Rev. 10/1

Clark Sports Center

Fall Schedule

September 8–October 25

Coop Loop 5k/10k Race
Sunday, October 25

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 25–September 27, 2026
Monday–Friday: **5:30am–9:00pm**
Saturday: **8:00am–5:00pm**
Sunday: **8:00am–12:00pm**

September 28, 2026–May 31, 2027
Monday–Friday: **5:30am–9:00pm**
Saturday & Sunday: **8:00am–5:00pm**

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

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	$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.

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 12:30-2:30pm (Sept. 22–April 27) Afterschool Program 3:00–5:00pm Adult Climb 5:30–8:00pm	Afterschool Program 3:00–5:00pm Adult Climb 5:30–8:00pm	Adult Climb 8:00–10:00am 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	*Family Climb 9:00am-12:00pm Kids Climb (Ages 5-18) 1:00pm–5:00pm
					Sunday
					Kids Climb (Ages 5-18) 1:00pm–5:00pm (Begins Oct. 5)

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 Programs, Outings and Events

Afterschool Mountain Biking

September 28–October 26

Mondays OR Tuesdays, 3:30-5:00pm

(No program Monday, October 12)

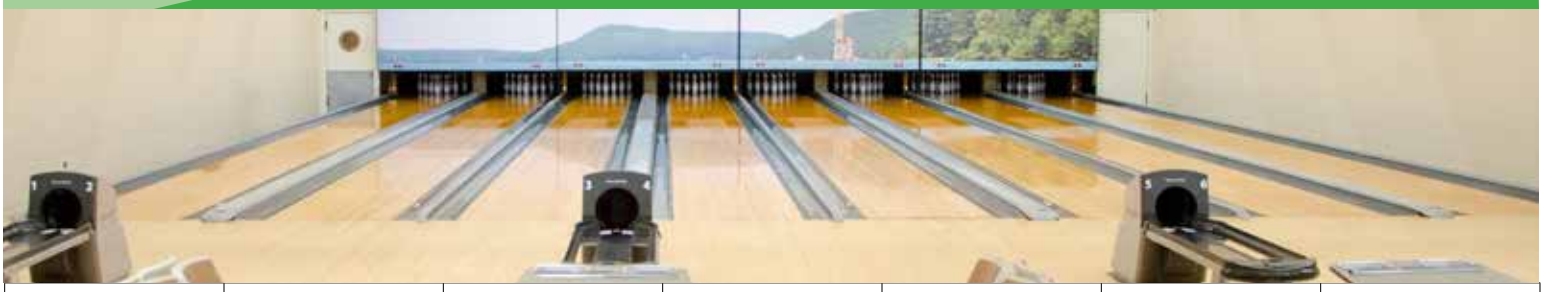
Join us for an action-packed after-school mountain bike program designed just for kids in grades 3–6! Each week riders will build bike handling skills, confidence, and trail awareness through fun games, skill-building challenges, and group rides. Whether your child is new to mountain biking or already loves hitting the trails, this program is a great way to develop safe riding habits and have a blast on two wheels. Bikes available upon request - limited supply.

Register online beginning September 8, at 9:00am.

$15 members; $25 non-members. Max: 15 per session.

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

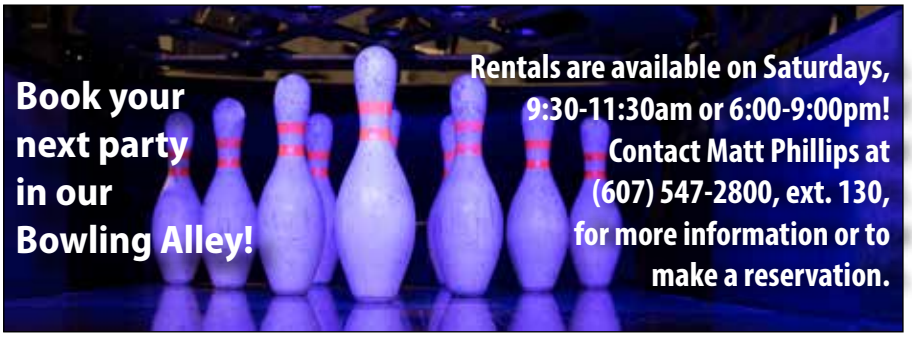
Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed for Maintenance 9:00am-12:00pm Senior Bowl 12:30–2:30pm Afterschool Program 3:00-6:00pm Monday Men's League 6:00-9:00pm	Open Bowl 9:00am-12:00pm L.E.A.H 12:30-2:30pm (Sept. 22–April 27) Afterschool Program 3:00-6:00pm Tuesday Ladies League 6:00-9:00pm	Open Bowl 9:00am-12:00pm Senior Bowl 12:30–2:30pm Afterschool Program 3:00-6:00pm Wednesday Men's League 6:00-9:00pm	Open Bowl 9:00am-12:00pm Preschool Bowl 9:30-10:30am Open Bowl 12:30–2:30pm Afterschool Program 3:00-6:00pm	Open Bowl 9:00am-12:00pm Open Bowl 12:30–2:30pm Afterschool Program 3:00-6:00pm Open Bowl 6:00-9:00pm	Open Bowl 1:00–5:00pm	Open Bowl 1:00-5:00pm (Begins Oct. 4)

