

# ClarkSportsCenter

## 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](http://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) <b>Single Parents Only</b> | \$425                                               |
| 90 Day Membership                                                                                     | One half of above                                   |
| Fitness Center (Add on; Per person fee billed concurrent with membership; Ages 14+)                   | Annual Membership: \$168<br>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](mailto: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](http://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](mailto: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<br>3:00–5:00pm                                                                                                                                                                                                                                                                         | Adult Climb<br>8:00–10:00am                    | Adult Climb<br>8:00–10:00am        | Afterschool Program<br>3:00–5:00pm<br><br>Adult Climb<br>5:30–8:00pm | Adult Climb<br>8:00–10:00am        | *Family Climb<br>9:00am-12:00pm                               |
|                                                                                                                                                                                                                                                                                                            | L.E.A.H<br>12:30-2:30pm<br>(Sept. 22–April 27) | Afterschool Program<br>3:00–5:00pm |                                                                      | Afterschool Program<br>3:00–5:00pm | Kids Climb<br>(Ages 5-18)                                     |
|                                                                                                                                                                                                                                                                                                            | Afterschool Program<br>3:00–5:00pm             | Adult Climb<br>5:30–8:00pm         |                                                                      | *Family Climb<br>5:30–8:00pm       | 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. |                                                |                                    |                                                                      |                                    | Sunday                                                        |
|                                                                                                                                                                                                                                                                                                            |                                                |                                    |                                                                      |                                    | Kids Climb<br>(Ages 5-18)<br>1:00pm–5:00pm<br>(Begins Oct. 5) |

\* 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.

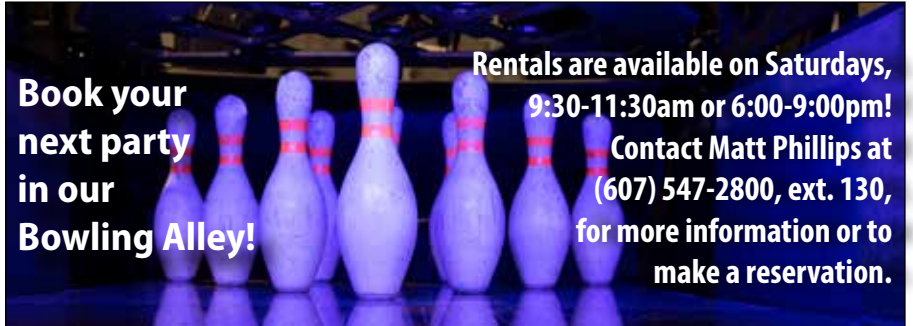
# Bowling



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



| Bowling Fees |             |             |             |
|--------------|-------------|-------------|-------------|
|              | Juniors     | HS/College  | Adults      |
| Game & Shoes | \$1.00/game | \$2.00/game | \$3.00/game |



