

Clark Sports Center

Spring Schedule

March 2–June 28, 2020



Race the Lake

Saturday, June 6, 2020
Register today!

- Adventure.....4
- Bowling.....5
- Aquatics6-8
- Fitness Game Room9
- Gym Floor 10-11
- Group Fitness..... 12-13
- Health & Fitness14
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Clark Sports Center Facility Hours

October 1 – May 24
 Monday–Friday: 5:30am–9:30pm
 Saturday & Sunday: 8:00am–5:00pm

May 25–September 27
 Monday–Friday, 5:30am–9:00pm
 Saturday, 8:00am–5:00pm
 Sunday, 8:00am–1:00 pm

Closures

Easter Day • Sunday, April 12
Memorial Day • Monday, May 25

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/Suspension Policy

Membership refunds/extensions 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 refunds/extensions 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). Must also purchase a Day Pass.

Meeting/Community 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).

Electronic Free Days

Every school day is an electronic free day for school aged youth until 6:00pm. If your child is using an electronic device other than a cell phone to call home, he/she will be asked to put it away.

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. There will be no Child Care if Cooperstown Central School is on a delay or closed due to weather.

Adventure Programs

Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School Climb 3:00–4:30pm	Adult Climb 10:00am-12:00pm	After School Climb 3:00–4:30pm	Adult Climb 10:00am-12:00pm	Women's Climb 8:00-10:00am	Adult Climb 8:30–11:30am
Open Climb 4:30–5:30pm	After School Climb 3:00–4:30pm	Open Climb 4:30–5:30pm	After School Climb 3:00–4:30pm	Adult Climb 10:00am-12:00pm	Open Climb 12:00–5:00pm
Adult Climb 6:00-9:00pm	Open Climb 4:30–5:30pm	Adult Climb 6:00-9:00pm	Open Climb 4:30–5:30pm	After School Climb 3:00–4:30pm	Sunday Adult Climb 8:30-11:30am Open Climb 12:00-5:00pm
	Adult Climb 6:00-9:00pm		Adult Climb 6:00-9:00pm	Open Climb 4:30–5:30pm	
				Adult Climb 6:00-9:00pm	

Adult Climb: This time is designated for adults ages 16+.

After School Climb: This time is designated for youth up to grade 7. Pre-K must be directly supervised by an adult.

Open Climb: This time is open to everyone. Participants assume all risk in the use of personal climbing equipment.

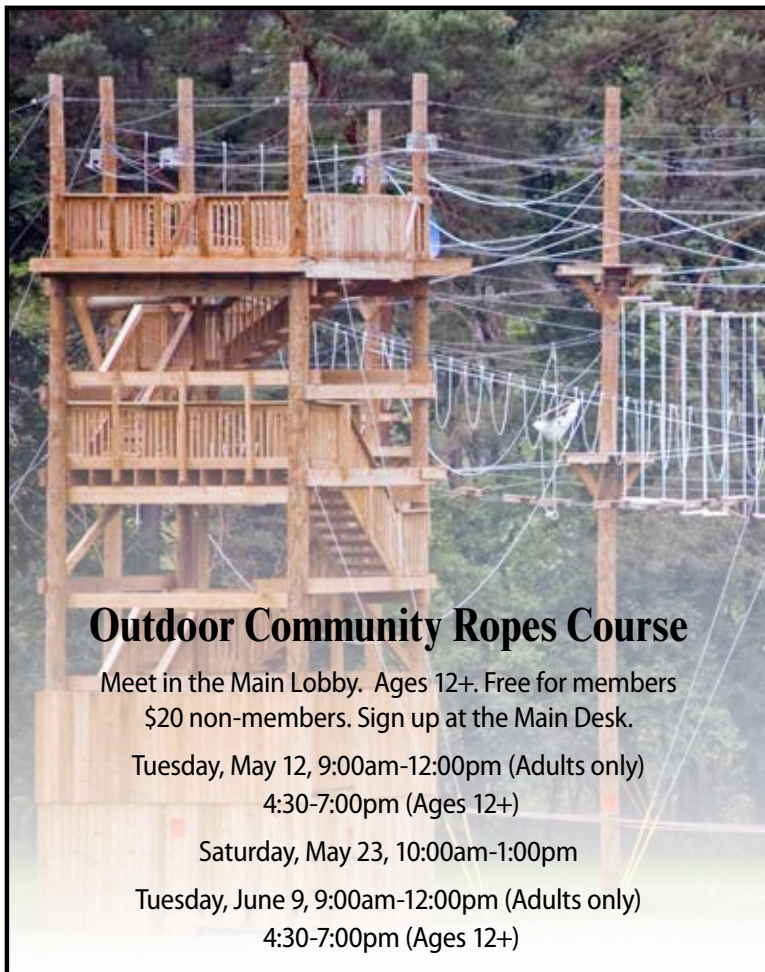
Please check the website for rock wall closures due to private programs

