

ClarkSportsCenter

Winter Schedule 2022

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Clark Sports Center Facility Hours

May 28–Sept 25

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–12:00pm

September 26–May 28

Monday–Friday: 5:30am–9:00pm

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
Single Parents Only	
Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+)	\$144
90 Day Membership	One half of above
Adult One Month Membership with Fitness Center (30 consecutive days)	\$80
Junior One Month Membership with Fitness Center (30 consecutive days)	\$55
Senior 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 Michelle Yerdon.

Assumption of Risk

All participants must have an Assumption of Risk form on file prior to using The Clark Sports Center and its facilities. Assumption of Risk forms for any person under the age of 18 must be signed by a parent or legal guardian. The form may be picked up at the Main Desk or found at www.clarksportscenter.com.

Guests

Guests are welcome to The Clark Sports Center. We reserve the right to limit the number of guests if usage reaches capacity. Reservations are required for groups of 8 people or more (call Matt Phillips at 547-2800, ext. 130). Adults: \$10, Juniors: \$5, Fitness Center: \$5 additional.

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.

- 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).

Electronic Free Days

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

Lightning Policy

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

Member and Guest Code of Conduct

All members and others attending an event or utilizing the Center's facilities or grounds must adhere to all rules and policies of the Sports Center and are expected to act in a safe, courteous and respectful manner at all times. All requests and instructions by the Center's staff should be strictly followed and failure to do so may result in any person, including members, being directed to leave the premises. Prohibited conduct at the Sports Center and Center-sponsored activity off-premises includes, but is not limited to, the following:

- Possession of guns, knives or other weapons;
- Striking, attempting to strike or threatening to strike any staff person, member, visitor or any other person affiliated with the Center;
- Threatening, harassing or intimidating any staff person, member, visitor or any other person affiliated with the Center;
- Foul, profane or abusive language;
- Theft of any property;
- Vaping/Smoking;
- Use of alcohol or 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.

Child Care

Child care is available in the child care room for members and guests who are using the Sports Center on Monday, Wednesday, Friday and Saturday mornings, 8:15-11:15am. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:5 with two staff members present at all times. Diapers, bottles, and snacks must be supplied and all belongings labeled. Child Care Drop-in fee: \$6 per hour (payable in half hour increments, minimum 1 hour) OR \$5 per hour with the purchase of a Child Care Pass of \$50. Child Care must be paid for on the day of service. There will be no Child Care if Cooperstown Central School is on a delay or closed due to weather.

