

# ClarkSportsCenter

## Summer Schedule

*June 29 to August 29, 2021*



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- Summer Clinics..... 4-5
- Adventure ..... 6
- Bowling..... 6
- Gym Floor..... 7
- Trackman Golf Simulator.. 7
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### Facility Hours

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

### Closures

Independence Day • **Sunday, July 4**  
 Repair Week • **Monday, August 30–Sunday, September 5**  
 Labor Day • **Monday, September 6**  
 Induction • **Tuesday, September 7–Wednesday, September 8**

## 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.)

### Conference Room Rental

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

## Schedule Changes & Emergency Closings

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

## Lightning Policy

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

## Member and Guest Code of Conduct

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

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

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

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

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

## Attire and Etiquette

Appropriate attire is required to use the Sports Center facilities. Clean sneakers must be worn in the Fitness Center, Sports Performance Area, Group Fitness rooms, racquets courts, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Bathing suits are required to enter the pool; Cut-off shorts and shirts are not allowed as pool attire. 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.

# 2021 Sports & Adventure Clinics

The Clark Sports Center is happy to announce the availability of 2021 Summer Clinics to youth 12-18 years old! Clinics include a variety of Basketball, Bowling, Football, Leadership, Mountain Biking, Plyometrics, Rock Climbing, Strength Training, and Swimming.

## ADVENTURE

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### ADVANCED MOUNTAIN BIKING

Date: Thursdays, July 8-29

Ages: 15-18

Time: 1:00-3:00pm

Cost: \$100 Member, \$150 Non-member

Join us at Glimmerglass State Park North of Cooperstown, NY for an afternoon workshop to improve your Mountain Bike Skills. This 8 hour workshop will be split into 4 days and will incorporate, "on bike fitness", skills and drills to improve your riding and of course up to 12-mile rides with 1500ft of climbing in the park. This is a sports development workshop for young athletes and is very difficult. Only fit and experienced riders should enroll. Focus is on cross-country/enduro mountain bike.

### CLIMBING CLUB TRAINING

Date: Wednesdays, July 7-28

Ages: 12-18

Time: 11:00am-1:00pm

Cost: \$75 Member, \$100 Non-member

Join us at the Clark Sports Center, Cooperstown, NY for a workshop to improve your climbing. This 8-hour workshop will be split into 4 days and will incorporate "on the ground fitness", and our climbing wall. We will introduce you to beneficial exercises, physically and, mentally to improve your climbing plus, most of all, we climb!

### KAYAK ROLLING

Date: Thursdays, July 8-29

Ages: 14+

Time: 5:00-7:00pm

Cost: \$20/session Member, \$40/session Non-member

Join us on the scenic Mohican Farms Waterfront of Otsego Lake North of Cooperstown, NY for an afternoon of kayak roll instruction. This 2-Hour on-water and shoreline instructional course will be taught by Jim Diliberto, an ACA Level IV white water kayak instructor, and will take you through the body mechanics of a successful roll, which is applicable to both whitewater kayaks and sea kayaks. Questions, call 315.867.6334.

### LESSONS IN LEADERSHIP

Date: Tuesdays, July 6-27

Ages: 12-15

Time: 10:00am-12:00pm

Cost: \$150 Member, \$200 Non-member

Join us at the Clark Sports Center, Cooperstown, NY for a morning workshop in group development. This 8-hour workshop will be split into 4 days and will utilize props, our low and high challenge course and take

you through the phases of group dynamics to feel and act like a team while we analyze the recipe in developing leadership skills. Questions, call (315) 867-6334.

### MOUNTAIN BIKING FUNDAMENTAL

Date: Tuesdays, July 6-27

Ages: 12-14

Time: 1:00-2:30pm

Cost: \$75 Member, \$100 Non-member

Join us at the Clark Sports Center, Cooperstown, NY for an afternoon workshop to improve your Mountain Bike Skills. This 6-hour workshop will be split into 4 days and will incorporate "on bike fitness", skills and drills to improve your riding and of course playing on our skills course and short rides here at the sports center. This is a sports development workshop for young athletes.

## ATHLETICS & TRAINING

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### BASKETBALL TRAINING

Date: Monday through Thursdays, July 5-August 6

Ages: 12-18

Time: Ages 15-18, 7:00-9:00am (Mon/Wed), 11:00am-1:00pm (Tues/Thurs)

Ages 12-14, 1:00-3:00pm (Mon/Wed), 7:00-9:00am (Tues/Thurs)

Cost: \$125 members/\$175 non-members (athletics package)

Our Summer Basketball Training program is designed to provide every player with the skills they need to compete at their level. From junior to collegiate basketball we focus the training to advance each athlete's skills. We will feature training on offensive skills from guards to post players. We will also focus on speed and agility training as well as full court conditioning and group drills. Members only.

