

# Clark Sports Center

## Fall Schedule

September 9-October 31, 2021

|                              |       |
|------------------------------|-------|
| Membership.....              | 2-3   |
| Adventure.....               | 4     |
| Bowling.....                 | 5     |
| Aquatics.....                | 6-8   |
| Fitness Game Room.....       | 8     |
| Sports & Recreation.....     | 9     |
| Trackman Golf Simulator..... | 9     |
| Group Fitness.....           | 10-11 |
| Health & Fitness.....        | 12    |
| Racquets.....                | 12    |

### Clark Sports Center Facility Hours

#### May 28–Sept 26

Monday–Friday: 5:30am–9:00pm  
Saturday: 8:00am–5:00pm  
Sunday: 8:00am–1:00pm

#### September 27–May 29

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

## 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                |
| <b>Single Parents Only</b>   |                      |
| 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](http://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, Fitness Center: \$5 additional.

## 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.)

## Private Yoga Instruction

Available in 30 minute (private only) and private or semi-private sessions for an hour (up to two people). For more information, contact Amy Porter at (607) 547-2800, ext. 129, or email [portera@clarksportscenter.com](mailto:portera@clarksportscenter.com).

- 8 – 30 minute sessions, or 4 – one hour sessions: \$100
- Individual pricing: \$15 for 30 minutes, or \$30 for an hour session.

## 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). Contact Matt Phillips at (607) 547-2800, ext. 130, to make a reservation.

## 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. 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.
- 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.

## 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.

# Adventure Programs

## Indoor Rock Wall Climbing Hours

| Monday  | Tuesday                   | Wednesday   | Thursday  | Friday                       | Saturday                  |
|---|---------------------------|---|---|------------------------------|---------------------------|
| Open Climb<br>9:00am-12:00pm  | Open Climb<br>3:00-8:00pm | Open Climb<br>9:00am-12:00pm<br><br>Open Climb<br>3:00-8:00pm | Open Climb<br>9:00am-12:00pm<br><br>Open Climb<br>3:00-8:00pm | Open Climb<br>9:00am-12:00pm | Open Climb<br>1:00-4:30pm |
|   |                           |   |   |                              | <b>Sunday</b>             |
| Please check the website for rock wall closures due to private programs |                           |   |   |                              |                           |

**The Bouldering Wall** • Located in the Gym Floor, open to all ages. The Wall is open year-round. The Wall is off limits during special events, after school and league play. Free for members!

