

Clark Sports Center

Spring Schedule

March 23 to June 21, 2015

Kid's Triathlon Race
May 30, 2015 . . .Pg 7

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Clark Sports Center Facility Hours

March 23-May 3 • Monday-Friday: 5:30am-9:30pm
(Pool closes at 9:00) • Saturday: 8:00am-6:00pm
Sunday: 8:00am-6:00pm (Adults only 8:00-10:00)
(Adults and High School Students only 10:00-12:00)

May 4-October 4 • Monday-Friday: 5:30am-9:00pm
Saturday: 8:00am-6:00pm • Sunday: Closed

Closures

Easter Day • Sunday, April 5
Hall of Fame Classic Game • Saturday, May 23
Memorial Day • Monday, May 25

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) 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 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.
\$25.00 per 30 minutes for non-members.

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.

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 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.

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)	Tuesdays, Wednesdays, and Thursdays: 3:00–4:30pm and 5:00–8:00pm; Saturdays, 1:00–4:00pm. 12:30pm Belay School. Last day is May 23	Free for members

Adventure Outings and Events

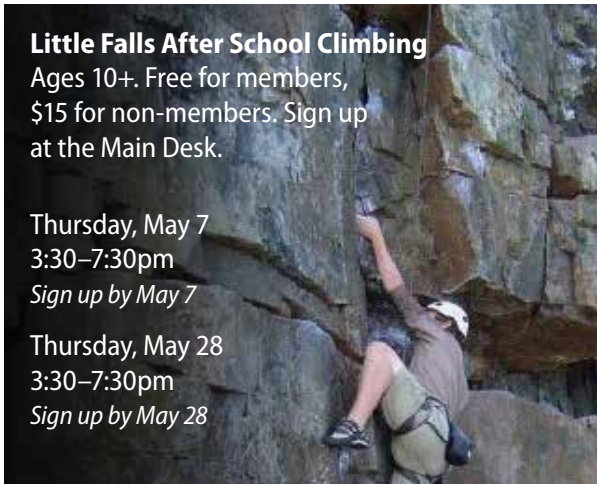
Kayaking Club • Sunday evenings, 5:30–7:30pm, until April 12. Learn basic kayaking and safe boating skills. Open to youth (13+) and adults. Youth under the age of 16 must be accompanied by an adult. Free for members. Participants may bring their own boat. There will be a limited supply of boats available. Boats MUST be clean before they are brought into the pool. River trips begin in the Spring when the weather allows. No registration, first come, first serve with equipment. Members only. For more information, please call the Adventure Office at (607) 547-2800, ext. 126.



Little Falls After School Climbing
Ages 10+. Free for members, \$15 for non-members. Sign up at the Main Desk.

Thursday, May 7
3:30–7:30pm
Sign up by May 7

Thursday, May 28
3:30–7:30pm
Sign up by May 28



Learn to Climb Outdoor Series

Each Saturday in May, the Adventure Department is offering a series of seminars focusing on different components of outdoor climbing.

This program is limited to members and are technical seminars to introduce novices to climbing in the outdoors. Seminars are held in Little Falls, at Moss Island, at 10:00am. There is no transportation provided. Students interested under the age of 16 must be directly supervised by an adult.

Any weather dependant cancellations can be found at clarksportscenter.com.

