

ClarkSportsCenter

Spring 2 Schedule

April 28–June 29

Race the Lake

2025 Race: Saturday, May 31

Membership.....	2-3
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Clark Sports Center Facility Hours

May 26–September 28, 2025

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–12:00pm

September 29, 2025–May 24, 2026

Monday–Friday: 5:30am–9:00pm

Saturday & Sunday: 8:00am–5:00pm

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326 | Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326
Phone: (607) 547-2800 • Fax: (607) 547-4100 | www.clarksportscenter.com

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, Seniors: \$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.

Community 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, social media, and WKTV.

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 in Kindergarten -12th grade are not allowed in the facility or on the grounds during school hours, when school is in session.
- Children 6th grade and below are not allowed in the building between 5:30–8:00am and 6:00pm to closing unless accompanied by an adult or if attending a Sports Center youth program or league.

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 studios, lobbies, hallways, racquets courts, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Shirts required at all times. 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.
- The family locker rooms are for use by parents with preschool children, disabled members/guests and those with special needs.
- Family locker rooms allow temporary access to your own lavatory, shower and changing area. All belongings must be removed for others to use the room.
- 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
Kids Afterschool Climb 3:00–5:00pm	Adult Climb 8:00–10:00am L.E.A.H. 12:00–2:30pm (Sept. 17–May 6) Kids Afterschool Climb 3:00–5:00pm Adult Climb 5:30–8:00pm	Adult Climb 8:00–10:00am Kids Afterschool Climb 3:00–5:00pm *Family Climb 5:30–8:00pm	Kids Afterschool Climb 3:00–5:00pm	Adult Climb 8:00–10:00am Kids Afterschool Climb 3:00–5:00pm *Family Climb 5:30–8:00pm	*Family Climb 9:00am–12:00pm 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



ClarkSportsCenter

Online registration available now!

SPRING OUTDOOR CLIMBING TRIPS

Open to Ages 10-15.

May 8 3:00–8:00pm
May 10 9:00–3:00pm
May 22 3:00–8:00pm

Whether you are a seasoned climber or just getting started, these trips are all about adventure, teamwork, and pushing your limits-with plenty of fun along the way! Join us for after-school and weekend outdoor climbing trips to Little Falls, NY.

\$30/ members
 \$45/ non-members
 Transportation & all equipment provided.

(607) 547-2800

WWW.CLARKSPORTSCENTER.COM



ClarkSportsCenter

Growing Green Thumbs

Tuesdays, May 13–June 17, 3:00–5:00pm

Join us for the next round of our gardening club at CSC! Open to grades K–6. Kids will be taking their knowledge outside after learning the basics of garden planning, sowing seeds, plant care and more.
 Grades K–2: 3:00–4:00pm, Grades 3–6: 4:00–5:00pm

Online registration begins Monday, April 28, at 8:00AM!
 \$10 for members, \$20 for non-members. Limit 12 per session.

For more information please contact Heather Henderson
 at (607) 547-2800, ext. 124.

www.clarksportscenter.com

Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed 9:00am–12:00pm Open 1:00–5:00pm Summer No Tap League 6:00–9:00pm (Starts June 2)	Closed 9:00am–12:00pm L.E.A.H. 12:00–2:30pm (Ends May 6) Open/Senior Citizen Bowling 1:00–5:00pm (Starts May 13)	Closed 9:00am–12:00pm Open/Senior Citizen Bowling 1:00–5:00pm (Starts May 13)	Closed 9:00am–12:00pm Open 1:00–5:00pm	Closed 9:00am–12:00pm Open 1:00–5:00pm Open 6:00–9:00pm	Open 1:00–5:00pm	Open 1:00–5:00pm (Beginning June 1: Open Bowl, 8:00am–12:00pm)



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 served 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.