Adventure Programs

Indoor Rock Wall Climbing Hours

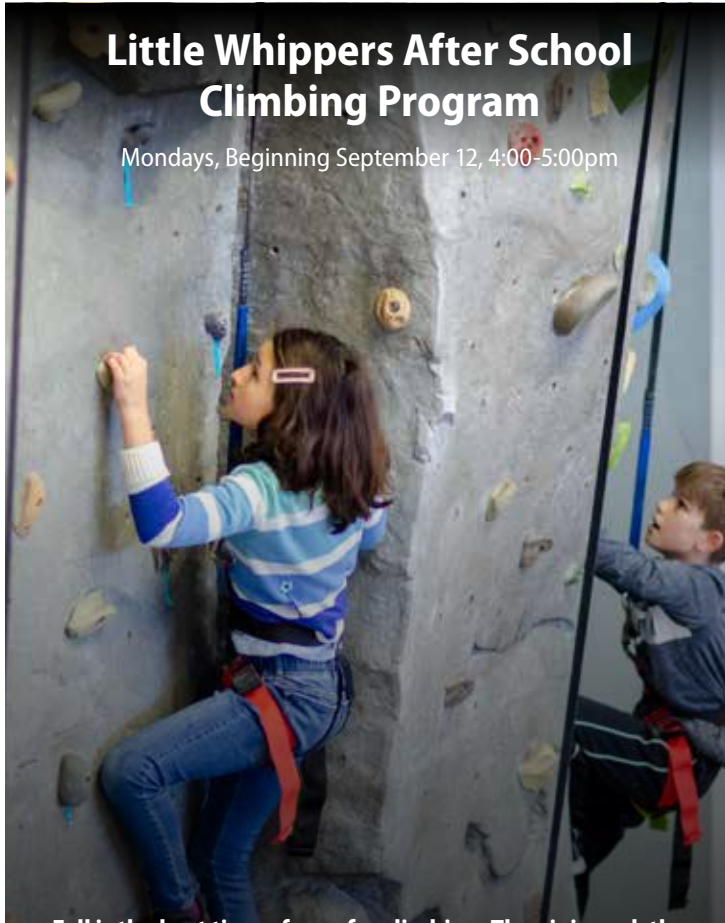
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Climb 8:00–10:00am	Kids Climb 3:00–5:00pm	Adult Climb 8:00–10:00am	Kids Climb 3:00–5:00pm	Women's Climb 8:00–10:00am	Adult Climb 9:00–12:00pm
Kids Climb 3:00–4:00pm	Adult Climb 5:30–8:00pm	Kids Climb 3:00–5:00pm	Adult Climb 5:30–8:00pm	Kids Climb 3:00–5:00pm	Kids & Family Climb 1:00pm–5:00pm
Kids & Family Climb 5:30–8:00pm		Kids & Family Climb 5:30–8:00pm		Kids & Family Climb 5:30–8:00pm	
Please check the website for rock wall closures. Holidays & Snow Days • In the event of a Cooperstown Central School holiday or snow day, the High Rock Wall schedule will change accordingly to: Monday, Wednesday, Friday: Kids & Family Climb, 9:00am-12:00pm and 1:00-4:00pm. Tuesday, Thursday: Kids & Family Climb, 1:00-4:00pm and 5:00-8:00pm.					Sunday
					Kids & Family Climb 1:00pm–5:00pm

Climbing Wall Closed Mondays, 4:00 pm - 5:00 pm, September 12-October 10.

Adventure Outings and Events

Little Whippers After School Climbing Program

Mondays, Beginning September 12, 4:00-5:00pm



Fall is the best time of year for climbing. The air is cool, the rock is warm, and the psyche is high. Join us for the fall climbing season with the Clark Sports Centers Adventure Programs. Indoor sessions will include light instruction and coaching from instructors with years of experience. Outdoor climbing opportunities are also scheduled to take your new climbing skills to new levels. Free for members, ages 9-15.

Day Trip: October 10, 9:00am - 4:00pm.

MTB Project After School Mountain Biking Program

Tuesdays, Beginning September 13, 3:30-5:00pm



The Mountain Bike Project is a developmental program for kids 9+. Coaches share drills and techniques to enhance skills like cornering, bike body separation, rolling over obstacles and handling the controls of the bike. Our primary goal is to encourage a lifelong love of cycling.

Mountain Bike trails are rocky, with roots, narrow trails and can be steep. Riding over obstacles is necessary. MTB Project is perfect for the Adventurous. It prepares young riders for future adventure riding trips to offsite locations, overnight trips and eventually even develop into a member of the Clark Sports Center "Otsego Composite," Mountain Biking Team. Our race team is a member of the National Interscholastic Cycling Association (NICA) competing on the state level. Free for members, ages 9-15.

Weekend Trip: November 5, 9:00am - 4:00pm.

Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 9:00–12:00 Open 1:00–5:00 Monday Men's League 6:00–9:00	Senior Citizen Bowling 9:00–10:30 Open 10:30–12:00 L.E.A.H. 12:00–2:30pm (Sept. 20–May 9) Open 2:30–5:00 Tuesday Ladies League 6:00–9:00	Open 9:00–12:00 Senior Citizen Bowling/ Special Groups 1:00–2:30 Open 2:30–5:00 Wednesday Men's League 6:00–9:00	Open 9:00–12:00 Preschool Bowl 10:00–10:30 Pathfinder League 12:30–2:30 Open 2:30–5:00	Open 9:00–12:00 Open 1:00–3:00 Middle/HS League 3:00–5:00 Open 6:00–9:00	Open 1:00–5:00	Open 1:00–5:00



Bowling Fees

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

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
Elementary League/Middle School Grades 3-8	Nov. 4–March 24 Fridays	3:00–5:00pm	October 1-31 Meeting Nov. 4	\$25.00 (online registration)
Men's Monday League (Recreational)	Sept. 19–March 6 Mondays	7:00–9:00pm	September 19 Meeting Sept. 19	\$10/night
Ladies Tuesday League (Recreational/Competitive)	Sept. 13–March 14 Tuesdays	7:00–9:00pm	September 13 Meeting Sept. 13	\$10/night
Men's Wednesday League (Recreational/Competitive)	Sept. 21–April 5 Wednesdays	7:15–9:00pm	September 21 Meeting Sept. 21	\$11/night
Senior Citizen Bowling (Ages 55+)	Sept. 13–May 2 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (All you can bowl)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 14–May 3 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (All you can bowl)
Preschool Bowl (Ages 3-5)	Sept. 15–May 4 Thursdays	10:00–10:30pm	None	FREE - All you can bowl

Lap Pool

Schedule
October 31-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 Pathfinder 9:15-10:30am Preschool Swim 10:00-11:00am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Swim Lessons- Levels 3-6 3:30-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Boys Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 11:00am-12:00pm L.E.A.H. Swim Lessons 12:30-2:30pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Boys 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 Preschool Swim 10:00-11:00am Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm CCS Boys 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 8:00-8:45am Preschool Swim 11:00am-12:00pm Open Swim 3:00-4:00pm Swim Lessons-Level 2 3:30-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Boys Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:00-11:00am Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Laps 5:00-6:30pm CCS Boys Swim Team 6:00-8:00pm Open Swim 6:30-9:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm <div style="border: 2px solid yellow; padding: 5px; margin-top: 10px;"> CLOSED November 5 The Aquatics Center will be CLOSED Saturday, November 5, 8:00am until the conclusion of the swim meet. </div>
					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: • CCS Varsity Swim Team will host Home Swim Meets – Dates TBA – Pool Closed at 4:30pm.
 • The Entire Pool Area will be closed 4:00-5:00pm for Sharks Swim Team Practice.

Teaching Pool

Schedule
October 31-December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Adult 8:00-10:00am Pathfinder 9:15-10:30am Preschool Swim 10:00-11:00am Adult 11:00am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open Swim 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Bassett Physical Therapy 10:00-11:00am Preschool Swim 11:00am-12:00pm Adult 12:00-12:30pm L.E.A.H. Swim Lessons 12:30-2:30pm Adult 2:30-3:00pm Open Swim 3:00-3:30pm Swim Lessons – Level 1 3:30-4:00pm Sharks Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open Swim 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Preschool Swim 10:00-11:00am Adult 11:00am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open Swim 7:00-9:00pm	Open Fitness 5:30-8:00am Aqua Zumba 8:00-8:45am Adult 8:45-10:00am Bassett Physical Therapy 10:00-11:00am Preschool Swim 11:00am-12:00pm Adult 12:00-2:00pm Bassett Physical Therapy 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult 5:00-5:30pm Swim Lessons/CCS Swim Meets 5:30-7:00pm Open Swim 7:00-9:00pm	Open Fitness 5:30-8:00am Adult 8:00-10:00am Preschool Swim 10:00-11:00am Adult 11:00am-2:00pm Bassett Physical Therapy 2:00-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-9:00pm	Adult 8:00-8:30am Swim Lessons 8:30am-12:00pm Adult 12:00-1:00pm Open Swim 1:00-5:00pm <div style="border: 2px solid yellow; padding: 5px; margin-top: 10px;"> CLOSED November 5 The Aquatics Center will be CLOSED Saturday, November 5, 8:00am until the conclusion of the swim meet. </div>
					Sunday
					Adult 8:00-10:00am Open Swim 10:00am-12:00pm Adult 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.

