

ClarkSportsCenter

Fall Schedule

September 3-October 27, 2019

Membership..... 2-3
Adventure..... 4
Bowling..... 5
Aquatics 6-8
Fitness Game Room 9
Athletics 10-11
Group Fitness..... 12-13
Health & Fitness 14
Racquets..... 15-16

Clark Sports Center Facility Hours

May 28–Sept 29

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–1:00pm

September 30–May 24

Monday–Friday: 5:30am–9:30pm

Saturday & Sunday: 8:00am–5:00pm

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.

Adventure Programs

Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	Advanced Climb 8:30–11:30am
Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Open Climb 12:00–5:00pm
Advanced Climb 6:00–9:00pm		Advanced Climb 6:00–9:00pm		Advanced Climb 6:00–9:00pm	Sunday
Please check the website for rock wall closures due to private programs					Open Climb (Starts Oct. 6) 12:00–5:00pm

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

Adventure Outings and Events

After School Mountain Biking Club

September 17–October 24

Tuesday and Thursday 3:30-5:00 pm

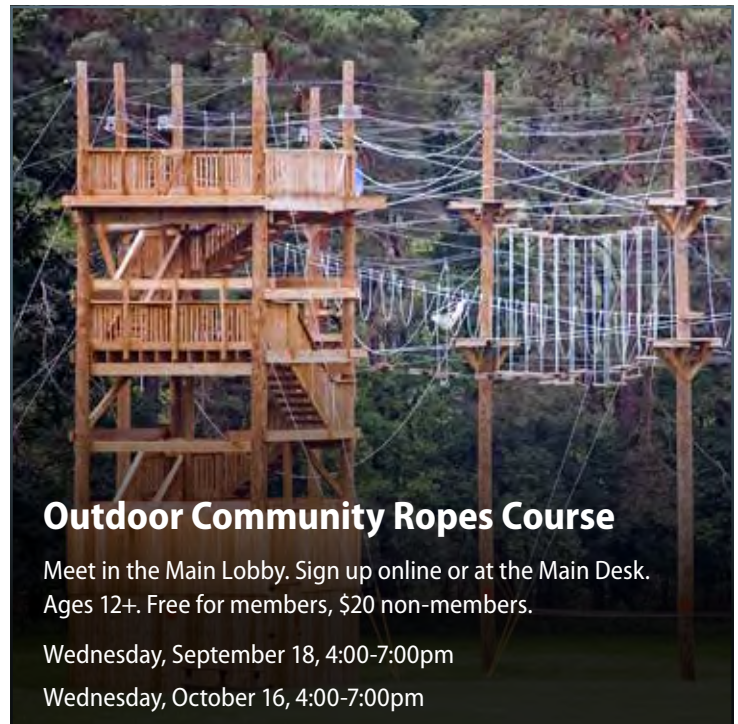
Tuesday - Skill development day. Tuesdays are set aside to practice cornering, bike body separation, rolling over obstacles, and handling the controls of the bike in open areas. At times we will ride into wooded areas. This is a perfect time for all riders, beginners and advanced, to enjoy the challenges of mountain biking, learn some new skills and meet other riders. (Minimum age is 10 with exceptions after Instructor Assessment.)

Thursday - Focus on rider skills at our skills park area and trails right here on The Clark Sports Center property, which are designed for instruction. This session is more technical and challenging than Mondays, and may not be for everyone. Mountain bike trails are rocky, with roots, with ride over obstacles, narrow and can be steep.

Advanced Rider Trips out of the area will be announced on Wednesdays and through email throughout the session.

Last Ride, October 24, is our rider's party with pizza and movie after a ride for everyone who participated in our 7 week program. Parents are welcome.

Additional riding trips TBA.

