

# Clark Sports Center

## Fall Schedule

September 2 to October 19, 2014



### 2014 Coop Loop

Sunday, October 26

Membership.....	2-3
Athletics .....	4-5
Aquatics .....	6-7
Health & Fitness .....	8-9
Bowling.....	10
Adventure.....	11
Racquets .....	11-12

### Hours

September 2–October 5

Monday–Friday, 5:30am–9:00pm

Saturday, 8:00am–6:00pm

Sunday: Closed

Winter Hours Starting October 6

Monday–Friday, 5:30am–9:30pm

(Pool Closes at 9:00pm)

Saturday, 8:00am–6:00pm

Sunday: 8:00–6:00pm

(Adults only 8:00–12:00)

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)	\$100
Junior (5–20 years)	\$180
College Student (21–25 years, full time undergraduate students with a valid ID)	\$180
Adult (21–61 years)	\$330
Senior Citizen Single (62+)	\$213
Senior Citizen Couple (One person 62+)	\$360
Family (Two adults in household, juniors, and college students)	\$520
Single Parent Family (Head of household, juniors, and college students) <b>Single Parents Only</b>	\$355
Fitness Center (Additional to basic fee; Per person fee billed concurrent with membership; Ages 14+)	\$120
90 Day Membership	One half of above
One Month Membership with Fitness Center (30 consecutive days)	\$80
One Month Membership without Fitness Center (30 consecutive days)	\$55
7 Day Pass	Inquire at Main Desk

Applications for a reduced fee membership are available at the Main Desk. Applicants must meet income guidelines to qualify.

### Payment Plans

One payment (Pre-paid in Full)	Annual, 90 Day, and One Month Memberships
Two Payment Plan	One half upon application with bills sent biannually (Annual Membership only).
Quarterly Payment Plan	One quarter upon application with bills sent every three months (Annual Membership only).

*Multiple payment plans incur a \$2 processing fee for each billing.* All memberships with multiple payment plans are at minimum a one year obligation. After one year, memberships will continue to be billed but may be cancelled at any time without penalty. Failure to complete the minimum results in cancellation of membership and forfeiture of lockers with the remaining balance pending. Membership changes incur a \$10 administrative fee.

### 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 Kathy Graham.

## Assumption of Risk

All participants must have an Assumption of Risk form on file prior to using The Clark Sports Center and its facilities. Assumption of Risk forms for any person under the age of 18 must be signed by a parent or legal guardian. The form may be picked up at the Main Desk or found at [www.clarksportscenter.com](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 Eve Cripps at 547-2800, ext. 105). Adults: \$10, Juniors under 21: \$5, Fitness Center: \$5 additional.

### Youth Members and Guests

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 in Kindergarten through 12th grade are not allowed in the facility or on the grounds during school hours, when school is in session.

### 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**  
\$12.00 per 30 minutes or \$100 for ten 30 minute sessions.

#### Conference Room Rental

\$50.00 for up to a three hour time block (a fee of \$10 per hour for each additional hour may be applied).

### 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 and on the following radio stations: WZOZ (103.1FM) and WSRK (103.9FM).

### Lightning Policy

When you hear the 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; • Smoking; • Use of illegal drugs;
- Damaging the facilities of the Center in any way (skateboards, scooters, and roller blades are not allowed on the Sports Center grounds; animals, bicycles; and other potentially damaging devices are not allowed in the building);
- Providing false information or records to the Center.

Additionally, any criminal activity or acts or threats of violence may be reported to the proper authorities and prosecuted.

The Clark Sports Center reserves the right to deny, suspend, revoke or limit access to the Sports Center's facilities at its sole discretion in the case of any violation of this Code of Conduct or any rule or policy of the Center, consistent with applicable law. Any question arising regarding the meaning of any provision of this Code of Conduct should be brought to the attention of the Director of The Clark Sports Center. The Center's interpretation of any provision of this Code shall be final.

## Attire and Etiquette

Appropriate attire is required to use the Sports Center facilities. Clean sneakers must be worn in the Fitness Center, Aerobics Room, racquets courts, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Bathing suits are required to enter the pool; Cut-off shorts and shirts are not allowed as pool attire. Babies must wear swim diapers. Food and drink are allowed only in the downstairs pit area and in the restricted areas of the bowling alley. 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 at the back of the building 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. 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, Stores, 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.

Use of Sports Center telephones is restricted to business calls and emergencies. Cell phone use is prohibited in all locker rooms.

Small stores are located at the Main Desk and Fitness Center Desk. Bathing suits, goggles, reflective vests, T-shirts, racquets (through special order), shampoo, conditioner, combs, and other sports and personal equipment are available for purchase.

Permission and check-in is required to use the playing fields adjacent to the Sports Center. Non-members must pay any appropriate guest fees.

