

# Clark Sports Center

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November 1-February 27

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### Clark Sports Center Facility Hours

September 27–May 29

Monday–Friday: 5:30am–9:00pm

Saturday & Sunday: 8:00am–5:00pm

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326 | Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326

Phone: (607) 547-2800 • Fax: (607) 547-4100 | [www.clarksportscenter.com](http://www.clarksportscenter.com)

## Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–24 years)	\$195
Adult (25–61 years)	\$350
Senior Citizen Single (62+)	\$225
Senior Citizen Couple (One person 62+)	\$380
Family (Two adults in household and juniors)	\$565
Single Parent Family (Head of household and juniors)	\$375
<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.
- Members with preschoolers are asked to use the family 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.

## 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 9:00am-12:00pm	Open Climb 3:00-8:00pm	Open Climb 9:00am-12:00pm  Open Climb 3:00-8:00pm	Open Climb 9:00am-12:00pm  Open Climb 3:00-8:00pm	Women's Climb Club 9:00am-10:00pm  Open Climb 10:00am-12:00pm	Open Climb 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



**Women's Climb Club**

Friday mornings, 9:00-10:00am  
Meet at the Rock Wall. Learn the basics of rock climbing.



**Keep an eye out for the following trips!**

**Ice Climbing** • Group trips guided by Jim DiLiberto and Will Weinert, NY State Licensed Guides. Ages 13+, youth must be accompanied by an adult. Dates and times will be announced as we get a better look at the weather!

**Kayak Rolling and Bracing Clinics** • Led by Jim DiLiberto, American Canoe Association Level 4 Whitewater Instructor in pool sessions. Wednesdays, beginning November 3, 6:00-8:00pm. Ages 14+. Register online today!



## CSC Otsego Composite Mountain Bike Race Team

Sundays, December 5-June 12, 3:00-5:00pm

The CSC Otsego Composite Mountain Bike Team competes in the NYS National Interscholastic Cycling Association (NICA) 5 race series. Practices including indoor cycling, and strength and conditioning. This program is open to Clark Sports Center members in grades 6-12. All riders welcome. This is a developmental program with a goal of getting more kids on bikes to create a life-long love of cycling and outdoor enjoyment. Please contact Jim DiLiberto, (607) 547-2800, ext. 126, for more information. \$50 program fee, register online today.

# Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 9:00–12:00 Open 1:00–5:00	Senior Citizen Bowling 9:00–10:30 Open 10:30–12:00 Open 1:00–5:00	Open 9:00–12:00 Senior Citizen Bowling/ Special Groups 1:00–2:30 Open 2:30–5:00	Open 9:00–11:30 Mixed League 12:00–3:00 Open Bowling 3:00–5:00 (Begins Nov. 11)	Open 9:00–12:00 Open 1:00–5:00 Open 6:00–9:00	Open 1:00–5:00	Open 1:00–5:00



## 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–April 7 Thursdays	12:00–3:00pm	August	\$10 per week
Senior Citizen Bowling (Ages 55+)	Sept. 14–May 17 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 15–May 18 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (Per game)

# Lap Pool

Schedule  
November 1-December 23

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 Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Zumba 8:15-9:00 Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm 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 Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm 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

**Special Notes:** - The Pool Area will be closed 4:00-5:00pm, for Sharks Swim Team Practice.

# Teaching Pool

Schedule  
November 1-December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Adult Swim 8:00am-1:00pm Bassett Physical Therapy 1:00-2:00pm Adult Swim 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:15am Aqua Zumba 8:15-9:00am Adult Swim 9:00-10:00am Bassett Physical Therapy 10:00-11:00am Adult Swim 11:00am-1:00pm Bassett Physical Therapy 1:00-2:00pm Adult Swim 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00-11:30am Aqua Yoga 11:30am-12:15pm Adult Swim 12:15-1:00pm Bassett Physical Therapy 1:00-2:00pm Adult Swim 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00-10:00am Bassett Physical Therapy 10:00-11:00am Adult Swim 11:00am-1:00pm Bassett Physical Therapy 1:00-2:00pm Adult Swim 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-1:00pm Bassett Physical Therapy 1:00-2:00pm Adult Swim 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Swim 8:00am-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm 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

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  
November 1-December 23

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 Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-9:00pm	Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm 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.