**Book your next
party in our
Bowling Alley!**



**Rentals are available on
Saturdays or Sundays,
9:30–11:30am or 6:00–7:00pm!
Contact Matt Phillips at
(607) 547-2800, ext. 130,
for more information or to
make a reservation.**

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Summer No Tap League	June 2–August 11 Mondays	6:00–9:00pm	Call Barry Gray at (607) 547-2800, ext. 108	\$6 members
Senior Citizen Bowling (Ages 55+)	May 13–September 9 Tuesdays & Wednesdays	1:00–5:00pm	None	\$1 members (All you can bowl)

Lap Pool

Schedule
May 27-June 29

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 3:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 11:00am-12:00pm Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-8:00pm	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 Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 11:00am-12:00pm Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 10:00-11:00am Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Open Swim 6:30-8:00pm	Adult Laps 8:00am-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm

SPECIAL NOTES: Beginning May 12, school groups will be using the Aquatic Center. All pool schedules will be affected by the groups from 9:00am-2:00pm, Monday-Friday. Limited space available.

Teaching Pool

Schedule
May 27-June 29

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 3:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	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 12:00-3:00pm Open Swim 3:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	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 3:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	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 12:00-2:00pm Bassett Physical Therapy 2:00-3:00pm Open Swim 3:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	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 3:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Adult 8:00-10:00am Open Swim 10:00am-12:00pm Adult 12:00-1:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult 8:00-10:00am Open Swim 10:00am-12:00pm

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

Red = Pool Closed

Diving Pool

Schedule
May 27-June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open Swim 3:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open Swim 3:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Adult Swim 8:00am-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm

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

Aqua Fitness

Schedule
March 17-April 27

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

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

School Holiday Pool Schedules

In the event of a Cooperstown Central School holiday, 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. Check the **No School! Youth Events** page on our website for a complete schedule.

Summer Swim Lessons • Monday, July 7–Friday, August 1

Online registration begins on Monday, June 16, at 9:00am, and will take place online only.

No Lessons: Thursday July 24 or Friday July 25. 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 on the wait list.

SCHOOL AGE SWIM LESSONS

School Age Swim Lessons (Grades K-12)

Level 1–6

- Monday–Friday, 8:15-8:45am

MORNING PRESCHOOL SWIM LESSONS

Preschool Swim Lessons (6mo-5yrs)

Parent and Child 1

- Tuesday, 9:00-9:30am

Parent and Child 2

- Thursday, 9:30-10:00am

Ducks

- Monday, 9:00-9:30am

Frogs

- Wednesday, 9:00-9:30am

Dolphins

- Friday, 9:00-9:30am

Clark Sports Center Sharks Summer-long Course Swim Program

May 27–July 20, 4:00–5:00pm

Dive into summer training with the Sharks!



A fun and focused swim program designed for swimmers who love being in the water and want that extra edge in training to improve race performance.

Register online at: www.active.com

(Select Competitive or Recreational Shark. All swimmers must be registered with USA Swimming)

Competitive Sharks

- (Blue, Orange or Green team only)
- \$50 per swimmer
- Athletes practice 3 or more times per week
- Swim Meet dates TBD

Recreational Sharks

- Perfect for younger or new swimmers!
- \$25 per swimmer
- Athletes practice 1 time per week
- No Swim Meets

Fitness Game Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9:00am–5:00pm	Open 9:00am–12:00pm Open/L.E.A.H 12:00–2:30pm (Ends May 6) Open 2:30–5:00pm	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

Trackman Golf Simulator



An indoor opportunity to practice your skills year round! The Trackman Golf Simulator is for members and non-members, ages 12+. Non-members must purchase a Day Pass.

Trackman Hours

Mon-Fri: 8:00-9:00am

9:00-10:00am

10:00-11:00am

11:00am-12:00pm

12:00-1:00pm

1:00-2:00pm

2:00-3:00pm

5:00-6:00pm

6:00-7:00pm

7:00-8:00pm

Saturday: 8:00-9:00am*

9:00-10:00am*

10:00-11:00am*

11:00am-12:00pm*

12:00-1:00pm*

1:00-2:00pm

2:00-3:00pm

3:00-4:00pm

4:00-5:00pm

* - League matches only

Sunday: 8:00-9:00am

9:00-10:00am

10:00-11:00am

11:00am-12:00pm

12:00-1:00pm

1:00-2:00pm

2:00-3:00pm

3:00-4:00pm

4:00-5:00pm

Golf Simulator Cost: Cost to play is \$30/hour (up to 4 people), maximum of 4 hours. Please visit clarksportscenter.com for more information.

