

ClarkSportsCenter

Spring Schedule

March 2–April 26



Gymnastics 2025

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

Clark Sports Center Facility Hours

September 29, 2025–May 24, 2026

Monday–Friday: 5:30am–9:00pm

Saturday & Sunday: 8:00am–5:00pm

May 25–September 27, 2026

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–12:00pm

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$110
Junior (5–18 years)	\$215
Young Adult (19-24 years)	\$250
Adult (25–61 years)	\$380
Senior Citizen Single (62+)	\$240
Senior Citizen Couple (One person 62+)	\$410
Family (Two adults in household and children up to 24 living in household)	\$615
Single Parent Family (One adult and children up to 24 living in household) Single Parents Only	\$425
90 Day Membership	One half of above
Fitness Center (Add on; Per person fee billed concurrent with membership; Ages 14+)	Annual Membership: \$168 90 Day Membership: \$42
Adult One Month Membership with Fitness Center (30 consecutive days)	\$105
Young Adult One Month Membership with Fitness Center (30 consecutive days)	\$90
Junior One Month Membership with Fitness Center Ages 14-18 (30 consecutive days)	\$80
Junior One Month Membership without Fitness Center Ages 5-13 (30 consecutive days)	\$65
Senior One Month Membership with Fitness Center (30 consecutive days)	\$75
Family One Month Membership (30 consecutive days)	\$175
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).

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, Senior Director of Member Services, at yerdonm@clarksportscenter.com.

Assumption of Risk

All participants must have an Assumption of Risk Waiver form on file prior to using The Clark Sports Center and its facilities. Assumption of Risk Waiver 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: \$14, Young Adult: \$12, Juniors: \$8, Seniors: \$8, Fitness Center: \$8 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

\$25.00 per 30 minutes or \$200 for ten 30 minute sessions (by appointment only. Non-members must pay for a 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: \$200
- Individual pricing: \$25 per 30 minutes or \$200 for ten 30 minute sessions

Meeting Room Space Rental

\$100.00 for up to a four hour time block (a fee of \$25 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 with the exception of service dogs/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.
- Youth must be at least 12 years old to be at the Clark Sports Center without a parent or responsible adult. Children under the age of 12 must be accompanied by an adult at all times while in the facility.

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.

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.

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.

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 morning 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 L.E.A.H. 12:00–2:30pm (Ends April 28) Afterschool Program 3:00–5:00pm Adult Climb 5:30–8:00pm	Adult Climb 8:00–10:00am Afterschool Program 3:00–5:00pm *Family Climb 5:30–8:00pm	Afterschool Program 3:00–5:00pm	Adult Climb 8:00–10:00am Afterschool Program 3:00–5:00pm *Family Climb 5:30–8:00pm	Adult 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. School Break Days • In the event of a Cooperstown Central School holiday or scheduled school break, 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

Rock Climbing at Little Falls Tuesday, April 7 • 9:00am–4:00pm

Join us for a day at our local cliff in Little Falls!

Open to ages 18+. Vans leave CSC at 9:00am and return to CSC around 4:00pm. All equipment provided by the Clark Sports Center. Please make sure you have proper footwear to walk to and from the cliff. Lunch, extra snacks and a water bottle are great for the day and a pack to carry it in. Climbers must meet at CSC to be transported to the cliff.

Register online at: <https://clarksports.clubautomation.com/>
\$50 members; \$80 non-members. Max: 10.

Rock Climbing at The Gunks Thursday, April 23 • 7:00am–7:00pm

Home to some of the best easy to moderate trad climbs in the USA — with grades from 5.4 to 5.13b — the Gunks are the perfect place to put your indoor climbing gym skills to the test. Whether you're new to rock climbing or well-experienced on the crags, there's something for everyone in this iconic NY destination.

Ages 18+. Prepare for a long day as vans leave CSC at 7:00am and will be returning to CSC around 7:00pm. Please make sure you have proper footwear to walk to and from the cliff. Lunch, extra snacks and a water bottle are great for the day and a pack to carry it in. All equipment will be provided by The Clark Sports Center. Climbers must meet here at CSC to be transported to the cliff.

