

ClarkSportsCenter

Fall Schedule

September 2–October 26

Coop Loop 5k/10k Race
Sunday, October 26

Membership.....	2-3
Adventure.....	4
Bowling.....	5
Aquatics.....	6-7
Events, Fitness Game Room & Trackman Golf Simulator..	8
Sports & Recreation	8-9
Group Fitness.....	10-11
Health & Fitness	12
Racquets.....	12

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
90 Day Membership	One half of above
Fitness Center (Add on; Per person fee billed concurrent with membership; Ages 14+)	Annual Membership: \$156 90 Day Membership: \$39
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, Senior Directors, Associate Director, 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
Afterschool Program 3:00–5:00pm	Adult Climb 8:00–10:00am	Adult Climb 8:00–10:00am	Afterschool Program 3:00–5:00pm	Adult Climb 8:00–10:00am	*Family Climb 9:00am-12:00pm
	L.E.A.H 12:00-2:30pm (Sept. 16–April 28)	Afterschool Program 3:00–5:00pm		Afterschool Program 3:00–5:00pm	Kids Climb (Ages 5-18)
	Afterschool Program 3:00–5:00pm	*Family Climb 5:30–8:00pm		*Family Climb 5:30–8:00pm	1:00pm–5:00pm
	Adult Climb 5:30–8:00pm				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

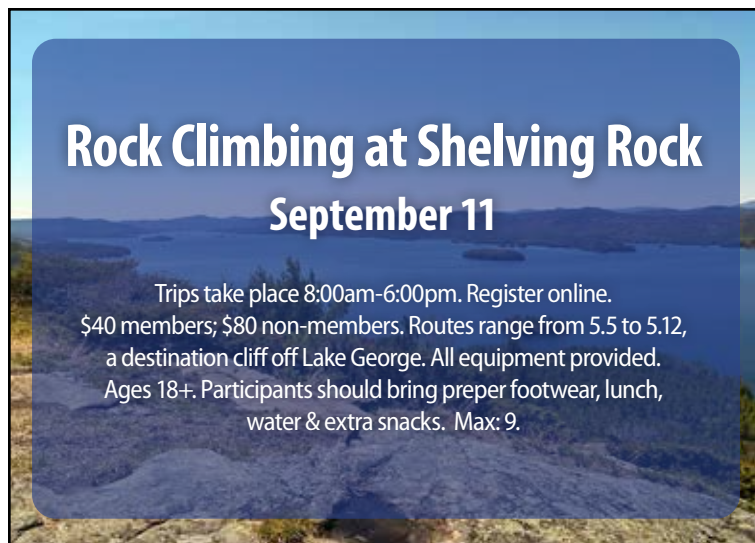


Afterschool Mountain Biking

September 8–October 20

(No program September 15, 16 and October 13)

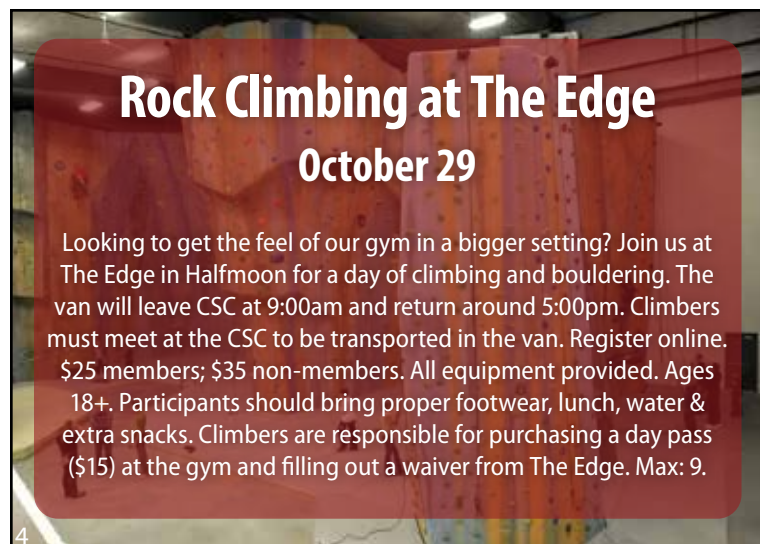
Join us for an action-packed after-school mountain bike program designed just for kids in grades 3–6! Each week riders will build bike handling skills, confidence, and trail awareness through fun games, skill-building challenges, and group rides. Whether your child is new to mountain biking or already loves hitting the trails, this program is a great way to develop safe riding habits and have a blast on two wheels. Boys: Mondays, 3:30–5:00pm. Girls: Tuesdays, 3:30–5:00pm. Register online. \$10 members; \$20 non-members. Max: 10.



Rock Climbing at Shelving Rock

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.