Bowling Fees

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



Adult Bowling Leagues

Program	Days	Time	Registration	Fee
Ladies Tuesday League (Recreational/Competitive)	September 15–March 9 Tuesdays	7:00–9:00pm	September 15	Members: $0; Non-members: $30 plus additional league fees
Men's Monday League (Recreational)	September 21–March 1 Mondays	7:00–9:00pm	September 21	Members: $0; Non-members: $30 plus additional league fees
Men's Wednesday League (Recreational/Competitive)	September 23–March 31 Wednesdays	7:15–9:00pm	September 17	Members: $0; Non-members: $30 plus additional league fees

Youth & Adult Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 3-5)	Begins October 1 Thursdays	9:30–10:30am	None	Free! Join us to read, color, bowl and have fun.
Elementary League/Middle School Grades 3-8)	November 20–March 5 Fridays	3:00–5:00pm	Online registration is open!	Members: $30 Non-Members: $45
Senior Bowling (Ages 55+)	Begins September 14 Mondays & Wednesdays	12:30–2:30pm	None	$1 members, all you can bowl! Non-members must purchase a Guest Day Pass

For more information on Bowling Leagues or Programs, please contact Heather Henderson at (607) 547-2800, ext. 108.

Lap Pool Schedule
September 8-October 25

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 5:30-7:30pm 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 (Sept. 22-April 27) Open/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 5:30-7:30pm Open Swim 6:30-8:00pm	Open Laps 5:30-8:00am Adult Laps 8:00am-3:00pm Aqua Body Blast 9:15-10:00am Preschool Swim 10:00-11:00am Springbrook 12:45-1:45pm Open/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 5:30-7:30pm 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/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 5:30-7:30pm 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/Afterschool Swim 3:00-5:00pm* Adult Laps 5:00-6:30pm Limited Availability/ CCS Varsity Swim Team 5:30-7:30pm 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

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 – 9/15, 9/24, 10/1, 10/8 and 10/15. More Dates TBA. Pool Closed at 4:30pm.

Teaching Pool Schedule
September 8-October 25

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. 22-April 27) 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 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	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

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 8-October 25

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. 22-April 27) Open/Afterschool Swim 3:00-5:00pm* Adult Swim 5:00-6:30pm 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 5:00-6:30pm 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 5:00-6:30pm Open Swim 6:30-8:00pm	Adult Swim 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

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, Tuesday-Friday.

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.

Block 1 Swim Lessons • September 21–October 31, 2026

Online registration begins on Monday, September 14, at 9:00am, and will take place online only.

No Lessons: October 12 or when CCS is closed or has a half day.

There is a small fee for swim lessons. The new charge will vary based on the number of lessons per session block (approximately $6.00 per lesson). There will be no refunds for missed or cancelled lessons. 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 Wednesday, 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 Tuesday, 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 Tuesday, September 30, at 6:00pm, in the Community Room. Practice begins on Tuesday, October 13.

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 3:00–6:00pm	Open 9:00am–12:30pm L.E.A.H 12:30–2:30pm (Sept. 22–April 27) Afterschool Programming 3:00–6:00pm	Open 9:00am–3:00pm Afterschool Programming 3:00–6:00pm	Open 9:00am–3:00pm Preschool Play 9:30-10:30am Afterschool Programming 3:00–6:00pm	Open 9:00am–3:00pm Afterschool Programming 3:00–6:00pm	Open 9:00am–5:00pm **Sunday** Open 9:00am-5:00pm (Begins Oct. 4)

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, 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

Golf Simulator Cost: Cost to play is $40/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 8:00-8:30am Preschool Play 8:30-10:00am (Starts Sept. 28) Open Floor 10:00am-3:00pm Afterschool Programs 3:00-5:00pm Open Floor 5:00pm-9:00pm	Open Floor 5:30am–12:30pm L.E.A.H 12:30–2:30pm (Sept. 22-April 27) Afterschool Programs 3:00-5:00pm Open Floor 5:00–6:00pm Open Half Floor 6:00–8:00pm Member Only 16+ Pickup Volleyball (Half Floor) 6:00–8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–8:00am Setup 8:00-8:30am Preschool Play 8:30-10:00am (Starts Sept. 30) Pathfinder 11:00am–12:00pm (Begins Oct. 7) Open Floor 12:00–3:00pm Afterschool Programs 3:00-5:00pm Open Floor 5:00–6:00pm Member Only, 16+ Pickup Basketball 6:00-8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–3:00pm Afterschool Programs 3:00-5:00pm Member Only 16+ Pickup Futsal 6:00–8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–3:00pm Afterschool Programs 3:00-5:00pm Open Floor 5:00pm-9:00pm	Open Floor 8:00am–5:00pm	Open Floor 8:00am–12:00pm (Ends Sept. 27) Open Floor 8:00am–5:00pm (Begins Oct. 4)

SPECIAL NOTES:

- 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 30.
- Preschool Play will be available on the Gym Floor beginning Monday, September 28.