Climbers are responsible for the \$10 climbing pass at the state park. Climbers must also have a waiver on file, if you do not have a waiver on file for climbing in the Gunks please see the CSC Adventure Department.

Register online at: <https://clarksports.clubautomation.com/>
\$80 members; \$115 non-members. Max: 10.

Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 9:00am–12:00pm Open 1:00–5:00pm	Senior Citizen Bowling 9:00–10:30am Open 10:30am–12:00pm L.E.A.H. 12:00–2:30pm (Ends April 28) Open 2:30–5:00pm	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 Bowl 10:30–11:00am 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

Book your next party in our Bowling Alley!

Rentals are available on Saturdays or Sundays, 9:30-11:30am or 5:00-7:00pm!
 Contact Matt Phillips at (607) 547-2800, ext. 130, for more information and to make a reservation.



Bowling Fees

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

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Open bowling is available on a first come, first serve basis.
- Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided. Assistance with scoring is available.
- Bumper lanes are available.
- Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Matt Phillips at 547-2800, ext. 130.

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Elementary League/Middle School (Grades 3-8)	Nov. 1–March 28 Fridays	3:00–5:00pm	Registration is closed	\$30.00 (online registration)
Ladies Tuesday League (Recreational/Competitive)	Sept. 10–March 11 Tuesdays	7:00–9:00pm	Registration is closed	\$13/night
Men's Wednesday League (Recreational/Competitive)	Sept. 18–April 2 Wednesdays	7:15–9:00pm	Registration is closed	\$13/night
Preschool Bowling (Ages 3-5)	Sept. 18–April 30 Thursdays	10:00–10:30am	None	FREE/Fun
Senior Citizen Bowling (Ages 55+)	Sept. 10–May 6 Tuesdays	9:00–10:30am	None	\$1 members (All you can bowl)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 11–May 7 Wednesdays	1:00–2:30pm	None	\$1 members (All you can bowl)

Lap Pool

Schedule
March 2 – April 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 Swim 3:00-4:00pm Swim Lessons- Levels 3-6 3:30-4:00pm Open Swim 4:00-5:00pm 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 L.E.A.H. Swim Lessons 12:30-2:30pm Open Swim 3:00-5:00pm Adult Laps 5:00-6:30pm Swim Lessons 5:30-7:00pm 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 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 3:00-4:00pm Swim Lessons—Level 2 3:30-4:00pm Open Swim 4:00-5:00pm 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-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm
					Sunday
					Adult Laps 8:00-10:00am Open Swim 10:00am-12:00pm Adult Laps 12:00-1:00pm Open Swim 1:00-5:00pm
<p>Special Notes: • 2nd graders will be utilizing the Aquatic Center from 1:00-2:00pm (Wednesdays & Thursdays), through April. Limited space available.</p>					

School Break Pool Schedule: In the event of a Cooperstown Central School holiday or scheduled school break, there will be Open Swim 10:00am-12:00pm, and 1:00-5:00pm. All aquatic programs will be cancelled for the day.

Teaching Pool

Schedule
March 2 – April 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 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 Adult 2:30-3:00pm Open 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 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 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 8:00-8:30am Swim Lessons 8:30am-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 Adult 12:00-1:00pm Open Swim 1:00-5:00pm
<p>Schedules are subject to change. For the most up-to-date information, visit www.clarksportscenter.com.</p> <p style="text-align: center;">Red = Pool Closed</p>					

Diving Pool

Schedule
March 2 – April 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
<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Pathfinder 9:15-10:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-3:30pm</p> <p>Swim Lessons- Levels 3-6 3:30-4:00pm</p> <p>POOL CLOSED</p> <p>Open Swim 4:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>L.E.A.H. Swim Lessons (1/2 pool) 12:30-2:30pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Aqua HIIT 5:30-6:15pm</p> <p>POOL CLOSED</p> <p>Swim Lessons (1/2 pool) 6:30-7:00pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am</p> <p>POOL CLOSED</p> <p>Adult Swim 9:00am-3:00pm</p> <p>Pathfinder 9:15-10:30am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-5:30pm</p> <p>Aqua HIIT 5:30-6:15pm</p> <p>POOL CLOSED</p> <p>Open Swim 6:30-8:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult Swim 8:00am-3:00pm</p> <p>Open Swim 3:00-5:00pm</p> <p>Adult Swim 5:00-6:30pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Adult Swim 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult Swim 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Swim 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
<p>Special Notes:</p> <p>• 2nd graders will be utilizing the Aquatic Center from 1:00-2:00pm (Wednesdays & Thursdays), through April. Limited space available.</p>					