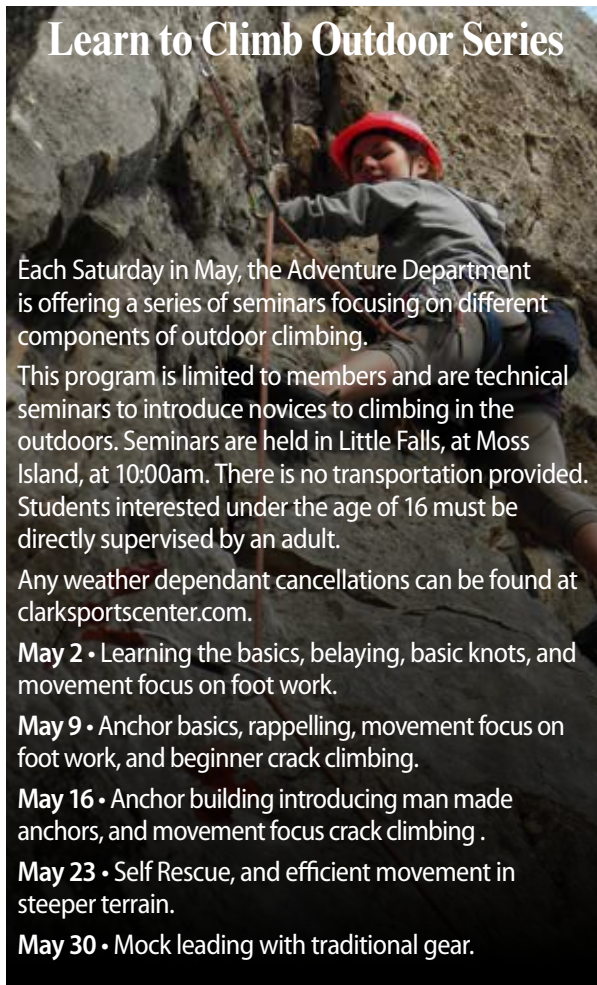
May 2 • Learning the basics, belaying, basic knots, and movement focus on foot work.

May 9 • Anchor basics, rappelling, movement focus on foot work, and beginner crack climbing.

May 16 • Anchor building introducing man made anchors, and movement focus crack climbing .

May 23 • Self Rescue, and efficient movement in steeper terrain.

May 30 • Mock leading with traditional gear.



Outdoor Community Ropes Course
Ages 12+. Free for members, \$20 for non-members. Meet in the Main Lobby. Sign up at the Main Desk.

Thursday, April 30
4:00–7:00pm
Sign up by April 29

Thursday, May 21
4:00–7:00pm
Sign up by May 20



Bowling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 1:00–5:00	Senior Bowling 9:00–10:30 (Ends May 19) Preschool Bowling 10:30–11:00 (Ends May 19) LEAH Program 1:00–3:00 (Ends May 26) Open 3:00–5:00 Mixed No-Tap Summer League 6:00–9:00 (Starts June 2)	Open 1:00–5:00	Open 9:00–12:00 Closed 12:00–1:00 Open 1:00–5:00 (Starts May 21)	Open 9:00–12:00 Closed 12:00–1:00 Open 1:00–5:00 (Starts April 10) Closed 5:00–6:00 Open/Special Groups 6:00–9:00	Open 1:00–5:00	Open 12:00–5:00 The Clark Sports Center will be closed on Sundays starting May 10.



Summer Bowling League

Registration for the Summer Mixed No-Tap Bowling League has started and runs through May 31. League play begins June 2 and ends July 21 (tentative ending date). League meets every Tuesday, 6:15–8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$10 for non-members. To sign up, contact Barry Gray by calling 547-2800.

Bowling Fees

	Juniors	HS/College	Adults
Game	75¢	\$1.00	\$2.00
Shoes	25¢	50¢	50¢

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 and Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Until May 19 Tuesdays	10:30–11:00am	None	Free
Senior Citizen Bowling (Ages 55+)	Until May 19 Tuesdays	9:00–10:30am	None	\$1 members or \$3 non-members (per game)
Summer Mixed No-Tap League (18+)	June 2–July 21 Tuesdays	6:15–8:15pm	Until June 2	\$5 per night members \$10 per night non-members



In June, school groups will be utilizing different areas of the facility during morning and afternoon hours. These areas will still be available for member use.