Holiday & No School Hours

(Cooperstown School District)

Open Climb 12:00-4:00pm and Adult Climb 5:00-9:00pm.

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



Outdoor Community Ropes Course

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

Tuesday, May 12, 9:00am-12:00pm (Adults only)
4:30-7:00pm (Ages 12+)

Saturday, May 23, 10:00am-1:00pm

Tuesday, June 9, 9:00am-12:00pm (Adults only)
4:30-7:00pm (Ages 12+)



Mountain Biking Club

April 28–June 10 • Ages 10+

Tuesday • 3:30–5:00pm
Wednesday • 3:30–5:00pm

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

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

Bowling

Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Citizen Bowling 9:00–10:30 (Ends May 12) Preschool Bowling 10:30–11:00 (Ends May 12) Open 11:00–12:00 LEAH 12:30–2:30 (Ends May 19) Open 2:30–5:00 Summer No-Tap Bowling League 6:00–9:00 (Begins June 2)	Senior Citizen Bowling 1:00–2:30 (Ends May 13) Open 1:00–5:00	Open 9:00–12:00 Women's League 1:00–3:00 (Ends 4/2) Open 3:00–5:00	Open 9:00–12:00 Open 1:00–3:00 Elementary League 3:00–5:00 (Ends 3/20) Open 6:00–9:00	Open 1:00–5:00	Open 1:00–5:00



Bowling Fees

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

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

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
 - Youths under 8 years of age must have an adult present.
 - Open bowling is available on a first come, first serve basis.
 - Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided. Assistance with scoring is available.
 - Bumper lanes are available.
 - Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Matt Phillips at (607) 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
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 (Ages 55+)	Sept. 11–May 13 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (Per game)
Summer No Tap Bowling League	June 2–July 21 Tuesdays	6:00–9:00pm	May 1–June 2	\$5 members; \$10 non-members (Per night)

Lap Pool

Schedule
March 2-April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Pathfinder 9:15-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 3, 4, 5 3:30-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 9) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Cross Current 8:00-8:45am Aqua Flow 9:15-10:00am Preschool Swim 10:30-11:30am L.E.A.H Swim Lessons 12:30-2:30 Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 10) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 2 3:30-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 11) Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00 Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:30-11:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons • Level 3 3:30-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 12) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Zumba 8:00-8:45am Preschool Swim 10:30-11:30am Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 13) Adult Laps 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm

