

ClarkSportsCenter

Summer Schedule July 1–August 25 2024



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Clark Sports Center Facility Hours

May 28–September 29, 2024

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–12:00pm

September 30, 2024–May 25, 2025

Monday–Friday: 5:30am–9:00pm

Saturday & Sunday: 8:00am–5:00pm

Rates, Fees, and Payments

Membership	Rate
Preschool (0–4 years)	\$105
Junior (5–18 years)	\$205
Young Adult (19–24 years)	\$235
Adult (25–61 years)	\$365
Senior Citizen Single (62+)	\$235
Senior Citizen Couple (One person 62+)	\$395
Family (Two adults in household and children up to 24 living in household)	\$590
Single Parent Family (One adult and children up to 24 living in household) Single Parents Only	\$400
Fitness Center (Add on; Per person fee billed concurrent with membership; Ages 14+)	\$156
90 Day Membership	One half of above
Adult One Month Membership with Fitness Center (30 consecutive days)	\$90
Young Adult One Month Membership with Fitness Center (30 consecutive days)	\$75
Junior One Month Membership with Fitness Center Ages 14-18 (30 consecutive days)	\$65
Junior One Month Membership without Fitness Center Ages 5-13 (30 consecutive days)	\$50
Senior One Month Membership with Fitness Center (30 consecutive days)	\$70
Family One Month Membership (30 consecutive days)	\$150
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.

Monthly Options

Payroll Direct Deposit	
Credit/Debit Card	No Billing Fees

Refund Policy

Membership refunds will be given only in the event of a medical condition that prevents a member from participation, or if a member permanently moves outside a fifty mile radius of The Clark Sports Center. All membership refund requests must be made in writing and submitted to Michelle Yerdon.

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 Matt Phillips at 547-2800, ext. 130). Adults: \$12, Juniors: \$6, Fitness Center: \$6 additional.

Lost and Found

The Lost and Found is located in the laundry room. Please ask for assistance. Jewelry, wallets, and items of value are kept at the Main Desk. When the Lost and Found area is overflowing, all items are donated to a local charity after 2 weeks. Do not leave belongings unattended. The Clark Sports Center is not responsible for lost or stolen items.

Additional Charges

Personal Training Instruction/Private Swim Lessons
\$20.00 per 30 minutes or \$150 for ten 30 minute sessions. \$30.00 per 30 minutes for non-members. (By appointment only. Does not include day pass.)

Private Yoga Instruction

Available in 30 minute (private only) and private or semi-private sessions for an hour (up to two people). For more information, contact Amy Porter at (607) 547-2800, ext. 129, or email portera@clarksportscenter.com.

- 10 – 30 minute sessions, or 5 – one hour sessions: \$150
- Individual pricing: \$20 for 30 minutes, or \$40 for an hour session.

Community Room Rental

\$75.00 for up to a three hour time block (a fee of \$10 per hour for each additional hour may be applied). Contact Matt Phillips at (607) 547-2800, ext. 130, to make a reservation.

Schedule Changes & Emergency Closings

The following schedule will be followed as closely as possible, but can be subject to change at any time. Program areas may be closed at any time without prior notice. Weather conditions, mechanical difficulties, special events, facility capacity, etc., may alter the schedule at any time. For up to date information, please call (607) 547-2800. In the event the Sports Center must close due to adverse weather conditions, mechanical difficulties, etc., announcements will be made on our website, social media, and WKTV.

Electronic Free Days

Every school day is an electronic free day for school aged youth until 6:00pm. If your child is using an electronic device other than a cell phone to call home, he/she will be asked to put it away.

Lightning Policy

When you hear the lightning detector siren sound for 15 seconds and amber lights illuminate and rotate, all participants on the fields, tennis courts and ropes course must seek shelter immediately. When the danger has passed, the "all clear" signal is three 5 second alerts on the siren and the lights will shut off.