Red = Pool Closed

Diving Pool

Schedule
October 31-December 23

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Pathfinder 9:15-10:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-3:30pm</p> <p>Swim Lessons- Levels 3-6 3:30-4:00pm</p> <p>POOL CLOSED</p> <p>Sharks Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Swim 5:00-7:00pm</p> <p>CCS Boys Swim Team 7:00-8:00pm</p> <p>POOL CLOSED</p> <p>Open Swim 8:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>L.E.A.H. Swim Lessons (1/2 pool) 12:30-2:30pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Sharks Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Swim 5:00-7:00pm</p> <p>Swim Lessons (1/2 pool) 6:30-7:00pm</p> <p>CCS Boys Swim Team 7:00-8:00pm</p> <p>POOL CLOSED</p> <p>Open Swim 8:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Pathfinder 9:15-10:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Sharks Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Swim 5:00-7:00pm</p> <p>Swim Lessons (1/2 pool) 6:30-7:00pm</p> <p>CCS Boys Swim Team 7:00-8:00pm</p> <p>POOL CLOSED</p> <p>Open Swim 8:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Sharks Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Swim 5:00-7:00pm</p> <p>CCS Boys Swim Team 7:00-8:00pm</p> <p>POOL CLOSED</p> <p>Open Swim 8:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Sharks Swim Team 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Swim 5:00-7:00pm</p> <p>CCS Boys Swim Team 7:00-8:00pm</p> <p>POOL CLOSED</p> <p>Open Swim 8:00-9:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					<p>CLOSED November 5 The Aquatics Center will be CLOSED Saturday, November 5, 8:00am until the conclusion of the swim meet.</p>
					<p>Sunday</p>
					<p>Adult Swim 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Swim 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
			<p>Snow Day and School Holiday Pool Schedules</p> <p>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.</p>		

Aquatics Center is CLOSED for CCS Swim Meets. Dates TBA.

Swim Lessons

Block 2 lessons – Monday, November 7–Saturday, December 17. Registration begins on Monday, October 31, and will take place online only. Lessons are free and for member only, but a credit card is required during online registration. Space is limited. Register online at www.active.com. **No Lessons after 4:00pm on CCS Varsity Swim Meet days. Dates TBA.**

AFTERSCHOOL SWIM LESSONS

- Mondays • 3:30-4:00pm – Level 3,4,5 & 6
- Tuesdays • 3:30-4:00pm – Level 1
- Thursdays • 3:30-4:00pm – Level 2

EVENING SWIM LESSONS

Preschool Swim Lessons (6mo-5 not attending K)

Parent and Child 1

- Mondays • 5:30-6:00pm

Parent and Child 2

- Wednesdays • 5:30-6:00pm

Parent and Child 3

- Wednesdays • 6:00-6:30pm

Ducks

- Mondays • 6:00-6:30pm

Frogs

- Mondays • 6:30-7:00pm

Dolphins

- Wednesdays • 6:30-7:00pm

School Age Swim Lessons (K-18)

Level 1

- Tuesdays • 5:30-6:00pm

Level 2

- Tuesdays • 6:00-6:30pm

Level 3

- Tuesdays • 6:30-7:00pm

SATURDAY MORNING SWIM LESSONS

Preschool Swim Lessons (6mo-5 not attending K)

Parent and Child 1

- 9:00-9:30am

Parent and Child 2

- 9:30-10:00am

Parent and Child 3

- 10:00-10:30am

Ducks

- 10:30-11:00am

Frogs

- 11:00-11:30am

Dolphins

- 11:00-11:30am

School Age Swim Lessons (K-18)