## Sex Offender Policy

Registered or convicted sex offenders are not eligible for membership in The Clark Sports Center or for participation in its programs and activities. Registered or convicted sex offenders shall not enter onto or loiter in the vicinity of the property of The Clark Foundation that is designated as The Clark Sports Center or other property of The Clark Foundation when used for programs and activities of The Clark Sports Center.

## No Dogs Allowed Policy

Dogs 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 21 years of age and older. Boys and Girls locker rooms are for youths 5–20 years of age. Preschoolers under the age of 5 may accompany their parents in the adult locker room.
- Parents bringing a preschooler of the opposite gender for an open swim may ask to use the locker room for the physically disabled (once a child turns 5 years old and/or starts kindergarten, they must use the appropriate locker room for their gender).
- Locker rooms for the physically disabled are available. Please check in at the Main Desk for a key.
- 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. Coin operated lockers are available for guests. Belongings cannot be left in these lockers overnight.
- Saunas are located in the adult locker rooms and may be used by persons 21 years or older.
- Shower towels can be rented at the Main Desk for 50¢.

## Organized Activities

Coaching, instruction, training, lessons, and other organized activities must be directed by Clark Sports Center staff unless approved by the appropriate Department Head, Associate Directors, or Director.

## Gym Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–9:30	Open 5:30–6:00	Open 5:30–9:00	Open 5:30–6:00	Open 5:30–9:00	Open 8:00–6:00	<b>Sunday hours start October 12.</b>
Headstart 9:30–11:00 (Starts Oct. 3)	Fit Camp 6:00–7:00	Preschool Play 9:00–10:30	Fit Camp 6:00–7:00	Headstart 9:30–11:00	Lacrosse Club 6:00–7:00	Open 8:00–5:00 (Adults Only 8:00–12:00)
Open 11:00–3:00	Open 7:00–9:00	Open 10:45–3:00	Open 7:00–9:00	Open 11:00–3:00		
Gymnastics Level One 3:00–4:30	Preschool Play 9:00–10:30	Badminton 12:00–2:30	Preschool Play 9:00–10:30	Gymnastics Level One 3:00–4:30		Fall Futsal League 5:00–10:00 (Starts Oct. 12)
Gymnastics Level II 4:30–6:00 (Half of Gym Floor open)	Preschool Sports Academy 11:15–11:45 (Starts Sept. 30)	Little Athletes 3:00–3:30 (Starts Sept. 17)	Preschool Sports Academy 11:15–11:45	Gymnastics Level II 4:30–6:00 (Half of Gym Floor open)		
Elite Gymnastics 6:00–7:00 (Half of Gym Floor open)	LEAH Program 12:00–2:30 (Starts Sept. 23)	Kids Day K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00 (Starts Sept. 17)	Pickleball 12:00–2:30	Elite Gymnastics 6:00–7:00 (Half of Gym Floor open)		
Open 7:00–9:00	Kid's Dodgeball League 3:00–4:00 (Starts Sept. 11)	Men's Pickup Basketball 5:00–9:00	Kid's Dodgeball League 3:00–4:00 (Starts Sept. 11)	Pickleball/ Badminton 7:00–9:00 (Center Court)		
	Open 4:00–6:00		Open 4:30–9:00	Open 7:00–9:00		
	Pick-up Volleyball (Half of Gym Floor) 6:00–9:00					
	Open (Half of Gym Floor) 6:00–9:00					

## Gym Floor Rules and Information

- Non-marking sneakers are required on the floor at all times.
- The Bouldering Wall is open during general Gym Floor operating hours except during special events, camps, and league play on the Gym Floor.
- Special groups and activities such as clinics, tournaments, and basketball games take priority over open play.

## 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.
- Youths below the 7<sup>th</sup> grade are not permitted on the track unless included in a special program.
- 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.
- Exercise bikes are for persons in the 9<sup>th</sup> grade and above. Youth in grades 7–8 must have permission from the Athletics Department to use the exercise bikes.
- Heavy bags and a stretching area are at the corners of the Running Track.



## Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 9–May 28 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Sept. 30–Nov. 20 Tues., Thurs.	11:15–11:45am	Sept. 2–Sept. 30	Free for members Limit – 15 Children
Kid’s Day (Grades K–6)	Sept. 17–May 20 Wednesday	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	None	Free for members
Gymnastics Level I (Grade School)	Sept. 8–Oct. 24 Monday, Friday	3:00–4:30pm	Aug. 1– Sept. 8 Meeting Sept. 8	\$80 member \$180 non-member
Gymnastics Level II (Grade School)	Sept. 8–Oct. 24 Monday, Friday	4:30–6:00pm	Aug. 1– Sept. 8 Meeting Sept. 8	\$80 member \$180 non-member
Elite Gymnastics	Sept. 8–Oct. 24 Monday, Friday	6:00–7:00pm	Invitation Only Meeting Sept. 8	\$80 member \$180 non-member
Kid’s Dodgeball League (Grades 3–6)	Sept. 11–Oct. 23 Tues., Thurs.	3:00–4:00pm	Sept. 2–Sept. 8 Meeting Sept. 9	Free for members
Junior High Basketball (Grades 7 & 8)	Oct. 30–Dec. 19 Thurs., Friday	5:30–8:30pm	Oct. 1–Oct. 23 Meeting Oct. 23	Free for members
Boy’s Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 4–Feb. 12 Tues., Thurs.	3:00–5:00pm	Oct. 1–Oct. 30 Meeting Oct. 30	Free for members
Girl’s Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 3–Feb. 6 Monday, Friday	3:00–5:00pm	Oct. 1–Oct. 24 Meeting Oct. 27	Free for members
Little Kickers (Grades K–2)	Sept. 17–Nov. 19 Wednesdays	3:00–3:30pm	Sept. 2–Sept. 17	Free for members
Lacrosse Club (Grade 4–12)	Oct. 4–March 28 Saturday	6:00–7:00pm	Sept. 2–Oct. 4 Meeting Oct. 4	Free for members

## Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Pickle Ball/ Badminton	Sept. 12–Oct. 29 Fridays	7:00–9:00pm	No Registration	Free for members
Badminton	Sept. 10–Oct. 22 Wednesdays	12:00–2:30pm	No Registration	Free for members
Pickle Ball	Sept. 11–Oct. 23 Thursdays	12:00–2:30pm	No Registration	Free for members
Adult Futsal	Oct. 12–Mar. 15 Sundays	5:00–10:00pm	Sept. 2–Sept. 24 Meeting Sept. 24	\$150 team; \$300 non-member team; \$60 individual non-member
Slow Break Basketball	Nov. 3–Mar. 16 Mondays	6:00–10:00pm	Sept. 2–Oct. 13 Meeting Oct. 20	\$450 member team; \$700 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 4–Mar. 10 Tuesdays	6:30–9:30pm	Sept. 2–Oct. 29 Meeting Oct. 29	\$150 team; \$300 non-member team; \$60 individual non-member



# Aquatics Pool Schedule • Sept. 2–Oct. 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Swim 5:30-3:00	Adult Swim 5:30-3:00	Adult Swim 5:30-3:00	Adult Swim 5:30-3:00	Adult Swim 5:30-3:00	Adult Swim 8:00-1:00
H.S. Lap Swim (1 lane) 6:30-7:30	H.S. Lap Swim (1 lane) 6:30-7:30	H.S. Lap Swim (1 lane) 6:30-7:30	H.S. Lap Swim (1 lane) 6:30-7:30	H.S. Lap Swim (1 lane) 6:30-7:30	Youth Swim Lessons (Sept. 13-Oct. 18)
Aqua Fitness 8:00-9:00 (Deep Pool)	Aqua Fitness 6:30-7:15 (Deep Pool)	Aqua Fitness 8:00-9:00 (Deep Pool)	Preschool Swim 10:30-11:30	Pathfinder 9:30-10:30	Levels 3, 4, 5, & 6 8:15-8:45
Headstart 10:00-11:00	Pathfinder 9:30-10:30	Headstart 10:00-11:00	Aquacize 11:00-11:45 (Shallow Pool - 2 Lanes)	Preschool Swim 10:30-11:30	Level 2 Deep 8:50-9:20
Preschool Swim 10:30-11:30	Preschool Swim 10:30-11:30	Preschool Swim 10:30-11:30	Springbrook 12:45-1:45	Physical Therapy 12:00-12:30	Levels 1 & Shallow 2 9:25-9:55
Aquacize 11:00-11:45 (Shallow Pool - 2 Lanes)	Physical Therapy 12:00-12:30	Springbrook 12:45-1:45	Duck/Frog Preschool Lessons 1:30-2:00 (Sept. 11-Oct. 16)	Open Swim 3:00-5:00	6-18 months (with a parent) 10:00-10:30
Springbrook 12:45-1:45	L.E.A.H 12:30-2:20 (Starts September 23)	Open Swim 3:00-5:00	Octopi/Dolphin Preschool Lessons 2:00-2:30 (Sept. 11-Oct. 16)	Swim Club 4:00-5:00 (Sept. 12-Oct. 17)	19-35 months (with a parent) 10:35-11:05
Levels 3-6 Lessons 3:00-3:30 (Sept. 8-Oct. 13, pool area is closed 3:00-3:30)	Level 2-Deep Lessons 3:00-3:30 (Sept. 9-Oct. 14, pool area is closed 3:00-3:30)	Swim Club 4:00-5:00 (Sept. 10-Oct. 15)	Levels 1 & Shallow 2 Lessons 3:00-3:30 (Sept. 11-Oct. 16, pool area is closed 3:00-3:30)	CCS H.S. Swim Team 6:00-7:00	Duck/Frog Preschool Lessons 11:10-11:40
Open Swim 3:30-5:00	Open Swim 3:30-5:00	Adult Swim 5:00-6:30	Open Swim 3:30-5:00	Adult Swim 5:00-6:00	Octopi/Dolphin Preschool Lessons 11:45-12:15
Swim Club 4:00-5:00 (Sept. 8-Oct. 13)	CCS H.S. Swim Team 3:30-5:00	6-35 Month Olds Lessons 6:00-6:30 (Sept. 10-Oct. 15)	Open Swim 3:30-5:00	Open Swim 6:00-9:00	Open Swim 1:00-6:00
Adult Swim 5:00-6:30	Diving Club 4:00-5:00 (Sept. 9-Oct. 14)	Aqua Fitness 5:30-6:30 (Deep Pool)	CCS H.S. Swim Team 3:30-5:00		<b>Sundays</b>
Aqua Fitness 5:30-6:30 (Deep Pool)	Adult Swim 5:00-6:30	Open Swim 6:30-9:00	Adult Swim 5:00-6:30		Adult Swim 8:00-1:00
Open Swim 6:30-9:00	Octopi/Dolphin Preschool Lessons 6:00-6:30 (Sept. 9-Oct. 14)	CCS H.S. Swim Team 7:30-9:00	Duck/Frog Preschool Lessons 6:00-6:30 (Sept. 11-Oct. 16)		Open Swim 1:00-6:00
CCS H.S. Swim Team 7:30-9:00	Open Swim 6:30-9:00		Open Swim 6:30-9:00		<b>Sunday Hours start on October 12</b>
	Levels 1 & Shallow 2 Lessons 6:35-7:05 (Sept. 9-Oct. 14)		Levels 2-Deep & 3 Lessons 6:35-7:05 (Sept. 11-Oct. 16)		