Member and Guest Code of Conduct

All members and others attending an event or utilizing the Center's facilities or grounds must adhere to all rules and policies of the Sports Center and are expected to act in a safe, courteous and respectful manner at all times. All requests and instructions by the Center's staff should be strictly followed and failure to do so may result in any person, including members, being directed to leave the premises.

Prohibited conduct at the Sports Center and Center-sponsored activity off-premises includes, but is not limited to, the following:

- Possession of guns, knives or other weapons;
- Striking, attempting to strike or threatening to strike any staff person, member, visitor or any other person affiliated with the Center;
- Threatening, harassing or intimidating any staff person, member, visitor or any other person affiliated with the Center;
- Foul, profane or abusive language;
- Theft of any property;
- Vaping/Smoking;
- Use of alcohol or illegal drugs;
- Damaging the facilities of the Center in any way (skateboards, scooters, and roller blades are not allowed on the Sports Center grounds; animals, bicycles; and other potentially damaging devices are not allowed in the building);
- Providing false information or records to the Center;
- Youth in Kindergarten -12th grade are not allowed in the facility or on the grounds during school hours, when school is in session.
- Children 6th grade and below are not allowed in the building between 5:30–8:00am and 6:00pm to closing unless accompanied by an adult or if attending a Sports Center youth program or league.

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, Sports Performance Area, Group Fitness rooms, racquets courts, gym floor, and running track. Cleats are not allowed inside of the Sports Center. Shirts required at all times. Bathing suits are required to enter the pool; Cut-off shorts and shirts are not allowed as pool attire. Food and drink are allowed only in the upstairs gym floor lobby. Drinks in glass bottles are prohibited inside The Clark Sports Center.

Physically Disabled

The Clark Sports Center is equipped to handle the needs of the physically disabled. The designated handicapped parking area is located near the main entrance. A wheelchair ramp is located in front of the main entrance. Upon entering the building, please ask for assistance at the Main Desk. An elevator is available to provide access to the lower level of the building and the Sports Performance Area. Locker rooms and rest room access for the physically disabled are available. Any questions or concerns can be directed to the Main Desk.

Parking, Telephones, and Field Usage

Parking is available for members and guests in the designated parking areas. Please do not park in the driveways and crosswalks leading to the Sports Center or in the circle near the main entrance. The circle is one way for pickup and drop off, and emergency vehicles only. Persons who park in the circle will be asked to move their vehicles. Parking is prohibited on Co. Hwy. 52.

Use of Sports Center telephones is restricted to business calls and emergencies. Cell phone use is prohibited in all locker rooms. Permission and check-in is required to use the playing fields adjacent to the Sports Center and Tennis Courts. Non-members must pay any appropriate guest fees.

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 Animal Allowed Policy

Animals are not allowed on Clark Sports Center property at any time (exception: service dogs).

Locker Rooms

Please observe and adhere to the following locker room rules and guidelines (*please note that the Sports Center is not responsible for articles left unattended in the locker rooms or any other part of the building*):

- Men's and women's locker rooms are for members and guests who are beyond high school. Youth locker rooms are for use by youth K-12.
- The family locker rooms are for use by parents with preschool children, disabled members/guests and those with special needs.
- Family locker rooms allow temporary access to your own lavatory, shower and changing area. All belongings must be removed for others to use the room.
- Gender neutral locker room options are available. Please ask the Main Desk for more information.
- Members and guests may use the locker rooms for up to 30 minutes after program areas close at night.
- Day lockers are available by request at the Main Desk for members.
- Saunas are located in the adult locker rooms and may be used by persons 21 years or older.

Organized Activities

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

Child Care

Child care is available in the child care room for members and guests who are using the Sports Center on Monday, Wednesday, Friday and Saturday mornings, 8:15-11:15am, and Tuesday evenings, 4:15-7:15pm. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:5 with two staff members present at all times. Diapers, bottles, and snacks must be supplied and all belongings labeled. Child Care Drop-in fee: \$7 per hour (payable in half hour increments, minimum 1 hour) OR \$6 per hour with the purchase of a Child Care Pass of \$60. Child Care must be paid for on the day of service. There will be no Child Care if Cooperstown Central School is on a delay or closed due to weather.