Level 1

- 8:30-9:00am
- 11:30am-12:00pm

Level 2

- 10:00-10:30am

Level 3

- 9:30-10:00am

Level 4, 5 & 6

- 9:00-9:30am

ADULT GROUP SWIM LESSONS

Adult 1

- Saturdays 10:30-11:030am

Adult 2

- Saturdays 11:30am-12:00pm



Aqua Fitness

Schedule
October 31-December 23

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sweat Wet
8:00-8:45

Carole

Sweat Wet
8:00-8:45

Carole

Aqua Zumba
8:00-8:45

Veronica

Aqua Body Blast
9:15-10:00

Carole

Aqua Body Blast
9:15-10:00

Carole

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 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!!

Reservations are required for all Group Fitness classes. If you do not have login credentials set up to make reservations, please email Membership Coordinator, Michelle Yerdon, at yerdonm@clarksportscenter.com.

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 9:00am–5:00pm

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30–8:00am	Open Floor 5:30–8:00am	Open Floor 5:30–8:00am	Open Floor 5:30–8:00am	Open Floor 5:30–8:00am	Open Floor 8:00am–5:00pm	Adult Badminton Open Play 8:00–9:00am
Adult Pickleball Open Play 8:00–10:00am	Closed 8:00–8:30am	Adult Pickleball Open Play 8:00–10:00am	Closed 8:00–8:30am	Adult Pickleball Open Play 8:00–10:00am		Adult Pickleball Open Play 9:00–11:00am
Adult Badminton Open Play 10:00–11:00am	Preschool Academy 8:30–9:00am	Adult Badminton Open Play 10:00–11:00am	Preschool Play 9:00–10:30am	Adult Badminton Open Play 10:00–11:00am		Open Floor 11:00am–5:00pm
Open Floor 11:00am–3:30pm	Preschool Play 9:00–10:30am	Open Floor 11:00am–3:30pm	Open Floor 10:30am–12:00pm	Open Floor 11:00am–3:30pm		
Boys Intramural Basketball Practice Grades 3 & 4 3:30–4:30pm	Open Floor 10:30am–12:00pm	Kids Day 3:00–4:30pm	Adult Pickleball Open Play 12:00pm–2:00pm	Girls Intramural Basketball Games 3/4 • 3:30–4:15pm		
Grades 5 & 6 4:30–5:30pm	Open/LEAH 12:00–3:00pm	Open Floor 4:30–6:00pm	Open Floor 2:00–3:30pm	5/6 • 4:15–5:00pm		
Open Floor 5:30–6:00pm	Open Floor 3:00–3:30pm	Pickup Volleyball League 6:00–8:00pm	Boys Intramural Basketball Games 3rd • 3:30–4:00pm	Jr. High Basketball League 5:30–6:30pm		
Pickup Basketball League 6:00–8:00pm	Girls Intramural Basketball Practice Grades 3 & 4 3:30–4:30pm	Open Floor 8:00–9:00pm	4th • 4:00–4:30pm	Open Floor 7:00–9:00pm		
High School Pickup Basketball League 8:00–9:00pm	Grades 5 & 6 4:30–5:30pm		5/6 • 4:30–5:15pm			
	Open Floor 5:30–9:00pm		Closed/Set up 5:30–6:00pm			
			Futsal League 6:00–9:00pm			

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.
- Adult members and youth members (7th grade and over) may use the Running Track.
- 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



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

Mon-Fri: 8:00-9:00am	Saturday: 8:00-9:00am	Sunday: 8:00-9:00am
9:00-10:00am	9:00-10:00am	9:00-10:00am
10:00-11:00am	10:00-11:00am	10:00-11:00am
11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm
12:00-1:00pm	12:00-1:00pm	12:00-1:00pm
1:00-2:00pm	1:00-2:00pm	1:00-2:00pm
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm
3:00-4:00pm	3:00-4:00pm	3:00-4:00pm
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm
5:00-6:00pm		
6:00-7:00pm		
7:00-8:00pm		