Rock Climbing at The Edge

October 29

Looking to get the feel of our gym in a bigger setting? Join us at The Edge in Halfmoon for a day of climbing and bouldering. The van will leave CSC at 9:00am and return around 5:00pm. Climbers must meet at the CSC to be transported in the van. Register online. \$25 members; \$35 non-members. All equipment provided. Ages 18+. Participants should bring proper footwear, lunch, water & extra snacks. Climbers are responsible for purchasing a day pass (\$15) at the gym and filling out a waiver from The Edge. Max: 9.



Outdoor Community Ropes Course

September 17

Our Outdoor Ropes Course features 19 different elements with two levels 25ft and 38ft from the ground. The structure also includes a zip line! Ages 12+. The program takes place 4:30–7:00pm. Meet in the Main Lobby. Register online. \$20 members; \$40 non-members. Max weight: 250lbs. Min: 5, Max: 10. For more information, contact Heather Henderson by calling (607) 547-2800, ext. 124.

Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 9:00am–12:00pm Open 1:00–5:00pm Monday Men's League 6:00–9:00pm	Senior Citizen Bowling 9:00–10:30am Open 10:30am–12:00pm L.E.A.H 12:00–2:30pm (Sept. 16–April 28) Open 2:30–5:00pm Tuesday Ladies League 6:00–9:00pm	Open 9:00am–12:00pm Senior Citizen Bowling/Special Groups 1:00–2:30pm Open 2:30–5:00pm Wednesday Men's League 6:00–9:00pm	Open 9:00am–12:00pm Preschool Bowling 10:30–11:00am (Begins Sept. 18) Open 1:00–5:00pm	Open 9:00am–12:00pm Open 1:00–5:00pm Open 6:00–9:00pm	Open 1:00–5:00pm	Open 1:00–5:00pm



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.

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Elementary League/Middle School (Grades 3–8)	Nov. 7–March 27 Fridays	3:00–5:00pm	October 1–Nov. 6 Meeting Nov. 7	\$30 (online registration)
Ladies Tuesday League (Recreational/Competitive)	Sept. 9–March 10 Tuesdays	7:00–9:00pm	September 9 Meeting Sept. 9	\$12/night
Men's Monday League (Recreational)	Sept. 15–Feb. 23 Mondays	7:00–9:00pm	September 15 Meeting Sept. 15	\$13/night
Men's Wednesday League (Recreational/Competitive)	Sept. 17–April 22 Wednesdays	7:15–9:00pm	September 17 Meeting Sept. 17	\$13/night
Preschool Bowling (Ages 3–5)	Sept. 18–May 7 Thursdays	10:00–10:30am	None	FREE/Fun
Senior Citizen Bowling (Ages 55+)	Sept. 16–May 5 Tuesdays	9:00–10:30am	None	\$1 members (All you can bowl)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 17–May 6 Wednesdays	1:00–2:30pm	None	\$1 members (All you can bowl)

Lap Pool

Schedule
September 2-October 26

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/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Preschool Swim 11:00am-12:00pm L.E.A.H. Swim Lessons 12:30-2:30pm (Sept. 16-April 28) Open/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 6:00-8:00pm 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/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 6:00-8:00pm 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/Afterschool Swim 3:00-5:00pm* Swim Lessons—Level 2 3:30-4:00pm Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 6:00-8:00pm 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/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 6:00-8:00pm Open Swim 6:30-8:00pm	Sunday
					Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm
					Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm

Special Notes:

*The entire Aquatic Center will be closed 4:00-5:00pm, beginning October 13, for Sharks Swim Team Practice. Due to this Open Swim will be 3:00-4:00pm (Mon-Fri).
 Open/Afterschool Swim may have limited lanes available.
 • CCS Varsity Swim Team will host Home Swim Meets – 9/11, 10/2, 10/9 and 10/16. More Dates TBA. Pool Closed at 4:30pm.

Teaching Pool

Schedule
September 2-October 26

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/Afterschool Swim 3:00-5:00pm* Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open Swim 7:00-8:00pm	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 12:00-12:30pm L.E.A.H. Swim Lessons 12:30-2:30pm (Sept. 16-April 28) Adult 2:30-3:00pm Open/Afterschool Swim 3:00-3:30pm Swim Lessons – Level 1 3:30-4:00pm Open Swim 4:00-5:00pm* Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open Swim 7:00-8:00pm	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/Afterschool Swim 3:00-5:00pm* Adult 5:00-5:30pm Swim Lessons 5:30-7:00pm Open Swim 7:00-8:00pm	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/Afterschool Swim 3:00-5:00pm* Adult 5:00-5:30pm Swim Lessons/CCS Swim Meets 5:30-7:00pm Open Swim 7:00-8:00pm	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/Afterschool Swim 3:00-5:00pm* Adult 5:00-6:30pm Open Swim 6:30-8:00pm	Sunday
					Adult 8:00-8:30am Swim Lessons 8:30am-12:00pm Adult 12:00-1:00pm Open Swim 1:00-5:00pm
					Adult 8:00-10:00am Open Swim 10:00am-12:00pm Adult 12:00-1:00pm Open Swim 1:00-5:00pm

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

*Open Swim in the Teaching Pool changes to 3:00-4:00pm (Mon-Fri) beginning October 13.