Adventure Programs

Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids Climb 1:00–5:00pm	Kids Climb 1:00–5:00pm Adult Climb 5:30–8:00pm	Adult Climb 8:00–10:00am Kids Climb 1:00–5:00pm Family Climb 5:30–8:00pm	Kids Climb 1:00–5:00pm	Adult Climb 8:00–10:00am Kids Climb 1:00–5:00pm Family Climb 5:30–8:00pm	Kids Climb 1:00pm–5:00pm
					Sunday
					Closed

Please check the website for rock wall closures.

Adventure Outings and Events

Outdoor Community ROPES COURSE



19 DIFFERENT CHALLENGES!

Wednesday, July 17 • 4:00–6:00pm

Thursday, August 1 • 9:00am–12:00pm

Register online beginning July 1. Meet in the Main Lobby.
Ages 12+. Max weight: 250lbs. Min: 5; Max: 10. Free for members, \$20 for non-members.

For more information, contact Heather Henderson by calling (607) 547-2800, ext. 124.

Rock Climbing in the Gunks

Thursday, July 18 • 7:00am–7:00pm

Register online beginning July 1. \$65 members; \$75 non-members. Whether you're new to rock climbing or well-experienced on the crags, there's something for everyone in this iconic NY destination, featuring 5.4-5.13b grades. All equipment provided. Ages 18+. Participants should bring proper walking and climbing footwear, lunch, extra snacks and water in their day packs. Van will leave CSC at 7:00am and return around 7:00pm. Climbers are responsible for the \$10 climbing pass at the state park. Climbers must also have a waiver on file. Max: 9. Please see the Adventure Department after you register online to get set up with gear.

Outdoor Rock Climbing at Little Falls

Tuesday, August 20 • 9:00am–3:00pm

Register online beginning July 1. \$35 members; \$45 non-members. Join us on Moss Island in Little Falls, NY. We will spend our afternoon belaying and cheering each other on as we ascend to new heights. All equipment provided. Ages 18+. Participants should bring lunch, water and a snack. Van will leave at 9:00am and return at 3:00pm. Max: 9. Please see the Adventure Department after you register online to get set up with gear.

Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed 9:00–1:00	Closed 9:00–1:00	Closed 9:00–1:00	Closed 9:00–1:00	Closed 9:00–1:00	Closed 9:00–1:00	Open 8:00–12:00
Open 1:00–5:00	Senior Bowl/Open 1:00-2:30	Senior Bowl/Open 1:00-2:30	Open 1:00–5:00	Open 1:00–5:00	Open 1:00–5:00	
Summer No Tap 6:00–9:00	Open 2:30–5:00	Open 2:30–5:00		Open 6:00–9:00		



Bowling Fees

	Juniors	HS/College	Adults
Game & Shoes	\$1.00/game	\$2.00/game	\$3.00/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 Matt Phillips at 547-2800, ext. 130.

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Senior Citizen Bowling (Ages 55+)	May 14–August 21 Tuesdays & Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (All you can bowl)
Summer No Tap	June 3-July 28 Mondays	6:00–9:00pm	None	\$6 members

Lap Pool

Schedule
July 1–August 25

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com. **Red = Pool Closed**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Laps 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p>

SPECIAL NOTES:

The Aquatic Center will be closed Monday–Friday, 11:00am-12:00pm, July 1-26. We apologize for the inconvenience.