**Pool Color Codes**  
Please note that some programs may overlap Adult Swim times, Lessons, Groups.

**Red • Open Swim**

**Blue • Adult Swim**

The Clark Sports Center aquatics area is always staffed with lifeguards who possess current certifications in Lifeguard Training, CPR, AED, and First Aid. Lifeguards are responsible for the safety of our members and guests and all aquatic area rules, regulations, and programs. Our schedule has been designed so that each member or guest, no matter what the age or swimming ability, has an opportunity to swim laps, exercise in the water, learn to swim, swim competitively, or just have fun!

## Aquatics Health and Safety Rules

To support our dedication to providing a clean, safe environment for our members, please adhere to the following pool regulations:

- **Swimmers in wet bathing suits are not allowed on the balcony or in the hallways!**
- **All swimmers must use the appropriate locker rooms to change. The pool deck, balcony, and hallways are not changing areas!**
- **All swimmers must shower before swimming.**
- **Babies must wear swim diapers at all times.**
- Proper swimming attire is required. No shorts or T-shirts!
- Long hair must be tied back or in a swim cap.
- Shoes are not allowed on the pool deck.
- Diving in the lap pool is prohibited.
- Running on the pool deck is strictly prohibited.
- No food or drink allowed in the pool or balcony.
- All swimmers must abide by additional pool regulations posted by the Aquatics Director as required by the State Department of Health.

## Aquatics Program Guidelines

- **Spectators must use the balcony!**
- Preschoolers must be accompanied by a participating adult.
- Adult swims are for swimmers 18 and over who have finished high school. Open swims are for all ages. Preschoolers must be accompanied by a participating adult. The deep pool alternates between open swim and diving every half hour. Open swims have two lanes available for lap swimming at 6:00pm.

## Swim Class Guidelines and Policies

**Attendance** • Is not mandated, but is required to gain the full benefit of learning and improving personal swimming skills. All class participants are required to attend class on time.

**Class Level** • If your child is not placed in the correct level we will accommodate changes for the correct level. Please ensure correct class placement by speaking to Matt Phillips or Lindsey Bailey.

**Substitutes** • Sometimes substitute teachers are necessary. We apologize for any inconvenience or disruption that this may cause. If you have any specific concerns regarding our teachers, please feel free to contact Matt Phillips, the Aquatics Director.

**Locker Rooms** • Please comply with the locker room policies, found on page 3.

**Pool Area is for Swimmers** • Please observe your child's swim lesson from the balcony.

## CCS Girls H.S. Swim Team (Home Meets)

**Practices:** Mondays & Wednesdays, 7:30-9:00pm; Tuesdays & Thursdays, 3:30-5:00pm; Fridays, 6:00-7:00pm

**Fridays, September 12th, 26th, October 3rd, 10th, and Wednesday, October 15th. Pool Area will be closed at 4:30pm for swim meets, and will reopen as soon as equipment is cleaned up.**

## Youth Swim Lessons Start September 8

**Grade School Age Swim Lessons** are free for members and take place after school and on Saturdays. Session 1 registration begins September 2, session 1 runs September 8–October 18. Session 2 registration begins October 20, and runs October 27–December 6.

