

ClarkSportsCenter

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Clark Sports Center Facility Hours

September 25–May 26

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

May 27–Sept 23

Monday–Friday: 5:30am–9:00pm
Saturday: 8:00am–5:00pm
Sunday: 8:00am–12:00pm

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$105
Junior (5–18 years)	\$205
Young Adult (19–24 years)	\$235
Adult (25–61 years)	\$365
Senior Citizen Single (62+)	\$235
Senior Citizen Couple (One person 62+)	\$395
Family (Two adults in household and children up to 24 living in household)	\$590
Single Parent Family (One adult and children up to 24 living in household) Single Parents Only	\$400
Fitness Center (Add on; Per person fee billed concurrent with membership; Ages 14+)	\$156
90 Day Membership	One half of above
Adult One Month Membership with Fitness Center (30 consecutive days)	\$90
Young Adult One Month Membership with Fitness Center (30 consecutive days)	\$75
Junior One Month Membership with Fitness Center Ages 14-18 (30 consecutive days)	\$65
Junior One Month Membership without Fitness Center Ages 5-13 (30 consecutive days)	\$50
Senior One Month Membership with Fitness Center (30 consecutive days)	\$70
Family One Month Membership (30 consecutive days)	\$150
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: \$12, Juniors: \$6, Fitness Center: \$6 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
\$20.00 per 30 minutes or \$150 for ten 30 minute sessions. \$30.00 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.

- 10 – 30 minute sessions, or 5 – one hour sessions: \$150
- Individual pricing: \$20 for 30 minutes, or \$40 for an hour session.

Conference Room Rental

\$75.00 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: \$7 per hour (payable in half hour increments, minimum 1 hour) OR \$6 per hour with the purchase of a Child Care Pass of \$60. 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.

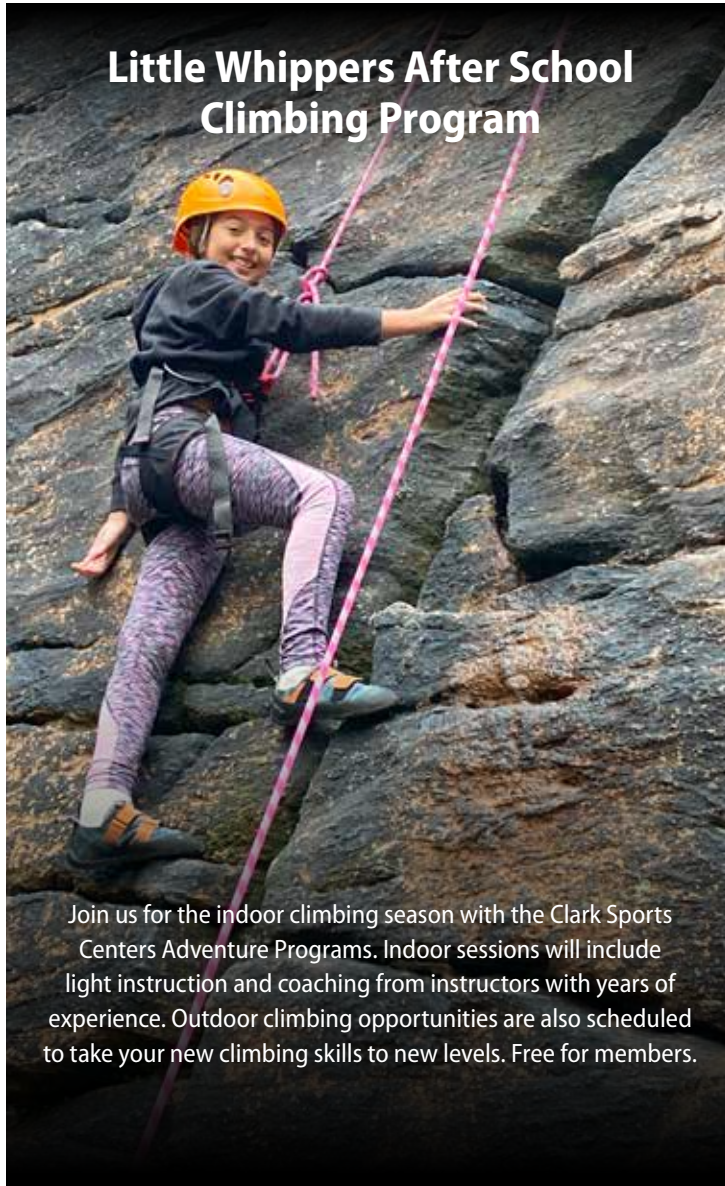
Adventure Programs

Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Whippers Climbing Club (Grades 5 & 6) 3:30–5:00pm *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	Adult Climb 8:00–10:00am Little Whippers Climbing Club (Grades 3 & 4) 3:30–5:00pm *Family Climb 5:30–8:00pm	Kids Climb (Ages 5-18) 1:00pm–5:00pm
					Sunday
					Kids Climb (Ages 5-18) 1:00pm–5:00pm
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-Friday: Family Climb, 10:00am-12:00pm and Kids Climb, 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

Join us for the indoor 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.