Teaching Pool

Schedule
July 1–August 25

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com. **Red = Pool Closed**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open 5:30-8:00am</p> <p>Swim Lessons 8:00am-12:00pm (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Bassett Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Swim Lessons 8:00am-12:00pm (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Bassett Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Swim Lessons 8:00am-12:00pm (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Bassett Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Swim Lessons 8:00am-12:00pm (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Bassett Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open 5:30-8:00am</p> <p>Swim Lessons 8:00am-12:00pm (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Bassett Physical Therapy 1:00-2:00pm</p> <p>Open Swim 2:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p>

Diving Pool

Schedule
July 1–August 25

This schedule may change without notice at any time. For the most up-to-date information, visit www.clarksportscenter.com. **Red = Pool Closed**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am POOL CLOSED</p> <p>Limited Availability Adults Only 9:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Sweat Wet! 8:00-8:45am POOL CLOSED</p> <p>Limited Availability Adults Only 9:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Limited Availability Adults Only 8:00-11:00am</p> <p>Swim Lessons 11:00am-12:00pm POOL CLOSED (July 1-26)</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-9:00pm</p>	<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p>

Advanced Competitive Swim Camp



Dates: Monday, July 29-Friday, August 2
Time: 9:00am-12:00pm
Grades: 4-12
Cost: \$100 Members or \$150 Non-members
Location: Aquatics Center
Limit: 16

Advanced Competitive Swim Camp is for swimmers that are currently on a competitive swim team. Camp participants will be working on technique, drills and endurance for the 4 competitive swim strokes, as well as competitive starts, turns and finishes, nutrition, and dry land.

Developmental Competitive Swim Camp



Dates: Monday, August 5-Friday, August 9
Time: 9:00am-12:00pm
Grades: 1-6
Cost: \$100 Members or \$150 Non-members
Location: Aquatics Center
Limit: 12

Developmental Competitive Swim Camp is for swimmers that are currently on a developmental swim team, or are looking to join a swim team. Camp participants will be working on technique, drills, as well as competitive starts, turns and finishes. For safety reasons, children that join this camp must be able to swim unassisted 25 yards of Front Crawl, 25 yards of Back Crawl, and be able to do a headfirst entry into water 8 feet deep. A swim test to determine eligibility for the camp will be administered on the first day.

Jr. Lifeguard Camp



Dates: Monday, July 15-Friday, July 19
Time: 1:00-4:00pm
Ages: 10-14
Cost: \$100 Members or \$150 Non-members
Location: Aquatics Center
Limit: 10

Jr. Lifeguard Camp is a pre-certification program for young teens. Our Jr. Lifeguard program educates and demonstrates some of the many aspects of being a professional lifeguard including basic lifeguarding techniques, teamwork, personal water safety, & personal fitness. This camp is meant to spark interest in Lifeguarding and enrich personal water safety. This course is not a lifeguard certification course.



Aqua Fitness

Schedule
July 1-August 25

Monday

Tuesday

Wednesday

Sweat Wet
8:00-8:45

Carole

Sweat Wet
8:00-8:45

Carole

Aqua Body Blast (Limit 25) • While easy on your joints, this “liquid gym” utilizes the deep and/or shallow ends of the lap pool to improve your core stabilization, cardiovascular fitness, and endurance with no or low impact.

Sweat Wet (Limit 16) • Jump Right into the deep to increase your strength, endurance, and cardiovascular fitness. Designed to burn calories and make you sweat. Let’s get WET!!

Aqua Body Blast
9:15-10:00

Carole

Aqua Body Blast
9:15-10:00

Carole

Reservations are required for all Group Fitness classes. If you do not have login credentials set up to make reservations, please email Membership Coordinator, Michelle Yerdon, at yerdonm@clarksportscenter.com.

Clark Sports Center Events

MONSTER BENCH & BREW
On Brewery Ommegang's Outdoor Patio!
August 11, 2024
225 lb. & 115 lb. Rep-Off, Team Event, Shirted and Non-shirted Classes!

