

ClarkSportsCenter



Summer Schedule

June 30–August 24

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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

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, Young Adult: \$10, 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 Climb 1:00–5:00pm	Adult Climb 8:00–10:00am Kids Climb 1:00–5:00pm Adult Climb 5:30–8:00pm	Adult Climb 8:00–10:00am Kids Climb 1:00–5:00pm *Family Climb 5:30–8:00pm	Kids Climb 1:00–5:00pm	Adult Climb 8:00–10:00am Kids Climb 1:00–5:00pm *Family Climb 5:30–8:00pm	*Family Climb 9:00am–12:00pm Kids Climb (Ages 5-18) 1:00pm–5:00pm
					Sunday
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



SUMMER
Day Trips
July 2025

Monday, July 21: Utica Zoo/NY Energy Zone
Join Peter Pollock and his crew for a day at The Energy Zone in Utica followed by a visit to the Utica Zoo. Participants should pack a lunch, water bottle and sunscreen for the day. Open to youth in grades 4–6 (grade entering fall 2025). Vans leave at 8:00am and return at 5:00pm. \$100 members, \$200 non-members. Limit 9 (wait-list available).

Tuesday, July 22: miSci Museum
Join Peter Pollock and his crew for a day at The MiSci Museum in Schenectady! Participants should bring a bag lunch and water bottle! Open to youth in grades 4–6 (grade entering fall 2025). Vans leave at 8:00am and return at 5:00pm. \$100 members, \$200 non-members. Limit 9 (wait-list available).

Wednesday, July 23: Central Rock Climbing
Join the Adventure team for a day at Central Rock Climbing gym. Participants should pack a lunch, water bottle and sunscreen for the day. Open to youth in grades 4–6 (grade entering fall 2025). Vans leave at 8:00am and return at 5:00pm. \$100 members, \$200 non-members. Limit 9 (wait-list available).

REGISTER ONLINE AT:
www.clarksports.clubautomation.com

Rock Climbing in the Gunks

July 2, July 15 & August 21

Trips take place 7:00am-7:00pm. Register online. \$40 members; \$80 non-members. Featuring 5.4-5.13b routes, the Gunks are perfect easy to moderate trad climbs. All equipment provided. Ages 18+. Participants should bring proper walking and climbing footwear, lunch, extra snacks and water in their day packs. Climbers are responsible for the \$10 climbing pass at the state park & must have a waiver on file. Max: 9.

Rock Climbing at Little Falls

July 28, August 15 & August 20

Trips take place 8:00am-3:00pm. Register online. \$25 members; \$50 non-members. Join us on Moss Island in Little Falls. Routes range from 5.0 to 5.12c. All equipment provided. Ages 18+. Participants should bring proper footwear, lunch, water & extra snacks. Max: 9.

Rock Climbing at Shelving Rock

September 5 & September 11

Trips take place 8:00am-6:00pm. Register online. \$40 members; \$80 non-members. Routes range from 5.5 to 5.12, a destination cliff off Lake George. All equipment provided. Ages 18+. Participants should bring proper footwear, lunch, water & extra snacks. Max: 9.

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	Closed 9:00am–12:00pm Open/Senior Citizen Bowling 1:00–5:00pm	Closed 9:00am–12:00pm Open/Senior Citizen Bowling 1:00–5:00pm	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 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, 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-July 28 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
July 7–August 24

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Laps 5:30-8:00am Limited Availability Adults Only 8:00-11:00am Aqua Body Blast 9:15-10:00am Swim Lessons 11:00am-12:00pm POOL CLOSED (July 7-August 1) Adult 12:00-1:00pm Open Swim 1:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Limited Availability Adults Only 8:00-11:00am Swim Lessons 11:00am-12:00pm POOL CLOSED (July 7-August 1) Adult 12:00-1:00pm Open Swim 1:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Limited Availability Adults Only 8:00-11:00am Aqua Body Blast 9:15-10:00am Swim Lessons 11:00am-12:00pm POOL CLOSED (July 7-August 1) Adult 12:00-1:00pm Open Swim 1:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Limited Availability Adults Only 8:00-11:00am Swim Lessons 11:00am-12:00pm POOL CLOSED (July 7-August 1) Adult 12:00-1:00pm Open Swim 1:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Limited Availability Adults Only 8:00-11:00am Swim Lessons 11:00am-12:00pm POOL CLOSED (July 7-August 1) Adult 12:00-1:00pm Open Swim 1:00-5:00pm 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					

NOTES:

- June 30-July 6, the Aquatic Center will feature Open Swim, 10:00am-12:00pm & 1:00-5:00pm.
- The Aquatic Center will be closed Monday–Friday, 11:00am-12:00pm, July 7-August 1. We apologize for the inconvenience.
- The Teaching Pool is closed Monday–Friday, 1:00-2:00pm, for Physical Therapy.

