

Clark Sports Center

Fall Schedule

2016



2016 Coop Loop
Saturday, October 29

Membership..... 2-3
Athletics 4-5
Health & Fitness 6
Bowling..... 7
Adventure..... 8
Racquets..... 8

Clark Sports Center Facility Hours

Through October 2
Monday-Friday: 5:30am-9:00pm
Saturday: 8:00am-6:00pm
Sunday: Closed

Starting October 3
Monday-Friday: 5:30am-9:30pm
Saturday: 8:00am-6:00pm
Sunday: 8:00am-6:00pm

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$100
Junior (5–24 years)	\$180
Adult (25–61 years)	\$330
Senior Citizen Single (62+)	\$213
Senior Citizen Couple (One person 62+)	\$360
Family (Two adults in household and juniors)	\$520
Single Parent Family (Head of household and juniors) Single Parents Only	\$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.

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 25: \$5.

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

\$12.00 per 30 minutes or \$100 for ten 30 minute sessions. \$25.00 per 30 minutes for non-members.

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. 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.

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, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Food and drink are allowed only in the lobby 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 main entrance of the building. 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.

Electronic Free Days

Everyday 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 and be encouraged to participate in programming.

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 main driveway near the entrance. The main driveway is one way for pickup and drop-off, and emergency vehicles only. Persons who park in the main driveway 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.

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).

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.

The logo for Clark Sports Center, featuring the name in a serif font with a stylized swoosh underneath.A background image of a person's hand on a gym machine, likely a treadmill or elliptical, with the text overlaid.

Introducing Series Sales for Personal Training

NO MORE TICKETS TO KEEP TRACK OF! (OR LOSE)!

When you purchase Personal Training sessions they will now be sold as series sales or "virtual tickets" which will be attached to your membership account.

Your personal trainer will "redeem" the sessions as they are used.

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	Sunday hours start October 9.
Headstart 9:30–11:30 (Starts Oct. 3)	Fit Camp 6:00–7:00	Preschool Play 9:00–10:30	Fit Camp 6:00–7:00	Headstart 9:30–10:30		Open 8:00–6:00
Open 11:30–9:00	Open 7:00–9:00	Open 10:45–2:00	Open 7:00–9:00	Open 10:30–9:00		
	Preschool Play 9:00–10:30	Preschool Sports Academy 2:00–2:30 (Starts Sept. 28)	Preschool Play 9:00–10:30			
	Kid's Dodgeball League 3:15–4:15 (Starts Sept. 27)	Kids Day K-1 3:15–3:45 2-3 3:45–4:15 4-6 4:15–4:45 (Starts Sept. 28)	Kid's Dodgeball League 3:15–4:15 (Starts Sept. 29)			
	Open 4:15–6:00		Open 4:30–9:00 (until Oct. 6)			
	Pick-up Volleyball (Half of Gym Floor) 6:00–9:00	Men's Pickup Basketball 6:00–9:00	Adult Futsal 5:30–9:30 (Oct. 6–Mar. 9)			
	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 7th 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.

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 27–June 1 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 5–Dec. 14 Wednesday	2:00–2:30pm	Sept. 8–Oct. 5	Free for members Limit – 15 Children
Kid’s Day (Grades K–6)	Sept. 28–May 24 Wednesday	K-1 3:15–3:45 2-3 3:45–4:15 4-6 4:15–4:45	None	Free for members
Kid’s Dodgeball League (Grades 3–6)	Sept. 27–Oct. 20 Tues., Thurs.	3:15–4:15pm	Sept. 6–Sept. 13 Meeting Sept. 13	Free for members
Junior High Basketball (Grades 7 & 8)	Oct. 28–Dec. 16 Friday	5:30–7:30pm	Oct. 1–Oct. 25 Meeting Oct. 25 at 4:00pm	Free for members
Boys & Girls Junior Intramural Basketball League (Grades 3–4)	Nov. 1–Dec. 23 Tues., Friday	3:00–5:00pm	Oct. 1–Oct. 25 Meeting Oct. 25	Free for members
Boys & Girls Senior Intramural Basketball League (Grades 5–6)	Nov. 3–Dec. 19 Monday, Thurs.	3:00–5:00pm	Oct. 1–Oct. 27 Meeting Oct. 27	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 6–Mar. 9 Thursdays	6:00–10:00pm	Sept. 8–Sept. 25 Meeting Sept. 29	\$150 team; \$300 non-member team; \$60 individual non-member
Slow Break Basketball	Nov. 7–Mar. 13 Mondays	6:00–10:00pm	Sept. 8–Oct. 10 Meeting Oct. 17	\$450 member team; \$700 non-member team; \$60 non-member on member team
Adult Volleyball	Nov. 1–Mar. 7 Tuesdays	6:30–9:30pm	Sept. 8–Oct. 18 Meeting Oct. 25	\$150 team; \$300 non-member team; \$60 individual non-member



