Carlene

Group Fitness

Spinning

Schedule
June 24 – August 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Spin 6:00-6:30 Alison		Spinning 6:00-6:50 Colleen		Express Spin 6:00-6:30 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Maureen	Express Spin 9:30-10:00 Lisa E.	Spinning 8:30-9:15 Amy	Express Spin 9:30-10:00 Lisa E.	Spinning 8:30-9:30 Nancy	
Gentle Spin 10:00-10:45 Sherie/Carlene		Gentle Spin 10:00-10:45 Nancy			
	Express Spin 5:30-6:00 Colleen/Canthin		Express Spin 5:30-6:00 Laurie		Spinning 9:30-10:30 Various
					Sunday
					Spinning 9:30-10:30 Various

Group Fitness

Yoga & Pilates

Schedule
June 24 – August 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/Gentle Yoga 8:15-9:15 Katherine	Ashtanga Yoga 6:00-7:00 Dana	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	Kripalu Yoga Flow 9:45-10:45 Lisa B.				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		Gentle Yoga 1:00-2:00 Karla	
Monday Meditation 5:30-6:00 Lisa B.		Pilates 4:30-5:15 Stacia			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	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne <small>NEW</small>	Ashtanga Yoga 5:30-6:30 Nicholas <small>NEW</small>	Hatha Happy Hour 5:30-6:30 Harpremejeet	Yin Yoga 9:30-10:45 Nicole
					Sunday
					Yoga for Athletes 8:15-9:00 Nicole

Please refer to the Aquatics Schedule 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 featuring 32 Pieces of cardiovascular equipment, a 16 piece selectorized circuit and a significant section of free weight equipment. A Fitness Center Membership is required to use the Fitness Center. Members and guests must be at least 14 years of age and check-in to the room upon arrival for use. 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.

Sports Performance

Located in the mezzanine above the Fitness Center, our Sports Performance Center offers 4 distinct areas for supplementing your training program. The ESCAPE rig is a Functional Training station capable of hosting 20 users at a time. The Kinesis Area offers a 7 Station Circuit that is designed to work with beginners or handle professional athletes. The Power Area offers users 4 pieces of Cardio Equipment as well as some fitness equipment to deliver a one of a kind fitness experience. The Team Area that doubles as a stretch, strength and core area. Use of the Sports Performance area is included with the Fitness Center Membership. Programs take precedence over open use. Schedule will vary. Rates are available for individual, small groups (2 or 3), large groups (4 or 5), and teams more than 5. Please contact Ben Maxson, Sports Performance Coordinator, at 607-547-2800, ext. 123 for more information.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to November during Clark Sports Center 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. 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 8:00–5:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–8:00	Open 8:00–8:00
Men's League 5:00-8:00 (2 Courts)	Open 5:00–8:00	Women's League 3:30-5:00 (2 Courts) 5:00–8:00pm	Open 5:00–8:00	Open 5:00–8:00		

Tennis Leagues

The Women's Summer Tennis Leagues will take place on Wednesday evenings, starting July 3 and ending August 21. Doubles league is \$30 for members or \$60 for non-members. For more information, contact Amy Porter, (607) 547-2800, ext. 129.

Men's Summer Tennis League will take place on Monday evenings, starting June 24 and ending August 12. To register as an alternate or for more information, contact Dani Webb, (607) 547-2800, ext. 116.

Tennis Rules and Information

- The tennis courts are available now until November 1, during daylight hours.
- The closing time is subject to change as daylight allows. Courts may be closed at any time for inclement weather.
- Open play is available at no charge for all members.
- Court reservations and tennis programs take precedent over open play.
- Non-members must check-in at the Main Desk and pay a fee to play on the courts.
- Please observe our lightning policy located at the entry of our Tennis Center.
- During tennis league, all four courts are reserved for league participants.

Indoor Courts (Racquetball & Squash) Schedule

All courts are open during operating hours. All courts will be closed July 29–August 2, 9:30am-12:30pm, for Sport Camp use. Please visit the website for any other closure notices.