- Level 1: Thursdays, 3:00–3:30pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;
- Level 2 (Shallow): Thursdays, 3:00–3:30pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;
- Level 2 (Deep): Tuesdays, 3:00–3:30pm, Thursdays, 6:35–7:05pm & Saturdays 8:50–9:20am;
- Level 3: Mondays, 3:00–3:30pm, Thursdays, 6:35–7:05pm, & Saturdays 8:15–8:45am;
- Level 4, 5 & 6: Mondays, 3:00–3:30pm & Saturdays 8:15–8:45am;

**Preschool Swim Lessons** are for members only. Call the Pool Office to register. Session 1 registration begins September 2, and runs September 8–October 18. Session 2 registration begins October 20, and runs October 27–December 6.

- 6–18 months (with a parent): Wednesdays, 6:00-6:30pm & Saturdays, 10:00–10:30am;
- 19–35 months (with a parent): Wednesdays, 6:00-6:30pm & Saturdays, 10:35–11:05am;
- Ducks (Level 1): Thursdays, 1:30–2:00pm, Thursdays, 6:00-6:30pm & Saturdays, 11:10–11:40am;
- Frogs (Level 2): Thursdays, 1:30–2:00pm, Thursdays, 6:00-6:30pm & Saturdays, 11:10–11:40am;
- Octopi (Level 3): Tuesdays, 6:00–6:30pm, Thursdays, 2:00–2:30pm & Saturdays, 11:45am–12:15pm.
- Dolphins (Level 4): Tuesdays, 6:00–6:30pm, Thursdays, 2:00–2:30pm & Saturdays, 11:45am–12:15pm.

## Sports Center Sharks Swim Team

New swimmers will have the opportunity to try practices September 23 & 24, 4:00–5:00pm. New swimmer registration will be held on Wednesday, October 1, at 5:00pm in the main lobby. Returning swimmers can register September 30 and October 2, at 7:00pm. There will be an informational meeting for both returning and new swimmers and parents on Monday, October 6, at 6:00pm.

Official practices begin Monday, October 20. Practices will run: Developmental on Mondays and Fridays, 3:15–4:00pm; Age Group on Mondays, Tuesdays, Thursdays and Fridays, 4:00–5:00pm; and Senior on Mondays, Tuesdays, and Thursdays, 6:30–8:30pm. The entire Sharks Swim Team will practice on Wednesdays, 4:00–5:00pm.

## NEW! Swim Club

Join the Clark Sports Center Swim Club. It's FREE! Learn all four competitive strokes, and how to dive off a starting block. Swimmers must be able to swim front and back crawl for 25 yards each. For more information, call the Aquatics Department at (607) 547-2800, ext. 114.

## Dive Club is Returning!

Tuesdays, September 9–October 14. Dive club is designed for ages 9 and above, with a level 3 swimming ability or higher. We will focus on front and back approaches and introduce a few dives in the front or back position. For more information, call the Aquatics Department at (607) 547-2800, ext. 114.

# Group Fitness Schedule • Fall Session I

## September 2–October 26, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Spinning (S) 6:00–6:50 • Alison</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 8:00–9:00 Deep Pool • Carole <b>New Time!</b></p> <p>Spinning (S) 8:35–9:35 Maureen</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–11:45 Shallow Pool • Carole <b>New Time!</b></p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Power &amp; Grace (S) 1:00–2:00 • Katherine</p> <p>Hoopdance (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Dana</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole <b>New Time!</b></p> <p>Half &amp; Half (S) 5:30–6:30 • Laurie <b>New Class!</b></p> <p>Karate (C) 6:00–7:30 • Dave</p>	<p>Fit Camp (G) 6:00–6:50 • Alison</p> <p>Aqua Fitness (P) 6:30–7:15 Deep Pool • Carole</p> <p>Functional Strength &amp; Balance (S) 8:20–9:30 • Maureen</p> <p>Zumba (S) 9:45–10:45 • Veronica <b>New Format!</b></p> <p>Fit Kids (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Deirdre</p> <p>Spinning (S) 5:30–6:15 • Amy</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p> <p>Zumba Toning (S) 6:30–7:15 • Elma</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Aqua Fitness (P) 8:00–9:00 Deep Pool • Carole <b>New Time!</b></p> <p>Spin Core &amp; More (S) 8:35–9:35 • Amy</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Prime Time (S) 11:15–12:15 Katherine</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Hit the Mat (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Katherine</p> <p>Yoga Flow (C) 5:20–6:20 • Katherine</p> <p>Cardio Kick &amp; Sculpt (S) 5:30–6:30 • Laurie</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole <b>New Time!</b></p>	<p>Fit Camp (G) 6:00–6:50 • Alison</p> <p>Functional Strength &amp; Balance (S) 8:20–9:30 • Maureen</p> <p>Yoga Flow (C) 8:35–9:35 Katherine</p> <p>Power &amp; Grace (S) 9:45–10:45 • Nancy</p> <p>Aquacize (P) 11:00–11:45 Shallow Pool • Carole <b>New Time!</b></p> <p>Fit Kids (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Deirdre</p> <p>Spinning (S) 5:30–6:15 • Laurie</p> <p>Karate (S) 6:30–8:00 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Spin Yoga (S) 8:35–9:35 • Joann <b>Returning!</b></p> <p>Pilates (S) 9:45–10:45 • Joann <b>Returning!</b></p> <p>Prime Time (S) 11:15–12:15 • Carina</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Zumba (S) 5:20–6:20 Katherine</p>	<p>Spinning (S) 8:15–9:15 • Various (See schedule on back)</p> <p>Variety (S) 9:30–10:30 • Various (See schedule below)</p> <p>Yoga Foundations (C) 9:30–10:45 Jack/Bonnie</p>
					<b>Saturday Variety Class Schedule</b>
					9/6 Zumba Toning
					9/13 Cardio Dance & Core
					9/20 HIIT it Up
					9/27 Cardio Kick & Sculpt
					10/4 Cardio Dance & Core
					10/11 Total Body Conditioning
					10/18 Cardio Dance & Core
					10/25 Cardio Kick & Sculpt