Red = Pool Closed

Diving Pool

Schedule
September 2-October 26

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
Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Springbrook 12:45-1:45pm Open/Afterschool Swim 3:00-3:30pm Swim Lessons- Levels 3-6 3:30-4:00pm POOL CLOSED Open Swim* 4:00-5:00pm Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm L.E.A.H. Swim Lessons (1/2 pool) 12:30-2:30pm (Sept. 16-April 28) Open/Afterschool Swim 3:00-5:00pm* Adult Swim 5:00-5:30pm Cross Currents 5:30-6:15pm POOL CLOSED Swim Lessons (1/2 pool) 6:30-7:00pm 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 Springbrook 12:45-1:45pm Open/Afterschool 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/Afterschool Swim 3:00-5:00pm* Adult Swim 5:00-5:30pm Cross Currents 5:30-6:15pm POOL CLOSED Open Swim 6:30-8:00pm	Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open/Afterschool Swim 3:00-5:00pm* Adult Swim 5:00-6:30pm Open Swim 6:30-8:00pm	Adult Laps 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm

Special Notes:

* - The entire Aquatic Center will be closed 4:00-5:00pm, beginning October 13, for Sharks Swim Team Practice. Due to this, Open/Afterschool Swim will be 3:00-4:00pm, Tuesday-Friday.

Snow Day and School Holiday Pool Schedule

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.

Block 1 Swim Lessons • September 15–October 25, 2025

Online registration begins on Monday, September 8, at 9:00am, and will take place online only.

No Lessons: September 11, October 2, October 9, October 13, October 16 or when CCS is closed or has a half day.

Lessons are free and for members only. 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.

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
- Wednesdays, 6:30-7:00pm

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 (18+)

- Saturdays 10:30-11:00am



Join the Clark Sharks Swim Team!

Ready to race, improve your skills, and be part of a competitive, growing team? The Clark Sharks Swim Team is looking for motivated swimmers to join us this season! We're more than just a team – we train hard, cheer loudly, and swim fast! Take the plunge and join the Sharks for an unforgettable season.

New Swimmers

Come to a placement/tryout on Tuesday, September 23, from 4:00-5:00pm. After the tryout, we'll be in touch with all the details on how to join the team! Can't make it? Contact Coach Mat to schedule a placement test by calling (607) 547-2800, ext. 114 or email robinsonm@clarksportscenter.com

Returning Swimmers

Registration begins on Monday, September 8, on active.com (a link will be sent via email). USA Swimming registration will follow. An informational meeting for swimmers and parents will be held on Thursday, September 25, at 6:00pm, in the Community Room. Practice begins on Tuesday, October 14.

Participants must be at least 5+ years of age (5 year olds must be in Kindergarten), and members of the Clark Sports Center. Must be at least an American Red Cross level 3 swimmer. Program fees and USA Swimming fees to be paid upon registration. Team caps will be handed out at the first meet.

For more information, contact Coach Mat at (607) 547-2800, ext. 114 or email robinsonm@clarksportscenter.com

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

Fitness Game Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9:00am–3:00pm Afterschool Programming 3:00–5:00pm	Open 9:00am–3:00pm Afterschool Programming 3:00–5:00pm	Open 9:00am–3:00pm Afterschool Programming 3:00–5:00pm	Open 9:00am–3:00pm Afterschool Programming 3:00–5:00pm	Open 9:00am–3:00pm Afterschool Programming 3:00–5:00pm	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	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
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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 5:30am–8:00am Setup 8:00–9:00am Preschool Play 9:00–10:30am Open Floor 10:30am–5:00pm Adult Fall Pickleball League 5:00pm–9:00pm* (Sept. 8–Oct. 27) <i>*Open Basketball will follow Adult Pickleball upon conclusions of matches.</i>	Open Floor 5:30am–12:00pm Open/L.E.A.H 12:00–2:30pm (Sept. 16–April 28) Open Half Floor 2:30–8:00pm Member Only 16+ Pickup Volleyball (Half Floor) 6:00–8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–8:00am Setup 8:00–9:00am Preschool Play 9:00–10:30am Setup 10:30–11:00am Pathfinder 11:00am–12:00pm (Begins Oct. 1) Open Floor 12:00–3:00pm Kids Day 3:00–4:30pm Open Floor 4:30–6:00pm Member Only, 16+ Pickup Basketball 6:00–8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–6:00pm Adult Futsal League 6:00–9:00pm (Oct. 2–Dec. 11)	Open Floor 5:30am–2:30pm Gymnastics (Half Floor) 3:00–6:00pm Open Half Floor 2:30–6:30pm Open Floor 6:30–9:00pm	SPECIAL NOTES: • Kids Day Schedule: Grades K-1, 3:00–3:30pm; Grades 2-3, 3:30–4:00pm; Grades 4-6, 4:00–4:30pm • The Gym Floor schedule is subject to change, on a day-to-day basis, based on outside weather conditions for our Fall Soccer League. It will be used as an alternative space for practices, September 8–October 24.	