CSC Otsego Composite Mountain Bike Race Team

January 21 through March: Mondays & Wednesdays 5:00-6:30pm, and Sundays 3:00-4:30pm.

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.

Race dates: April 21, May 5, 19, June 2 & 9.

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 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 Open 1:00–5:00	Open 9:00am–12:00pm Open 1:00pm–3:00pm Elementary/Middle School Bowling League 3:00pm–5:00pm (No Open Bowl during the league) Open 6:00pm–9:00pm	Open 1:00–5:00	Open 1:00–5:00



Bowling Fees

	Juniors	HS/College	Adults
Game & Shoes	\$1.00/game	\$2.00/game	\$3.00/game

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
March 11-April 28

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</p> <p>Swim Lessons- Levels 3-6 3:30-4:00pm</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</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</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</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</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</p> <p>Swim Lessons-Level 2 3:30-4:00pm</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</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</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult Laps 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Laps 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>

Teaching Pool

Schedule
March 11-April 28

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</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</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>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</p> <p>Open Swim 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</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</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</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</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons/CCS Swim Meets 5:30-7:00pm</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</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</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>

Schedules are subject to change. For the most up-to-date information, visit www.clarksportscenter.com.

Red = Pool Closed

Diving Pool

Schedule
March 11-April 28

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 4:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</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>L.E.A.H. Swim Lessons (1/2 pool) 12:30-2:30pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</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 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</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 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</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>Open Swim 3:00-5:00pm</p> <p>Adult Swim 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</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<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>

SPECIAL NOTES:

- Mondays, Wednesdays, Thursdays, and Fridays may have 2nd grade swim 1:00-2:00pm. Limited space available.

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.

During holiday breaks, Sharks practice will continue with a limited schedule. Check the **No School! Youth Events** page on our website for a complete schedule.

Aqua Fitness

Schedule
January 2-March 10

Monday

Sweat Wet
8:00-8:45

Carole

Aqua Body Blast
9:15-10:00

Carole

Tuesday

Wednesday

Sweat Wet
8:00-8:45

Carole

Aqua Body Blast
9:15-10:00

Carole

Thursday

Aqua Zumba
8:00-8:45

Veronica

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 Coordinator, Michelle Yerdon, at yerdonm@clarksportscenter.com.

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 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!!

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 5 Lessons – Monday, April 8–Saturday, May 18, 2024. Online registration begins Monday, April 1, 8:30am.

No Lessons: CCS closures/half days.

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

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–5:00pm

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30–7:45am	Open Floor 5:30–8:00am	Open Floor 5:30–7:45am	Open Floor 5:30–8:30am	Open Floor 5:30–7:45am	Youth Basketball Travel Games 8:00am–1:00pm	Member Only 18+ Beginners Pickleball
Member Only 18+ Pickup Pickleball 8:00–10:00am	Closed 8:00–8:30am	Member Only 18+ Pickup Pickleball 8:00–11:30am	Closed 8:30–9:00am	Member Only 18+ Pickup Pickleball 8:00–11:30am	Open Floor 1:00m–5:00pm	Instruction with Mark Rathbun 8:00–9:00am
Member Only 62+ Senior Pickup Pickleball 10:00–11:00am	Preschool Academy 8:30–9:00am	Open Floor 11:30am–2:30pm	Preschool Play 9:00–10:30am	Open Floor 11:00am–2:45pm		Member Only 18+ Pickup Pickleball 9:00–11:00am
Senior Walk 11:00am–12:00pm	Preschool Play 9:00–10:30am	Kids Day 3:00–4:30pm	Cleaning 10:30–11:00am	Girls Travel Basketball 3:00–5:00pm		Open Floor 11:00am–5:00pm
Cornhole 11:00am–12:00pm	Cleaning 10:30–11:00am	Open Floor 4:30–5:00pm	Senior Walk 11:00am–12:00pm	Open Floor 5:00–9:00pm		
Open Floor 12:00–5:00pm	Open Floor 11:00am–12:30pm	Kids Futsal Grades 3-4 5:00–6:00pm	Cornhole 11:00am–12:00pm			
Member Only 14+ Pickleball 5:00–6:30pm	Open/LEAH 12:30–2:30pm	Grades 5-6 6:00–7:00pm	Member Only 62+ Senior Pickup Pickleball 12:00–1:00pm			
Members Only 18+ Pickup Basketball 6:30–8:30pm	Closed 2:30–3:00pm	Grades 7-12 7:00–8:30pm	Member Only 18+ Pickup Pickleball 1:00–2:30pm			
	Little Dribblers Grades K-1 3:00–3:30pm		Boys Travel Basketball 3:00–5:00pm			
	Grade 2 3:30–4:45pm		Closed/Set up 5:00–5:30pm			
	Open Floor 5:00–5:30pm		Futsal League 5:30–9:00pm			
	Volleyball League (1/2 Floor) 6:00–9:00pm					
	Open Floor (1/2 Floor) 6:00–9:00pm					

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. Under 18 must be accompanied by an adult).