### FOOTBALL - LINEMEN

Date: Thursdays, July 8-August 16

Ages: 12-18

Time: 10:00-11:00am

Cost: \$50 members/\$100 non-member

The OL/DL Football Clinic is geared towards football players either currently playing or having aspirations of playing on either the offensive or defensive (or both) line on a Club, High School, or Collegiate Football Program. Each session will consist of position focused drills, skill work, training and conditioning. Examples of positioned focused session will include foot work, pass and run blocking techniques, as well as stunt work for both the offensive and defensive lines.

## FOOTBALL - SKILLS

Date: Thursdays, July 8-August 16  
Ages: 12-18  
Time: 11:00am-12:00pm  
Cost: \$50 members/\$100 non-member

The Football Skills Clinic is designed for football players either currently playing or having aspirations of playing a skills position (i.e. Quarterback, Running Back, or Receiver) on a Club, High School, or Collegiate Football Program. Each session will comprise of technique work pertaining to each offensive skill position, which includes drills, training and conditioning, and skill focused work.

## PLYOMETRICS (JUMP) TRAINING

Date: Tuesdays & Thursdays, July 13-August 19  
Ages: 15-18  
Time: 9:00-10:00am  
Cost: \$125 members/\$175 non-members (athletics package)

A one hour session geared toward improving vertical jump and leg power. Participants will be taught proper mechanics and be given a daily workout to meet these goals. Good for athletes in all sports that require generation of leg power. Please bring a water bottle. The Plyometric (Jump) Camp will be directed by Health & Fitness Director, Rich Jantzi. Rich is a certified Plyometrics instructor through NFPT and has over 20 years of experience with plyometrics.

## YOUTH STRENGTH TRAINING

Date: Mondays, July 12-August 16  
Ages: 13-18  
9:00-10:00am (Ages 13-15)  
10:15-11:15am (Ages 16-18)  
Cost: \$125 members/\$175 non-members (athletics package)

A one hour session geared toward improving overall fitness. Participants will learn the "basics", be taught proper mechanics and be given a daily workout. Good for all athletes in all sports. Please bring a water bottle. Youth Strength Training will be directed by Health & Fitness Director, Rich Jantzi. Rich is a Certified Trainer with over 20 years experience.

## AQUATICS

### COMPETITIVE SWIM WORKSHOP

Date: Tuesdays, July 6-August 3  
Ages: 12-18  
1:00-2:30pm (Ages 12-14)  
2:30-4:00pm (Ages 15-18)  
Cost: \$50 members/\$100 non-member

Participants will be working on technique, drills and endurance for the 4 competitive swim strokes, as well as competitive starts, turns and finishes.

## DRY LAND TRAINING FOR SWIMMERS

Date: Tuesday, July 6-August 3  
Ages: 12-18  
2:45-3:30pm (Ages 12-14)  
1:30-2:15pm (Ages 15-18)

In conjunction with Competitive Swim Clinic. A 45 min training circuit in the sport performance area of the fitness center that focuses on strength, cardiovascular and core movements specific to swimming.

## JR. LIFEGUARD

Date: Thursdays, July 8-August 5  
Ages: 12-14  
Time: 1:00-2:30pm  
Cost: \$50 members/\$100 non-member

Jr. Lifeguard is a pre-certification program for young teens. Our Jr. Lifeguard program educates and demonstrates some of the many aspects of being a professional lifeguard including basic lifeguarding techniques, teamwork, personal water safety, & personal fitness. This program is meant to spark interest in lifeguarding and enrich personal water safety. This course is not a lifeguard certification course.

## BOWLING

### BOWLING

Ages: 12-14  
Session 1: July 12-14  
Session 2: July 26-28  
Session 3: August 9-11  
Time: 9:00-11:00am  
Cost: \$50 Member, \$80 Non-member (per session)

Ages: 15-18  
Session 1: July 19-21  
Session 2: August 2-4  
Session 3: August 16-18  
Time: 9:00-11:00am  
Cost: \$50 Member, \$80 Non-member (per session)

Bowling Clinic will be instructed by Clark Sports Center Athletic Director Barry Gray with assistance from Mike Kenney. Bowlers will learn the basic 4 step approach, working on fundamentals through drills and competition, plus one on one instruction.