Teaching Pool

Schedule
March 2-April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Adult 8:00-10:30am Pathfinder 9:30-10:30am Preschool Swim 10:30-11:30am Adult 11:30am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 9) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Aqua Tai Chi 10:00-10:30am Adult 10:00-10:30am Preschool Swim 10:30-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-12:30pm LEAH Swim 12:30-2:20pm Adult 2:30-3:00pm Open 3:00-3:30pm Swim Lessons • Level 1 3:30-4:00pm CSC Swim Team 4:00-5:00 (ends March 10) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Head Start 10:00-11:00am Preschool Swim 11:00-11:30am Adult 11:30am-11:45pm Aqua Yoga 11:45-12:30pm Adult 12:30-2:00pm Bassett Physical Therapy 2:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 11) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-9:15am Fluid Movement 9:15-10:00am Water Walking 101 10:00-10:30am Preschool Swim 10:30-11:30am Bassett Physical Therapy 11:30am-12:30pm Adult 12:30am-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 12) Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open 7:00-9:00pm	Open Fitness 5:30-8:00am Aqua Zumba 8:00-8:45am Adult 8:45-10:00am Head Start 10:00-11:00am Bassett Physical Therapy 11:00am-12:00pm Adult 12:00-3:00pm Open 3:00-4:00pm CSC Swim Team 4:00-5:00 (ends March 13) Adult 5:00-6:30pm Open 6:30-9:00pm	Adult 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open 1:00-5:00pm
					Sunday
					Adult 8:00-10:00am Open 10:00am-12:00pm Adult 12:00-1:00pm Open 1:00-5:00pm

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

Diving Pool

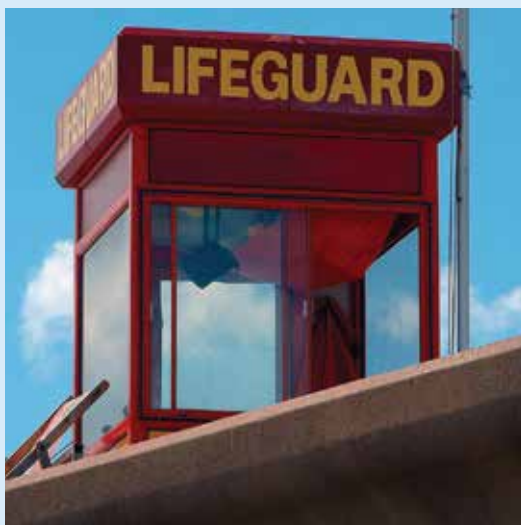
Schedule
March 2-April 26

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 CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 9) Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm L.E.A.H Swim Lessons (1/2 Pool) 12:30-2:30pm Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 10) Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm Swim Lessons (1/2 pool) 6:30-7:00	Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Sweat Wet! 8:15-9:00am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:30-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 11) Adult Swim 5:00-5:30pm Deep Aqua B.A.S.I.C. 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm Swim Lessons (1/2 pool) 6:30-7:00	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 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 12) Adult Swim 5:00-5:30pm Hydro Power 5:30-6:15pm POOL CLOSED Open Swim 6:30-9:00pm	Open Fitness 5:30-7:00am Morning Splash 7:00-7:45am POOL CLOSED Adult Swim 8:00am-3:00pm Open Swim 3:00-4:00pm CSC Swim Team 4:00-5:00pm POOL CLOSED (ends March 13) Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm

Snow Day and School Holiday Pool Schedules

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



Waterfront Lifeguard Training Course

Monday, April 6–Friday, April 10

9:00am–5:00pm with lunch break (must bring own)

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

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

Visit www.clarksportscenter.com for more information.

Aqua Fitness

Schedule
March 2-April 26

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 4 Winter Lessons - Monday, February 24 – Saturday, April 2. Registration begins Monday, February 17, and will take place online only.

Block 5 Spring Lessons - Tuesday, April 14 – Saturday, May 21. Registration begins Monday, April 6, 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 March 9, April 4, 13, and May 23.

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

Thursdays 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

Thursdays 6:00-6:30pm

Dolphins

Wednesdays 6:30-7:00pm

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm

Thursdays 6:30-7:00pm

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/Groups 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-6:00pm	Open/Groups 8:00am-12:30pm L.E.A.H. Program 12:30-2:30pm After School Youth Play 3:00-5:00pm Open 5:00-6:00pm	Open/Groups 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-6:00pm	Open/Groups 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-6:00pm	Open/Groups 8:00am-3:00pm After School Youth Play 3:00-5:00pm Open 5:00-6:00pm	Open 9:00am-5:00pm Fitness Game Room Party Rentals 6:00-8:00pm
					Sunday
					Open 9:00am-5:00pm

* Cooperstown Central School vacation/holiday/conference day, the Fitness Game Room will open at 8:00am.