ClarkSportsCenter
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ClarkSportsCenter
BREW
August 25, 2024
A 5K run from Cooperstown Brewing Company to Brewery Ommegang, a 20 mile bike ride loop back to Brewery Ommegang, then 5K run back to Cooperstown Brewing Company. Register online at: www.itsyourrace.com

ClarkSportsCenter
Title Sponsor
nyem INSURANCE

Fitness Game Room

Fitness Game Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9:00am–5:00pm	Open 9:00am–5:00pm	Open 9:00am–5:00pm	Open 9:00am–5:00pm	Open 9:00am–5:00pm	Open 9:00am–5:00pm
					Sunday 8:00am–12:00pm

Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30am–5:00pm	Open Floor 5:30am–6:00pm	Open Floor 5:30am–5:00pm	Open Floor 5:30am–6:00pm	Open Floor 5:30am–9:00pm	Open Floor 8:00am–5:00pm	Open Floor 8:00am–12:00pm
Girls High School Hoops 5:00pm–9:00pm CLOSED	Open (Half Floor) 6:00pm–8:00pm Member Only Pickup Volleyball, Adults 18+ 6:00pm–8:00pm (Half Floor) Open Floor 8:00pm–9:00pm	Boys High School Hoops 5:00pm–9:00pm CLOSED	Member Only Pickup Basketball, Adults 18+ 6:00pm–8:00pm Open Floor 8:00pm–9:00pm			

SPECIAL NOTES:

The Gym Floor schedule is subject to change, on a day-to-day basis, based on outside weather conditions for our Summer Camps. It will be used as an alternative space for those camps, July 1–August 23, 2024.

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 clinics, special events and league play on the Gym Floor.
- Special groups and activities such as clinics, tournaments, basketball games, training, and camps take priority over open play.
- We advise to call ahead to verify open gym times.

Running Track Schedule, Rules, and Information

- The Running Track is open for general use from opening to closing every day with the exception of special programs.
- Adult members and youth members (7th grade and over) may use the Running Track.
- Walkers and runners must go in the direction of the arrow.
- Please walk single file if there are other walkers or runners.
- The track may not be used as a spectator area.

Trackman Golf Simulator



An indoor opportunity to practice your skills year round! The Golf Simulator is for adult members only (18+ and out of high school).

Golf Simulator Hours

Mon-Fri: 8:00-9:00am	Saturday: 8:00-9:00am	Sunday: 8:00-9:00am
9:00-10:00am	9:00-10:00am	9:00-10:00am
10:00-11:00am	10:00-11:00am	10:00-11:00am
11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm
12:00-1:00pm	12:00-1:00pm	
1:00-2:00pm	1:00-2:00pm	
2:00-3:00pm	2:00-3:00pm	
3:00-4:00pm	3:00-4:00pm	
4:00-5:00pm	4:00-5:00pm	

Golf Simulator Cost

Cost to play is \$40/hour (up to 4 people), maximum of 4 hours.

Please visit clarksportscenter.com for more information.