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 \$40/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 Gretchen	Zumba 8:15-9:00 Veronica	Fit Camp 6:00-6:30 Gretchen	Pound 8:30-9:15 Doreen	Total Body Conditioning 9:30-10:00 Sabrina
Silver Sneakers Classic 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Fit for Life 9:15-10:00 Carlene	Power 45 8:15-9:00 John	Movement & Mobility 9:30-10:00 Brittany	
Total Body Conditioning 5:00-5:30 Sabrina	Zumba Dance 8:30-9:15 Suzanne	Prime Time 11:00-12:00 Carina	Zumba Dance 8:30-9:15 Suzanne	Prime Time 11:00-12:00 Carina	Cardio Dance 9:30-10:15 Elma
Zumba Dance 5:15-6:00 Elma	POP Pilates® 5:00-5:30 Gianna	Cardio Dance & Core 4:30-5:15 Elma	Sit & Get Fit 10:30-11:15 Carlene		
	Pound Unplugged 5:30-6:00 Rachel		POP Pilates® 5:00-5:30 Gianna		

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

Saturday Group Cycle

March 9 Colleen
 March 16 Gretchen
 March 23* Colleen
 March 30 Tom
 April 6 Colleen
 April 13 Kara
 April 20 Gretchen
 April 27 Tom

* Express Cycle Class, 8:30-9:00am

Intro to Group Cycling

March 7, 11:30am-12:00pm
 April 4, 11:30am-12:00pm

Topics covered will include bike set up, proper form, intensity cues and familiarity with the console including the power meter. Instructed by Carlene. Register online.

ClarkSportsCenter

Sunday Group Cycle

March 10 Amanda
 March 17 Gretchen
 March 24 Kara
 March 31 CLOSED
 April 7 Amanda
 April 14 Melissa
 April 21 Edna
 April 28 Edna

Group Fitness

Yoga

Schedule
March 4–April 28

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 Erin
Gentle Yoga 1:00-2:00 Katherine	Silver Sneakers Yoga 10:30-11:15 Mary	Easy Flow Yoga 9:30-10:30 Karla		Intro to Yoga 10:30-11:15 Wendy	
Slow Flow Yoga 6:30-7:30 Shannon	Gentle Yoga 1:00-2:00 Wendy	Gentle Yoga 1:00-2:00 Katherine	Heated Vinyasa Flow Yoga 5:30-6:30 Wendy	Gentle Yoga 11:30-12:30 Wendy	Sunday
	Vin Yin 5:30-6:30 Erin	Evening Yoga Flow 6:30-7:30 Erin		Friday Night Flow 5:30-6:15 Erin	Sunday Sun Salutations 8:15-9:00 Dana
					Yin Yoga 9:30-10:45 Shannon

Sports Performance

Schedule
March 4–April 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben			Escape 9:30-10:00 Mallory
Escape 9:30-10:00 John	Escape 4:30-5:00 Amanda	Escape 9:30-10:00 John	Escape 4:30-5:00 Amanda		

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.

- 10 – 30 minute sessions, or 5 – one hour sessions: \$150
- Individual pricing: \$20 for 30 minutes, or \$40 for an hour.

Reservations required.



Class Key

Studio 1

Instructor

Studio 2

Instructor

Yoga Studio

Instructor

NEW

New Class

NEW TIME

New Time

Returning Class

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.

\$20.00 for one 30 minute session/\$150.00 for ten 30 minute sessions/\$30.00 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 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. 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-2:30pm	Open 5:30am-2:30pm	Open 5:30am-2:30pm	Open 5:30am-2:30pm	Open 5:30am-2:30pm	Open 8:00am-5:00pm
After School Youth Play 2:30-5:00pm	LEAH Program 12:00-2:30pm (Begins Sept. 19)	After School Youth Play 2:30-5:00pm	After School Youth Play 2:30-5:00pm	After School Youth Play 2:30-5:00pm	Sunday
Open 5:00-9:00pm	After School Youth Play 2:30-5:00pm	Open 5:00-9:00pm	Open 5:00-9:00pm	Open 5:00-9:00pm	Open 8:00am-5:00pm
	Open 5:00-9:00pm				