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 5:30–8:30	Open 5:30–9:00	Open 5:30–10:00	Open 8:00am–5:00pm	Open 8:00–9:00
Headstart 9:30–11:30 (Ends June 2)	Fit Camp 6:00–6:45	Pickleball/ Open Gym 9:00–11:00 (Ends April 29)	Preschool Play 9:00–10:30 (Ends May 21)	Headstart 10:15–10:45 (Ends June 5)		Adult Pickleball (Half Floor) 9:00–11:00 (Ends May 24)
Open 11:30–5:00	Open 6:45–9:00	Open 11:00–3:30	Pickleball/ Open Gym 12:00–2:00 (Ends April 30)	Open 10:45–1:30		Open (Half Floor) 9:00–11:00
Open 5:00–9:30 (March 23–June 8)	Preschool Play 9:00–10:30 (Ends May 19)	Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00 (Ends May 20)	Open (Half court) 1:30–7:00	Open (Half Floor) 2:00–7:00		Open 11:00–5:00
Slow Break 5:00–9:30 (Ends March 16)	LEAH 12:30–2:30 (Ends May 19)	Open 5:00–6:00 (Ends June 10)	Dodgeball (April 2–May 14) 3:15–5:00	Gymnastics Little Tumblers 2:00–2:30 (Starts April 17)	<p style="text-align: center;">Gym Floor Closed</p> <p style="text-align: center;">Fetterman Basketball Tournament Saturday, March 21, and Sunday, March 22</p> <p style="text-align: center;">Monster Bench Press Saturday, April 4</p>	
Girls High School Hoops 5:30–10:00 (Starts June 15)	Open 2:30–6:00	Boys High School Hoops 5:30–10:00 (Starts June 17)	Adult Futsal League 6:00–9:30 (Ends May 14)	Gymnastics Grades K-2 3:15–4:15 (Starts April 17)		
	Adult Volleyball League 6:00–9:30 (Ends March 24)	Adult Pickup Basketball 6:00–9:30 (Must be 18+, ends June 10)		Gymnastics Grades 3-6 4:30–5:30 (Starts April 17)	<p style="text-align: center;">If the golf/batting cage is in use, Open Floor times will be 1/2 court.</p> <p style="text-align: center;">Holidays & Snow Days In the event of a Cooperstown Central School holiday or snow day, the Gym Floor schedule will change accordingly. Mornings and afternoons will feature open Gym Floor. Evening activities and leagues will take place as scheduled. Call us at 547-2800 for current schedule information.</p>	
	Open 6:00–9:30 (Half Floor, starts March 31)			Gymnastics Grade 7-Adult 5:45–6:45 (Starts April 17)		
	Adult Volleyball Pickup 6:00–9:30 (Half Floor, starts March 31)			Open 7:00–9:30		



SENIOR WALK

The annual Senior Walk program will conclude on Friday, April 24. This program is for members and non-members, ages 55+. Senior Walk meets on the track Mondays, Wednesdays, and Fridays, 10:00–11:00am. Only Senior Walk participants are allowed on the track at this time.

Athletics Information

ADULT PICKLEBALL

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

Gymnastics for Kids and Adults

Fridays, April 17–June 5 • \$80 for members, \$120 for non-members
Register online February 20–April 3 • Programs led by Pat Ferri



Little Tumblers • Little Tumblers gymnastics class is an instructional gymnastics course for children ages 3 & 4. This class will help the children become familiar with the equipment, learn basic skills, flexibility, and coordination all while boosting their self-esteem in gymnastics. The program meets every Friday, 2:00–2:30pm. Class will be taught by Pat Ferri. Limit 10.

