

ClarkSportsCenter

Fall Schedule 2023



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Clark Sports Center Facility Hours

May 30–Sept 24

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–12:00pm

September 25–May 26

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 (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, and Tuesday evenings, 4:15-7:15pm. 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
Little Whippers Climbing Club (Grades 5 & 6) 3:00–4:30pm *Family Climb 5:30–8:00pm	Adult Climb 8:00–10:00am Kids Climb 3:00–5:00pm Adult Climb 5:30–8:00pm	Adult Climb 8:00–10:00am Kids Climb 3:00–5:00pm *Family Climb 5:30–8:00pm	Kids Climb 3:00–5:00pm Adult Climb 5:30–8:00pm	Women's Climb 8:00–10:00am Little Whippers Climbing Club (Grades 3 & 4) 3:00–4:30pm *Family Climb 5:30–8:00pm	Kids Climb (Ages 5-18) 1:00pm–5:00pm
					Sunday
					Closed
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-Friday: Kids Climb, 10:00am-12:00pm and 1:00-5:00pm. Evening hours remain the same.					

* Family Climb is designed for families to climb together. Anyone under the age of 12 must be directly supervised by an adult.

Adventure Outings and Events



Little Whippers After School Climbing Program

Begins September 11

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.



MTB Project - After School Mountain Biking Program

Begins September 11

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.

Mondays: Grades 3 & 4, 3:00-4:30pm, Fridays: Grades 5 & 6, 3:00-4:30pm.

Women's Club Fall Outings & Events

Program	Days	Time	Registration	Fee
The Gunks Climbing Trip (Outdoor)	September 14	8:00am–5:00pm	Online Sept. 1	\$10.00 All equipment provided.
The Edge Climbing Trip (Indoor)	September 28	8:00am–5:00pm	Online Sept. 1	\$10.00 + The Edge Fee All equipment provided.
Fall Pot Luck - CSC Meeting Room	September 29	10:00am, after Women's Climb	No Registration	
Outdoor Ropes - Meet in the Lobby	October 11	11:00am–2:00pm	Online Sept. 1	Free for members
ADK Hike	October 13	TBD	Online Sept. 1	\$10.00

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. 19–May 7) 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 10:30–11:00 (Begins Sept. 14) Open 1:00–5:00	Open 9:00–12:00 Open 1:00–5:00 Open 6:00–9:00	Open 1:00–5:00	Open 8:00–12:00 Open 1:00–5:00 (Begins Oct. 1)



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. 3–March 22 Fridays	3:00–5:00pm	October 1-31 Meeting Nov. 3	\$25.00 (online registration)
Men's Monday League (Recreational)	Sept. 11–March 25 Mondays	7:00–9:00pm	September 11 Meeting Sept. 11	\$10/night
Ladies Tuesday League (Recreational/Competitive)	Sept. 12–March 26 Tuesdays	7:00–9:00pm	September 12 Meeting Sept. 12	\$10/night
Men's Wednesday League (Recreational/Competitive)	Sept. 20–April 24 Wednesdays	7:15–9:00pm	September 20 Meeting Sept. 20	\$11/night
Senior Citizen Bowling (Ages 55+)	Sept. 12–May 7 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (All you can bowl)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 13–May 8 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (All you can bowl)
Preschool Bowl (Ages 3-5)	Sept. 14–May 2 Thursdays	10:00–10:30pm	None	FREE/Fun