Teaching Pool

Schedule
July 7–August 24

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30-8:00am Swim Lessons 8:00am-12:00pm (July 7-August 1) Adult 12:00-1:00pm Bassett Physical Therapy 1:00-2:00pm Open Swim 2:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open 5:30-8:00am Swim Lessons 8:00am-12:00pm (July 7-August 1) Adult 12:00-1:00pm Bassett Physical Therapy 1:00-2:00pm Open Swim 2:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open 5:30-8:00am Swim Lessons 8:00am-12:00pm (July 7-August 1) Adult 12:00-1:00pm Bassett Physical Therapy 1:00-2:00pm Open Swim 2:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open 5:30-8:00am Swim Lessons 8:00am-12:00pm (July 7-August 1) Adult 12:00-1:00pm Bassett Physical Therapy 1:00-2:00pm Open Swim 2:00-5:00pm Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Open 5:30-8:00am Swim Lessons 8:00am-12:00pm (July 7-August 1) Adult 12:00-1:00pm Bassett Physical Therapy 1:00-2:00pm Open Swim 2:00-5:00pm 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
Adult 8:00-10:00am Open Swim 10:00am-12:00pm					

Diving Pool

Schedule
July 7–August 24

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Fitness 5:30–8:00am Sweat Wet! 8:00–8:45am POOL CLOSED Limited Availability Adults Only 9:00–11:00am Swim Lessons 11:00am–12:00pm POOL CLOSED (July 7–August 1) Adult 12:00–1:00pm Open Swim 1:00–5:00pm Adult 5:00–6:30pm Open Swim 6:30–8:00pm	Open Fitness 5:30–8:00am Limited Availability Adults Only 8:00–11:00am Swim Lessons 11:00am–12:00pm POOL CLOSED (July 7–August 1) Adult 12:00–1:00pm Open Swim 1:00–5:00pm Adult 5:00–6:30pm Open Swim 6:30–8:00pm	Open Fitness 5:30–8:00am Sweat Wet! 8:00–8:45am POOL CLOSED Limited Availability Adults Only 9:00–11:00am Swim Lessons 11:00am–12:00pm POOL CLOSED (July 7–August 1) Adult 12:00–1:00pm Open Swim 1:00–5:00pm Adult 5:00–6:30pm Open Swim 6:30–8:00pm	Open Fitness 5:30–8:00am Limited Availability Adults Only 8:00–11:00am Swim Lessons 11:00am–12:00pm POOL CLOSED (July 7–August 1) Adult 12:00–1:00pm Open Swim 1:00–5:00pm Adult 5:00–6:30pm Open Swim 6:30–8:00pm	Open Fitness 5:30–8:00am Limited Availability Adults Only 8:00–11:00am Swim Lessons 11:00am–12:00pm POOL CLOSED (July 7–August 1) Adult 12:00–1:00pm Open Swim 1:00–5:00pm 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

Aqua Fitness

Schedule
June 30–August 24

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

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 Events

August 17, 2025



MONSTER BENCH & BREW

On Brewery Ommegang's Outdoor Patio!

Weigh-ins begin at 8:00am, Competition begins at 10:30am
225 lb. & 115 lb. Rep-Off, Team Event, Shirted and Non-shirted Classes!

For more information or questions about the competition, please contact Doug McCoy by calling (607) 547-2800, ext. 111.

Title Sponsor
nycm
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ClarkSportsCenter

September 21, 2025



Drops to Hops

Title Sponsor
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ClarkSportsCenter

Join us for an unforgettable bike race/ride that starts and ends at Brewery Ommegang – the perfect combination of scenic fall routes, challenging terrain, and post-ride festivities!

"A" Race for experienced riders – 45 Miles
"B" Race and "E" Race for a fun citizens ride – 23 Miles

Both races start and end at Brewery Ommegang, 656 County Highway 33, Cooperstown, NY 13326.

Must be 16+ to ride. For our riders aged 21 and over, Brewery Ommegang has a special treat in store – your first pint on the house! And that's not all – all awards will be provided by Ommegang, ensuring a memorable celebration of your accomplishments.

To Register: www.itsyourrace.com.

For more information, visit www.clarksportscenter.com or call Doug McCoy at (607) 547-2800, ext. 111.

Fitness Game Room

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 8:00am–12:00pm

Trackman Golf Simulator



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 3:00-4:00pm 4:00-5:00pm 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	Sunday: 8:00-9:00am 9:00-10:00am 10:00-11:00am 11:00am-12:00pm
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Golf Simulator Cost: Cost to play is \$30/hour (up to 4 people), maximum of 4 hours.
Please visit clarksportscenter.com for more information.