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

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

## 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<br>Non-Members: \$45                                           |
| Senior Bowling (Ages 55+)                   | Begins September 14 Mondays & Wednesdays | 12:30–2:30pm | None                         | \$1 members, all you can bowl!<br>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                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Open Laps</b><br>5:30-8:00am<br><b>Adult Laps</b><br>8:00am-3:00pm<br><b>Aqua Body Blast</b><br>9:15-10:00am<br><b>Pathfinder</b><br>9:15-10:30am<br><b>Preschool Swim</b><br>10:00-11:00am<br><b>Springbrook</b><br>12:45-1:45pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult Laps</b><br>5:00-6:30pm<br><b>Limited Availability/ CCS Varsity Swim Team</b><br>5:30-7:30pm<br><b>Open Swim</b><br>6:30-8:00pm | <b>Open Laps</b><br>5:30-8:00am<br><b>Adult Laps</b><br>8:00am-3:00pm<br><b>Preschool Swim</b><br>11:00am-12:00pm<br><b>L.E.A.H. Swim Lessons</b><br>12:30-2:30pm<br>(Sept. 22-April 27)<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult Laps</b><br>5:00-6:30pm<br><b>Limited Availability/ CCS Varsity Swim Team</b><br>5:30-7:30pm<br><b>Open Swim</b><br>6:30-8:00pm | <b>Open Laps</b><br>5:30-8:00am<br><b>Adult Laps</b><br>8:00am-3:00pm<br><b>Aqua Body Blast</b><br>9:15-10:00am<br><b>Preschool Swim</b><br>10:00-11:00am<br><b>Springbrook</b><br>12:45-1:45pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult Laps</b><br>5:00-6:30pm<br><b>Limited Availability/ CCS Varsity Swim Team</b><br>5:30-7:30pm<br><b>Open Swim</b><br>6:30-8:00pm | <b>Open Laps</b><br>5:30-8:00am<br><b>Adult Laps</b><br>8:00am-3:00pm<br><b>Preschool Swim</b><br>11:00am-12:00pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Swim Lessons—Level 2</b><br>3:30-4:00pm<br><b>Adult Laps</b><br>5:00-6:30pm<br><b>Limited Availability/ CCS Varsity Swim Team</b><br>5:30-7:30pm<br><b>Open Swim</b><br>6:30-8:00pm | <b>Open Laps</b><br>5:30-8:00am<br><b>Adult Laps</b><br>8:00am-3:00pm<br><b>Preschool Swim</b><br>10:00-11:00am<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult Laps</b><br>5:00-6:30pm<br><b>Limited Availability/ CCS Varsity Swim Team</b><br>5:30-7:30pm<br><b>Open Swim</b><br>6:30-8:00pm | Sunday                                                                                                         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                             | <b>Adult Laps</b><br>8:00am-1:00pm<br><b>Swim Lessons</b><br>9:00am-12:00pm<br><b>Open Swim</b><br>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 – 9/15, 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                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult</b><br>8:00-10:00am<br><b>Pathfinder</b><br>9:15-10:30am<br><b>Preschool Swim</b><br>10:00-11:00am<br><b>Adult</b><br>11:00am-2:00pm<br><b>Bassett Physical Therapy</b><br>2:00-3:00pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult</b><br>5:00-5:30pm<br><b>Swim Lessons</b><br>5:30-7:00pm<br><b>Open Swim</b><br>7:00-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult</b><br>8:00-10:00am<br><b>Bassett Physical Therapy</b><br>10:00-11:00am<br><b>Preschool Swim</b><br>11:00am-12:00pm<br><b>Adult</b><br>12:00-12:30pm<br><b>L.E.A.H. Swim Lessons</b><br>12:30-2:30pm<br>(Sept. 22-April 27)<br><b>Adult</b><br>2:30-3:00pm<br><b>Open/Afterschool Swim</b><br>3:00-3:30pm<br><b>Swim Lessons — Level 1</b><br>3:30-4:00pm<br><b>Open Swim</b><br>4:00-5:00pm*<br><b>Adult</b><br>5:00-5:30pm<br><b>Swim Lessons</b><br>5:30-7:00pm<br><b>Open Swim</b><br>7:00-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult</b><br>8:00-10:00am<br><b>Preschool Swim</b><br>10:00-11:00am<br><b>Adult</b><br>11:00am-2:00pm<br><b>Bassett Physical Therapy</b><br>2:00-3:00pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult</b><br>5:00-5:30pm<br><b>Swim Lessons</b><br>5:30-7:00pm<br><b>Open Swim</b><br>7:00-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult</b><br>8:00-10:00am<br><b>Bassett Physical Therapy</b><br>10:00-11:00am<br><b>Preschool Swim</b><br>11:00am-12:00pm<br><b>Adult</b><br>12:00-2:00pm<br><b>Bassett Physical Therapy</b><br>2:00-3:00pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult</b><br>5:00-5:30pm<br><b>Swim Lessons</b><br>5:30-7:00pm<br><b>Open Swim</b><br>7:00-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult</b><br>8:00-10:00am<br><b>Preschool Swim</b><br>10:00-11:00am<br><b>Adult</b><br>11:00am-2:00pm<br><b>Bassett Physical Therapy</b><br>2:00-3:00pm<br><b>Open/Afterschool Swim</b><br>3:00-5:00pm*<br><b>Adult</b><br>5:00-5:30pm<br><b>Open Swim</b><br>6:30-8:00pm | Sunday                                                              |
|                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                    | <b>Adult</b><br>8:00-10:00am<br><b>Open Swim</b><br>10:00am-12:00pm |