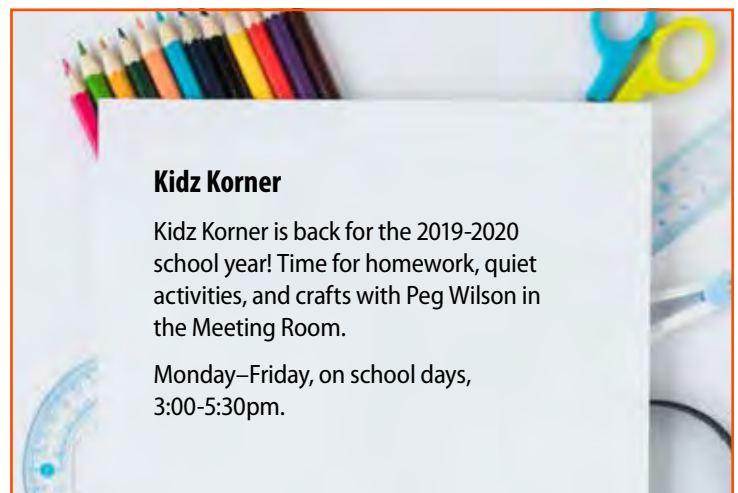


Outdoor Community Ropes Course

Meet in the Main Lobby. Sign up online or at the Main Desk. Ages 12+. Free for members, \$20 non-members.

Wednesday, September 18, 4:00-7:00pm

Wednesday, October 16, 4:00-7:00pm



Kidz Korner

Kidz Korner is back for the 2019-2020 school year! Time for homework, quiet activities, and crafts with Peg Wilson in the Meeting Room.

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

Bowling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00 Men's League 6:00–9:00	Senior Citizen Bowling 9:00–10:30 (Starts Sept. 10) Preschool Bowling 10:30–11:00 (Starts Sept. 10) Open 2:30–5:00 Women's League 6:00–9:00	Senior Citizen Bowling/ Special Groups 1:00–2:30 (Starts Sept. 11) 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 3:15–5:00	Open 9:00–12:00 Open 1:00–5:00 Elementary League 3:00–5:00 (Nov. 1–March 27) Open 6:00–9:00	Pathfinder Bowling League 9:00–12:00 (Sept. 14–March 20) Open 1:00–5:00	Open (Starts Oct. 6) 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 Matt Phillips at 547-2800, ext. 130.

Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 10–May 12 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 1–March 27 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 1	\$30
Men's Monday League	Sept. 16–March 9 Mondays	7:00–9:00pm	September 16	\$10 per night
Women's Tuesday League	Sept. 10–March 17 Tuesdays	6:00–9:00pm	September 10	\$10 per night
Men's Wednesday League	Sept. 18–March 11 Wednesdays	7:15–9:00pm	September 11	\$10 per night
Women's Thursday Afternoon League	Sept. 5–April 16 Thursdays	1:00–3:00pm	September 5	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 10–May 12 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 11–May 13 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)

Lap Pool

Schedule
September 3-October 27

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 3:00-5:00pm (Ends Oct. 14)</p> <p>Swim Lessons • Level 3, 4, 5 3:30-4:00pm</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</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>Cross Current 8:00-8:45am</p> <p>Aqua Flow 9:15-10:00am</p> <p>Preschool Swim 10:30-11:30am</p> <p>L.E.A.H Swim Lessons 12:30-2:30</p> <p>Open Swim 3:00-5:00pm (Ends Oct. 15)</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>CCS Varsity Swim Team 6:00-8:00</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 3:00-5:00pm (Ends Oct. 16)</p> <p>Swim Lessons • Level 2 3:30-4:00pm</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00</p> <p>CCS Varsity Swim Team 6:00-8:00pm</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 3:00-5:00pm (Ends Oct. 17)</p> <p>Swim Lessons • Level 3 3:30-4:00pm</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</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 Zumba 8:00-8:45am</p> <p>Preschool Swim 10:30-11:30am</p> <p>Open Swim 3:00-5:00pm (Ends Oct. 18)</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm (Begins Sept. 21)</p> <p>Open Swim 1:00-5:00pm</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>September 7 & 14</p> <p>Adult Laps 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Laps 12:00-1:00pm</p> </div>
					<p>Sunday</p> <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 (Begins Oct. 6)</p>

Special Notes: - CCS Varsity Swim Team will practice 3:30-5:00pm on Wednesdays until October 16.
- The Pool Area will be closed 4:00-5:00pm, beginning October 21, for Sharks Swim Team practice.