Golf Simulator Cost

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

Please visit clarksportscenter.com for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:00 Carlene	Fit Camp 6:00-6:30 Deirdre	Fit for Life 9:15-10:00 Carlene	Fit Camp 6:00-6:30 Deirdre	Prime Time 11:00-12:00 Carina/Katherine	POP Pilates® 9:30-10:00 Gianna
Prime Time 11:00-12:00 Carina/Katherine	Power 45 8:15-9:00 John	Prime Time 11:00-12:00 Carina	Power 45 8:15-9:00 John		
Zumba Dance 5:15-6:00 Elma	Zumba Dance 8:30-9:15 Suzanne	Cardio Dance & Core 4:30-5:15 Elma	Zumba Dance 8:30-9:15 Suzanne		Cardio Dance 9:30-10:15 Elma
NEW TIME POP Pilates® 5:00-5:30 Gianna	NEW Pound Unplugged 5:30-6:00 Rachel	NEW TIME POP Pilates® 5:00-5:30 Gianna	Sit & Get Fit 10:15-11:00 Carlene		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Cycle 6:30-7:00 Gretchen		Express Cycle 6:30-7:00 Deirdre			Group Cycle 8:30-9:15 Various
Group Cycle 8:30-9:15 Carlene	Express Cycle 9:15-9:45 John	Express Cycle 8:30-9:00 Amy	Express Cycle 9:15-9:45 Carlene	Express Cycle 8:30-9:00 John/Gretchen	
	Express Cycle 5:30-6:00 Kara/Gretchen		Express Cycle 5:30-6:00 Edna		Group Cycle 9:30-10:15 Various

Visit www.clarksportscenter.com for more class information.

Saturday Group Cycle

November 5 Kara
November 12 Colleen
November 19 Edna
November 26 Edna
December 3 Gretchen
December 10 Colleen
December 17 Don

Sunday Group Cycle

November 6 Rebecca
November 13 Edna
November 20 Melissa
November 27 Edna
December 4 Edna
December 11 Melissa
December 18 Edna

Class Key

Studio 1

Instructor

Studio 2

Instructor

Yoga Studio

Instructor

NEW
New Class

NEW TIME
New Time

Group Fitness

Yoga

Schedule
October 31–December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Foundations to Flow 9:00-9:45 Erin	Sunrise Yoga Flow 6:00-6:45 Nicole	Vin Yin 9:00-10:00 Wendy	Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Edna	
Gentle Yoga 1:00-2:00 Miriam/Katherine	Gentle Yoga 1:00-2:00 Karla	Gentle Yoga 1:00-2:00 Nicole		Gentle Yoga 1:00-2:00 Miriam/Katherine		Yoga for Athletes 8:15-9:00 Nicole
Vin Yin 6:30-7:15 Edna	Slow Flow Yoga 5:30-6:30 Miriam	Yoga Flow 6:30-7:30 Bella	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne	Friday Night Flow 5:30-6:15 Edna		Yin Yoga 9:30-10:45 Nicole

Sports Performance

Schedule
October 31–December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben			
Escape 9:30-10:00 John		Escape 9:30-10:00 John			
Escape 6:30-7:00 Ben					

After School Kids Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Generation Pound 3:45-4:15 Rachel	Kids Yoga 3:15-4:10 Wendy		Music and Movement 3:45-4:15 Michelle	Fit Kids 3:45-4:15 Edna	
	Kids Yoga 4:15-4:40 Wendy				

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 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.



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, 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.

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. Programs take precedent over open play. After School play is Monday-Friday, 3:00–5:00pm. 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–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 5:30am–3:00pm	Open 8:00am–5:00pm
After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	After School Youth Play 3:00–5:00pm	
Open 5:00–9:00pm	Open 5:00–9:00pm	Open 5:00–9:00pm	Open 5:00–9:00pm	Open 5:00–9:00pm	