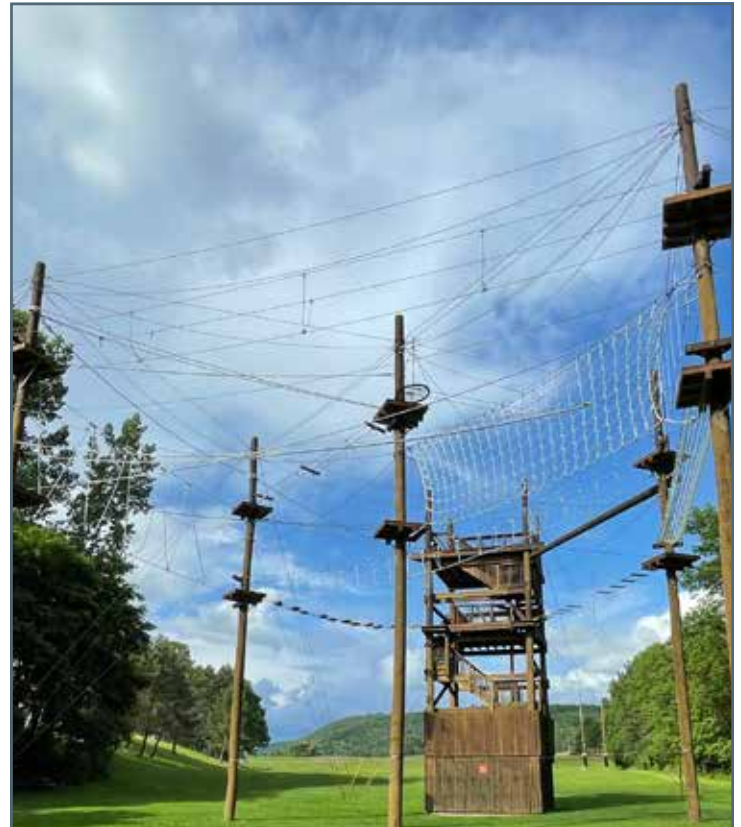
## Adventure Outings and Events

### CSC Outing Club



**September 21–October 28**  
**Tuesday and Thursday 3:30-5:00pm**  
**Ages 12-15 • Members Only**

Time after school can be spent with friends having fun and making memories. Get into some action with the Adventure Department at the Clark Sports Center. Afternoons will be spent surrounded by adventure sports like biking, hiking, climbing, boating and more! Everyone can find their own adventure with the Clark Sports Center Outing Club. Free for members. Register online today!



### Outdoor Community Ropes Course

NEW elements, NEW systems, and an all NEW experience!  
 Fall dates coming soon! Must be 12+. Max weight: 250lbs.  
 Free for members, \$20 for non-members.

# Bowling



| Monday                                  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday          | Sunday            |
|---|---|--|---|--|-------------------|-------------------|
| Open<br>9:00–12:00<br>Open<br>1:00–5:00 | Senior Citizen<br>Bowling<br>9:00–10:30<br>Open<br>10:30–12:00<br>Open<br>1:00–5:00 | Open<br>9:00–12:00<br>Senior Citizen<br>Bowling/ Special<br>Groups<br>1:00–2:30<br>Open<br>2:30–5:00 | Open<br>9:00–11:30<br>Mixed League<br>12:00–3:00<br>MS/HS League<br>3:00–5:00 | Open<br>9:00–12:00<br>Open<br>1:00–5:00<br>Open<br>6:00–9:00 | Open<br>1:00–5:00 | Open<br>9:00–1:00 |



## Bowling Fees

|              | Juniors | HS/College | Adults |
|--------------|---------|------------|--------|
| <b>Game</b>  | 75¢     | \$1.00     | \$2.00 |
| <b>Shoes</b> | 25¢     | 50¢        | 50¢    |

## Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- 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.

## Adult Bowling Leagues and Programs

| Program   | Days                          | Time         | Registration | Fee                                     |
|---|-------------------------------|--------------|--------------|---|
| Thursday Mixed League                               | Sept. 16–March<br>Thursdays   | 12:00–3:00pm | August       | \$10 per week                           |
| Senior Citizen Bowling<br>(Ages 55+)                | Sept. 14–May 18<br>Tuesdays   | 9:00–10:30am | None         | \$1 members; \$3 non-members (Per game) |
| Senior Citizen Bowling/Special Groups<br>(Ages 55+) | Sept. 15–May 19<br>Wednesdays | 1:00–2:30pm  | None         | \$1 members; \$3 non-members (Per game) |



# Lap Pool

Schedule  
September 9-October 31

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|---|--|--|---|
| Open Laps<br>5:30-8:00am<br>Adult Laps<br>8:00am-3:00pm<br>Aqua Body Blast<br>9:15-10:00am<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 11)<br>CCS Varsity Swim Team<br>3:30-5:30pm<br>Adult Laps<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Laps<br>5:30-8:00am<br>Adult Laps<br>8:00am-3:00pm<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 12)<br>CCS Varsity Swim Team<br>3:30-5:30pm<br>Adult Laps<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Laps<br>5:30-8:00am<br>Adult Laps<br>8:00am-3:00pm<br>Aqua Body Blast<br>9:15-10:00am<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 13)<br>CCS Varsity Swim Team<br>3:30-5:30pm<br>Adult Laps<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Laps<br>5:30-8:00am<br>Adult Laps<br>8:00am-3:00pm<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 14)<br>CCS Varsity Swim Team<br>3:30-5:30pm<br>Adult Laps<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Laps<br>5:30-8:00am<br>Adult Laps<br>8:00am-3:00pm<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 15)<br>CCS Varsity Swim Team<br>3:30-5:30pm<br>Adult Laps<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Adult Laps<br>8:00am-10:00am<br>Open Swim<br>10:00am-12:00pm<br>Adult Laps<br>12:00-1:00pm<br>Open Swim<br>1:00-5:00pm                  |
|   |  |   |  |  | <b>Sunday</b>   |
|   |  |   |  |  | Adult Laps<br>8:00-10:00am<br>Open Swim<br>10:00am-12:00pm<br>Adult Laps<br>12:00-1:00pm<br>Open Swim<br>1:00-5:00pm<br>(Begins Oct. 3) |