- Bowlers are encouraged to bring a snack and drink.
- Masks are required if not vaccinated, proof of vaccination no mask required.
- Bowlers will use the same ball and shoes they choose for the week.

Register online today for all clinics. If you do not have login credentials set up to register, please email Membership Director, Kathy Graham, at [grahamk@clarksportscenter.com](mailto:grahamk@clarksportscenter.com).

# Adventure Programs

## Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Climb 9:00am–12:00pm	Open Climb 4:00–7:30pm	Open Climb 9:00am–12:00pm	Open Climb 4:00–7:30pm	Open Climb 9:00am–12:00pm	Open Climb 1:00–4:30pm
					Sunday
Please check the website for rock wall closures due to private programs					Closed

**The Bouldering Wall** • Located in the Gym Floor, open to all ages. The Wall is open year-round. The Wall is off limits during clinics and special events.

## Adventure Outings

### Learning the Ropes

Learn to make the jump from climbing indoors to outside climbing. Moss Island in Little Falls New York is our local outdoor climbing community meet up spot and a perfect place to try climbing outside for the first time. The Adventure Department is excited to have you join us at this climbing venue. We will have the ropes setup and some helmets to lend. After a belay lesson you're off. You must bring your personal gear including shoes, harness, and a chalk bag. The Adventure Staff will be there to answer questions, teach belaying, tie knots, coach movement, and help you get the feel of real rock. Open to members 18+. Wednesdays, 5:00-8:00pm. Outing fee of \$5. Dates: June 30, July 7, 14, 21 & 28.

# Bowling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 9:00–12:00	Open 9:00–12:00	Open 9:00–12:00	Open 9:00–12:00	Open 9:00–12:00	Open 1:00–5:00	CLOSED
Open 1:00–5:00	Open 1:00–5:00	Open 1:00–5:00	Open 1:00–5:00	Open 1:00–5:00		
Summer League 6:00-9:00 June 7–July 26				Open 6:00–9:00		



### Bowling Fees

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

### Bowling Rules and Guidelines

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

# Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30–7:00	Open Floor 5:30–7:00	Open Floor 5:30–7:00	Open Floor 5:30–7:00	Open 5:30–7:00	Open 8:00–5:00	Open 8:00–1:00
Closed for training 7:00–9:00	Closed for training 7:00–9:00	Closed for training 7:00–9:00	Closed for training 7:00–9:00	Closed for training 7:00–11:00		
Open Floor 9:00–1:00	Open Floor 9:00–11:00	Open Floor 9:00–1:00	Open Floor 9:00–11:00	Open Floor 11:00–9:00		
Closed for training 1:00–3:00	Closed for training 11:00–1:00	Closed for training 1:00–3:00	Closed for training 11:00–1:00			
Open Floor 3:00–9:00	Open Floor 1:00–5:00	Open Floor 3:00–9:00	Open Floor 1:00–5:00			
	Closed for training 5:00–7:00		Closed for training 5:00–7:00			
	Open Floor 7:00–9:00		Open Floor 7:00–9:00			

## 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–1:00pm (Latest reservation is 12:00pm)

### 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.

# Lap Pool

Schedule  
June 29–August 29

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 5:30-8:00am	Open Fitness 5:30-8:00am	Open Fitness 5:30-8:00am	Open Fitness 5:30-8:00am	Open Fitness 5:30-8:00am	Adult 8:00-10:00am
Adult 8:00-10:00am	Adult 8:00-10:00am	Adult 8:00-10:00am	Adult 8:00-10:00am	Adult 8:00-10:00am	Open Swim 10:00am-12:00pm
Aqua Body Blast 9:15-10:00am (3 lanes closed)	Open Swim 10:00am-12:00pm	Aqua Body Blast 9:15-10:00am (3 lanes closed)	Open Swim 10:00am-12:00pm	Open Swim 10:00am-12:00pm	Adult 12:00-1:00pm
Open Swim 10:00am-12:00pm	Adult 12:00-1:00pm	Open Swim 10:00am-12:00pm	Adult 12:00-1:00pm	Adult 12:00-1:00pm	Open Swim 1:00-5:00pm
Adult 12:00-1:00pm	Open Swim 1:00am-5:00pm	Adult 12:00-1:00pm	Open Swim 1:00am-5:00pm	Open Swim 1:00am-5:00pm	
Open Swim 1:00am-5:00pm	Adult 5:00-6:30pm	Open Swim 1:00am-5:00pm	Adult 5:00-6:30pm		
Adult 5:00-6:30pm	Open Swim 6:30-9:00pm	Adult 5:00-6:30pm	Open Swim 6:30-9:00pm	Adult 5:00-6:30pm	
Open Swim 6:30-9:00pm		Open Swim 6:30-9:00pm		Open Swim 6:30-9:00pm	
					Sunday
					Adult 8:00-10:00am
					Open Swim 10:00am-12:00pm
					Adult 12:00-1:00pm