Teaching Pool

Schedule
September 3-October 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:30am</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 3:00-5:00pm (Ends Oct. 14)</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>Aqua Tai Chi 10:00-10:30am</p> <p>Adult 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 2:30-3:00pm</p> <p>Open 3:00-3:30pm</p> <p>Swim Lessons • Level 1 3:30-4:00pm</p> <p>Open 4:00-5:00pm (Ends Oct. 15)</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 3:00-5:00pm (Ends Oct. 16)</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>Bassett Physical Therapy 11:30am-12:30pm</p> <p>Adult 12:30am-3:00pm</p> <p>Open 3:00-5:00pm (Ends Oct. 17)</p> <p>Adult 5:00-6:30pm</p> <p>Open 6:30-9:00pm</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 3:00-5:00pm (Ends Oct. 18)</p> <p>Adult 5:00-6:30pm</p> <p>Open 6:30-9:00pm</p>	<p>Adult 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm (Begins Sept. 21)</p> <p>Open 1:00-5:00pm</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>September 7 & 14</p> <p>Adult 8:00-10:00am</p> <p>Open 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> </div>
					<p>Sunday</p> <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 (Begins Oct. 6)</p>

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
September 3-October 27

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 • Level 4/5/6 3:30-4:00pm POOL CLOSED Open Swim 4:00-5:00pm (Ends Oct. 14) 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 3:00-5:00pm (Ends Oct. 15) Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-7:00pm Swim Lessons (1/2 pool) 6:30-7:00 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 3:00-5:00pm (Ends Oct. 16) 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 Swim Lessons (1/2 pool) 6:30-7:00 CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm (Ends Oct. 17) Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 8:00am-3:00pm Open Swim 3:00-5:00pm (Ends Oct. 18) Adult Swim 5:00-6:30pm Open Swim 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED Open Swim 8:00-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm (Begins Sept. 21) Open Swim 1:00-5:00pm <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> September 7 & 14 Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm </div>
					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 (Begins Oct. 6)

Snow Day and School Holiday Pool Schedules

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



There is a mandatory informational meeting for all joining and returning swimmers and their parents, Wednesday, September 25, at 6:00pm. Registration for the upcoming season will be held directly following. Participants must be members of The Clark Sports Center to join. New members must fill out paperwork and provide a copy of the child's birth certificate at registration. Team Registration fee per swimmer will be \$150.00, which includes USA/ADK registration fees. Team cap will be handed out at time of registration.

Sharks Swim Team "Tryout"

Tuesday September 17, and Thursday, September 19 • 4:00-5:00pm
 New swimmers that are interested in joining The Clark Sports Center Sharks, have the opportunity to come and try a practice or two. Swimmers will run through strokes and skills, and receive information on possibly joining the Sharks in the upcoming season.

The Pool Area will be closed 4:00-5:00pm, beginning October 21, for Sharks Swim Team practice.



The Masters Swim Team at the Clark Sports Center offers regularly scheduled team practices, allowing adult swimmers (19 years old and over) to train together or to simply improve their endurance in a team environment. As a member of US Masters Swimming, individuals may compete in meets as well as qualify for Nationals and Worlds.

Starting September 16, weekly practices will be: Monday, Wednesday, and Thursday 5:30-7:00am, Tuesday and Friday 7:30-9:00pm.

Member fee: Practice only, \$50.

Practice and competitions, \$50 + \$50 future online registration fee.

The Aquatic Center will be closed for CCS Varsity Swim Meets from 4:00 until the end of the meet. Dates: September 12, 26, October 1, 3, 10, 15. Dates and times are subject to change.

Aqua Fitness

Schedule
September 3-October 27

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

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

Lesson Guidelines: Online registration is required. Space in each class is limited, so we ask that you only sign up for one class. Please arrive on time to the lesson. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed to be on the pool deck during lessons, please use the balcony to watch. If you miss 2 classes in a row without notifying us, your spot will be given to someone on the waiting list.