Schedules are subject to change. For the most up-to-date information, visit [www.clarksportscenter.com](http://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](http://www.clarksportscenter.com).

| Monday                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                          | Friday                                                                                                                                                                            | Saturday                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>Open Fitness</b><br>5:30-8:00am<br><b>Sweat Wet!</b><br>8:00-8:45am<br><b>POOL CLOSED</b><br><b>Adult Swim</b><br>9:00am-3:00pm<br>Springbrook<br>12:45-1:45pm<br>Open/Afterschool Swim<br>3:00-3:30pm<br>Swim Lessons- Levels 3-6<br>3:30-4:00pm<br><b>POOL CLOSED</b><br>Open Swim*<br>4:00-5:00pm<br><b>Adult Swim</b><br>5:00-6:30pm<br>Open Swim<br>6:30-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult Swim</b><br>8:00am-3:00pm<br>L.E.A.H. Swim Lessons<br>(1/2 pool)<br>12:30-2:30pm<br>(Sept. 22-April 27)<br>Open/Afterschool Swim<br>3:00-5:00pm*<br><b>Adult Swim</b><br>5:00-6:30pm<br>Swim Lessons<br>(1/2 pool)<br>6:30-7:00pm<br>Open Swim<br>6:30-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Sweat Wet!</b><br>8:00-8:45am<br><b>POOL CLOSED</b><br><b>Adult Swim</b><br>9:00am-3:00pm<br>Springbrook<br>12:45-1:45pm<br>Open/Afterschool Swim<br>3:00-5:00pm*<br><b>Adult Swim</b><br>5:00-6:30pm<br>Open Swim<br>6:30-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult Swim</b><br>8:00am-3:00pm<br>Open/Afterschool Swim<br>3:00-5:00pm*<br><b>Adult Swim</b><br>5:00-6:30pm<br>Open Swim<br>6:30-8:00pm | <b>Open Fitness</b><br>5:30-8:00am<br><b>Adult Swim</b><br>8:00am-3:00pm<br>Open/Afterschool Swim<br>3:00-5:00pm*<br><b>Adult Swim</b><br>5:00-6:30pm<br>Open Swim<br>6:30-8:00pm | <b>Adult Laps</b><br>8:00am-1:00pm<br>Swim Lessons<br>9:00am-12:00pm<br>Open Swim<br>1:00-5:00pm |
|                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                   |                                                                                                                                                                                   | Sunday                                                                                           |
|                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                   |                                                                                                                                                                                   | <b>Adult Swim</b><br>8:00-10:00am<br>Open Swim<br>10:00am-12:00pm                                |
| <b>Special Notes:</b><br>* - 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 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](mailto:robinsonm@clarksportscenter.com)

### Returning Swimmers

Registration begins on Tuesday, September 8, on [active.com](http://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](mailto: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<br>9:00am–3:00pm<br>Afterschool<br>Programming<br>3:00–6:00pm | Open<br>9:00am–12:30pm<br>L.E.A.H<br>12:30–2:30pm<br>(Sept. 22–April 27)<br>Afterschool<br>Programming<br>3:00–6:00pm | Open<br>9:00am–3:00pm<br>Afterschool<br>Programming<br>3:00–6:00pm | Open<br>9:00am–3:00pm<br>Preschool Play<br>9:30–10:30am<br>Afterschool<br>Programming<br>3:00–6:00pm | Open<br>9:00am–3:00pm<br>Afterschool<br>Programming<br>3:00–6:00pm | Open<br>9:00am–5:00pm                    |
|                                                                    |                                                                                                                       |                                                                    |                                                                                                      |                                                                    | <b>Sunday</b>                            |
|                                                                    |                                                                                                                       |                                                                    |                                                                                                      |                                                                    | Open<br>9:00am–5:00pm<br>(Begins Oct. 4) |

## 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<br>9:00-10:00am<br>10:00-11:00am<br>11:00am-12:00pm<br>12:00-1:00pm<br>1:00-2:00pm<br>2:00-3:00pm<br>5:00-6:00pm<br>6:00-7:00pm<br>7:00-8:00pm | Saturday: 8:00-9:00am<br>9:00-10:00am<br>10:00-11:00am<br>11:00am-12:00pm<br>12:00-1:00pm<br>1:00-2:00pm<br>2:00-3:00pm<br>3:00-4:00pm<br>4:00-5:00pm | Sunday: 8:00-9:00am<br>9:00-10:00am<br>10:00-11:00am<br>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](http://clarksportscenter.com) for more information.