School Age and Above Gymnastics • The gymnastics program will help children and adults learn basic skills on a variety of apparatuses (stretching, tumbling, high beam and low beam, vaulting horse, trampoline and uneven bars). Improved self-image, increased body awareness and enhanced health & fitness are some of the outcomes for those engaged in these activities. All classes will be taught by Pat Ferri.

Grades K–2 • The program meets every Friday, 3:15–4:15pm.

Grades 3–6 • The program meets every Friday, 4:30–5:30pm.

Grades 7–Adult • The program meets every Friday, 5:45–6:45pm.

For more information, contact Scott Whiteman by calling (607) 547-2800, ext. 109.

ClarkSportsCenter

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

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

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

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

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

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

Upcoming Summer Leagues

Adult Softball, Adult Soccer, High School Soccer, and High School Hoops.
Visit www.clarksportscenter.com for more information. Dates and times TBA.
Online registration begins Monday, March 2.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Various	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Various	NEW FORMAT Fit 30 6:00-6:30 Andi	Escape 6:00-6:30 Deirdre	Escape 8:30-9:00 Various
Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Friday Fitness Fusion 9:00-9:45 Andrea	TRX® Fitness 9:30-10:00 Hannah
Escape 9:45-10:15 Andrea	NEW Power 60 8:15-9:15 Sierra	Core & More 9:20-9:35 Amy	NEW Power 60 8:15-9:15 Sierra	NEW TIME Escape 9:45-10:15 Will	Variety 9:30-10:30 Various
Prime Time 11:15-12:15 Katherine	Long Strong Life 9:30-10:15 Andrea	Escape 9:45-10:15 Andrea	Long Strong Life 9:30-10:15 Andrea	Prime Time Plus 11:15-12:15 Katherine	
Express 4:30-5:00 Andrea	Sit & Get Fit 10:30-11:15 Carlene	Prime Time 11:15-12:15 Carina	Sit & Get Fit 10:30-11:15 Carlene	Escape 4:30-5:00 Andrea	NEW TIME Fit 30 8:30-9:00 Andi
NEW POP Pilates® 5:15-5:45 Gianna	Escape 4:30-5:00 Bella	Fit 30 4:30-5:00 Sierra	Express 4:30-5:00 Andrea		NEW TIME The Rig 9:30-10:00 Megan
Zumba 5:30-6:15 Elma	TRX® Fitness 5:30-6:00 Andi	Barre Fitness 5:30-6:00 Andrea	TRX® Fitness 5:30-6:00 Andi		Cardio Dance & Yoga 9:30-10:30 Elma
Escape 6:30-7:00 Bella	Pound 5:30-6:15 Doreen/Joelle	Cardio Dance & Core 6:15-7:00 Anoel	Pound 5:30-6:15 Michelle		
Karate 6:30-8:00 Dave		Escape 6:30-7:00 Dani	Karate 6:30-8:00 Dave		

Sunday

NEW TIME Fit 30 8:30-9:00 Andi
NEW TIME The Rig 9:30-10:00 Megan
Cardio Dance & Yoga 9:30-10:30 Elma

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

Monday • Fit Kids (Amy R.-Studio 1)
Tuesday • Fit Kids (Bella/Kara-Studio 1)
Thursday • Generation Pound® (Michelle-Studio 1)
Friday • Fit Kids (Megan-Sports Performance Area)

Class Key

Studio 1	Studio 2	Sports Performance Area	Gym Floor	NEW New Class	NEW TIME New Time	NEW FORMAT New Format
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Visit www.clarksportscenter.com for more class information. Please refer to the Aquatics Schedule for Aquatic class information.

