

# ClarkSportsCenter

**Newsletter**  
**December 2020**



## **Clark Sports Center Facility Hours**

Monday–Friday: 5:30am–9:00pm  
Saturday & Sunday: 8:00am–5:00pm

## **Closures**

Christmas Eve Day • **Thursday, December 24**  
Christmas Day • **Friday, December 25**  
New Year's Eve Day • **Thursday, December 31**  
New Year's Day • **Friday, January 1**

[www.clarksportscenter.com](http://www.clarksportscenter.com)

**Yoga and Spinning® are Back!**



The Clark Sports Center hopes you and your family are doing well during this covid-influenced time. As we navigate through a pandemic, we want to assure you we are focusing on your health and safety. Guidelines from Governor Cuomo, CDC, New York State Department of Health, and Otsego County Department of Health are strictly followed and after a facility closure period, activities have slowly been introduced as we work our way back to normal. The following areas/activities are now open on a limited basis: aquatics area, fitness center, bowling alley, yoga, spinning, pickleball, and golf lessons/ hitting times.

Adherence to rules concerning mask wearing, physical distancing, hand sanitizing, and making reservations has been openly accepted by members and easily handled. Cleaning and sanitizing areas and equipment by both members and staff is really making a difference and is appreciated by all.

Moving forward, please remember to stay at home and contact your healthcare provider if you experience any of the following symptoms:

- Fever or chills
- Sore throat
- Congestion or runny nose
- Muscle or body aches
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Fatigue
- Diarrhea
- Cough
- Headache
- Nausea or vomiting

These are unprecedented times and we need to continue supporting each other. We will get through this and get back to all the activities we love to do!!



## Indoor Golf Range and Lessons Available

Whether you are a seasoned player or beginner, our indoor instruction program will help you reach your golfing goals. The cage doubles as a dual ended indoor driving range. You will have the option to either reserve and rent a time to simply hit balls, or you can schedule a lesson with PGA Professional, Matt Smith. Lessons include the uses of TrackMan and K-Coach technology to help identify any swing issues.





## Clark Sports Center Receives Award

The Clark Sports Center is honored to receive the 2020 Program of Merit Award from the New York State Recreation & Park Society for our Power to Survive, Cancer Recovery Program. The program was created in 2017 by Health & Fitness Director, Rich Jantzi, and Associate Director of Programs, Brenda Wedderspoon-Gray.



Clark Sports Center Proudly Supports



## New! Nutrition Coaching

The Clark Sports Center is proud to introduce our new Nutrition Coaching program! Nutrition Coaching offers a way to tackle your behavior around and towards food with the ultimate goal of achieving a healthier lifestyle.

The program will begin Monday, January 4, 2021, but a free consultation day will take place Wednesday, December 16, 2020. Free consultations will run from 11:00am–7:00pm, in 30 minute blocks. Call the Fitness Center Desk at (607) 547-2800, ext. 116, to schedule your appointment!

For more information, please contact Health and Wellness Coordinator, Hannah Dulovich, [dulovichh@clarksportscenter.com](mailto:dulovichh@clarksportscenter.com).



## Halloween Contest Winners



Leo Wood, 6, winner of our Halloween jar guessing contest! There were 123 items in the jar.



Josie Congdon



Bella Bong (Rapunzel),  
Laila Bong (Woodland Deer),  
Scarlett Bong (Princess Jasmine)  
Violet Bong (Snow White)



Bella Aiello



### 300 Game!

Congratulations! Robert Virtell bowled a 300 game on November 18, during the Men's Wednesday Night Competitive Bowling League.

The Clark Sports Center Wishes you  
*Safe and*  
**Happy Holidays!**

### ANNUAL MEMBERSHIP SPECIAL

15% OFF your first payment on all new Annual Memberships!

Purchase an Annual Membership through Payroll Direct Deposit or Credit Card/Debit Draft and we will waive your first deposit/draft. That's 4 weeks FREE!

### 90 DAY MEMBERSHIP SPECIAL

Buy 3 Get 1 FREE! Purchase a 90 day membership and get 4 months. That will take you through to an early spring!

Valid December 1-30. Membership can be activated anytime.

124 Co Hwy 52, Cooperstown, NY • (607) 547-2800 • [www.clarksportscenter.com](http://www.clarksportscenter.com)

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### Virtual Kidz Korner

Join us for our Virtual Kidz Korner program! Every Wednesday, a new activity will be posted on our website to complete at home.

## Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Mike Gage • 195	Dave Chase Jr. • 264	Mike Gage • 638
Tuesday Women's	Katie Sebastian • 147	Doreen DeNicola • 213	Becky Milford • 497
Wednesday Men's	Reid Nagelschmidt • 211	Robert Virtell • 300	Reid Nagelschmidt • 734