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 & Programs

Program	Days	Time	Registration	Fee
Cornhole Pickup Play (Ages 18+)	October 23–April 2 Mondays	11:00am–12:00pm	No registration required	Free, members only
Senior Walk (Ages 62+)	October 27–April 2 Mondays & Thursdays	11:00am–12:00pm	No registration required	Free, members only

Youth Leagues & Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–4)	September 29–April 29 Mondays & Wednesdays	9:00–10:30am	No registration required	Free, members only
Boy's Jr. Intramural Basketball (Grades 3–4)	October 27–December 11 Mondays & Thursdays	3:00–4:00pm	Register online September 15–October 17	Free, members only
Boy's Sr. Intramural Basketball (Grades 5–6)	October 27–December 11 Mondays & Thursdays	4:00–5:00pm	Register online September 15–October 17	Free, members only
Girl's Jr. Intramural Basketball (Grades 3–4)	October 28–December 12 Tuesdays & Fridays	3:00–4:00pm	Register online September 15–October 17	Free, members only
Girl's Sr. Intramural Basketball (Grades 5–6)	October 28–December 12 Tuesdays & Fridays	4:00–5:00pm	Register online September 15–October 17	Free, members only

Group Fitness

Group Classes

Schedule
September 2 - October 26

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

Group Fitness

Group Cycle

Schedule
September 2 - October 26

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

Saturday Group Cycle

September 6	Melissa
September 13	Colleen
September 20	Kara
September 27	Tom
October 4	Gretchen
October 11	Gretchen
October 18	Don
October 25	Amanda

ClarkSportsCenter

Group Fitness

Yoga

Schedule
September 2 - October 26

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

Group Fitness

Sports Performance

Schedule
September 2 - October 26

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

Group Fitness

Aqua Fitness

Schedule
September 2 - October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat Wet 8:00-8:45AM Carole		Sweat Wet 8:00-8:45AM Carole			
Aqua Body Blast 9:15-10:00AM Carole	Cross Currents 5:30-6:15PM Pam	Aqua Body Blast 9:15-10:00AM Carole	Cross Currents 5:30-6:15PM Pam		

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 Ben Maxson, Assistant Health and Fitness Director, at 607-547-2800, ext. 127, for more information. 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
Closed for Cleaning 7:00-8:00am	Closed for Cleaning 7:00-8:00am	Closed for Cleaning 7:00-8:00am	Closed for Cleaning 7:00-8:00am	Closed for Cleaning 7:00-8:00am	Open 8:00am-5:00pm
Open 8:00am-5:00pm	Open 8:00-9:15am	Open 8:00am-5:00pm	Open 8:00am-7:00pm	Open 8:00am-7:00pm	Sunday
Open Pickleball 8:00am-10:00am (Courts 1 & 2)	Women's League 9:15-11:00am (Courts closed)	Open Pickleball 8:00am-10:00am (Courts 1 & 2)	Open Pickleball 1:00pm-3:00pm (2 Courts)	Open Pickleball 8:00am-10:00am (Courts 1 & 2)	
Fall Pickleball League 5:00-7:00pm (Courts 1 & 2)	Open 11:00am-5:00pm	Women's League 5:00-7:00pm (Courts closed)			Open 8:00am-5:00pm
Open 5:00pm-7:00pm (Courts 3 & 4)	Women's League 5:00-7:00pm (Courts closed)				Open Pickleball 9:00am-11:00am (Courts 1 & 2)

Outdoor Pickleball

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

Indoor Racquetball, Squash 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 5:30am-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
Connections: Ping Pong 12:00-2:00pm	L.E.A.H 12:00-2:30pm (Sept. 16-April 28)	Afterschool Programming 2:30-5:00pm	Afterschool Programming 2:30-5:00pm	Afterschool Programming 2:30-5:00pm	Sunday
Afterschool Programming 2:30-5:00pm	Afterschool Programming 2:30-5:00pm	Open 5:00-9:00pm	Open 5:00-9:00pm	Open 5:00-9:00pm	
Open 5:00-9:00pm	Open 5:00-9:00pm				Open 8:00am-5:00pm