Block 1 Fall Lessons - Monday, September 16 - Saturday, October 26. Registration begins Monday, September 9, 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 after 4:00pm October 1 & 15. THERE WILL NOT BE LESSONS ON THURSDAY NIGHTS.

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

Parent and Child 2

Wednesdays 5:30-6:00pm

*Parent and Child 3

Wednesdays 6:00-6:30pm

Ducks

Mondays 6:00-6:30pm

Frogs

Mondays 6:30-7:00pm

Dolphins

Wednesdays 6:30-7:00pm

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm

Level 2

Tuesdays 6:00-6:30pm

Level 3

Tuesdays 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

*Parent and Child 3
10:00-10:30am

Ducks

10:30-11:00am

Frogs

11:00-11:30am

Dolphins

11:00-11:30am

School Age Group Swim Lessons

Level 1

11:30-12:00pm

Level 2

10:00-10:30am

Level 3

9:30-10:00am

Level 4/5/6

9:00-9:30am

Adult Group Swim Lessons

Adult 1

Saturdays 10:30-11:00am

Adult 2

Saturdays 11:30am-12:00pm

* Parent and Child 3

Taught in the teaching pool. For preschoolers ages 3-5. Children become more comfortable working on basic swimming skills. Parents are in the water with their child and we are working on getting the adult out of the water. This is a transitional class from Parent and Child to Preschool classes.

Fitness Game Room

Fitness Game Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 8:00am-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-7:00pm	Open 8:00am-3:00pm L.E.A.H. Program (Starts Sept. 17) 12:00-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-7:00pm	Open 8:00am-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-7:00pm	Open 8:00am-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-7:00pm	Open 8:00am-10:00am Group Fitness 10:00-11:00 Open 11:00am-3:00pm After School Youth Play 3:00-5:30pm Open 5:30-8:00pm	Open 9:00am-5:00pm Fitness Game Room Party Rentals 6:00-8:00pm
					Sunday
					Open 9:00am-1:00pm (Ends September 29) Open 9:00am-5:00pm (Begins Oct. 6)

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

Fitness Game Room Program Descriptions

After School Youth Play – this time slot, Monday-Friday 3:00-5:30pm, 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 2-hours for \$50. For more information or to make your reservation, please call Matt Phillips, (607) 547-2800, ext. 130.

ROOM USE

- 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 within an arm's length away, but not on another piece of equipment.

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–3:00	Open 5:30–8:30	Open 5:30–10:00	Open 8:00am–5:00	Open 8:00–9:00
Headstart (Starts Oct. 7) 9:30–11:30	Fit Camp 6:00–6:45	Adult Pickleball Open Play 9:00–12:00 (Begins Sept. 11)	Preschool Play 9:00–10:30	Headstart 10:00–10:45		Adult Pickleball Open Play 9:00–11:00
Open 11:30–9:00	Open 7:00–8:30	Kids Day (Starts Sept. 25) K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	Preschool Sports Academy (Starts Oct. 3) 11:00–11:30	Open 11:00–9:00		Open 11:00–1:00
	Preschool Play (Starts Sept. 17) 9:00–10:30	Open 5:00–6:00	Adult Pickleball Open Play 12:00–2:00	Open (1/2 Floor) 2:00–6:00		Open (Starts Oct. 6) 11:00–5:00
	L.E.A.H (Sept. 17–May 19) 12:30–2:30	Adult Pickup Basketball (Sept. 11–June 3) 6:00–9:00	Gymnastics (1/2 Floor) (Sept. 12–Oct. 3) 3:15–6:00	Gymnastics (1/2 Floor) (Sept. 12–Oct. 3) 3:15–6:00		
	Open (1/2 Floor) 2:30–6:00		Boy's Sr. (5 th & 6 th Grade) Basketball League Games (Starts Oct. 24) 3:15–4:15	Boy's Sr. (5 th & 6 th Grade) Basketball League Games (Starts Oct. 24) 3:15–4:15		
	Gymnastics (1/2 Floor) (Sept. 10–Oct. 1) 3:15–6:00		Girl's Sr. (5 th & 6 th Grade) Basketball League Games (Starts Oct. 24) 4:15–5:15	Girl's Sr. (5 th & 6 th Grade) Basketball League Games (Starts Oct. 24) 4:15–5:15		
	Open 6:00–9:00		Adult Futsal Pickup (Sept. 19–Nov. 14) 6:30–9:00	Adult Futsal Pickup (Sept. 19–Nov. 14) 6:30–9:00		
	Pick-up Volleyball (Sept. 10–Nov. 5) 6:00–9:00					