Group Fitness

Group Classes

Schedule
July 1–August 25

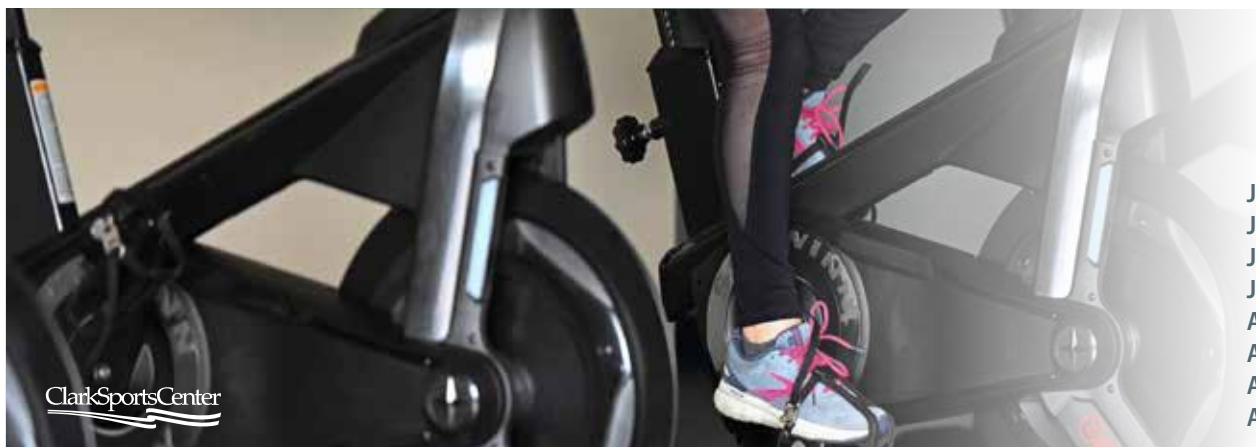
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:15 Carlene	Fit Camp 6:00-6:30 Gretchen	Zumba 8:15-9:00 Veronica	Fit Camp 6:00-6:30 Tom C	Pound 8:30-9:15 Doreen	Total Body Conditioning 8:45-9:15 Sabrina
Silver Sneakers Classic 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Fit for Life 9:15-10:00 Carlene	Power 45 8:15-9:00 John	Prime Time 11:00-12:00 Carina	
Total Body Conditioning 5:00-5:30 Sabrina	Zumba Dance 8:30-9:15 Suzanne	Prime Time 11:00-12:00 Carina	Zumba Dance 8:30-9:15 Suzanne		Cardio Dance 9:30-10:15 Elma
Zumba Dance 5:15-6:00 Elma	Pound 4:00-4:30 Rachel	Cardio Dance & Core 4:30-5:15 Elma	Sit & Get Fit 10:30-11:15 Carlene		
	POP Pilates® 5:00-5:30 Gianna		POP Pilates® 5:00-5:30 Gianna		

Group Fitness

Group Cycle

Schedule
July 1–August 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Cycle 6:30-7:00 Gretchen		Express Cycle 6:30-7:00 Gretchen			Group Cycle 8:30-9:15 Various
Group Cycle 8:30-9:15 Carlene	Express Cycle 9:15-9:45 Tom H	Express Cycle 8:30-9:00 Carlene/Amy	Group Cycle 9:15-10:00 Carlene	Express Cycle 8:30-9:00 Gretchen	
Gentle Cycle 10:30-11:00 Carlene		Gentle Cycle 10:30-11:00 Carlene			
	Express Cycle 5:30-6:00 Kara/Gretchen		Express Cycle 5:30-6:00 Tom H		



Saturday Group Cycle

July 6	Tom
July 13	Gretchen
July 20	CLOSED
July 27	Amanda
August 3	Don
August 10	Tom
August 17	Gretchen
August 24	Amanda

Group Fitness

Yoga

Schedule
July 1–August 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easy Flow & Go Yoga 10:00-10:30 Katherine	Foundations to Flow 9:15-10:00 Erin	Sunrise Yoga Flow 6:00-6:45 Nicole	Slow Flow Yoga 9:15-10:15 Wendy	Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Edna
Gentle Yoga 1:00-2:00 Katherine	Silver Sneakers Yoga 10:30-11:15 Mary	Easy Flow Yoga 9:30-10:30 Shannon	Silver Sneakers Yoga 11:30-12:15 Katherine	Gentle Yoga 10:30-11:30 Wendy	
Slow Flow Yoga 6:30-7:30 Shannon			Gentle Yoga 1:00-2:00 Katherine	Friday Night Flow 5:30-6:15 Erin	Sunday Sun Salutations 8:15-9:00 Dana
	Vin Yin 5:30-6:30 Erin	Evening Yoga Flow 6:30-7:30 Erin	Heated Vinyasa Flow Yoga 5:30-6:30 Wendy		Yin Yoga 9:30-10:45 Shannon

Sports Performance

Schedule
July 1–August 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben			Escape 9:30-10:00 Mallory
Escape 9:30-10:00 John	Escape 4:30-5:00 Amanda	Escape 9:30-10:00 John	Escape 4:30-5:00 Amanda		
		Escape 5:00-5:30 Mallory			

Class Key

Studio 1

Instructor

Studio 2

Instructor

Yoga Studio

Instructor

NEW

New Class

NEW TIME

New Time

Returning

Class

Private Yoga Instruction

Available in 30 minute (private only) and private or semi-private sessions for an hour (up to two people). For more information, contact Amy Porter at portera@clarksportscenter.com or call (607) 547-2800, ext. 129.