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.

Weekly practices will be: Tuesdays & Thursdays 7:30-9:00pm.

# Aqua Fitness

Schedule  
November 1–December 23

Monday

**Sweat Wet**  
8:00-8:45

Carole

**Aqua Body Blast**  
9:15-10:00

Carole

Tuesday

**Aqua Zumba**  
8:15-9:00

Veronica

Wednesday

**Sweat Wet**  
8:00-8:45

Carole

**Aqua Body Blast**  
9:15-10:00

Carole

**Aqua Yoga**  
11:30-12:15

Nicole

Thursday

**Aqua Body Blast** (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.

**Aqua Yoga** (Limit 10) • Class features gentle yoga that is good for beginners. It is restorative, easy on the joints and 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 and invigorating!

**Sweat Wet** (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!!

Friday

Saturday

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 9:00am–8:00pm	Open 9:00am–8:00pm	Open 9:00am–8:00pm	Open 9:00am–8:00pm	Open 9:00am–8:00pm	Open 9:00am–5:00pm
					<b>Sunday</b> 9:00am–5:00pm

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 Floor 5:30am–9:00am	Open Floor 5:30am–10:00am	Open Floor 5:30am–8:00pm	Open Floor 5:30am–12:00pm	Open Floor 5:30am–8:00pm	Open 8:00–5:00	Open 8:00–5:00
Adult Pickleball Open Play 9:00am–11:00am	Adult Pickleball Open Play 10:00am–12:00pm	Adult Pickleball Open Play 8:00am–10:00am	Adult Pickleball Open Play 12:00pm–2:00pm	Adult Pickleball Open Play 8:00am–10:00am		
Open Floor 11:00am–3:00pm	Open Floor 12:00pm–3:00pm	Corn Hole 10:00am–11:00am	Open Floor 2:00pm–3:00pm	Open Floor 10:00am–6:00pm		
Special Program 3:00pm–4:30pm	Special Program 3:00pm–4:30pm	Staff Game 11:00am–12:00pm	Special Program 3:00pm–4:30pm	Jr High Open Basketball 6:00pm–8:00pm		
Open Floor 4:30pm–6:00pm	Open Floor (1/2 Floor Volleyball) 4:30pm–6:00pm	Open Floor 12:00pm–3:00pm	Open Floor 4:30pm–6:00pm	Open Floor 8:00pm–9:00pm		
Pickup Basketball Adults 18+ 6:00pm–8:00pm	Pickup Volleyball Adults 18+ 6:00pm–8:00pm	Special Program 3:00pm–4:30pm	Pickup Futsal Adults 18+ 6:00pm–8:00pm			
Open Floor 8:00pm–9:00pm	Open Floor 8:00pm–9:00pm	Open Floor (1/2 Floor Volleyball) 4:30pm–6:00pm	Open Floor 8:00pm–9:00pm			
		Open Floor (1/2 Floor Softball) 6:00pm–7:30pm				
		Open Floor 7:30pm–9:00pm				

# Trackman Golf Simulator



An 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–Saturday:	8:00–9:00am	Sunday:	8:00–9:00am
	9:30–10:30am		9:30–10:30am
	11:00am–12:00pm		11:00am–12:00pm
	12:30–1:30pm		12:30–1:30pm
	2:00–3:00pm		2:00–3:00pm
	3:30–4:30pm		3:30–4:30pm
	5:00–6:00pm		
	6:30–7:30pm		

### Golf Simulator Cost

Cost to play is \$30/hour (up to 4 people), maximum of 4 hours.