**Special Notes:** - CCS Varsity Swim Team will host Home Swim Meets 9/15, 9/17, 9/24, 9/27, 10/8, 10/14 & 10/19 – Pool will close at 4:30pm.  
 - The Pool Area will be closed 4:00-5:00pm, beginning October 18 for Sharks Swim Team Practice – CCS Varsity will then be practicing 6:00-8:00pm

# Teaching Pool

Schedule  
September 9-October 31

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|---|--|---|
| Open Fitness<br>5:30-8:00am<br>Adult<br>8:00am-1:00pm<br>Bassett Physical Therapy<br>1:00-2:00pm<br>Adult<br>2:00-3:00pm<br>Open<br>3:00-5:00pm<br>(Ends Oct. 11)<br>Adult<br>5:00-6:30pm<br>Open<br>6:30-9:00pm | Open Fitness<br>5:30-8:15am<br>Aqua Zumba<br>8:15-9:00am<br>Adult<br>9:00-10:00am<br>Bassett Physical Therapy<br>10:00-11:00am<br>Adult<br>11:00am-1:00pm<br>Bassett Physical Therapy<br>1:00-2:00pm<br>Adult<br>2:00-3:00pm<br>Open<br>3:00-5:00pm<br>(Ends Oct. 12)<br>Adult<br>5:00-6:30pm<br>Open<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Adult<br>8:00-11:30am<br>Aqua Yoga<br>11:30am-12:15pm<br>Adult<br>12:15-1:00pm<br>Bassett Physical Therapy<br>1:00-2:00pm<br>Adult<br>2:00-3:00pm<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 13)<br>Adult<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Adult<br>8:00-10:00am<br>Bassett Physical Therapy<br>10:00-11:00am<br>Adult<br>11:00am-1:00pm<br>Bassett Physical Therapy<br>1:00-2:00pm<br>Adult<br>2:00-3:00pm<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 14)<br>Adult<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Adult<br>8:00am-1:00pm<br>Bassett Physical Therapy<br>1:00-2:00pm<br>Adult<br>2:00-3:00pm<br>Open Swim<br>3:00-5:00pm<br>(Ends Oct. 15)<br>Adult<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Adult<br>8:00am-10:00am<br>Open<br>10:00am-12:00pm<br>Adult<br>12:00-1:00pm<br>Open Swim<br>1:00-5:00pm                       |
|  |  |  |   |  | <b>Sunday</b>   |
|  |  |  |   |  | Adult<br>8:00-10:00am<br>Open Swim<br>10:00am-12:00pm<br>Adult<br>12:00-1:00pm<br>Open Swim<br>1:00-5:00pm<br>(Begins Oct. 3) |

Schedules may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com). **Red = Pool Closed**