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.
- 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 26–April 5 Mondays	11:00am-12:00pm	No registration required	Free, members only
Senior Walk (Ages 62+)	October 26–April 1 Mondays & Thursdays	11:00am–12:00pm	No registration required	Free, members only

Youth Leagues & Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 3-4)	September 28–April 28 Mondays & Wednesdays	8:30–10:00am	No registration required	Free, members only
Boy's Jr. Intramural Basketball (Grades 3-4)	November 2–December 10 Mondays & Thursdays	3:00–4:00pm	Register online September 14-October 16	Free, members only
Boy's Sr. Intramural Basketball (Grades 5-6)	November 2–December 10 Mondays & Thursdays	4:00–5:00pm	Register online September 14-October 16	Free, members only
Girl's Jr. Intramural Basketball (Grades 3-4)	November 3–December 11 Tuesdays & Fridays	3:00–4:00pm	Register online September 14-October 16	Free, members only
Girl's Sr. Intramural Basketball (Grades 5-6)	November 3–December 11 Tuesdays & Fridays	4:00–5:00pm	Register online September 14-October 16	Free, members only

Group Fitness Group Classes Schedule

September 8 - October 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:15AM Doreen	Fit Camp 6:00-6:30AM Gretchen	Cardio Dance 8:30-9:15AM Brittany	Fit Camp 6:00-6:30AM Gretchen	Mobility 8:30-9:15AM Brittany	Total Body Conditioning 8:45-9:15AM Sabrina
Silver Sneakers Circuit 11:00AM-12:00PM Katherine	Power 45 8:15-9:00AM John	Fit for Life 9:30-10:15AM Brittany	Power 45 8:15-9:00AM John	Pound 9:30-10:15AM Doreen	
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	Pilates Strength 5:00-5:30PM Edna	Cardio Dance 4:30-5:15PM Elma	Sit & Get Fit 10:15-11:00AM Katherine		
	Pound 5:30-6:15PM Michelle		Pilates Strength 5:00-5:30PM Edna		

Sunday
Cardio Dance 9:30-10:15AM Elma

Group Fitness Group Cycle Schedule

September 8 - October 25

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 Don		
Gentle Cycle 10:30-11:00AM Don		Gentle Cycle 10:30-11:00AM Tom			
			Express Cycle 5:45-6:15PM Kara/Amanda		

Sunday
Group Cycle 8:30-9:15AM Rebecca

Saturday Group Cycle

September 12	Gretchen
September 19	Kara
September 26	Amanda
October 3	Gretchen
October 10	Amanda
October 17	Melissa
October 24	Kara

Visit www.clarksportscenter.com for more class information.

Group Fitness Yoga Schedule
September 8 - October 25

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 Edna
			Gentle Yoga 10:30-11:30AM 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 11:30AM-12:15PM Katherine		
	Slow Flow Yoga 5:30-6:30PM Diane G.	Yin Yoga 6:30-7:30PM Erin M	Vinyasa Flow 5:30-6:30PM Wendy	Friday Night Flow 5:30-6:15PM Erin M	

Sunday
Yoga Flow 8:15-9:00AM Diane G.
Yin Yoga 9:30-10:45AM Edna

Group Fitness Sports Performance Schedule
September 8 - October 25

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 Thomas	

Group Fitness Aqua Fitness Schedule
September 8 - October 25

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			

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: $25.00 for one 30 minute session/$200.00 for ten 30 minute sessions. Non-members must pay for a Day Pass with Fitness Center.
Nutrition Coaching: $25.00 for one 30 minute session.

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 Open 8:00am–7:00pm Open Pickleball 8:00am–10:00am (Courts 1 & 2)	Closed for Cleaning 7:00-8:00am Open 8:00–9:15am Women's League 9:15-11:15am (Courts closed) Open 11:15am–7:00pm	Closed for Cleaning 7:00-8:00am Open 8:00am–5:00pm Open Pickleball 8:00am–10:00am (Courts 1 & 2) Women's League 5:00-7:00pm (Courts closed)	Closed for Cleaning 7:00-8:00am Open 8:00am–7:00pm Open Pickleball 1:00pm–3:00pm (2 Courts)	Closed for Cleaning 7:00-8:00am Open 8:00am–7:00pm 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) Open 8:00am-5:00pm (Begins Oct. 4)

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 Connections: Ping Pong 12:00–2:00pm Afterschool Programming 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–12:30pm L.E.A.H 12:30–2:30pm (Sept. 22–April 27) Afterschool Programming 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–2:30pm Afterschool Programming 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–2:30pm Afterschool Programming 2:30–5:00pm Open 5:00–9:00pm	Open 5:30am–2:30pm Afterschool Programming 2:30–5:00pm Open 5:00–9:00pm	Open 8:00am–5:00pm **Sunday** Open 8:00am–12:00pm (Ends Sept. 27) Open 8:00am–5:00pm (Begins Oct. 4)