Aquatics Pool Schedule

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!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Open Laps 5:30-8:00	Open Laps 5:30-8:00	Open Laps 5:30-8:00	Open Laps 5:30-8:00	Open Laps 5:30-8:00	Adult Swim 8:00-1:00
Adult Swim 8:00-3:00	Aqua HIIT 7:00-7:45	Adult Swim 8:00-3:00	Aqua HIIT 7:00-7:45	Adult Swim 8:00-3:00	Youth Swim Lessons Level 3, 4, 5 & 6 8:15-8:45
Aqua Fitness 8:30-9:30	Adult Swim 8:00-3:00	Aqua Fitness 8:30-9:30	Adult Swim 8:00-3:00	Pathfinder 9:30-10:30	Deep Level 2 8:50-9:20
Head start 10:15-11:00	Preschool Swim 10:30-11:30	Preschool Swim 10:30-11:30	Preschool Swim 10:30-11:30	Preschool Swim 10:30-11:30	Shallow Level 2 9:25-9:55
Preschool Swim 10:30-11:30	Physical Therapy 12:00-12:30	Springbrook 12:45-1:45	Aquacize (Shallow Pool) 11:00-12:00	Physical Therapy 12:00-12:30	Shallow Level 1 10:00-10:30
Aquacize (Shallow Pool) 11:00-12:00	L.E.A.H 12:30-2:30	After School Programs (see chart below) 3:00-5:00	Springbrook 12:45-1:45	Aqua Zumba 1:30-2:15	6-35 Months (with a parent) 10:35-11:05
Springbrook 12:45-1:45	Level Deep 2 Lessons 3:00-3:30 (Pool Closed 3:00-3:30)	Adult Swim 5:00-6:30	Ducks & Frogs (Preschool) 1:30-2:00	After School Programs (see chart below) 3:00-5:00	Ducks & Frogs (Preschool) 11:10-11:40
Levels 3-6 Lessons 3:00-3:30 (Pool Closed 3:00-3:30)	After School Programs (see chart below) 3:30-5:00	Aqua Fitness 5:30-6:30	Octopi & Dolphins (Preschool) 2:00-2:30	Adult Swim 5:00-6:30	Octopi & Dolphins (Preschool) 11:45-12:15
After School Programs (see chart below) 3:30-5:00	Adult Swim 5:00-6:30	6-35 months (with a parent) 6:00-6:30	Levels 1 & Shallow 2 3:00-3:30 (Pool Closed 3:00-3:30)	Open Swim 6:30-9:00	Open Swim 1:00-6:00
Adult Swim 5:00-6:30	Aqua HIIT 6:00-6:45	Open Swim 6:30-9:00	After School Programs (see chart below) 3:30-5:00		
Aqua Fitness 5:30-6:30	Octopi & Dolphins (Preschool) 6:00-6:30		Adult Swim 5:00-6:30		
Open Swim 6:30-9:00	Levels 1 & Shallow 2 Lessons 6:35-7:05		Aqua HIIT 6:00-6:45		
	Open Swim 6:30-9:00		Ducks & Frogs (Preschool) 6:00-6:30		
			Levels Deep 2 & 3 Lessons 6:35-7:05		
			Open Swim 6:30-9:00		

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

- Green • Open Laps
- Red • Open Swim
- Navy • Adult Swim
- Blue • Swim Lessons

Pool Schedule for After School Programs			
PROGRAM	DAY(S) OF THE WEEK	DATES	TIME
Open Swim	Mon., Tues., Thurs.	March 23-June 1	3:30-5:00pm
	Wed. & Fri.	March 25-June 26	3:00-5:00pm
Dive Club	Wednesdays	April 8-May 6	4:00-5:00pm
Sharks Spring Swim Team	Mon., Wed., Fri.	May 4-June 26	4:00-5:00pm

April Aquatics Programs

Waterfront Lifeguard Training • Mondays & Tuesdays, April 7–28, 5:00–9:00pm and Saturday, April 18 & 25, 8:00am–1:00pm. Attendance is required at ALL class times. You must be 15 years old before the end of the course and be able to pass the skills pre-test. A \$50 non-refundable deposit required at the time of sign-up. \$175.00 for members and \$300.00 for non-members. Sign ups will be taken at the front desk until March 27.