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

## Golf Simulator Leagues (9 hole rounds)

League	Dates	Cost	Format
Palmer League	Nov. 29–March 11	\$15/person (\$30 total per hour)	2 person scramble. Handicap based. Any combination of players. (Mens, womens, or coed teams.)
Nicklaus League	Nov. 29–March 11	\$20	1 person (Fed Ex Cup style). Points will be accumulated based on weekly scores.

Contact Scott Whiteman or Mitch Bouton at (607) 547-2800 to register for leagues.

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

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>NEW TIME</b> <b>Express Spin</b> 9:15-9:45 John	<b>Express Spin</b> 8:30-9:00 Amy	<b>NEW TIME</b> <b>Express Spin</b> 9:15-9:45 Carlene	<b>Spinning</b> 8:30-9:15 (1 hr class on 11/26) John	
	<b>Express Spin</b> 5:30-6:00 Kara		<b>Express Spin</b> 5:30-6:00 Gretchen/Don		

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

Saturday Spinning

November 6	Carlene
November 13	Don
November 20	Kara
November 27	John
December 4	Colleen
December 11	Kara
December 18	Don

90 Minute Benefit Ride

Sunday, November 28  
8:30-10:00am

Join Don and Alison for a 90 minute Spinning ride to benefit the Cooperstown Food Pantry. 100% of the proceeds will be donated to the Cooperstown Food Pantry. Register online. \$10 minimum donation. There will be a jar for additional monetary donations set up prior to class.



Class Key

Studio 1

Instructor

Studio 2

Instructor

NEW

New Class

NEW TIME

New Time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mindful Flow</b> 8:30-9:15 Katherine	<b>Foundations to Flow</b> 9:15-10:00 Katherine	<b>Sunrise Yoga Flow</b> 6:00-6:45 Nicole		<b>NEW TIME Yoga Flow</b> 9:30-10:15 Wendy	<b>Ashtanga</b> 9:30-10:45 Simone	
<b>Flexibility Flow</b> 9:30-10:15 Katherine		<b>Vin Yin</b> 8:45-9:45 Nicole				
<b>Gentle Yoga</b> 1:00-1:45 Katherine	<b>Gentle Yoga</b> 1:00-1:45 Wendy	<b>Gentle Yoga</b> 1:00-1:45 Nicole	<b>Gentle Yoga</b> 1:00-1:45 Nicholas	<b>Gentle Yoga</b> 1:00-1:45 Katherine		<b>Yoga for Athletes</b> 8:15-9:00 Nicole
<b>VinYin</b> 6:30-7:30 Nicole	<b>Flexibility Flow</b> 5:30-6:00 Elma	<b>Yoga Flow</b> 6:30-7:30 Bella	<b>Vinyasa Flow Yoga</b> 5:30-6:30 Suzanne		<b>Yin Yoga</b> 9:30-10:45 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 Courts. Courts are available daily from April to **November 1 (weather permitting)**, 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.

## Indoor Racquetball, Squash Court & Ping Pong Schedule

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

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Open 5:30am–5:00pm	Open 5:30am–5:00pm	Open 5:30am–5:00pm	Open 5:30am–5:00pm	Open 5:30am–9:00pm	Racquetball/Squash Leagues 8:00am–12:00pm
Squash League 5:00–9:00pm	Racquetball League 5:00–9:00pm	Squash League 5:00–9:00pm	Racquetball League 5:00–9:00pm		Open 12:00–5:00pm

## Racquet Leagues

Program	Days	Time	Registration	Fee
Racquetball League	Nov. 16–Mar. 29 Tues. & Thurs.	5:00–9:00pm	Nov. 1-14	\$25 members only
Squash League	Nov. 15–Mar. 28 Mon. & Wed.	5:00–9:00pm	Nov. 1-14	\$25 members only
Doubles Squash League	Nov. 15-Mar. 28 Mon. & Wed.	5:00–9:00pm	Nov. 1-14	\$40/pair members only