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:00–7:00am	Open Floor 5:00–7:00am	Open Floor 5:00–7:00am	Open Floor 5:00–7:00am	Open Floor 5:30am–9:00pm	Open Floor 8:00am–5:00pm	Open Floor 8:00am–12:00pm
Training/Open Floor 7:00–8:00am	Training/Open Floor 7:00–8:00am	Training/Open Floor 7:00–8:00am	Training/Open Floor 7:00–8:00am			
Open Floor 8:00am–5:00pm	Open Floor 8:00am–5:00pm	Open Floor 8:00am–5:00pm	Open Floor 8:00am–9:00pm			
Girls High School Hoops League 5:00pm–9:00pm	Member Only, 16+ Pickup Basketball 5:00–7:00pm	Boys High School Hoops League 5:00pm–9:00pm				
	Member Only 16+ Pickup Volleyball 7:00pm–9:00pm					

NOTES:

- The Gym Floor schedule is subject to change, on a day-to-day basis, based on outside weather conditions for our Summer Camps. It will be used as an alternative space for those camps, June 30–August 22, 2025.
- The full Gym Floor may be closed during Training/Open Floor (Monday-Thursday, 7:00-8:00am).

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 Leagues

Program	Days	Time	Registration	Fee
Girls High School Hoops	June 16–August 4 Mondays	6:00-8:00pm	Registration is closed	\$300/team
Boys High School Hoops	June 18–July 30 Wednesdays	6:00-8:00pm	Registration is closed	\$300/team
Boys HS 7 v. 7 Soccer	June 17–August 5 Tuesdays	6:00-8:00pm	Registration is closed	\$300/team
Girls HS 7 v. 7 Soccer	June 19–August 7 Thursdays	6:00-8:00pm	Registration is closed	\$300/team

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 Tom C.	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 Michelle	
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 10:15-11:00 Carlene		
			POP Pilates® 5:15-5:45 Gianna		
					Sunday
					Cardio Dance 9:30-10:15 Elma

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

Saturday Group Cycle

ClarkSportsCenter

July 5	Rebecca
July 12	Gretchen
July 19	Melissa
July 26	CLOSED
August 2	Kara/Amanda
August 9	Tom
August 16	Don
August 23	Gretchen

Group Fitness

Yoga

Schedule
June 30 - August 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers Yoga 9:45-10:30 Mary	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
		Gentle Mobility 9:00-9:30 Mallory	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 11:15-12:00 Carlene		Yoga Flow 8:15-9:00 Shannon
Power Yoga 6:30-7:30 Shannon	Slow Flow Yoga 5:30-6:30 Tracy	Yin Yoga 6:30-7:30 Erin	Power Yoga Sculpt 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
June 30 - August 24

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 Ellie	

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.

Members: \$20.00 for one 30 minute session/\$150.00 for ten 30 minute sessions; Non-members: \$30.00 for one 30 minute session (in addition to a Day Pass).

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

For all Tennis Center rules, please visit: www.clarksportscenter.com/racquets/tennis-rules-guidelines/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 8:00am–5:00pm Open Pickleball 8:00am–10:00am (Courts 1 & 2) Summer Pickleball League 5:00–8:00pm (Courts 1 & 2) Open 5:00pm–8:00pm (Courts 3 & 4)	Open 8:00–9:15am Women's League 9:30-11:00am (Courts closed) Open 11:00am–8:00pm	Open 8:00am–5:00pm Open Pickleball 8:00am–10:00am (Courts 1 & 2) Women's League 5:00-8:00pm (Courts closed)	Open 8:00am–4:00pm Open Pickleball 1:00pm–3:00pm (2 Courts) Open 4:00pm–8:00pm	Open 8:00am–8:00pm Open Pickleball 8:00am–10:00am (Courts 1 & 2)	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–12:00pm Open Pickleball 9:00am–11:00am (Courts 1 & 2)
NOTES: The Tennis Center may be closed 7:00-8:00am, Monday-Friday, for maintenance. Please abide by posted signage. Tennis Camp will take place Monday-Friday, July 7-11, 9:00am-12:00pm. 2 courts will be closed during the camp.					

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. For more information, contact Matt Phillips at (607) 547-2800, ext. 130.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30–10:00am Connections: Tai Chi 10:00-11:15am Connections: Ping Pong 12:00-2:00pm Open 2:00-9:00pm	Open 5:30am–2:30pm Open 5:00-9:00pm	Open 5:30am–2:30pm Open 5:00-9:00pm	Open 5:30–10:00am Connections: Tai Chi 10:00-11:15am Open 11:15am-9:00pm	Open 5:30am–2:30pm Open 5:00-9:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–12:00pm
NOTE: The Racquet Court schedules are subject to change, on a day-to-day basis, based on outside weather conditions for our Summer Camps. They will be used as an alternative space for those camps, June 30–August 22, 2025.					