11th ANNUAL RACE THE LAKE
Marathon, Half-Marathon, 10K & 5K
SATURDAY, MAY 31

Title Sponsor
nycm
INSURANCE

Finish Line Sponsor
Ultra
SARATOGA SPRING

Gym Floor

[illegible]

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, after school 3:00-5:00pm 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.

Adult Leagues

Program	Days	Time	Registration	Fee
Adult 7 v. 7 Soccer (Ages 18+ and out of HS)	May 5–August 5 Mondays	6:00-8:00pm	Registration is closed	\$25/member or \$75/non-member. No team fees.

Youth Sports Leagues and Programs

Program	Days	Time	Registration	Fee
Gymnastics (Grades K-6)	April 25–June 6 Fridays	4:00-8:15pm	Registration begins March 3	\$100 for members \$200 for non-members
Girls High School Hoops	June 16–August 4 Mondays	6:00-8:00pm	Registration begins April 1	\$300/team
Boys High School Hoops	June 18–July 30 Wednesdays	6:00-8:00pm	Registration begins April 1	\$300/team
Boys HS 7 v. 7 Soccer	June 17–August 5 Tuesdays	6:00-8:00pm	Registration begins April 1	\$300/team
Girls HS 7 v. 7 Soccer	June 19–August 7 Thursdays	6:00-8:00pm	Registration begins April 1	\$300/team

Group Fitness

Group Classes

Schedule
April 28 - June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:15 Carlene	Fit Camp 6:00-6:30 Gretchen	Cardio Dance 8:30-9:15 Brittany	Fit Camp 6:00-6:30 Gretchen	Movement & Mobility 8:45-9:15 Brittany	Total Body Conditioning 8:45-9:15 Sabrina
Silver Sneakers Classic 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Fit for Life 9:30-10:15 Carlene	Power 45 8:15-9:00 John	Pound 9:30-10:15 Doreen	Nia 9:30-10:15 Diane
Total Body Conditioning 5:00-5:30 Sabrina	Zumba Dance 8:30-9:15 Veronica	Prime Time 11:00-12:00 Carina	Zumba Dance 8:30-9:15 Veronica	Prime Time 11:00-12:00 Carina	
Zumba Dance 5:15-6:00 Elma	POP Pilates® 5:15-5:45 Gianna	Cardio Dance 4:30-5:15 Elma	Sit & Get Fit 10:30-11:15 Carlene		
	Pound 5:30-6:00 Michelle		POP Pilates® 5:15-5:45 Gianna		
					Sunday
					Cardio Dance 9:30-10:15 Elma

Group Fitness

Group Cycle

Schedule
April 28 - June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Cycle 6:30-7:00 Gretchen		Express Cycle 6:30-7:00 Gretchen		Group Cycle 6:00-6:45 Colleen	Group Cycle 8:30-9:15 Various
Group Cycle 8:30-9:15 Carlene	Express Cycle 9:15-9:45 Tom H	Express Cycle 8:30-9:00 Carlene	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/Amanda		Express Cycle 5:30-6:00 Tom H		
					Sunday
					Group Cycle 9:30-10:15 Various

Saturday Group Cycle

May 3	Melissa
May 10	Amanda
May 17	Tom
May 24	Gretchen
May 31	Colleen
June 7	Amanda
June 14	Gretchen
June 21	Tom
June 28	Colleen

ClarkSportsCenter

Sunday Group Cycle

May 4	Colleen
May 11	Gretchen
May 18	Don
May 25	Don
June 1	Edna
June 8	Tom
June 15	Gretchen
June 22	Edna
June 29	Edna

Group Fitness

Yoga

Schedule
April 28 - June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Foundations to Flow 9:15-10:00 Erin	Sunrise Yoga Flow 6:00-6:45 Nicole	Slow Flow Yoga 9:15-10:15 Wendy	Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Antonita/Edna
	Silver Sneakers Yoga 10:30-11:15 Mary		Yoga Sculpt 10:30-11:15 Wendy	Gentle Yoga 10:30-11:30 Wendy	
Gentle Yoga 1:00-2:00 Katherine		Gentle Yoga 1:00-2:00 Katherine	Silver Sneakers Yoga 11:30-12:15 Carlene		Yoga Flow 8:15-9:00 Shannon
Power Yoga 6:30-7:30 Shannon	Slow Flow Yoga 5:30-6:30 Antonita	Vin Yin 6:30-7:30 Erin	Heated Vinyasa Flow Yoga 5:30-6:30 Wendy	Friday Night Flow 5:30-6:15 Erin	Yin Yoga 9:30-10:45 Shannon

Group Fitness

Sports Performance

Schedule
April 28 - June 29

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

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.