Saturday Variety

March 7	Cardio Dance & Core (Anoel)
March 14	Cardio Dance & Core (Emily)
March 21	Strengthen & Stretch (Andrea)
March 28	Pound (Michelle)
April 4	Cardio Dance & Core (Stacy)
April 11	Zumba (Elma)
April 18	Cardio Dance & Core (Stacy)
April 25	Pound (Joelle)

Saturday Spinning

March 7	Caitlin
March 14	Alison
March 21	Colleen
March 28	Kara
April 4	Don
April 11	Alison
April 18	Melissa
April 25	Rebecca

Sunday Spinning

March 8	Andrea
March 15	Joshua
March 22	Melissa
March 29	Don
April 5	Carlene
April 12	CLOSED
April 19	Colleen
April 26	Don

Group Fitness

Spinning

Schedule
March 2 – April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Spin 6:00-6:30 Alison		Express Spin 6:00-6:30 Colleen		Express Spin 6:00-6:30 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Carlene	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 Sherrie/Carlene		Gentle Spin 10:00-10:45 Nancy			
Express Spin 3:45-4:15 Andrea			Express Spin 3:45-4:15 Andrea		Spinning 9:30-10:30 Various
Express Spin 6:00-6:30 Rebecca	Express Spin 5:30-6:00 Caitlin	Express Spin 6:00-6:30 Melissa/Kara	Express Spin 5:30-6:00 Kara/Joshua		

Group Fitness

Yoga & Pilates

Schedule
March 2 – April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/ Gentle Yoga 8:15-9:15 Katherine	Foundations to Flow 9:30-10:30 Antonita ^{NEW}	Sunrise Yoga Flow 6:00-7:00 Nicole	Foundations to Flow 9:30-10:30 Antonita ^{NEW}	Yoga Flow 9:45-10:45 Nancy	Ashtanga Yoga 9:30-10:45 Simone
Adventurous Yoga 9:30-10:45 Katherine	Tai Chi 11:00-12:00 Kathryn	Yoga Flow 8:45-9:45 Nancy	Beginners & Beyond Tai Chi 11:00-11:45 Katherine		Gentle Yoga 11:30-12:30 Antonita
Gentle Yoga 1:00-2:00 Antonita	Pilates 4:30-5:15 Rebecca ^{NEW}	Gentle Yoga 1:00-2:00 Nicole	Express Core & Calm 12:00-12:30 Katherine ^{NEW}	Gentle Yoga 1:00-2:00 Karla	
Meditation 5:30-6:00 Antonita	Beginner Yoga Fit 5:30-6:30 Elma	Meditation 5:30-6:00 Dana ^{NEW}	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne		Yoga for Athletes 8:15-9:00 Nicole
Heated Slow Flow Yoga 6:15-7:15 Antonita ^{NEW}	Gentle Yoga 7:00-7:45 Alexis	Yoga Flow 6:15-7:15 Andrea	Gentle Yoga 7:00-7:45 Nicole	Hatha Happy Hour 5:30-6:30 Harpremeet	Yin Yoga 9:30-10:45 Nicole

Group Fitness Class Information & Policies

- Group Fitness studios & Spinning® bikes are for classes only.
- Most classes require set up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.
- Group Fitness classes are included in the base membership fee and are available on a first come, first serve basis.
- Participants must be 14 years of age or older (excluding Karate).
- Appropriate clothing and clean footwear is required. Please bring a water bottle to class.
- Preschoolers are not permitted in the studios during classes.
- Classes are subject to change and may be cancelled at any time. Instructor substitutions may occur without notice.
- Prime Time 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, Personal Training Coordinator, at 607-547-2800, ext. 127 for more information.



Escape Classes		The Rig Class	
Monday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Sunday	9:30-10:00am
Tuesday	4:30-5:00pm	TRX Fitness Classes	
Wednesday	6:00-6:30am, 9:45-10:15am, 6:30-7:00pm	Tuesday	5:30-6:00pm
Friday	6:00-6:30am, 9:45-10:15am, 4:30-5:00pm	Thursday	5:30-6:00pm
Saturday	8:30-9:00am	Saturday	9:30-10:00am

Power to Survive - Bassett Cancer Partnership

Who? A free small group program designed for adults who are facing a cancer diagnosis. Participants must be referred (in writing) by Bassett Healthcare.