Kid's Triathlon Club • Sign-up at the Aquatics Office starting March 2! Tuesdays & Thursdays, 4:00 to 4:45pm, starting April 9. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 7–14. Meeting on April 7 at 4:15pm. ALL Participants must get their bikes and helmets checked on the scheduled date for their age group.

May Aquatics Programs

Summer Swim Lesson Registration • Members only. Registration for both Preschool & School Age Lessons runs May 4–29. Sign up in the Pool Office. The Summer lessons will run from June 29 to August 7.

Sharks Spring Swim Team Practice • Mondays, Wednesdays, and Fridays, 4:00–5:00pm. Practices will start Monday, May 4 and continue through Friday, June 26. Swimmers will be fine tuning their four competitive strokes, as well as working on their starts, turns, and finishes. Spring practices work toward competing at long course (50-meters) meets in the Adirondack Swimming Conference. Only registered swimmers of the 2014–2015 Sharks Swim Team season are eligible for these practices.

Waterfront Lifeguard Training Recertification (Includes CPR/AED & First Aid) • Monday & Wednesday, May 18 & 20, 5:00–9:00pm (must attend each night). \$85 for members or \$170 for non-members. Sign-up at the Main Desk by May 4.

Spring Swim Lessons End • All Spring Swim Lessons end May 28. Saturday lessons end May 116. Don't forget to sign-up for Summer Swim Lessons from May 4–29.

Kid's Triathlon Race • Saturday, May 30, at 10:00am. Open to Club participants only.

June Aquatics Programs

Summer Swim Lessons • Lessons begin Monday, June 29.

Outdoor Community Movie Nights • Come and join us on the front lawn for a family friendly movie that is sure to be a hit on our inflatable movie screen. The movies are free to the community; all you need to bring are chairs or a blanket and don't forget the snacks! Movies start promptly at 9:00pm.

Movie Dates: June 12 & 26

School Holiday Pool Schedule

In the event of a Cooperstown Central School holiday, the Pool will use the following schedule: 5:30–8:00 Open Laps; 8:00–10:00 Adult Swim, 10:00–12:00 Open Swim, 12:00–1:00 Adult Swim, 1:00–5:00 Open Swim, 5:00–6:30 Adult Swim, 6:30–9:00 Open Swim. Call 547-2800 for the most up to date pool schedule.

Aquatics Health and Safety Rules

To support our efforts in maintaining 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 is 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.**
- **Children with bubbles, life jackets and other floatation devices are not allowed in the diving pool unless a **participating adult** is with them.**

Aquatics Program Guidelines

- **Spectators must use the balcony!**
- Preschoolers must be accompanied in the water by a participating adult.
- Adult swims are for swimmers 18 and over who have graduated high school.
- Open lap swimming times are for adults and children. Lanes will be shared during busy times. The diving board is not open during this time.
- Open swims are for all ages. Preschoolers must be accompanied in the water by an adult. The deep pool alternates between open swim and diving every half hour. Open swims have two lanes available for lap swimming.

Aquatics Youth Swimming Lessons

Swimming lessons are offered for youth of all ages and abilities, preschool through high school. Swimmers must use the appropriate locker rooms to change for lessons. **Parents are not allowed on the pool deck during lessons; please use the balcony to watch. Please arrive on time.**

Pool Party Usage Available on Saturdays!

The Pool will be available for groups or parties on Saturdays, 6:30–8:30pm (Pool Area only). We will provide tables, chairs, floats, music, and certified lifeguards. You will need to provide food and refreshments for your guests. All guests must be out of the Sports Center by 9:00pm. Waivers are required for all participants in your group (signed by a parent if under 18). The cost for the rental is \$150 for members/\$300 for non-members with a \$25 non-refundable deposit required at the time of reservation. Call Matt Phillips at 547-2800, ext. 117 for more information and to make a reservation today!