# Teaching Pool

Schedule  
June 29–August 29

This schedule 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**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 5:30-8:00am	Open Swim 5:30-8:00am	Open Swim 5:30-8:00am	Open Swim 5:30-8:00am	Open Swim 5:30-8:00am	Adult 8:00-10:00am
Adult 8:00-10:00am	Adult 8:00-10:00am	Adult 8:00-10:00am	Adult 8:00-10:00am	Adult 8:00-10:00am	Open Swim 10:00am-12:00pm
Open Swim 10:00am-12:00pm	Physical Therapy 10:00-11:00am	Open Swim 10:00am-12:00pm	Physical Therapy 10:00-11:00am	Open Swim 10:00am-12:00pm	Adult 12:00-1:00pm
Adult 12:00-1:00pm	Open Swim 11:00am-12:00pm	Adult 12:00-1:00pm	Open Swim 11:00am-12:00pm	Adult 12:00-1:00pm	Open Swim 1:00-5:00pm
Physical Therapy 1:00-2:00pm	Adult 12:00-1:00pm	Physical Therapy 1:00-2:00pm	Adult 12:00-1:00pm	Physical Therapy 1:00-2:00pm	
Open Swim 2:00-5:00pm	Physical Therapy 1:00-2:00pm	Open Swim 2:00-5:00pm	Physical Therapy 1:00-2:00pm	Open Swim 2:00-5:00pm	
Adult 5:00-6:30pm	Open Swim 2:00-5:00pm	Adult 5:00-6:30pm	Open Swim 2:00-5:00pm	Adult 5:00-6:30pm	
Open Swim 6:30-9:00pm	Adult 5:00-6:30pm	Open Swim 6:30-9:00pm	Adult 5:00-6:30pm	Open Swim 6:30-9:00pm	
	Open Swim 6:30-9:00pm		Open Swim 6:30-9:00pm		
					Sunday
					Adult 8:00-10:00am
					Open Swim 10:00am-12:00pm
					Adult 12:00-1:00pm



# Diving Pool

Schedule  
June 29–August 29

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
<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am POOL CLOSED</p> <p>Adult 9:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00am-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00am-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am POOL CLOSED</p> <p>Adult 9:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00am-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00am-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00am-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p>

## Adult Private Swim Lessons

Please complete the Adult Private Swim Lesson Request Form and return it to the Aquatics Department. We will contact you directly to coordinate lesson times. Lessons will be coordinated based on instructor and pool availability during times that are reserved.

For more information, please contact Mat Robinson by calling (607) 547-2800, ext. 114, or email [robinsonm@clarksportscenter.com](mailto:robinsonm@clarksportscenter.com).

Lesson Cost: \$15 for one 30 minute lesson, \$125 for ten 30 minute lessons

# Fitness Game Room

## Fitness Game Room Hours

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

# Group Fitness

# Group Classes

Schedule  
June 28-August 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba</b> 7:15-8:00 Suzanne	<b>Fit Camp</b> 6:00-6:30 Deirdre	<b>Zumba</b> 7:15-8:00 Suzanne	<b>Outdoor Fit Camp</b> 6:00-6:30 Deirdre	<b>Friday Fitness Fusion</b> 7:15-8:00 Suzanne	<b>Bodyweight Bootcamp</b> 8:30-9:00 Hannah
<b>Prime Time</b> 11:00-11:45 Katherine	<b>Power 45</b> 8:15-9:00 John	<b>Prime Time</b> 11:00-11:45 Carina	<b>Power 45</b> 8:15-9:00 John		<b>NEW Beat the HIIT</b> 9:30-10:00 Hannah
<b>Outdoor Fit 30</b> 4:30-5:00 Lisa		<b>Outdoor Fit 30</b> 4:30-5:00 Lisa			
<b>Zumba</b> 5:30-6:15 Elma		<b>Cardio Dance &amp; Core</b> 6:15-7:00 Anael			
					<b>Sunday</b>
					<b>NEW TIME Outdoor Fit 30</b> 9:30-10:00 Emily