Athletics Information

Pick-up Nights • Adult pick-up nights for volleyball, futsal and basketball. These nights require no sign-ups, just show up and play. Pick-up nights are for adults who are 18+ and must be out of high school.

League Play • Our leagues are on a team sign-up basis only. It is a first come, first serve team sign-up. The first 8 teams to have their money and rosters in after registration opens will get the spots. We do not put any individuals on teams. We will however take single names and circulate them to teams on a free agent list. There are no guarantees of getting on a team, but we encourage all who want to play to come to the pick-up nights first.

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

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

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

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. They will run on Wednesday morning, Thursday afternoons, and Sunday mornings. Please check our schedule for times and dates.

Preschool Play Program • This program runs Tuesdays and Thursdays during the school year from 9:00-10:30am. Children must be accompanied by an adult and we ask that no food or beverage be brought into the gym. This is a free program for all members and requires no sign-up.

Sign-up Programs • Preschool Sports Academy, dodgeball, youth basketball, gymnastics, Tumble Buddies, and adult leagues are all programs that require sign-ups. For information on dates, times, and eligibility, please visit www.clarksportscenter.com.

Preschool Halloween Party Thursday, October 31 9:00-11:00am



Dress up in your scariest costume for our annual Preschool Halloween Party! The Sports Center Gym Floor will be decorated with spooky ghosts and spiders! Bring a treat to pass with friends and parents, too. The Sports Center will be providing cider.

PRESCHOOL SPORTS ACADEMY

Begins October 3!

Thursdays, 11:00–11:30am

Open to youth ages 4 and 5

Free for members, must register online.

For more information, visit www.clarksportscenter.com.



GYMNASTICS - Level 1 & 2

Register online through September 10. Program begins September 10.
Visit www.clarksportscenter.com for more information.



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
NEW Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	NEW Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Prime Time Plus 11:15-12:15 Katherine	NEW TRX® Fitness 9:30-10:00 Hannah
Escape 9:45-10:15 Andrea	FIRE 8:15-9:15 Maureen	Core & More 9:20-9:35 Amy	FIRE 8:15-9:15 Maureen	NEW Escape 4:30-5:00 Amy L./Bella	Variety 9:30-10:30 Various
Prime Time 11:15-12:15 Katherine	Long Strong Life 9:30-10:15 Maureen	Escape 9:45-10:15 Andrea	Long Strong Life 9:30-10:15 Maureen		
NEW Express 4:30-5:00 Andrea	NEW Sit & Get Fit 10:30-11:15 Carlene	Barre Bootcamp 10:30-11:00 Andrea	NEW Sit & Get Fit 10:30-11:15 Carlene		Escape 8:30-9:00 Ben
Insanity Live® 5:30-6:00 Renee	Escape 4:30-5:00 Bella	Prime Time 11:15-12:15 Carina	Express 4:30-5:00 Andrea		Cardio Dance & Yoga 9:30-10:30 Elma
Zumba 5:30-6:15 Elma	TRX® Fitness 5:30-6:00 Andi	Barre Bootcamp 5:30-6:00 Andrea	TRX® Fitness 5:30-6:00 Andi		
Escape 6:30-7:00 Bella	Pound 5:30-6:15 Ashley/Joelle	Cardio Dance & Core 6:15-7:00 Anoel	NEW Pound 5:30-6:15 Michelle		
Karate 6:30-8:00 Dave		Escape 6:30-7:00 Bella	Karate 6:30-8:00 Dave		

Sunday

After School Kids Group Fitness
3:30-4:00
Monday • Fit Kids (Bella-Studio 1)
Tuesday • Fit Kids (Megan-Sports Performance Area)
Thursday • Generation Pound® (Michelle-Studio 1)
Friday • Fit Kids (Amy/Bella-Studio 1)

Class Key

Studio 1
Studio 2
Sports Performance Area
Gym Floor
NEW
New Class
NEW TIME
New Time

Visit www.clarksportscenter.com for more class information.