### Class Information & Policies

- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30mins prior to class).
- Class size limits are listed under class descriptions.
- Most classes require some set-up time. Please arrive to class 5 mins prior to scheduled starting time. No admittance 5 mins after class starts.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitution may occur without notice.
- It is recommended to bring your own mat to yoga classes.
- Classes highlighted in red will be unavailable to non-members for pre-registration. Day Pass users may take Group Fitness classes based on availabilities (10 mins prior to class).

(S) = Studio  
(P) = Pool  
(C) = Conf. Room  
(G) = Gym Floor  
(DL) = Downstairs Lobby

### Class Notes & Schedule Changes

- Gentle Yoga will be held in the Studio at 1:00pm on Wednesday, September 10 & October 8.

## Fitness Center information

The Fitness Center is open during the general operating hours to Clark Sports Center members who have paid the additional fee to add it to their membership or who have purchased a one day pass. The Center features 17 pieces of Bodymasters selectorized equipment, free weights, dumbbells, stationary bicycles, treadmills, elliptical trainers, rower, and Stairmaster. All members and guests who use the Fitness Center must adhere to the following policies:

- New Fitness Center members must complete a medical form before use.
- New Fitness Center members may sign up for and attend a Fitness Center Orientation before use.
- Participants must wear appropriate clothing and footwear at all times.
- Participants must wipe off equipment after use.
- Minimum age to use the Fitness Center is 14.
- Members must sign in at the Fitness Center Desk before using the facilities and equipment.
- The use of ellipticals, treadmills, and Stairclimber require reserving time periods (maximum 30 minutes at one time) at the Fitness Center Desk.

## Personal Training Information

Our professional staff is goal oriented with a wealth of resources and knowledge. We offer an extensive variety of personalized programs to help our clients achieve their goals. Our services include, but are not limited to:

- General fitness
- Aqua exercise
- Nutrition
- Weight management
- Private yoga and pilates
- Sports conditioning and sports specific training
- Many other specialized and personalized programs
- Cardio training
- Weight training
- Balance
- Core training

## Personal Training Rates and Fees

- \$12.00 per 30 minute session.
- \$100.00 for ten 30 minute sessions.
- Small group training. Maximum of 3 people per trainer. Each person shares the cost of the trainer.
- Free initial fitness assessment.
- The Sports Center is not responsible for lost or stolen tickets.

## Day Care

Day Care is available in the Conference Room for members and guests who are using The Clark Sports Center on Mondays, Wednesdays & Fridays, 8:30-11:30am. Tuesday and Thursday evening day care will return September 9, 5:15-7:30pm. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:6, with two staff members present at all times. Snacks are provided. Diapers and bottles must be supplied and all belongings must be labeled. Daycare will not be available on CCS snowdays.

**Fee** • \$4.00 per hour (minimum of 30 minutes). Day Care must be paid for on the day of service.

## Group Fitness Information

All Clark Sports Center members and guests who attend Group Fitness Classes and use the Group Fitness Studio must be aware of the following:

- Group Fitness schedules run on an 8 week schedule.
- Group Fitness classes are available on a first come, first serve basis.
- All classes will have a pre-determined class size limit based on location, equipment. (Located on the back of the Group Fitness Schedule.)
- Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into each class (no sooner than 30 minutes prior to class).
- Only one number will be issued per member.
- Students must turn in their number to the instructor (or staff) prior to class.
- Classes may be cancelled at any time during the 8 week session.
- Group Fitness schedules are subject to change.
- Instructor substitutions may occur without notice.