# Gym Floor

| Monday                                              | Tuesday                                                             | Wednesday                                            | Thursday                                        | Friday                                 | Saturday                    | Sunday                                          |
|-----------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------|----------------------------------------|-----------------------------|-------------------------------------------------|
| Open Floor<br>5:30am–8:00am                         | Open Floor<br>5:30am–12:30pm                                        | Open Floor<br>5:30am–8:00am                          | Open Floor<br>5:30am–3:00pm                     | Open Floor<br>5:30am–3:00pm            | Open Floor<br>8:00am–5:00pm | Open Floor<br>8:00am–12:00pm<br>(Ends Sept. 27) |
| Setup<br>8:00–8:30am                                | L.E.A.H<br>12:30–2:30pm<br>(Sept. 22–April 27)                      | Setup<br>8:00–8:30am                                 | Afterschool<br>Programs<br>3:00–5:00pm          | Afterschool<br>Programs<br>3:00–5:00pm |                             | Open Floor<br>8:00am–5:00pm<br>(Begins Oct. 4)  |
| Preschool Play<br>8:30–10:00am<br>(Starts Sept. 28) | Afterschool<br>Programs<br>3:00–5:00pm                              | Preschool Play<br>8:30–10:00am<br>(Starts Sept. 30)  | Member Only 16+<br>Pickup Futsal<br>6:00–8:00pm | Open Floor<br>5:00pm–9:00pm            |                             |                                                 |
| Open Floor<br>10:00am–3:00pm                        | Open Floor<br>5:00–6:00pm                                           | Pathfinder<br>11:00am–12:00pm<br>(Begins Oct. 7)     | Open Floor<br>8:00am–9:00pm                     |                                        |                             |                                                 |
| Afterschool<br>Programs<br>3:00–5:00pm              | Open Half Floor<br>6:00–8:00pm                                      | Open Floor<br>12:00–3:00pm                           |                                                 |                                        |                             |                                                 |
| Open Floor<br>5:00pm–9:00pm                         | Member Only 16+<br>Pickup Volleyball<br>(Half Floor)<br>6:00–8:00pm | Afterschool<br>Programs<br>3:00–5:00pm               |                                                 |                                        |                             |                                                 |
|                                                     | Open Floor<br>8:00–9:00pm                                           | Open Floor<br>5:00–6:00pm                            |                                                 |                                        |                             |                                                 |
|                                                     |                                                                     | Member Only, 16+<br>Pickup Basketball<br>6:00–8:00pm |                                                 |                                        |                             |                                                 |
|                                                     |                                                                     | Open Floor<br>8:00–9:00pm                            |                                                 |                                        |                             |                                                 |

## 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<br>(Ages 18+) | October 26–April 5<br>Mondays             | 11:00am–12:00pm | No registration required | Free, members only |
| Senior Walk<br>(Ages 62+)          | October 26–April 1<br>Mondays & Thursdays | 11:00am–12:00pm | No registration required | Free, members only |