# Diving Pool

Schedule  
September 9-October 31

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|---|
| Open Fitness<br>5:30-8:00am<br>Sweat Wet!<br>8:00-8:45am<br>POOL CLOSED<br>Adult Swim<br>9:00am-3:00pm<br>Open Swim<br>3:00-4:00pm<br>CCS Varsity Swim Team<br>4:00-5:00pm<br>POOL CLOSED<br>Adult Swim<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Adult Swim<br>8:00am-3:00pm<br>Open Swim<br>3:00-4:00pm<br>CCS Varsity Swim Team<br>4:00-5:00pm<br>POOL CLOSED<br>Adult Swim<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Sweat Wet!<br>8:00-8:45am<br>POOL CLOSED<br>Adult Swim<br>9:00am-3:00pm<br>Open Swim<br>3:00-4:00pm<br>CCS Varsity Swim Team<br>4:00-5:00pm<br>POOL CLOSED<br>Adult Swim<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Adult Swim<br>8:00am-3:00pm<br>Open Swim<br>3:00-4:00pm<br>CCS Varsity Swim Team<br>4:00-5:00pm<br>POOL CLOSED<br>Adult Swim<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Open Fitness<br>5:30-8:00am<br>Adult Swim<br>8:00am-3:00pm<br>Open Swim<br>3:00-4:00pm<br>CCS Varsity Swim Team<br>4:00-5:00pm<br>POOL CLOSED<br>Adult Swim<br>5:00-6:30pm<br>Open Swim<br>6:30-9:00pm | Adult Swim<br>8:00-10:00am<br>Open Swim<br>10:00am-12:00pm<br>Adult Swim<br>12:00-1:00pm<br>Open Swim<br>1:00-5:00pm                    |
|  |  |  |  |  | Sunday  |
|  |  |  |  |  | Adult Swim<br>8:00-10:00am<br>Open Swim<br>10:00am-12:00pm<br>Adult Swim<br>12:00-1:00pm<br>Open Swim<br>1:00-5:00pm<br>(Begins Oct. 3) |



The Sharks will be welcoming new and returning swimmers that are 12 years of age or older (by October 18, 2021).

There will be a mandatory informational meeting for swimmers and parents on Wednesday, September 29, at 6:00pm.

Participants must be 12 years of age, and members of the Clark Sports Center.

New members must fill out paperwork and provide a copy of their 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 during at the first week of practice.

#### Interested in joining?

Come try out a practice or 2. We will be holding mock practices on Tuesday, September 21, and/or Thursday, September 23. Must be at least an American Red Cross level 3 swimmer.

| Age Group | Requirements must be met unassisted |                      |                                 |
|-----------|-------------------------------------|----------------------|---------------------------------|
| 12        | 50 Yards Front Crawl                | 50 Yards Back Crawl  | Comfortable diving in water 8ft |
| 13 & over | 100 Yards Front Crawl               | 100 Yards Back Crawl | Comfortable diving in water 8ft |

**COMING SOON!**

## Boy Scout Merit Training

### Artistic Swimming (formerly Synchronized Swimming)



The Masters Swim Team at The Clark Sports Center offers regularly scheduled team practices, allowing adult swimmers (19 years and Older) to train together or simply improve their endurance in a team environment.

Starting September 14, weekly practices will be:  
Tuesdays & Thursdays 7:30-9:00pm.

# Aqua Fitness

Schedule  
September 9-October 31

| Monday   | Tuesday                                    | Wednesday                                      | Thursday   | Friday | Saturday |
|--|--|--|--|--------|----------|
| <b>Sweat Wet</b><br>8:00-8:45<br>Carole        | <b>Aqua Zumba</b><br>8:15-9:00<br>Veronica | <b>Sweat Wet</b><br>8:00-8:45<br>Carole        | <b>Aqua Body Blast</b> (Limit 20) • 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.<br><br><b>Aqua Yoga</b> (Limit 10) • Class features gentle yoga that is good for beginners. It is restorative, easy on the joints and has zero resistance!<br><br><b>Aqua Zumba</b> (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 and invigorating!<br><br><b>Sweat Wet</b> (Limit 10) • 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!! |        |          |
| <b>Aqua Body Blast</b><br>9:15-10:00<br>Carole |  | <b>Aqua Body Blast</b><br>9:15-10:00<br>Carole |  |        |          |
|  |  | <b>Aqua Yoga</b><br>11:30-12:15<br>Nicole      |  |        |          |

Reservations are required for all Group Fitness classes. If you do not have login credentials set up to make reservations, please email Membership Director, Kathy Graham, at [grahamk@clarksportscenter.com](mailto:grahamk@clarksportscenter.com).

## Fitness Game Room

### Fitness Game Room Hours

| Monday                | Tuesday               | Wednesday             | Thursday              | Friday                | Saturday                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------------|
| Open<br>9:00am-8:00pm | Open<br>9:00am-8:00pm | Open<br>9:00am-8:00pm | Open<br>9:00am-8:00pm | Open<br>9:00am-8:00pm | Open<br>9:00am-5:00pm          |
|                       |                       |                       |                       |                       | <b>Sunday</b><br>9:00am-1:00pm |

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!