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 5:30–11:00	Open 8:00am– 6:00pm	Open to Adults 8:00–12:00
Headstart 9:30–11:00 (Ends May 18)	Fit Camp 6:00–7:00	Preschool Play 9:00–10:30	Fit Camp 6:00–7:00	Headstart 9:30–11:00 (Ends May 22)		Open 12:00–6:00
Open/Special Groups 11:00–3:00	Open 7:00–9:00	Open/Special Groups 11:00–3:15	Open 7:00–9:00	Open/Special Groups 11:00–3:00		The Sports Center will be closed on Sundays starting May 10.
Gymnastics 3:00–6:00 (Half floor)	Preschool Play 9:00–10:30	Kid’s Day 3:15–5:15 (Ends May 20)	Preschool Play 9:00–10:30 (Ends May 28)	Gymnastics 3:00–6:00 (Half floor)		
Half Open 4:30–7:00 (Ends May 8)	Preschool Sports Academy 11:15–11:45 (Ends April 28)	Open 5:15–6:00	Preschool Sports Academy 11:15–11:45 (Ends April 30)	Half Open 4:30–7:00 (Ends May 8)		
Elite Gymnastics (1/2 Floor) 6:00–7:00pm (Ends May 4)	LEAH Program 12:00–3:00 (Ends May 26)	Pick-up Hoops 6:00–9:00 (Ends June 10)	Open/Special Groups 12:00–3:00	Elite Gymnastics (1/2 Floor) 6:00–7:00pm (Ends May 8)		
Open 7:00–9:30	Kid’s Dodgeball 3:00–5:00	Boy’s High School Hoops 5:30–10:00 (Starts June 17)	Kid’s Dodgeball 3:00–5:00 (Ends May 14)		CCS Holidays In the event of a Cooperstown Central School holiday, the Gym Floor schedule will change accordingly. Mornings and afternoons will feature open Gym Floor. Evening activities and leagues will take place as scheduled. Visit clarksportscenter.com or call us at 547-2800 for current schedule information.	
Girl’s High School Hoops 5:30–10:00 (Starts June 15)	Open 5:00–7:00		Open 5:00–7:00	Open 7:00–9:30 (May 15–June 19)		
Open 3:00–9:00 (May 15–June 8)	AAU Practice Half Floor 7:00–8:30		Half Open 7:00–8:30			
	Half Open 8:30–9:30		AAU Practice Half Floor 7:00–8:30			
	Volleyball Adult Pick Up (Half Floor) 7:00–9:30		Open 8:30–9:00			

Gym Floor Rules and Information

- **Food and drink are not allowed on the Gym Floor!**
- Non-marking sneakers are required on the floor at all times.
- The Bouldering Wall is open during general Gym Floor operating hours except during camps, special events 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.
- The Track will be closed on Sundays at 5:00pm during Futsal.
- Youths below the 7th grade are not permitted on the 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.
- Exercise bikes are for persons in the 9th 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 located at the corners of the Running Track.



Youth Athletics Leagues and Programs

Program	Dates	Time & Days	Registration	Fee
Gymnastics Level I (Grade School)	March 23–May 8	3:15–4:30pm Monday, Friday	Feb. 1–March 23 Meeting March 23	\$80 member \$180 non-member
Gymnastics Level II (Grade School)	March 23–May 8	4:30–6:00pm Monday, Friday	Feb. 1–March 23 Meeting March 23	\$80 member \$180 non-member
Elite Gymnastics	March 23–May 8	6:00–7:00pm Monday, Friday	Invitation Only	\$80 member \$180 non-member
Kid's Dodgeball League (Grades 3–6)	April 14–May 14	3:00–5:00pm Tuesday, Thursday	March 10–April 7 Meeting April 9	Free for members Regist. required
Boy's Summer High School Hoops League	June 17–August 5	5:30–9:30pm Wednesday	Starts April 1	\$250 per team
Girl's Summer High School Hoops League	June 15–August 10	5:30–9:30pm Monday	Starts April 1	\$250 per team