- 10 – 30 minute sessions, or 5 – one hour sessions: \$150
- Individual pricing: \$20 for 30 minutes, or \$40 for an hour.

Reservations required.



Health & Fitness

Fitness Center

The 6500 sq. ft. facility features 32 Pieces of cardiovascular equipment, a 16 piece selectorized circuit and a significant section of free weight equipment. A Fitness Center Membership is required to use the Fitness Center. Members and guests must be at least 14 years of age and check-in to the room upon arrival for use.

Personal Training & Nutrition

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, Sports conditioning and sports specific training, Cardio training, Weight training, Balance Core training, Many other specialized and personalized programs.

\$20.00 for one 30 minute session/\$150.00 for ten 30 minute sessions/\$30.00 for one 30 minute session for non-members.

Interested in training with us? Download and fill out the Personal Training Interest Sheet and return it to the Fitness Center Desk. We will contact you and coordinate a trainer to work with you to achieve your goals! For more information, please contact Ben Maxson, Personal Training Coordinator, by calling (607) 547-2800, ext. 127. Free initial fitness assessment.

Sports Performance

Located in the mezzanine above the Fitness Center, our Sports Performance Center offers 4 distinct areas for supplementing your training program. The ESCAPE rig is a Functional Training station capable of hosting 20 users at a time. The Kinesis Area offers a 7 Station Circuit that is designed to work with beginners or handle professional athletes. The Power Area offers users 4 pieces of Cardio Equipment as well as some fitness equipment to deliver a one of a kind fitness experience. The Team Area that doubles as a stretch, strength and core area. Use of the Sports Performance area is included with the Fitness Center Membership. Programs take precedence over open use. Schedule will vary. Rates are available for individual, small groups (2 or 3), large groups (4 or 5), and teams more than 5. Please contact Rich Jantzi, Health & Fitness Director, at 607-547-2800, ext. 125 for more information.

Racquets

Tennis Center Schedule

The Clark Sports Center has 4 Acrylic Coated Asphalt Courts. Courts are available daily from April to **November 1 (weather permitting)**, during daylight hours. Members may play at no charge unless a program is in progress. Programs take precedent over open play. Courts may be reserved for \$20/hour per court. Please contact Amy Porter at (607) 547-2800, ext. 129 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Pickleball 8:00am–10:00am (2 Courts) Open 8:00am–8:00pm	Open 8:00am–9:30am Women's Doubles Tennis League 9:30am–11:30am (Courts Closed) Open 11:30am–8:00pm	Open Pickleball 8:00am–10:00am (2 Courts) Open 8:00am–5:00pm Women's Tennis Leagues 5:00pm–7:30pm (Courts Closed)	Open 8:00am–8:00pm Open Pickleball 1:00pm–3:00pm (2 Courts)	Open Pickleball 8:00am–10:00am (2 Courts) Open 8:00am–8:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–12:00pm Open Pickleball 9:00am–11:00am (2 Courts)

Indoor Racquetball, Squash Court & Ping Pong Schedule

The Sports Center has one racquetball court, two squash courts, and a doubles squash court that are open year round during facility hours.

Programs take precedent over open play. For more information, contact Matt Phillips at (607) 547-2800, ext. 130.

All courts and tables are located on the lower level of the Sports Center and are available during normal operating hours. General use equipment is available for use.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–9:00pm	Open 5:30am–9:00pm	Open 5:30am–9:00pm	Open 5:30am–9:00pm	Open 5:30am–9:00pm	Open 8:00am–5:00pm
					Sunday
					Open 8:00am–12:00pm

SPECIAL NOTES:

The Racquet Court schedules are subject to change, on a day-to-day basis, based on outside weather conditions for our Summer Camps. They will be used as an alternative space for those camps, July 1–August 23, 2024.