Class Key

Studio 1

Instructor

Studio 2

Instructor

Outdoors

Instructor

NEW  
New Class

NEW TIME  
New Time

Class Notes

# Group Fitness

# Spinning

Schedule  
June 28-August 29

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

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

## Saturday Spinning

July 3	Don
July 10	Colleen
July 17	Kara
July 24	Carlene
July 31	Gretchen
August 7	Colleen
August 14	Gretchen
August 21	Don
August 28	Carlene



## Sunday Spinning

July 4	Closed
July 11	Melissa
July 18	Melissa
July 25	Rebecca
August 1	Rebecca
August 8	Lisa
August 15	Rebecca
August 22	Rebecca
August 29	Rebecca

# Group Fitness

# Yoga

Schedule  
June 28-August 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mindful Flow</b> 8:30-9:15 Katherine		<b>Sunrise Yoga Flow</b> 6:00-6:45 Nicole		<b>Yoga Flow</b> 9:15-10:00 Wendy	<b>NEW TIME Ashtanga</b> 9:15-10:30 Simone
<b>Flexibility Flow</b> 9:30-10:00 Katherine		<b>Vin Yin</b> 8:45-9:45 Nicole			
<b>Gentle Yoga</b> 1:00-1:45 Karla	<b>Gentle Yoga</b> 1:00-1:45 Karla	<b>Gentle Yoga</b> 1:00-1:45 Nicole	<b>Gentle Yoga</b> 1:00-1:45 Katherine	<b>Gentle Yoga</b> 1:00-1:45 Karla	
	<b>Flexibility Flow</b> 5:30-6:00 Elma		<b>Vinyasa Flow Yoga</b> 5:30-6:30 Suzanne		
<b>Yoga Flow</b> 6:30-7:15 Lisa		<b>Yoga Flow</b> 6:30-7:15 Bella		<b>Hatha Happy Hour</b> 5:30-6:15 Alexis	
					Sunday
					<b>Gentle Yoga</b> 9:15-10:15 Katherine/Lisa

# Aqua Fitness

Schedule  
June 28-August 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sweat Wet</b> 8:00-8:45 Carole		<b>Sweat Wet</b> 8:00-8:45 Carole			
<b>Aqua Body Blast</b> 9:15-10:00 Carole		<b>Aqua Body Blast</b> 9:15-10:00 Carole			

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).

## 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 12 years of age or older.
- Appropriate clothing and clean footwear is required. Please bring a water bottle to class.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitutions may occur without notice.
- Please check online (<http://www.clarksportscenter.com/group-fitness/class-descriptions/>) or at the Health & Fitness desk for class size limits.
- Personal headphones are not permitted during Group Fitness classes.
- It is recommended to bring your own yoga mat to yoga classes.

# Health & Fitness

## Fitness Center

The new 6500 sq. ft. facility featuring 32 Pieces of cardiovascular equipment, a 16 piece selectorized circuit and a significant section of free weight equipment. A Fitness Center Membership is required to use the Fitness Center. Members and guests must be at least 14 years of age and check-in to the room upon arrival for use.

## Personal Training

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.

## 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 8:00–5:00	Open 8:00–8:00	Open 8:00–5:00	Open 8:00–8:00	Open 8:00–8:00	Open 8:00–5:00	Open 8:00–1:00
Men's League 5:00–8:00 (2 Courts)	Doubles League 9:00am–11:00am (2 Courts)	Women's League 5:00–8:00pm				

## Tennis Leagues

**Men's Doubles League** • June 7-July 26 (weather permitting). The league runs on Mondays at 5:15pm or 6:30pm, with pro-set matches to 10. For more information, contact John Hodgson at [tennismens@clarksportscenter.com](mailto:tennismens@clarksportscenter.com).

**Women's Summer Advanced Beginner League** • July 14 -August 25 (weather permitting). The league will meet Wednesdays with a 5:30pm match. Must be at least a 2.0-2.5 NTRP rating.

**Women's Summer Intermediate Doubles League** • July 7-August 25 (weather permitting). The league runs Wednesdays with a 5:30pm match. Must be at least a 3.0 NTRP rating.

**Women's Summer Intermediate Morning Doubles League** • July 6-August 24 (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.

## Indoor Racquetball & Squash Court Schedule

All courts are open during operating hours.

## Ping Pong

Ping Pong is located on the lower level of the Sports Center and is available during normal operating hours.