## Youth Leagues & Programs

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

## Group Fitness

## Group Classes

Schedule  
September 8 - October 25

| Monday                                                         | Tuesday                                        | Wednesday                                       | Thursday                                               | Friday                                         | Saturday                                                 |
|----------------------------------------------------------------|------------------------------------------------|-------------------------------------------------|--------------------------------------------------------|------------------------------------------------|----------------------------------------------------------|
| <b>Fit for Life</b><br>9:30-10:15AM<br>Doreen                  | <b>Fit Camp</b><br>6:00-6:30AM<br>Gretchen     | <b>Cardio Dance</b><br>8:30-9:15AM<br>Brittany  | <b>Fit Camp</b><br>6:00-6:30AM<br>Gretchen             | <b>Mobility</b><br>8:30-9:15AM<br>Brittany     | <b>Total Body Conditioning</b><br>8:45-9:15AM<br>Sabrina |
| <b>Silver Sneakers Circuit</b><br>11:00AM-12:00PM<br>Katherine | <b>Power 45</b><br>8:15-9:00AM<br>John         | <b>Fit for Life</b><br>9:30-10:15AM<br>Brittany | <b>Power 45</b><br>8:15-9:00AM<br>John                 | <b>Pound</b><br>9:30-10:15AM<br>Doreen         |                                                          |
| <b>Total Body Conditioning</b><br>5:00-5:30PM<br>Sabrina       | <b>Zumba Dance</b><br>8:30-9:15AM<br>Veronica  | <b>Prime Time</b><br>11:00-12:00PM<br>Carina    | <b>Zumba Dance</b><br>8:30-9:15AM<br>Veronica          | <b>Prime Time</b><br>11:00AM-12:00PM<br>Carina |                                                          |
| <b>Zumba Dance</b><br>5:15-6:00PM<br>Elma                      | <b>Pilates Strength</b><br>5:00-5:30PM<br>Edna | <b>Cardio Dance</b><br>4:30-5:15PM<br>Elma      | <b>Sit &amp; Get Fit</b><br>10:15-11:00AM<br>Katherine |                                                |                                                          |
|                                                                | <b>Pound</b><br>5:30-6:15PM<br>Michelle        |                                                 | <b>Pilates Strength</b><br>5:00-5:30PM<br>Edna         |                                                |                                                          |
|                                                                |                                                |                                                 |                                                        |                                                | Sunday                                                   |
|                                                                |                                                |                                                 |                                                        |                                                | <b>Cardio Dance</b><br>9:30-10:15AM<br>Elma              |

## Group Fitness

## Group Cycle

Schedule  
September 8 - October 25

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

### Saturday Group Cycle

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

ClarkSportsCenter

# Group Fitness

# Yoga

Schedule  
September 8 - October 25

| Monday                                                   | Tuesday                                              | Wednesday                                         | Thursday                                                    | Friday                                            | Saturday                                         |
|----------------------------------------------------------|------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------|
| <b>Silver Sneakers Yoga</b><br>9:45-10:30AM<br>Katherine | <b>Foundations to Flow</b><br>9:15-10:00AM<br>Erin M | <b>Sunrise Yoga Flow</b><br>6:00-6:45AM<br>Nicole | <b>Slow Flow Yoga</b><br>9:15-10:15AM<br>Wendy              | <b>Yoga Flow</b><br>9:30-10:15AM<br>Wendy         | <b>Intermediate Flow</b><br>9:30-10:45AM<br>Edna |
| <b>Gentle Yoga</b><br>1:00-2:00PM<br>Katherine           | <b>Slow Flow Yoga</b><br>5:30-6:30PM<br>Diane G.     | <b>Gentle Yoga</b><br>1:00-2:00PM<br>Katherine    | <b>Gentle Yoga</b><br>10:30-11:30AM<br>Wendy                | <b>Gentle Yoga</b><br>10:30-11:30AM<br>Wendy      |                                                  |
|                                                          |                                                      | <b>Yin Yoga</b><br>6:30-7:30PM<br>Erin M          | <b>Silver Sneakers Yoga</b><br>11:30AM-12:15PM<br>Katherine | <b>Friday Night Flow</b><br>5:30-6:15PM<br>Erin M | <b>Yoga Flow</b><br>8:15-9:00AM<br>Diane G.      |
|                                                          |                                                      |                                                   | <b>Vinyasa Flow</b><br>5:30-6:30PM<br>Wendy                 |                                                   | <b>Yin Yoga</b><br>9:30-10:45AM<br>Edna          |

# Group Fitness

# Sports Performance

Schedule  
September 8 - October 25

| Monday                                | Tuesday                              | Wednesday                             | Thursday                                 | Friday                                  | Saturday                                  |
|---------------------------------------|--------------------------------------|---------------------------------------|------------------------------------------|-----------------------------------------|-------------------------------------------|
| <b>Escape</b><br>6:00-6:30AM<br>Ben   |                                      | <b>Escape</b><br>6:00-6:30AM<br>Ellie |                                          | <b>Escape</b><br>6:00-6:30AM<br>Ellie   | <b>Escape</b><br>9:30-10:00AM<br>Gretchen |
| <b>Escape</b><br>9:30-10:00AM<br>John | <b>Escape</b><br>4:30-5:00PM<br>Kara | <b>Escape</b><br>9:30-10:00AM<br>John | <b>Escape</b><br>4:30-5:00PM<br>Gretchen | <b>Escape</b><br>9:30-10:00AM<br>Thomas |                                           |