All Clark Sports Center members who attend Group Fitness Classes are expected to adhere to Group Fitness rules and policies. Adult and youth members 12+ may participate in Group Fitness Classes. Reservations required. Please arrive 5-10 minutes prior to class. No late admittance. Preschoolers are not permitted in the studios during classes. Classes are subject to change and may be canceled at any time. Instructor substitutions may occur without notice.

Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots. The group fitness studios are only for the use of Clark Sports Center classes, programs, and for instructors to rehearse. With prior arrangement with the Group Fitness Director, the studios may be rented for \$20/hour. This includes individuals using the rooms for their personal workouts.

Find all Group Fitness Class Information & Policies posted in the studios and at www.clarksportscenter.com.

Class Key

Studio 1

Instructor

Studio 2

Instructor

Yoga Studio

Instructor

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 Mallory Timpano, Personal Training Coordinator, by calling (607) 547-2800, ext. 123. 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, Assistant Health and Fitness Director, at 607-547-2800, ext. 127, for more information.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily through **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. For more information, please contact Amy Porter at (607) 547-2800, ext. 129, or by email at portera@clarksportscenter.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Pickleball 8:00am–10:00am (Courts 1 & 2)	Open 8:00am–4:00pm Women's League 9:30-11:30am (Courts closed)	Open Pickleball 8:00am–10:00am (Courts 1 & 2)	Open 8:00am–4:00pm Open Pickleball 1:00pm–3:00pm (2 Courts)	Open Pickleball 8:00am–10:00am (Courts 1 & 2)	Open 8:00am–5:00pm
Open 8:00am–4:00pm CCS Tennis 4:00pm–6:00pm (Courts closed)	CCS Tennis 4:00pm–6:00pm (Courts closed)	Open 8:00am–4:00pm CCS Tennis 4:00pm–6:00pm (Courts closed)	CCS Tennis 4:00pm–6:00pm (Courts closed)	Open 8:00am–4:00pm CCS Tennis 4:00pm–6:00pm (Courts closed)	Sunday
Open 6:00pm–8:00pm	Open 6:00pm–8:00pm	Women's League 5:00-8:00pm (Courts closed)	Open 6:00pm–8:00pm	Open 6:00pm–8:00pm	Open 8:00am–5:00pm Open Pickleball 9:00am–11:00am (Courts 1 & 2)

Women's Spring Tennis Leagues • Tuesdays and Wednesdays, May 6–June 18 (weather permitting). Matches take place at 9:30am, 5:15pm and 6:15pm, depending on the division. Online registration is closed but if you'd like to be an alternate, please contact League Director, Amy Porter.

Men's & Women's Outdoor Pickleball Leagues (NEW!) • Mondays, June 2–August 18. Matches take place at 5:00pm, 6:00pm and 7:00pm (weather permitting, no makeups). Register online as an individual (your partner will change each game), May 5–19. \$60, members only. For more information, please visit: www.clarksportscenter.com/racquets/pickleball-leagues/

Indoor Racquetball, Squash Courts & Ping Pong Schedule

The Sports Center has one racquetball court, two singles squash courts, a doubles squash court, and two ping pong tables that are open year round during facility hours. Programs take precedence over open play. All courts and tables are located on the lower level of the Sports Center and are available during normal operating hours. General use equipment is available for use, unless occupied by a program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–12:00pm Connections Ping Pong (Squash Court 3) 12:00-2:30pm After School Youth Play 2:30-5:00pm Open 5:00-9:00pm	Open 5:30am–2:30pm LEAH Program 12:00-2:30pm (Ends May 6) After School Youth Play 2:30-5:00pm Open 5:00-9:00pm	Open 5:30am–2:30pm After School Youth Play 2:30-5:00pm Open 5:00-9:00pm	Open 5:30am–2:30pm After School Youth Play 2:30-5:00pm Open 5:00-9:00pm	Open 5:30am–2:30pm After School Youth Play 2:30-5:00pm Open 5:00-9:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–5:00pm