Adult Athletics Leagues and Programs

Program	Dates & Days	Time	Registration	Fee
Wednesday Recreational Softball (Coed, Ages 18+, 8 teams max.)	April 29–July 15 Wednesday	6:00–9:00pm	Starts Mar. 1–Apr. 15 Meeting April 15	\$400 per team
Monday 7 On 7 Soccer (Coed, Ages 18+, 8 teams max.)	May 4–July 20 Monday	4:00–8:00pm	Starts Mar. 1–Apr. 13 Meeting April 13	\$100 per team

SAVE THE DATE ²⁰¹⁵

APRIL
4



AUG.
1



JUNE
13



SEPT.
26



Group Fitness Schedule • Spring Session 1

March 2–April 26, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
<p>Spinning (S) 6:00–6:50 • Josie</p> <p>Sunrise Yoga (C) 6:30–7:30 • Katherine</p> <p>Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole</p> <p>Spinning (S) 8:35–9:35 • Maureen</p> <p>Yoga Flow (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Susan</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Power & Grace (S) 1:00–2:00 • Susan</p> <p>Monday Mix Up (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Deirdre</p> <p>Core Connection (S) 4:30–5:00 • Laurie</p> <p>Half & Half (S) 5:30–6:30 Laurie/Brittany</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Karate (C) 6:00–7:30 • Dave</p>	<p>Spinning (S) 6:00–6:50 • Deirdre</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan New Class!</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Body at the Barre (S) 9:45–10:15 • Katherine</p> <p>Hatha Yoga (S) 10:20–11:00 • Katherine</p> <p>Prime Time (S) 11:15–12:15 • Katherine</p> <p>Zumba Gold (S) 1:00–1:45 • Holly</p> <p>Fit Kids (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Deirdre</p> <p>Express (S) 4:30–5:00 Amy/Sabrina</p> <p>Spin Core & More (S) 5:30–6:30 • Amy</p> <p>Total Body Conditioning (DL) 5:30–6:30 • Sabrina</p> <p>Aqua HIIT (P) 6:00–6:45 Deep Pool • Carole New Class!</p> <p>Zumba Toning (S) 6:45–7:30 • Elma</p>	<p>Spinning (S) 6:00–6:50 • Colleen</p> <p>Aqua Fitness (P) 8:30–9:30 Deep Pool • Carole</p> <p>Spin Core & 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 • Joann</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Hoop Dance (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Dana</p> <p>Body at the Barre (S) 4:30–5:00 • Laurie</p> <p>Yoga Flow (C) 5:30–6:30 • Katherine New Time!</p> <p>Cardio Kick & Sculpt (S) 5:30–6:15 • Laurie</p> <p>Aqua Fitness (P) 5:30–6:30 Deep Pool • Carole</p> <p>Spinning (S) 6:30–7:15 • Various</p>	<p>Spinning (S) 6:00–6:50 • Don</p> <p>Fit Camp (G) 6:00–6:45 Alison/Brittany</p> <p>Aqua HIIT (P) 7:00–7:45 Deep Pool • Susan New Class!</p> <p>Functional Strength & Balance (S) 8:20–9:30 • Maureen</p> <p>Yoga Flow (C) 8:35–9:35 • Katherine</p> <p>Power & Grace (S) 9:45–10:45 • Katherine</p> <p>Aquacize (P) 11:00–12:00 Shallow Pool • Carole</p> <p>Senior Spin, Strength & Stretch (S) 11:15–12:15 • Carina</p> <p>Fit Kids (S) Grades K–3 • 3:15–3:40 Grades 4–6 • 3:45–4:15 Deirdre</p> <p>Express (S) 4:30–5:00 • Laurie</p> <p>Spin Core & More (S) 5:30–6:30 • Laurie</p> <p>Aqua HIIT (P) 6:00–6:45 Deep Pool • Carole New Class!</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</p> <p>Pilates (S) 9:45–10:45 • Joann</p> <p>Prime Time (S) 11:15–12:15 • Carina</p> <p>Gentle Yoga (C) 1:00–2:00 • Katherine</p> <p>Aqua Zumba (P) 1:30–2:15 • Veronica</p> <p>Hoop Dance (S) Grades 4–6 • 3:15–3:40 Grades K–3 • 3:45–4:15 Dana</p> <p>Zumba (S) 5:20–6:20 Veronica/Elma</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>																
					Sunday																
					<p>Zumba (S) 1:15–2:15 • Elma Sunday Zumba is open to youth 9 years old and above with an adult</p> <p>Creative Kids Yoga (S) K–2, 2:30–3:00 3–6, 3:15–3:45 Mary Clare</p>																
					Saturday Variety Class Schedule																
					<table border="1"> <tr> <td>3/7</td> <td>HIIT it Up</td> </tr> <tr> <td>3/14</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>3/21</td> <td>Total Body Conditioning</td> </tr> <tr> <td>3/28</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>4/4</td> <td>On the Ball</td> </tr> <tr> <td>4/11</td> <td>Let Loose & Line Dance</td> </tr> <tr> <td>4/18</td> <td>Cardio Dance & Core</td> </tr> <tr> <td>4/25</td> <td>HIIT it Up</td> </tr> </table>	3/7	HIIT it Up	3/14	Cardio Dance & Core	3/21	Total Body Conditioning	3/28	Cardio Dance & Core	4/4	On the Ball	4/11	Let Loose & Line Dance	4/18	Cardio Dance & Core	4/25	HIIT it Up
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4/25	HIIT it Up																				