Lap Pool

Schedule
September 5-October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Pathfinder 9:15-10:30am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm** (Ends Oct. 9)</p> <p>Swim Lessons- Levels 3-6 3:30-4:00pm (Begins Sept. 11)</p> <p>CCS Varsity Swim Team* 3:30-5:30pm (Ends Oct. 9)</p> <p>Adult Laps 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>L.E.A.H. Swim Lessons 12:30-2:30pm</p> <p>Open Swim 3:00-5:00pm** (Ends Oct. 10)</p> <p>CCS Varsity Swim Team* 3:30-5:30pm (Ends Oct. 10)</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm (Begins Sept. 12)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm** (Ends Oct. 11)</p> <p>CCS Varsity Swim Team* 3:30-5:30pm (Ends Oct. 11)</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm (Begins Sept. 13)</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Zumba 8:00-8:45am</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>Open Swim 3:00-5:00pm** (Ends Oct. 12)</p> <p>Swim Lessons-Level 2 3:30-4:00pm (Begins Sept. 14)</p> <p>CCS Varsity Swim Team* 3:30-5:30pm (Ends Oct. 12)</p> <p>Adult Laps 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 10:00-11:00am</p> <p>Open Swim 3:00-5:00pm** (Ends Oct. 13)</p> <p>CCS Varsity Swim Team* 3:30-5:30pm (Ends Oct. 13)</p> <p>Adult Laps 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm (Begins Sept. 16)</p> <p>Open Swim 1:00-5:00pm</p> <div style="border: 2px solid yellow; padding: 5px;"> <p>September 9 ONLY</p> <p>Open Swim 10:00am-12:00pm 1:00-5:00pm</p> <p>Adult Laps 8:00am-10:00am 12:00-1:00pm</p> </div>
					<p>Sunday</p> <p>Adult Laps 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Laps 12:00-1:00pm (Begins Oct. 1)</p> <p>Open Swim 1:00-5:00pm (Begins Oct. 1)</p>

Special Notes: *CCS Varsity Swim Team will be practicing Monday-Friday, 3:30-5:30pm, from September 5-October 13. They will then be switching to practicing Monday-Friday, 6:00-8:00pm, beginning Monday, October 16.
 • CCS Varsity Swim Team will host Home Swim Meets - 9/14, 9/21, 9/28 - More Dates TBA - Pool Closed at 4:30pm.
 **The Entire Pool Area will be closed 4:00-5:00pm, beginning October 16 for Sharks Swim Team Practice. Due to this Open Swim will be 3:00-4:00pm (M-F).

Teaching Pool

Schedule
September 5-October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Pathfinder 9:15-10:30am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Adult 11:00am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-5:00pm* (Ends Oct. 9)</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm (Begins Sept. 11)</p> <p>Open Swim 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-9:15am</p> <p>Fluid Movement 9:15-10:00am</p> <p>Bassett Physical Therapy 10:00-11:00am</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>Adult 12:00-12:30pm</p> <p>L.E.A.H. Swim Lessons 12:30-2:30pm</p> <p>Adult 2:30-3:00pm</p> <p>Open Swim 3:00-3:30pm</p> <p>Swim Lessons - Level 1 3:30-4:00pm (Begins Sept. 12)</p> <p>Open Swim 4:00-5:00pm* (Ends Oct. 10)</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm (Begins Sept. 12)</p> <p>Open Swim 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Adult 11:00am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-5:00pm* (Ends Oct. 11)</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm (Begins Sept. 13)</p> <p>Open Swim 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Aqua Zumba 8:00-8:45am</p> <p>Adult 8:45-10:00am</p> <p>Bassett Physical Therapy 10:00-11:00am</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>Adult 12:00-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-5:00pm* (Ends Oct. 12)</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons/CCS Swim Meets 5:30-7:00pm (Begins Sept. 14)</p> <p>Open Swim 7:00-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Adult 11:00am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-5:00pm* (Ends Oct. 13)</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-8:30am</p> <p>Swim Lessons 8:30am-12:00pm (Begins Sept. 16)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <div style="border: 2px solid yellow; padding: 5px;"> <p>September 9 ONLY</p> <p>Open Swim 10:00am-12:00pm 1:00-5:00pm</p> <p>Adult Laps 8:00am-10:00am 12:00-1:00pm</p> </div>
					<p>Sunday</p> <p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm (Begins Oct. 1)</p> <p>Open Swim 1:00-5:00pm (Begins Oct. 1)</p>