## Group Fitness Policies

All Clark Sports Center members and guests who attend Group Fitness Classes and use the Group Fitness Studio are expected to adhere to the following rules and policies:

- Participants must be 14 years of age or older (excluding Karate).
- Appropriate clothing and clean footwear is required at all times.
- Preschoolers are not permitted in the Group Fitness Studio or Conference Room during classes.
- Sound equipment may only be operated by Health and Fitness staff.
- Spinning bikes in the Group Fitness Studio are for class use only.
- Personal headphones are not permitted during Group Fitness classes and events.
- For your safety and respect for other classmates and instructors, please arrive to class on time and prepared. Entrance to class is not permitted five minutes after class starts.
- Permission to use the Group Fitness Studio is required.
- Permission is required to observe Group Fitness classes.
- Please turn cell phones off or to vibrate during class.

## Group Fitness Rates and Fees

Group Fitness classes are included in the base membership fee.

### Drop-In

- Day Pass only based on availability.
- Non-members must pay for a guest pass at the Main Desk.

### Pre-registration for non-members

- \$60.00 for one class per week.
- \$116.00 for two classes per week.
- \$168.00 for three classes per week.
- \$216.00 for four classes per week.
- \$260.00 for five classes per week.

Pre-registration rates cover an entire 8 week session. The above prices are prorated throughout the session. Non-members are issued cards that should be left at the Main Desk each time. Non-members may not use any other part of the facility without purchasing a day guest pass.

## Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00  Closed 5:00–6:00  Men's League 6:00–9:00	Senior Citizen Bowling 9:00–10:30  Preschool Bowling 10:30–11:00  LEAH Program 12:30–2:20 (Starts Sept. 23)  Open 2:30–5:00  Closed 5:00–6:00  Women's League 6:00–9:00	Senior Citizen Bowling 1:00–2:30  Open 2:30–5:00  Closed 5:00–7:15  Men's League 7:15–9:00	Open 9:00–12:00  Closed 12:00–1:00  Women's League 1:00–3:00  Open 3:00–5:00	Open 9:00–12:00  Closed 12:00–1:00  Open 1:00–5:00  Rock & Bowl Pizza Party 3:15–4:30 (Ends Oct. 24)  Closed 5:00–6:00  Open 6:00–9:00	Open 1:00–5:00	The Sports Center is open on Sundays starting October 12.  Open 12:00–5:00
<b>Bowling Fees</b>						
		<b>Juniors</b>	<b>HS/College</b>	<b>Adults*</b>		
<b>Game</b>		75¢	\$1.00	\$2.00		
<b>Shoes</b>		25¢	50¢	50¢		
* Adult CSC Bowling League Bowlers \$1.00/Game.						



## Friday Rock & Bowl Pizza Party

Fridays  
Sept. 12 – Oct. 24  
3:15–4:30pm  
Boys & Girls  
Grades K–12  
\$3 per youth  
(Includes 1  
slice, drink, and  
unlimited bowling!)  
Limit 32  
Please contact  
Barry Gray at 547-  
2800, ext. 108, for  
more information.

## Bowling Rules and Guidelines

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

## Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 9–May 19 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 7–April 10 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 7	\$45
Men's Monday League	Sept. 8–Mar. 2 Mondays	7:00–9:00pm	September 8	\$10 per night
Women's Tuesday League	Sept. 2–Mar 17 Tuesdays	6:00–9:00pm	September 2	\$10 per night
Men's Wednesday League	Sept. 3–Mar. 25 Wednesdays	7:15–9:00pm	September 3	\$10 per night
Women's Thursday Afternoon League	Sept. 4–April 9 Thursdays	1:00–3:00pm	September 4	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 9–May 19 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non- members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 10–May 20 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non- members (Per game)

## SEPTEMBER “Back to School” BOWLING SPECIAL

**\$5 OFF**  
of a 40 Game  
Bowling Pass!

Stop in the  
bowling alley today  
and receive \$5  
OFF of a 40 Game  
Bowling Pass!

## Kidz Korner

Time for homework,  
quiet activities, and  
crafts with Peg Wilson  
in the conference room,  
Monday–Friday,  
3:00–5:00pm.

Certified teacher  
Heather Graham is  
available for tutoring.

## Adventure Climbing Wall Schedule

Program	Days	Fee
The Bouldering Wall (Located in the Gym Floor; All ages)	Open year round (Children under 12 years of age must stay below the designated line; the wall is off limits during camps, special events and league play).	Free for members
High Rock Climbing Wall (Located in the Pool Area; All ages)	The High Rock Climbing Wall hours, beginning September 30, are Tuesdays, Wednesdays & Thursdays: After School Climb 3:00-4:30pm, Open Climb 5:00-8:00pm, and Saturday 1:00-4:00pm. * All youths under the age of 12 need to be accompanied by an adult during Open Climb.	Free for members
High Rock Climbing Wall Belay School	Belay school hours are: Tuesday and Thursdays 5:00-8:00pm, when staff is available and Saturdays at 12:30pm.	Free for members

## Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 25 and October 16 Starts at 4:30pm	Free for members \$20 non-members
Little Falls After School Climb (Ages 10 to 15; Sign up at the Main Desk. Under 12 accompanied by an adult.)	September 11 and October 16 3:30-7:30pm	Free for members \$20 non-members
Mountain Biking Club (Sign up at the Main Desk)	Wednesdays, Sept. 10-Oct. 8 3:00-4:30pm	Free for members

## Women's Fall Tennis Leagues

Women's Fall Tennis Leagues will run September 3 through October 22. If you're interested in future leagues, or being an alternate, contact league coordinator Amy Porter by calling 547-2800, ext. 111.

## Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Women's Doubles & Singles Tennis League, A & B Divisions	Sept. 3-Oct. 22 Wednesdays	4:30-7:00pm	Ended Aug. 20 See above to be an alternate	\$25 members \$50 non-members
Men's Racquetball League	Sept. 29-Dec. 15 Mondays	5:00-9:00pm	Starts Sept. 2	\$25 members \$50 non-members
Mixed Racquetball League	Oct. 1-Dec. 17 Wednesdays	5:00-9:00pm	Starts Sept. 2	\$25 members \$50 non-members
Men's Squash League	Oct. 1-Dec. 17 Wednesdays	5:00-9:00pm	Starts Sept. 2	\$25 members \$50 non-members
Women's Squash League	Sept. 29-Dec. 15 Mondays	5:00-9:00pm	Starts Sept. 2	\$25 members \$50 non-members



## Racquetball and Squash Court Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 5:30–3:00	Open 5:30–3:00	Open 5:30–3:00	Open 5:30–3:00	Open 5:30–3:00	Open 8:00–6:00	Adults 8:00–12:00
Reserved For Youth 3:00–5:00		Open 12:00–6:00 (Starting October 12)				
Racquets Leagues 5:00–9:30	Open 5:00–9:30	Leagues 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30		

## Tennis Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Sunrise–Sunset	Open Sunrise–Sunset	Open Sunrise–Sunset Women's League 4:30–7:00pm	Open Sunrise–Sunset	Open Sunrise–Sunset	Open Sunrise–Sunset	Open Sunrise–Sunset The Sports Center is open on Sundays starting Oct. 12

## Racquets Rules and Information

- **Protective eye wear is mandatory. No exceptions!**
- Clean, non-marking court shoes are required for play.
- Doors must be closed during all activity.
- Squash, racquetball, wallyball, tennis, and table tennis take priority over other activities that use the racquetball and squash courts.
- Instructional periods, tournaments, leagues, and special events take priority over all other court activities.

## Racquets Court Reservations and Times

- Courts are available on a time period basis. Time periods are 30 minutes in duration.
- Waiting list procedure allows players to sign up for a court as far as three periods ahead.
- Reservations may be made up to one month in advance.
- Reservations must be completed before another is made.

## Tennis Rules and Information

- The tennis courts are available now until November 1, during daylight hours.
- The closing time is subject to change as daylight allows. Courts may be closed at any time for inclement weather.
- Open play is available at no charge for all members.
- Court reservations and tennis programs take precedent over open play.
- Tennis court reservation and program schedules will be posted on the display board near the tennis courts and downstairs in the Sports Center.
- Non-members must check-in at the Main Desk and pay a fee to play on the courts.
- Please observe our lightning policy located at the entry of our Tennis Center.

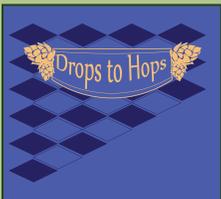
**During tennis leagues, all four courts are reserved for league participants.**

## Upcoming Events



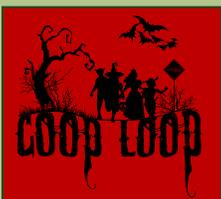
### September

**Patriot Highlander** • Saturday, September 13, in Cobleskill, NY. Support our Wounded Veterans while participating and competing in the most rewarding Mud, Obstacle, Multi-event Endurance Challenge in Central New York and the North East. Choose from the Junior Challenge, 3 mile, or 6 mile course. For more information, and to register, visit [www.patriothishlander.com](http://www.patriothishlander.com).



**Drops to Hops** • Saturday, September 27, at Brewery Ommegang. The Clark Sports Center is teaming up with Ommegang to bring you the third annual Drops to Hops bicycle race. There is a 23 mile bicycle ride for beginner to intermediate riders or a 43 mile competitive race for experienced riders with a 5 person team option. You must be 16 to race and 21 to drink at the after party at Ommegang. For more information, call Doug McCoy at 547-2800, ext. 111.

### October



**Coop Loop 14** • The 14<sup>th</sup> Annual Coop Loop 5k/10K Run starts at 12:30pm on Sunday, October 26. It is a rain or shine event that starts and ends at the Sports Center. The race is open to all ages. Special prizes will be given to runners dressed in Halloween costumes! Registration by October 24 is \$20, or \$30 on October 25 or 26. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800, ext. 116, for more information. **Clark Sports Center Open House, 1:00–5:00, bring your family and friends!**