# Group Fitness

# Aqua Fitness

Schedule  
September 8 - October 25

| Monday                                 | Tuesday | Wednesday                              | Thursday | Friday | Saturday |
|----------------------------------------|---------|----------------------------------------|----------|--------|----------|
| <b>Sweat Wet</b><br>8:00-8:45AM        |         | <b>Sweat Wet</b><br>8:00-8:45AM        |          |        |          |
| <b>Aqua Body Blast</b><br>9:15-10:00AM |         | <b>Aqua Body Blast</b><br>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](http://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 precedence 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](mailto:portera@clarksportscenter.com)

For all Tennis Center rules, please visit: [www.clarksportscenter.com/racquets/tennis-rules-guidelines/](http://www.clarksportscenter.com/racquets/tennis-rules-guidelines/)

| Monday                                                                                                                 | Tuesday                                                                                                                                          | Wednesday                                                                                                                                                                      | Thursday                                                                                                          | Friday                                                                                                                 | Saturday                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Closed for Cleaning<br>7:00-8:00am<br><br>Open<br>8:00am-7:00pm<br>Open Pickleball<br>8:00am-10:00am<br>(Courts 1 & 2) | Closed for Cleaning<br>7:00-8:00am<br><br>Open<br>8:00-9:15am<br>Women's League<br>9:15-11:15am<br>(Courts closed)<br><br>Open<br>11:15am-7:00pm | Closed for Cleaning<br>7:00-8:00am<br><br>Open<br>8:00am-5:00pm<br>Open Pickleball<br>8:00am-10:00am<br>(Courts 1 & 2)<br><br>Women's League<br>5:00-7:00pm<br>(Courts closed) | Closed for Cleaning<br>7:00-8:00am<br><br>Open<br>8:00am-7:00pm<br>Open Pickleball<br>1:00pm-3:00pm<br>(2 Courts) | Closed for Cleaning<br>7:00-8:00am<br><br>Open<br>8:00am-7:00pm<br>Open Pickleball<br>8:00am-10:00am<br>(Courts 1 & 2) | Open<br>8:00am-5:00pm                                                                                                         |
|                                                                                                                        |                                                                                                                                                  |                                                                                                                                                                                |                                                                                                                   |                                                                                                                        | Sunday                                                                                                                        |
|                                                                                                                        |                                                                                                                                                  |                                                                                                                                                                                |                                                                                                                   |                                                                                                                        | Open<br>8:00am-12:00pm<br>Open Pickleball<br>9:00am-11:00am<br>(Courts 1 & 2)<br><br>Open<br>8:00am-5:00pm<br>(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<br>5:30am-2:30pm<br><br>Connections: Ping Pong<br>12:00-2:00pm<br><br>Afterschool<br>Programming<br>2:30-5:00pm<br><br>Open<br>5:00-9:00pm | Open<br>5:30am-12:30pm<br><br>L.E.A.H<br>12:30-2:30pm<br>(Sept. 22-April 27)<br><br>Afterschool<br>Programming<br>2:30-5:00pm<br><br>Open<br>5:00-9:00pm | Open<br>5:30am-2:30pm<br><br>Afterschool<br>Programming<br>2:30-5:00pm<br><br>Open<br>5:00-9:00pm | Open<br>5:30am-2:30pm<br><br>Afterschool<br>Programming<br>2:30-5:00pm<br><br>Open<br>5:00-9:00pm | Open<br>5:30am-2:30pm<br><br>Afterschool<br>Programming<br>2:30-5:00pm<br><br>Open<br>5:00-9:00pm | Open<br>8:00am-5:00pm                                                                     |
|                                                                                                                                                 |                                                                                                                                                          |                                                                                                   |                                                                                                   |                                                                                                   | Sunday                                                                                    |
|                                                                                                                                                 |                                                                                                                                                          |                                                                                                   |                                                                                                   |                                                                                                   | Open<br>8:00am-12:00pm<br>(Ends Sept. 28)<br><br>Open<br>8:00am-5:00pm<br>(Begins Oct. 4) |