Schedules are subject to change. For the most up-to-date information, visit www.clarksportscenter.com.
 *Open Swim in the Teaching Pool changes to 3:00-4:00pm (Mon/Wed/Thur/Fri) beginning Monday October 16.
Red = Pool Closed

Diving Pool

Schedule
September 5-October 29

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>Open Swim 4:00-4:30pm** (Ends Oct. 9)</p> <p>CCS Varsity Swim Team 4:30-5:30pm*</p> <p>POOL CLOSED (Ends Oct. 10)</p> <p>Adult Swim 5:30-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Cross Currents 8:00-8:45am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>L.E.A.H. Swim Lessons (1/2 pool) 12:30-2:30pm</p> <p>Open Swim 3:00-4:30pm** (Ends Oct. 11)</p> <p>CCS Varsity Swim Team 4:30-5:30pm*</p> <p>POOL CLOSED (Ends Oct. 10)</p> <p>Adult Swim 5:30-6:30pm</p> <p>Swim Lessons (1/2 pool) 6:30-7:00pm</p> <p>Open Swim 6:30-9:00pm</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 3:00-4:30pm** (Ends Oct. 11)</p> <p>CCS Varsity Swim Team 4:30-5:30pm*</p> <p>POOL CLOSED (Ends Oct. 11)</p> <p>Adult Swim 5:30-6:30pm</p> <p>Swim Lessons (1/2 pool) 6:30-7:00pm</p> <p>Open Swim 6:30-9:00pm</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 3:00-4:30pm** (Ends Oct. 12)</p> <p>CCS Varsity Swim Team 4:30-5:30pm*</p> <p>POOL CLOSED (Ends Oct. 12)</p> <p>Adult Swim 5:30-6:30pm</p> <p>Open Swim 6:30-9:00pm</p> <p>Special Notes: * CCS Varsity Practice will be Monday- Friday 4:30-5:30pm (POOL CLOSED) September 5-October 14. Then they will switch to practicing 7:00-8:00pm (POOL CLOSED) beginning on Monday October 16- end of the season. **Open Swims in the Diving Pool (beginning October 16) will be 3:00pm to 4:00pm (except for Mondays which are closed from 3:30-4:00pm for lessons) 6:30-7:00pm & 8:00-9:00pm.</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>Open Swim 3:00-4:30pm** (Ends Oct. 13)</p> <p>CCS Varsity Swim Team 4:30-5:30pm*</p> <p>POOL CLOSED (Ends Oct. 13)</p> <p>Adult Swim 5:30-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm (Begins Sept. 16)</p> <p>Open Swim 1:00-5:00pm</p> <div style="border: 2px solid yellow; padding: 5px;"> <p>September 9 ONLY</p> <p>Open Swim 10:00am-12:00pm 1:00-5:00pm</p> <p>Adult Laps 8:00am-10:00am 12:00-1:00pm</p> </div>
					Sunday
					<p>Adult Swim 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Swim 12:00-1:00pm (Begins Oct. 1)</p> <p>Open Swim 1:00-5:00pm (Begins Oct. 1)</p>

Swim Lessons

Online registration is required. Since space in each class is limited, we ask that you only sign up for one class. Please arrive on time to the lesson. Swimmers must use the appropriate locker rooms to change for lessons. Parents and Spectators are not allowed to be on the pool deck during lessons, please use the balcony to watch the lessons. If you miss 2 classes in a row without notifying us, your spot will be given to someone one on the wait list. There are no lessons on days that Cooperstown Central School has no school or a half day.

Block 1 Fall lessons – Monday, September 11–Saturday, October 28. Registration begins on Tuesday, September 5, 8:30am and will take place online only. Lessons are free and for member only.

No Lessons: September 14, 21, 28, due to CCS Varsity Swim Meets (More dates TBA), & October 9.