Kidz Korner

Time for homework, quiet activities, and crafts with Peg Wilson in the lobby.

Monday–Friday, on school days, 3:00–5:00pm.

Group Fitness Schedule • Fall Session 1

September 6–October 30, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Josie	Fit Camp (S) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Fit Camp (S) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 8:15–9:15 • Various (See back of schedule)
Sunrise Yoga (B) 6:30–7:30 • Katherine	Waterless Workout (S) 7:00–7:45 • Susan	Fish Out of Water (S) 7:00–7:45 • Carole	Waterless Workout (S) 7:00–7:45 • Susan	Spin & More (S) 8:35–9:35 • Various Returning!	Yoga Foundations (B) 9:30–10:45 • Bonnie
Fish Out of Water (S) 7:00–7:45 • Carole	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Spin Core & More (S) 8:35–9:35 • Amy	Yoga Flow (B) 7:45–8:45 • Katherine	Prime Time (S) 11:15–12:15 • Carina	
Spinning (S) 8:35–9:35 • Maureen	Hatha Yoga (S) 10:30–11:30 • Katherine	Prime Time (S) 11:15–12:15 • Katherine	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Gentle Yoga (S) 1:00–2:00 • Katherine	Sunday
Yoga Flow (S) 9:45–10:45 • Katherine	Prime Time (S) 11:45–12:45 • Katherine New End Time!	Gentle Yoga (S) 1:00–2:00 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Zumba (PC) 5:30–6:30 • Elma	The Clark Sports Center is closed on Sundays.
Prime Time (S) 11:15–12:15 • Katherine	Low Impact Zumba (PC) 12:30–1:15 • Holly	Yoga Flow (S) 5:30–6:45 • Katherine	Spin Core & More (S) 5:30–6:30 • Laurie		
Power & Grace (S) 12:30–1:30 • Nancy		Zumba (PC) 6:45–7:30 • Stefanie Returning!	Karate (S) 6:30–8:00 • Dave		
Tabata (S) 5:30–6:20 • Laurie	Spin Core & More (S) 5:30–6:30 • Katie				
Karate (S) 6:30–8:00 • Dave					

Class Information & Policies			Class Notes & Schedule Changes
(B) = Bowling Alley	(PC) = Presbyterian Church 25 Church Street, Cooperstown, NY	(S) = Studio (temporary) CSC Maintenance Shed	<ul style="list-style-type: none"> • Low Impact Zumba is cancelled on Tuesday, September 27. • Zumba is cancelled on Wednesday, September 7, 28, and October 19. • Zumba is cancelled on Friday, September 30.
<ul style="list-style-type: none"> • Parking at the Presbyterian Church is limited to street parking. • Group Fitness participants need to obtain a numbered ticket at the temporary Health & Fitness desk, located in the Maintenance Shed, for classes held in the Studio (no sooner than 30 minutes prior to class). • Tickets for classes in the Bowling Alley can be obtained at the Main Desk. • 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). 			

Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00 Men's League 6:00–9:00	Senior Citizen Bowling 9:00–10:30 Preschool Bowling 10:30–11:00 Open 1:00–5:00 Women's League 6:00–9:00	Senior Citizen Bowling 1:00–2:30 Open 2:30–5:00 Men's League 7:15–9:00	Open 9:00–12:00 Women's League 1:00–3:00 Open 3:00–5:00	Open 9:00–12:00 Open 1:00–5:00 Elementary League 3:00–5:00 (Nov. 4–April 7) Open 6:00–9:00	Open 1:00–5:00 Adult/Youth League 9:00–11:30 (Nov. 5–Jan. 7)	The Sports Center is open on Sundays starting October 9. Open 12:00–5:00
Bowling Fees						
	Juniors	HS/College	Adults*			
Game	75¢	\$1.00	\$2.00			
Shoes	25¢	50¢	50¢			
* Adult CSC Bowling League Members \$1.00/Game.						

Bowling Rules and Guidelines

- Bowlers must begin activity no later than 20 minutes before closing time.
- Open bowling is available on a first come, first serve basis.
- Bowling shoes are required at all times.
- Balls, score sheets, and pencils are provided.
- Assistance with scoring is available.
- Bumper lanes are available.
- Food and drink must remain on the upper level table area.
- Groups of 8 or more are required to make reservations by calling Eve Cripps at 547-2800, ext. 105.

Youth & Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 13–May 16 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 4–April 7 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 4	\$30
Adult/Youth Bowling League (Adult 18+, Child grades 3–8)	Nov. 5–Jan. 7 Saturdays	9:00–11:30am	Sept. 6–Nov. 5	\$35
Men's Monday League	Sept. 26–Mar. 6 Mondays	7:00–9:00pm	September 19	\$10 per night
Women's Tuesday League	Sept. 20–Mar 14 Tuesdays	6:00–9:00pm	September 20	\$10 per night
Men's Wednesday League	Sept. 21–Mar. 29 Wednesdays	7:15–9:00pm	September 21	\$10 per night
Women's Thursday Afternoon League	Sept. 8–April 13 Thursdays	1:00–3:00pm	September 8	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 13–May 16 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 14–May 17 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (Per game)

Racquets

Tennis Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Sunrise–Sunset	Open Sunrise–Sunset Women’s League 4:45–7:00pm	Open Sunrise–Sunset Women’s League 4:45–7:00pm	Open Sunrise–Sunset	Open Sunrise–Sunset	Open Sunrise–Sunset	Open Sunrise–Sunset Open on Sundays starting October 9

Women’s Fall Doubles Tennis League

Women’s Fall Doubles Tennis League will run September 9 through October 26 (weather permitting), Tuesdays and Wednesdays, 4:45–7:30pm. If you’re interested in future leagues, or being an alternate, contact league coordinator Amy Porter by calling 547-2800, ext. 129, or email portera@clarksportscenter.com.

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

Adventure

Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 21 and October 12 4:00-7:00pm	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, with the exception of permission from the Adventure Director)	October 6, 13, 20 3:30–7:30pm	Free for members \$15 non-members
Mountain Biking Club (Sign up at the Main Desk)	Sept. 12–TBD 3:15–4:30pm Monday-Race Pace (Advanced), Wednesday-Skills (Beginner), Friday-Fun Ride (Invite Only)	Free for members

Upcoming Events



September

Drops to Hops • The Clark Sports Center is teaming up with Ommegang to bring you the fifth annual Drops to Hops bicycle race, Saturday, September 24, at Brewery Ommegang. Welcome and rule review begins at 9:30am. 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 16 • The 16th Annual Coop Loop 5K/10K Run starts at 11:00am on **SATURDAY**, October 29. 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!

5k • Registration on, or before, October 28: \$20, October 29: \$30. \$50 family entry fee (5 people max, all children must be 18 or under).

10k • Registration on, or before, October 28: \$30, October 29: \$40. No day of registration for family entry.

Call the Fitness Center Desk at 547-2800, ext. 116, for more information.