Saturday Variety

September 7	Pound (Joelle)
September 14	Cardio Dance & Core (Emily)
September 21	Cardio Dance & Core (Anoel)
September 28	Tabata (Bella)
October 5	Zumba (Ashley)
October 12	Strengthen & Stretch (Andrea)
October 19	Pound (Michelle)
October 26	Zumba (Elma)

Saturday Spinning

September 7	Caitlin
September 14	Colleen
September 21	Don
September 28	Alison
October 5	Caitlin
October 12	Don
October 19	Alison
October 26	Joshua

Sunday Spinning

September 8	Joshua
September 15	Melissa
September 22	Amy L.
September 29	Carlene
October 6	Amy L.
October 13	Don
October 20	Colleen
October 27	Melissa

Group Fitness

Spinning

Schedule
September 3 – October 27

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 Carlene	Spinning 8:30-9:15 Amy	Express Spin 9:30-10:00 Carlene	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 Caitlin		Express Spin 5:30-6:00 Joshua/Amanda		Spinning 9:30-10:30 Various
					Sunday
					Spinning 9:30-10:30 Various

Group Fitness

Yoga

Schedule
September 3 – October 27

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	NEW TIME Tai Chi 11:15-12:15 Kathryn	Gentle Yoga 1:00-2:00 Nicole		Gentle Yoga 1:00-2:00 Karla	
Monday Meditation 5:30-6:00 Lisa B.					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	Ashtanga Yoga 6:15-7:15 NEW Nicholas	Heated Vinyasa Flow Yoga 5:30-6:30 NEW Suzanne	Hatha Happy Hour 5:30-6:30 Harpremejeet	Yin Yoga 9:30-10:45 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 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 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. Health and Fitness Director, Rich Jantzi, (607) 547-2800, ext. 125, 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.

New! Golf Performance Programming

Stability & Mobility for Golf

Wednesdays, September 4-October 23, from 10:00-10:45am.

A maximum of 8 participants. Located in our Sports Performance area, this small group program will include 8 sessions focusing on improving individual stability and mobility for golf. All ages (14+) and abilities welcome. Please register online at www.clarksportscenter.com.

\$40 for 8 Weeks, led by Certified TPI, Fitness 2 professional, Rich Jantzi.

Functional Exercise for Golf

Wednesdays starting September 4 through Wednesday, October 23 from 11-11:45

A maximum of 8 participants. Located in our Sports Performance area, this small group program will include 8 sessions focusing on improving individual functional movement. All ages (14+) and abilities welcome. Please register online at www.clarksportscenter.com.

\$40 for 8 Weeks, led by Certified TPI, Fitness 2 professional, Rich Jantzi.

**Special. If anyone registers for both the Stability/Mobility for Golf program and the Functional Exercise for Golf programs, a free individual session will be included.*

Titleist Performance Institute, Functional Movement Screen

By appointment, starting September 3 through October 25. Includes an initial Functional Movement Screen and optional return screen. The entirety of the screen takes about 15 minutes for 15 different movement screens, but the long term impact is forever. An evaluation sees how you move and if you have any limitations that may affect your golf swing. It is a very powerful training tool to take your golf game to the next level or beyond.

\$10 for the basic Functional Movement Screen with email feedback and consultation from one of our TPI professionals.

\$75 includes the screen, return screen, consultation and access to the myTPI Pro Site that will include personalized workouts and access to our TPI professionals; Rich Jantzi (TPI Certified Fitness Level 2) and Matt Smith (TPI Certified Golf).

Golf-Specific Training

By appointment. Based on the Functional Movement Screen, TPI professional Rich Jantzi will conduct training sessions for singles or small groups that are geared toward the overall fitness improvement of the golfer. Sessions are 30 Minutes each.