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

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

- Saturdays 10:30-11:00am



There will be a mandatory informational meeting for swimmers and parents on Wednesday, September 27, at 6:00pm.

Participants must be at least 5+ years of age (5 year olds must be in Kindergarten), and members of the Clark Sports Center.

New members must fill out paperwork and provide a copy of their child's birth certificate at registration.

Program Fees and USA Swimming Fees to be paid upon registration. Details TBA.

Team caps will be handed out at the first meet.

Interested in joining?

Come and try out a practice. We will be holding a mock practice on Wednesday, September 20, 4:00–5:00pm. Must be at least an American Red Cross level 3 swimmer.

Age Group	Requirements must be met unassisted		
8 & Under	25 Yards Front Crawl	25 Yards Back Crawl	Comfortable jumping in water 8ft
9–12	50 Yards Front Crawl	50 Yards Back Crawl	Comfortable diving in water 8ft
13 & Over	100 Yards Front Crawl	100 Yards Back Crawl	Comfortable diving in water 8ft

Aqua Fitness

Schedule
September 5-October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat Wet 8:00-8:45 Carole	Cross Currents 8:00-8:45 Susan	Sweat Wet 8:00-8:45 Carole	Aqua Zumba 8:00-8:45 Veronica	<p><i>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.</i></p>	
Aqua Body Blast 9:15-10:00 Carole	Fluid Movement 9:15-10:00 Susan	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!

Cross Currents (Limit 14) • Mix it up and enjoy the entire pool in this combo class. This total body workout will feature non-stop high energy and movements to tone and strengthen the entire body while

minimizing impact. A flotation belt must be worn in this class.

Fluid Movement (Limit 10) • Held in the warm-water therapy pool, this workout focuses on flexibility, range of motion, balance and overall core strength and stability. We will use minimum impact to slowly work through each joint and muscle group to help increase performance with everyday activities.

Sweat Wet (Limit 14) • 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!!

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
					Open 9:00am–12:00pm
					Open 9:00am–5:00pm (Begins Oct. 1)

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30am–9:00pm	Open Floor 5:30–8:00am Closed 8:00–8:30am Preschool Play 8:30–10:30am (Begins Sept. 12) Open Floor 10:30am–12:00pm Open/LEAH 12:00–3:00pm Flag Football/Open 3:00–4:00pm Open Floor 4:00–6:00pm Members Only Pickup Volleyball 6:00–8:00pm (1/2 Floor) Open Floor 8:00–9:00pm	Open Floor 5:30am–3:00pm Kids Day 3:00–4:30pm Open 4:30–6:00pm Members Only Pickup Basketball 6:00–8:00pm Open 8:00–9:00pm	Open Floor 5:30–8:00am Closed 8:00–8:30am Preschool Play 8:30–10:30am (Begins Sept. 14) Open Floor 10:30am–3:00pm Kids Dodgeball (Grades 3-6) 3:00–4:00pm Open Floor 4:00–5:00pm Closed/Set up 5:00–6:00pm Futsal League 6:00–9:00pm	Open Floor 5:30am–9:00pm	Open 8:00am–5:00pm	Open 8:00am–12:00pm

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	
1:00-2:00pm	1:00-2:00pm	
2:00-3:00pm	2:00-3:00pm	
3:00-4:00pm	3:00-4:00pm	
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 9:30-10:15 Carlene	Fit Camp 6:00-6:30 Tom C	Fit for Life 9:15-10:00 Carlene	Fit Camp 6:00-6:30 Tom C	Pound 8:30-9:15 Doreen	POP Pilates® 9:30-10:00 Gianna
Prime Time 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Prime Time 11:00-12:00 Carina	Power 45 8:15-9:00 John	Prime Time 11:00-12:00 Carina	
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		
	Functional Strength & Mobility 9:30-10:00 Brittany	POP Pilates® 5:00-5:30 Gianna	Sit & Get Fit 10:30-11:15 Carlene		
	Pound Unplugged 5:30-6:00 Rachel		POP Pilates® 5:00-5:30 Gianna		