Block 5 Swim Lessons • April 13–May 21, 2026

Online registration begins on Monday, April 6, at 9:00am, and will take place online only.

(No lessons: Saturday, May 23, or when CCS has a holiday, snow day or early dismissal)

A small fee has been added to swim lessons. This change helps us maintain the highest quality instruction and provide the best possible experience for every participant. The new charge will vary based on the number of lessons per session block (approximately \$6.00 per lesson).

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

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



Trackman Hours

Mon-Fri: 8:00-9:00am	Saturday: 8:00-9:00am*	Sunday: 8:00-9:00am
9:00-10:00am	9:00-10:00am*	9:00-10:00am
10:00-11:00am	10:00-11:00am*	10:00-11:00am
11:00am-12:00pm	11:00am-12:00pm*	11:00am-12:00pm
12:00-1:00pm	12:00-1:00pm*	12:00-1:00pm
1:00-2:00pm	1:00-2:00pm	1:00-2:00pm
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm
5:00-6:00pm	3:00-4:00pm	3:00-4:00pm
6:00-7:00pm	4:00-5:00pm	4:00-5:00pm
7:00-8:00pm	* - League matches only	

Golf Simulator Cost: \$40/hour (up to 4 people), maximum of 4 hours.

Please visit clarksportscenter.com for more information.

Adult Sports Leagues and Programs

Program	Days	Time	Registration	Fee
Adult 7 v. 7 Soccer League (Co-ed, Adults 18+ and out of HS)	May 4–August 3 Mondays	6:00–8:00pm	Registration begins March 30. Limit 8 teams.	\$35/member or \$75/non-member. No team fees.
Senior Walk (Ages 62+)	October 27–April 2 Mondays & Thursdays	11:00am–12:00pm	No registration required	Free for members & non-members.

Youth Sports Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0-4)	September 29–April 29 Mondays & Wednesdays	8:30–10:00am	No registration required	Free, members only
Boys High School Hoops League	June 17-August 5 Wednesdays	6:00-9:00pm	Registration begins March 30. Limit 6 teams.	\$350/team
Girls High School Hoops League	June 15-August 3 Mondays	6:00-9:00pm	Registration begins March 30. Limit 6 teams.	\$350/team
Boys High School Soccer League	June 16-August 4 Tuesdays	6:00-8:00pm	Registration begins March 30. Limit 8 teams.	\$350/team
Girls High School Soccer League	June 18-August 6 Thursdays	6:00-8:00pm	Registration begins March 30. Limit 8 teams.	\$350/team

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30am–8:00am	Open Floor 5:30am–12:30pm	Open Floor 5:30am–8:00am	Open Floor 5:30am–3:00pm	Open Floor 5:30am–9:00pm	Open Floor 8:00am–5:00pm	Open Floor 8:00am–5:00pm
Closed/Setup 8:00–8:30am	Open/L.E.A.H 12:30–2:30pm (Sept. 16-April 28)	Closed/Setup 8:00–8:30am	Kids Spring Dodgeball League 3:00–4:15pm			
Preschool Play 8:30–10:00am	Closed/Setup 2:30–3:00pm	Preschool Play 8:30–10:00am	Open Floor 4:15–5:00pm			
Open Floor (Half Floor) 10:00–11:00am	Open Floor 3:00–5:00pm	Open Floor 10:00am–11:00am	Closed/Setup 5:00–5:30pm			
Senior Walk/ Cornhole 11:00am–12:00pm	Closed/Setup 5:00–5:30pm	Pathfinder 11:00am–12:00pm	Spring Travel Basketball Training 5:30–7:00pm (Grades 5-8)			
Open Floor 12:00–2:30pm	Spring Coed Travel Basketball Practice 5:30–7:00pm (Grades 7-8)	Open Floor 12:00–4:30pm	16+ Pickup Basketball 7:00–9:00pm			
Closed/Setup 2:30–3:00pm	16+ Pickup Volleyball (Half Floor) 7:30–9:00pm (March 24-April 21)	Grades 5-6 Spring Travel Basketball Practice Boys: 4:30-6:00pm Girls: 6:00-7:30pm				
Gymnastics 3:00–7:00pm (Ends April 20)	Open Floor (Half Floor) 7:00–9:00pm (March 24-April 21)	Open Floor 7:30–9:00pm				
Open Floor 7:30–9:00pm (Ends April 20)						