Objective? To give adults who are facing cancer the opportunity to start or continue exercising to help give them the power to feel strong both physically and mentally. Help cancer patients in developing their own physical fitness to reduce side effects of treatments, improve energy levels and self-esteem.

What? 8 week program includes use of the facility, group fitness classes, nutrition information and group support meeting with personal trainer. When a person joins the program they initially meet with a person/personal trainer to outline a goal and how to reach that goal. This can initially be done in a group setting and then individually.

For more information, please contact Rich Jantzi, at (607) 547-2800, ext. 125.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. **Courts are reopening in April.** Available during daylight hours. Members may play at no charge unless a program is in progress. Programs take precedent over open play. Courts may be reserved for \$20/hour per court. Please contact Amy Porter at (607) 547-2800, ext. 129 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–8:00	Open 8:00–5:00
CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30		
Open 5:00–8:00 (Ends May 25)		Women's League 5:00–8:00pm	Open 5:00–8:00	Open 5:00–8:00		

TENNIS LEAGUES

The Women's Spring Tennis League will take place Wednesday evenings, May 6–June 24. Register online April 6-19. \$35 members, \$65 non-members. The league runs Wednesdays, 5:15pm and 6:30pm matches. A and B Divisions. For more information, please contact Amy Porter at (607) 547-2800, ext. 129.

The Men's Spring Tennis League will take place Monday evenings, June 1-July 20. Register online. \$35 members, \$65 non-members. The league runs Mondays, 5:15pm and 6:30pm matches. A and B Divisions. For more information, please contact Amy Porter at (607) 547-2800, ext. 129.

TENNIS RULES AND INFORMATION

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

Indoor Racquetball and Squash Court Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–3:00pm	Open 5:30am–12:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 8:00am–5:00pm
After School Youth Play 3:00–5:00pm	LEAH Program 12:30–2:30pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	Sunday Open 8:00am–5:00pm (Beginning May 31, courts will be open 8:00am-1:00pm)
Open 5:00–9:30pm	After School Youth Play 3:00–5:00pm	Open 5:00–9:30pm	Open 5:00–9:30pm	Open 5:00–9:30pm	
	Open 5:00–9:30pm				

COURT RULES

- Court doors must be closed during any court activity.
- Only clean, non-marking court shoes are permitted on the Racquetball and Squash Courts. Outdoor footwear, sandals or bare feet are not permitted on any indoor court surface.
- Eye protection **MUST** be worn at ALL times. Sport specified goggles are supplied in the equipment cart (stationed between the courts).
- Only 2 players allowed in the Racquetball Courts 1 & 2, Squash Courts 3 & 4. The Doubles Squash Court 5 may have up to 4 players. Due to the nature and size of the Doubles Squash Court, children (under the age of 14), may not use the court, unless participating in a program.
- Food, drink (including water bottles), gum, bags and electronics are NOT permitted in the courts at any time.

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

Special Events

April 4, 2020

MONSTER BENCH

ClarkSportsCenter

Weigh-ins and registration 9:00am

Competition begins at 10:30am

225 lb. & 95 lb. Rep-Off, Team Event, Shirted and Non-shirted Classes!

For more information or questions about the competition, please contact Doug McCoy by calling (607) 547-2800.

Council Rock → Council Rock

4.4 Mile RUN & Walk

Sunday, May 17



Race starts at 11:00am at Council Rock Park

Proceeds from the 2020 race will go to the Wounded Warriors Amputee Softball Team Kid's Camp



RACE THE LAKE

America's Marathon

7th Annual RACE THE LAKE Marathon and Half-Marathon

JUNE 6

26.2 Race begins at 8:00am

13.1 race begins at 8:00am

5K race begins at 9:00am

The 26.2 will start and end at Glimmerglass State Park.

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

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

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

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

ClarkSportsCenter