10 Sessions for \$125. 10 Sessions with access to the myTPI Pro Site for \$175. \$25 savings.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to November during daylight hours. Members may play at no charge unless a program is in progress. Programs take precedent over open play. Courts may be reserved for \$20/hour per court. Please contact Rich Jantzi at (607) 547-2800, ext. 125 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:30	Open 8:00–8:00	Open 8:00–8:00
	Women's League 4:30–dark	Women's League 3:30–dark	Open 5:30–8:00	Open 5:30–8:00		Aceing Autism 4:00–5:00 (Sept. 8, 15, 22, 29, Oct. 6. (2 Courts)

Tennis Leagues

The Women's Fall Tennis League will take place on Tuesday and Wednesday evenings, starting September 10. Doubles league is \$30 for members or \$60 for non-members. For more information, contact Amy Porter, (607) 547-2800, ext. 129.

Tennis Rules and Information

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

Racquets Schedule

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

Indoor Courts (Racquetball & Squash)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30am-3:00pm	Open 5:30am-12:00pm	Open 5:30am-3:00pm	Open 5:30am-3:00pm	Open 5:30am-3:00pm	Open* 8:00am-5:00pm	Open Match Play 8:00am-12:00pm
After School Youth Play 3:00-5:00pm	LEAH Program 12:00-3:00pm	After School Youth Play 3:00-5:30pm	After School Youth Play 3:00-5:00pm	After School Youth Play 3:00-5:00pm		Open 12:00-1:00pm
Junior Racquetball Training (Oct. 21-Nov. 11) 4:00-5:00pm	After School Youth Play 3:00-5:00pm	Open/ Racquetball League 5:00-9:00pm	Open/Squash League 5:00-9:00pm	Open 5:00-9:00pm		Open (Starts Oct. 6) 12:00-5:00pm
Open/ Racquetball League 5:00-9:00pm	Open/Squash League 5:00-9:00pm	Open/Doubles Squash League 5:00-9:00pm				

League participants get priority court use during scheduled Open/League times.

Racquets

Youth & Adult Racquet Leagues and Programs

Program	Days	Time	Registration	Fee
Junior Racquetball Training (Grades 3-6)	Oct. 21–Nov. 11 Monday	3:30-4:30pm	Oct. 7–Oct. 21	No fee. Members Only.
After School Ping Pong League (Grades K-6)	Oct. 22–TBD Tuesday	3:30-4:30pm	Oct. 7–Oct. 21	No fee. Members Only.
Racquetball League - Season 1 (Fall/Winter Season)	Oct. 21–Dec. 9 Monday & Wednesday	5:30-9:30pm	Sept. 16–Oct. 14	\$25 for members \$35 for non-members
Squash League - Season 1 (Fall/Winter Season)	Oct. 22–Dec. 10 Tuesday & Thursday	5:30-9:30pm	Sept. 16–Oct. 15	\$25 for members \$35 for non-members
Doubles Squash League (Fall/Winter Season)	Oct. 23–Dec. 11 Wednesday	5:30-9:30pm	Sept. 16–Oct. 16	\$30 per pair

Racquet Program Descriptions

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

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

**INDOOR COMMUNITY
MOVIE NIGHT**

September 14 (outdoor movie, weather depending)

October 19 (Community Room)

Please visit www.clarksportscenter.com for more details.

OCTOBER 27 - 1:00PM

5K/10K RUN & WALK

Day of race check-in and registration will take place from 11:30am–12:30pm. The race starts and ends at The Clark Sports Center. It is a moderately difficult course that travels the roads in the Village of Cooperstown. The 5k race will travel the course once, while the 10k will travel the course two times.

Register online at www.itsyourrace.com.

5k • Registration on, or before, October 26: \$20, October 27: \$30.
10k • Registration on, or before, October 26: \$25, October 27: \$35.

Family • \$50 family entry fee. 5 people max, all children must be 18 or under.
Individual registrations must be completed for each member.

COSTUME CONTEST →

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

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