SPECIAL NOTES:

- The following programs are for members only: 16+ Pickup Volleyball and 16+ Pickup Basketball.

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 calling 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.



Kids Spring Dodgeball League

April 16-May 28, 2026

The Spring Dodgeball League is open to youth in grades 3-6. The league meets every Thursday, April 16-May 28. Free for member. Register on the Gym Floor. A meeting will take place Tuesday, April 14 at 3:00pm for 3rd & 4th graders and 3:35pm for 5th & 6th graders.

For more information, please contact Scott Whiteman at (607) 547-2800, ext. 109.

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 Gretchen	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	Non-Impact Aerobics 9:30-10:15AM Diane
Total Body Conditioning 5:00-5:30PM Sabrina	Zumba Dance 8:30-9:15AM Veronica	Prime Time 11:00-12:00PM 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		Cardio Dance 9:30-10:15AM Elma
	Pound 5:30-6:15PM Michelle		POP Pilates® 5:15-5:45PM Gianna		

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

Saturday Group Cycle

ClarkSportsCenter

March 7	Kara
March 14	Amanda
March 21	Gretchen
March 28	Melissa
April 4	Tom
April 11	Amanda
April 18	Gretchen
April 25	Tom

Group Fitness

Yoga

Schedule
March 2 - April 26

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

Group Fitness

Sports Performance

Schedule
March 2 - April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30AM Ben		Escape 6:00-6:30AM Ben		Escape 6:00-6:30AM Ben	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 Thomas	

Group Fitness

Aqua Fitness

Schedule
March 2 - April 26

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

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 \$25/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



Studio 2



Yoga Studio



NEW

New Class

NEW TIME

New Time



Returning Class

Health & Fitness

Personal Training & Nutrition

Interested in training with us? Download and fill out the Personal Training Interest Sheet and return it to the Fitness Center Desk. We will contact you and coordinate a trainer to work with you to achieve your goals! For more information, please contact Ben Maxson, Assistant Health and Fitness Director, at 607-547-2800, ext. 127, for more information. Free initial fitness assessment.

Members: \$25.00 for one 30 minute session/\$200.00 for ten 30 minute sessions. Non-members must pay for 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 **April 1 (weather permitting)** through **November 1**, during daylight hours. Members may play at no charge unless a program is in progress. Programs take precedence over open play. Courts may be reserved for \$25/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–3:00pm CCS Tennis 3:00pm–6:00pm (Courts closed) Open 6:00pm–8:00pm	Open 8:00am–3:00pm CCS Tennis 3:00pm–6:00pm (Courts closed) Open 6:00pm–8:00pm	Open Pickleball 8:00am–10:00am (Courts 1 & 2) Open 8:00am–3:00pm CCS Tennis 3:00pm–6:00pm (Courts closed) Open 6:00pm–8:00pm	Open 8:00am–3:00pm Open Pickleball 1:00pm–3:00pm (2 Courts) CCS Tennis 3:00pm–6:00pm (Courts closed) Open 6:00pm–8:00pm	Open Pickleball 8:00am–10:00am (Courts 1 & 2) Open 8:00am–3:00pm CCS Tennis 3:00pm–6:00pm (Courts closed) Open 6:00pm–8:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–5:00pm 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. Courts will be closed for CCS home tennis matches: 3:00–7:00pm. Dates TBD. Matches subject to change.					

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–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 (Sept. 16-April 28) 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