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 at 1:00pm in the Studio on Wednesday, March 11 and Wednesday April 15.
- Body at the Barre is cancelled on Tuesday, March 24.
- Aqua HIIT (6:00–6:45pm) is cancelled on Tuesday, April 7 and Thursday, April 9.

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, and Tuesdays & Thursdays, 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. Day Care 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 classes are included in the base membership fee of The Clark Sports Center.
- 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 and 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 Creative Kids Yoga Hoopdance, Karate, and Zumba Kids, and).
- 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 pro-rated 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.

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 8:00am– 6:00pm	Adults 8:00–12:00
Reserved for Youth 3:00–5:00	Reserved for Youth 3:00–5:00	Reserved for Youth 3:00–5:00	Reserved for Youth 3:00–5:00	Reserved for Youth 3:00–5:00		Open 12:00–6:00
Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30	Open 5:00–9:30		The Sports Center will be closed on Sundays starting May 10.

Tennis Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–3:00	Open 8:00–8:00	Adults 8:00–12:00
CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30	CCS Tennis Practice 3:00–4:30		Open 12:00–8:00
Men's League 5:00–8:00pm	Open 5:00–8:00	Women's League 5:00–8:00pm	Open 5:00–8:00	Open 5:00–8:00		

Cooperstown Central School home tennis matches start at 4:30pm.
They will be played at the Sports Center on April 7, 9, 13, 21, and May 4, 5, 7, and 8.

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.

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

Tennis Leagues

The Women's Spring Tennis League will take place on Wednesday evenings, starting May 6 and ending June 24. Men's League will take place on Mondays May 4–June 29. Register at the Fitness Center Desk, April 13–26. The singles league is free for members. Doubles league is \$25 for members or \$50 for non-members.

Tennis Rules and Information

- The tennis courts are available March 31 (weather permitting) 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.