### 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.



# Gym Floor

| Monday            | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday          | Sunday            |
|-------------------|--|---|---|--|-------------------|-------------------|
| Open<br>5:30–9:00 | Open<br>5:30–10:00<br><br>Adult Pickleball<br>Open Play<br>10:00–12:00<br><br>Open<br>12:00–9:00 | Open<br>5:30–8:00<br><br>Adult Pickleball<br>Open Play<br>8:00–10:00<br><br>Corn Hole<br>10:00–11:00<br><br>Staff Game<br>11:00–12:00<br><br>Open<br>12:00–9:00 | Open<br>5:30–12:00<br><br>Pickleball<br>12:00–2:00<br><br>Open<br>2:00–9:00 | Open<br>5:30–8:00<br><br>Adult Pickleball<br>Open Play<br>8:00–10:00<br><br>Open<br>10:00–9:00 | Open<br>8:00–5:00 | Open<br>8:00–1:00 |

## Gym Floor Rules and Information

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

## Running Track Schedule, Rules, and Information

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

# Trackman Golf Simulator



Another indoor opportunity to practice your skills year round! The Golf Simulator is for adult members only (18+ and out of high school).

## Golf Simulator Hours

Monday 6:00am–9:00pm (Latest reservation is 8:00pm)  
 Tuesday 8:00am–9:00pm (Latest reservation is 8:00pm)  
 Wednesday 8:00am–9:00pm (Latest reservation is 8:00pm)  
 Thursday 8:00am–9:00pm (Latest reservation is 8:00pm)  
 Friday 6:00am–5:00pm (Latest reservation is 4:00pm)  
 Saturday 8:00am–4:00pm (Latest reservation is 3:00pm)  
 Sunday 8:00am–12:00pm (Latest reservation is 11:00am)

## Golf Simulator Cost

Cost to play is \$40/hour (up to 4 people), maximum of 4 hours.

Please visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more information.

| Monday   | Tuesday                                      | Wednesday  | Thursday   | Friday   | Saturday                                  |
|--|--|--|--|--|---|
| <b>NEW</b><br><b>Fit for Life</b><br>9:30-10:00<br>Carlene | <b>Fit Camp</b><br>6:00-6:30<br>Deirdre      |  | <b>Outdoor Fit Camp</b><br>6:00-6:30<br>Deirdre    | <b>Prime Time</b><br>11:00-11:45<br>Katherine/Carina |   |
| <b>Prime Time</b><br>11:00-11:45<br>Katherine              | <b>Zumba</b><br>8:00-8:45<br>Suzanne         | <b>Prime Time</b><br>11:00-11:45<br>Carina               | <b>Zumba</b><br>8:00-8:45<br>Suzanne               |  |   |
| <b>NEW</b><br><b>POP Pilates®</b><br>4:30-5:00<br>Gianna   | <b>Power 45</b><br>8:15-9:00<br>John         | <b>NEW</b><br><b>POP Pilates®</b><br>4:30-5:00<br>Gianna | <b>Power 45</b><br>8:15-9:00<br>John               |  | <b>Sunday</b>                             |
| <b>Zumba</b><br>5:30-6:15<br>Elma                          | <b>Pound</b><br>5:15-6:00<br>Doreen/Michelle | <b>Cardio Dance &amp; Core</b><br>6:15-7:00<br>Anael     | <b>Sit &amp; Get Fit</b><br>10:30-11:15<br>Carlene |  | <b>Cardio Dance</b><br>9:30-10:15<br>Elma |
|  |  |  | <b>Pound</b><br>5:15-6:00<br>Michelle              |  |   |