Sunday
Cardio Dance 9:30-10:15 Elma

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Cycle 6:30-7:00 Gretchen		Express Cycle 6:30-7:00 Gretchen			Group Cycle 8:30-9:15 Various
Group Cycle 8:30-9:15 Carlene	Express Cycle 9:15-9:45 Tom	Express Cycle 8:30-9:00 Amy	Group Cycle 9:15-10:00 Carlene	Express Cycle 8:30-9:00 Gretchen	
		Gentle Cycle 10:30-11:00 Carlene			
	Express Cycle 5:30-6:00 Kara/Gretchen		Express Cycle 5:30-6:00 Tom		

Sunday
Group Cycle 9:30-10:15 Various

Saturday Group Cycle

September 9	Melissa
September 16	Gretchen
September 23	Colleen
September 30	Tom
October 7	Gretchen
October 14	Don
October 21	Tom
October 28	Colleen

Sunday Group Cycle

September 10	Don
September 17	Edna
September 24	Rebecca
October 1	Rebecca
October 8	Rebecca
October 15	Edna
October 22	Kara
October 29	Edna

Group Fitness

Yoga

Schedule
September 5–October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easy Flow & Go Yoga 10:00-10:30 Katherine	Foundations to Flow 9:00-9:45 Erin	Sunrise Yoga Flow 6:00-6:45 Nicole	Slow Flow Yoga 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 Katherine	Gentle Yoga 1:00-2:00 Wendy	Easy Flow Yoga 9:30-10:30 Karla		Intro to Yoga for Men 10:30-11:15 Wendy	
Vin Yin 6:30-7:30 Erin	Slow Flow Yoga 5:30-6:30 Miriam	Gentle Yoga 1:00-2:00 Nicole	Heated Vinyasa Flow Yoga 5:30-6:30 Wendy	Gentle Yoga 11:30-12:30 Wendy	Sunday
		Yoga Flow 6:30-7:30 Edna/Erin		Friday Night Flow 5:30-6:15 Erin	Sunday Sun Salutations 8:15-9:00 Nicole
					Yin Yoga 9:30-10:45 Nicole

Sports Performance

Schedule
September 5–October 29

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			

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.



Class Key

Studio 1



Studio 2



Yoga Studio



NEW

New Class

NEW TIME

New Time



Returning Class

Health & Fitness

Personal Training & Nutrition

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.

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

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, 8:00am–7:00pm. 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, or portera@clarksportscenter.com for more information. Visit clarksportscenter.com for all league information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Pickleball 8:00am–10:00am (2 Courts) Open 8:00am–7:00pm	Open 8:00–9:15am Women's Doubles Tennis League 9:15–11:15am (Courts Closed) Open 11:15am–5:00pm Women's Tennis Leagues 5:00–7:00pm (Courts Closed)	Open Pickleball 8:00–10:00am (2 Courts) Open 8:00am–5:00pm Women's Tennis Leagues 5:00–7:00pm (Courts Closed)	Open 8:00am–7:00pm Open Pickleball 1:00–3:00pm (2 Courts)	Open Pickleball 8:00–10:00am (2 Courts) Open 8:00am–7:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–12:00pm Open Pickleball 9:00–11:00am (2 Courts)

Outdoor Pickleball

Monday, Wednesday, Friday: 8:00–10:00am; Thursday 1:00–3:00pm; Sunday: 9:00–11:00am. Tennis courts 1 & 2.

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. 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
Open 5:30am–3:00pm After School Youth Play 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–12:00pm LEAH Program 12:00–2:30pm (Begins Sept. 19) After School Youth Play 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–3:00pm After School Youth Play 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–3:00pm After School Youth Play 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–3:00pm After School Youth Play 2:30–5:00pm Open 5:00–9:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–12:00pm Open 8:00am–5:00pm (Begins Oct. 1)