| Monday                                      | Tuesday                                   | Wednesday                                   | Thursday   | Friday                                      | Saturday                                |
|---|---|---|--|---|---|
| <b>Express Spin</b><br>6:00-6:30<br>Colleen |   | <b>Express Spin</b><br>6:00-6:30<br>Deirdre |  | <b>Express Spin</b><br>6:00-6:30<br>Colleen | <b>Spinning</b><br>8:30-9:15<br>Various |
| <b>Spinning</b><br>8:30-9:15<br>Carlene     | <b>Express Spin</b><br>9:30-10:00<br>John | <b>Express Spin</b><br>8:30-9:00<br>Amy     | <b>Express Spin</b><br>9:30-10:00<br>Carlene     | <b>Spinning</b><br>8:30-9:15<br>John        |   |
|   | <b>Express Spin</b><br>5:30-6:00<br>Kara  |   | <b>Express Spin</b><br>5:30-6:00<br>Gretchen/Don |   |   |

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more class information.

## Saturday Spinning

|              |         |
|--------------|---------|
| September 11 | Colleen |
| September 18 | Kara    |
| September 25 | Don     |
| October 2    | John    |
| October 9    | Colleen |
| October 16   | Don     |
| October 23   | Kara    |
| October 30   | John    |



## Class Key

Studio 1

Instructor

Studio 2

Instructor

Outdoors

Instructor

NEW  
New Class

NEW TIME  
New Time

| Monday   | Tuesday  | Wednesday                                       | Thursday   | Friday   | Saturday   | Sunday  |
|--|--|---|--|--|--|---|
| <b>Mindful Flow</b><br>8:30-9:15<br>Katherine      | <b>Foundations to Flow</b><br>9:15-10:00<br>Antonita | <b>Sunrise Yoga Flow</b><br>6:00-6:45<br>Nicole | <b>Foundations to Flow</b><br>9:15-10:00<br>Antonita | <b>Yoga Flow</b><br>9:15-10:00<br>Wendy/Antonita | <b>NEW TIME</b><br><b>Ashtanga</b><br>9:30-10:45<br>Simone |   |
| <b>Flexibility Flow</b><br>9:30-10:15<br>Katherine |  | <b>Vin Yin</b><br>8:45-9:45<br>Nicole           |  |  |  |   |
| <b>Gentle Yoga</b><br>1:00-1:45<br>Katherine       | <b>Gentle Yoga</b><br>1:00-1:45<br>Wendy             | <b>Gentle Yoga</b><br>1:00-1:45<br>Nicole       | <b>Gentle Yoga</b><br>1:00-1:45<br>Nicholas          | <b>Gentle Yoga</b><br>1:00-1:45<br>Katherine     |  | <b>Yoga for Athletes</b><br>8:15-9:00<br>Nicole |
| <b>VinYin</b><br>6:30-7:30<br>Nicole               | <b>Flexibility Flow</b><br>5:30-6:00<br>Elma         | <b>Yoga Flow</b><br>6:30-7:30<br>Bella          | <b>Vinyasa Flow Yoga</b><br>5:30-6:30<br>Suzanne     |  |  | <b>Yin Yoga</b><br>9:30-10:45<br>Nicole         |

## Private Yoga Instruction

Available in 30 minute (private only) and private or semi-private sessions for an hour (up to two people). For more information, contact Amy Porter at [portera@clarksportscenter.com](mailto:portera@clarksportscenter.com) or call (607) 547-2800, ext. 129.

- 8 – 30 minute sessions, or 4 – one hour sessions: \$100
- Individual pricing: \$15 for 30 minutes, or \$30 for an hour.

Reservations required.



## Group Fitness Class Information & Policies

All Clark Sports Center members who attend Group Fitness Classes are expected to adhere to the following rules and policies:

- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials set up, please email Membership Director, Kathy Graham. Click here for more information about online reservations.
- Adult members and youth members 12-18 may participate in Group Fitness Classes.
- Most classes require set up time. Please arrive to class 5-10 minutes prior to scheduled starting time.
- Bring a water bottle and towel to class.
- No admittance after class has started. No exceptions.
- If you cannot make your reservation, please cancel at least one hour prior.
- Check online for class size limits.
- Bring minimal personal belongings into the studio and store directly next to your spot.
- Clean your bike or fitness equipment after class.
- It is recommended to bring your own yoga mat to class.
- Group Fitness studios & Spinning® bikes are for classes only.
- Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots.
- Please hang coats and leave boots in the cubby area or locker room.
- Classes are subject to change and may be cancelled at any time. Instructor substitutions may occur without notice.
- Personal headphones are not permitted during Group Fitness classes.
- Please silence cell phones and refrain from using during class.



# 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.

## Personal Training & Nutrition

Our professional staff is goal oriented with a wealth of resources and knowledge. We offer an extensive variety of personalized programs to help our clients achieve their goals. Our services include, but are not limited to: General fitness, Aqua exercise, Nutrition, Weight management, Private yoga and pilates, Sports conditioning and sports specific training, Cardio training, Weight training, Balance Core training, Many other specialized and personalized programs.

\$15.00 for one 30 minute session/\$125.00 for ten 30 minute sessions/\$25.00 for one 30 minute session for non-members.

Interested in training with us? Download and fill out the Personal Training Interest Sheet and return it to the Fitness Center Desk. We will contact you and coordinate a trainer to work with you to achieve your goals! For more information, please contact Ben Maxson, Personal Training Coordinator, by calling (607) 547-2800, ext. 127. Free initial fitness assessment.

For Nutrition Coaching information, contact Hannah Dulovich, Health and Wellness Coordinator, at (607) 547-2800, ext. 123, or email [dulovichh@clarksportscenter.com](mailto:dulovichh@clarksportscenter.com).

## Sports Performance

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

# Racquets

## Tennis Center Schedule

The Clark Sports Center has 4 acrylic coated asphalt tennis courts, which includes 2 pickleball courts. Courts are available daily from April to November during Clark Sports Center hours. Members may play at no charge unless a program is in progress. Programs take precedent over Open play. Courts may be reserved for \$20/Hour. Please contact Amy Porter at (607) 547-2800, ext. 129, for more information.

| Monday   | Tuesday  | Wednesday                     | Thursday   | Friday            | Saturday   | Sunday            |
|--|--|-------------------------------|--|-------------------|--|-------------------|
| Open<br>8:00–5:00  | Open<br>8:00–8:00                              | Open<br>8:00–5:00             | Open<br>8:00–8:00  | Open<br>8:00–8:00 | Open<br>8:00–5:00  | Open<br>8:00–1:00 |
| Pickleball Open Play<br>8:00-10:00am<br>(Tennis Court 2) | Doubles League<br>9:00am–11:00am<br>(2 Courts) | Women’s League<br>5:00–7:00pm | Pickleball Open Play<br>8:00-10:00am<br>(Tennis Court 2) |                   | Pickleball Open Play<br>8:00-10:00am<br>(Tennis Court 2) |                   |
| Mixed Doubles<br>Open Play<br>5:00-7:30<br>(2 Courts)    | Women’s League<br>5:00–7:00pm<br>(2 Courts)    |                               |  |                   |  |                   |

## Tennis Leagues

**Fall Mixed Doubles Open Play** • September 13–October 25 (weather permitting). The league will meet Mondays at 5:30pm. Register online by June 27 as an individual, your partner will change each week. Must be at least a 3.0 NTRP rating.

**Women’s Fall Advanced Beginner League** • September 15–October 27 (weather permitting). The league will meet Wednesdays with a 5:15pm match. Must be at least a 2.0-2.5 NTRP rating.

**Women’s Fall Intermediate Doubles League** • September 15–October 27 (weather permitting). The league runs Tuesdays & Wednesdays with a 5:15pm match. Must be at least a 3.0 NTRP rating.

**Women’s Fall Intermediate Morning Doubles League** • September 14–October 26 (weather permitting). The league will meet Tuesday mornings with matches at 9:00am. Must be at least a 3.0 NTRP rating.

For more information about tennis leagues, contact League Director, Amy Porter, by calling 547-2800, ext. 129, or email [portera@clarksportscenter.com](mailto:portera@clarksportscenter.com).

## Indoor Racquetball, Squash Courts & Ping Pong Schedule

All courts and tables are located on the lower level of the Sports Center and are available during normal operating hours. Equipment is available for use.