

# ClarkSportsCenter

## Fall 2 Schedule October 28–December 22



- Membership.....2-3
- Adventure.....4
- Bowling.....5
- Aquatics .....6-8
- Fitness Game Room .....8
- Trackman Golf Simulator ...8
- Sports & Recreation .....9
- Group Fitness.....10-11
- Health & Fitness .....12
- Racquets .....12

**Clark Sports Center Facility Hours**  
**September 30, 2024–May 25, 2025**  
 Monday–Friday: 5:30am–9:00pm  
 Saturday & Sunday: 8:00am–5:00pm  
**May 26–September 28, 2025**  
 Monday–Friday: 5:30am–9:00pm  
 Saturday: 8:00am–5:00pm  
 Sunday: 8:00am–12:00pm

## 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) <b>Single Parents Only</b>	\$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](http://www.clarksportscenter.com).

### Guests

Guests are welcome to The Clark Sports Center. We reserve the right to limit the number of guests if usage reaches capacity. Reservations are required for groups of 8 people or more (call Matt Phillips at 547-2800, ext. 130). Adults: \$12, Juniors: \$6, Seniors: \$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](mailto: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 studios, 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 Afterschool Climb 3:00–5:00pm	Adult Climb 8:00–10:00am	Adult Climb 8:00–10:00am	Kids Afterschool Climb 3:00–5:00pm	Adult Climb 8:00–10:00am	Adult Climb 9:00am–12:00pm
	L.E.A.H. 12:00–2:30pm (Sept. 17–May 6)	Kids Afterschool Climb 3:00–5:00pm		Kids Afterschool Climb 3:00–5:00pm	Kids Climbing (Ages 5-18) 1:00pm–5:00pm
	Little Whippers Climbing Program 3:00–4:30pm	*Family Climb 5:30–8:00pm		*Family Climb 5:30–8:00pm	
	Kids Afterschool Climb 4:30–5:00pm				<b>Sunday</b>
	Adult Climb 5:30–8:00pm				Kids Climbing (Ages 5-18) 1:00pm–5:00pm
Please check the website for rock wall closures. Holidays & Snow Days • In the event of a Cooperstown Central School holiday or snow day, the High Rock Wall schedule will change accordingly to: Monday-Friday: Family Climb, 10:00am-12:00pm and Kids Climb, 1:00-5:00pm. Evening hours remain the same.					

\* Family Climb is designed for families to climb together. Anyone under the age of 12 must be directly supervised by an adult.

## Adventure Outings and Events



### Little Whippers After School Climbing Program

**Tuesdays, 3:00-4:30pm**

**Session 2 begins Tuesday, October 29!**

**Register online October 15–29**

Fall is the best time of year for climbing. The air is cool, the rock is warm, and the psyche is high. Join us for the fall climbing season with the Clark Sports Centers Adventure Programs. Indoor sessions will include light instruction and coaching from instructors with years of experience.

Open to Grades K-6. Free for members. Limit 10 per grade level.  
K-1: 3:00-3:30pm; 2-3: 3:30-4:00pm; 4-6: 4:00-4:30pm

## Fall Adventure Outings & Events

Program	Days	Time	Registration	Fee
Veteran's Day Strong Museum of Play Day Trip (Grades 3-6)	November 11	7:00am-5:00pm	Online Oct. 11	\$100, members only.
Rock Climbing at The Edge	November 14	9:00am-5:00pm	Online Sept. 7	\$25 members, \$35 non-member. Climbers must purchase a \$15 Edge day pass
Rock Climbing at Central Rock in Syracuse	November 21	8:00am-5:00pm	Online Sept. 7	\$25 members, \$35 non-member. \$25 shuttle fee and \$25 admission fee upon arrival.
Rock Climbing at The Edge	December 11	9:00am-5:00pm	Online Sept. 7	\$25 members, \$35 non-member. Climbers must purchase a \$15 Edge day pass

# Bowling



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 9:00am–12:00pm Open 1:00–5:00pm Monday Men's League 6:00–9:00pm	Senior Citizen Bowling 9:00–10:30am Open 10:30am–12:00pm L.E.A.H. 12:00–2:30pm (Sept. 17–May 6) Open 2:30–5:00pm Tuesday Ladies League 6:00–9:00pm	Open 9:00am–12:00pm Senior Citizen Bowling/ Special Groups 1:00–2:30pm Open 2:30–5:00pm Wednesday Men's League 6:00–9:00pm	Open 9:00am–12:00pm Preschool Bowl 10:30–11:00am Open 1:00–5:00pm	Open 9:00am–12:00pm Open 1:00–3:00pm Elementary/Middle School Bowling League 3:00–5:00pm Open 6:00–9:00pm	Open 1:00–5:00pm	Open 1:00–5:00pm



## Bowling Fees

	Juniors	HS/College	Adults
<b>Game &amp; Shoes</b>	\$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 and ramps 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
Elementary League/Middle School (Grades 3-8)	Nov. 1–March 28 Fridays	3:00–5:00pm	Register online by Oct. 31 Meeting Nov. 1	\$30.00 (online registration)
Men's Monday League (Recreational)	Sept. 16–Feb. 24 Mondays	7:00–9:00pm	September 16 Meeting Sept. 16	\$12/night
Ladies Tuesday League (Recreational/Competitive)	Sept. 10–Feb. 25 Tuesdays	7:00–9:00pm	September 10 Meeting Sept. 10	\$13/night
Men's Wednesday League (Recreational/Competitive)	Sept. 18–April 23 Wednesdays	7:15–9:00pm	September 18 Meeting Sept. 18	\$13/night
Senior Citizen Bowling (Ages 55+)	Sept. 10–May 6 Tuesdays	9:00–10:30am	None	\$1 members (All you can bowl)
Senior Citizen Bowling/Special Groups (Ages 55+)	Sept. 11–May 7 Wednesdays	1:00–2:30pm	None	\$1 members (All you can bowl)
Preschool Bowl (Ages 3-5)	Sept. 12–May 1 Thursdays	10:30–11:00am	None	FREE/Fun

# Lap Pool

Schedule  
October 28-December 22

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Pathfinder 9:15-10:30am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>CCS Varsity Swim Team 3:30-5:30pm</p> <p><b>Aquatic Center closes at 4:00pm until further notice.</b></p> <p>CSC Sharks 4:00-5:00pm POOL CLOSED</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>L.E.A.H. Swim Lessons 12:30-2:30pm</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Sharks 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Aqua Body Blast 9:15-10:00am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Springbrook 12:45-1:45pm</p> <p>Open Swim 3:00-4:00pm</p> <p>CCS Varsity Swim Team 3:30-5:30pm</p> <p><b>Aquatic Center closes at 4:00pm until further notice.</b></p> <p>CSC Sharks 4:00-5:00pm POOL CLOSED</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Sharks 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Open Laps 5:30-8:00am</p> <p>Adult Laps 8:00am-3:00pm</p> <p>Preschool Swim 10:00-11:00am</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Sharks 4:00-5:00pm</p> <p>POOL CLOSED</p> <p>Adult Laps 5:00-6:30pm</p> <p>CCS Varsity Swim Team 6:00-8:00pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Adult Laps 8:00am-1:00pm</p> <p>Swim Lessons 9:00am-12:00pm</p> <p>Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult Laps 8:00-10:00am</p> <p>Open Swim 10:00am-12:00pm</p> <p>Adult Laps 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>

**Special Notes:** • CCS Varsity Swim Team will be practicing Monday–Friday, 6:00-8:00pm, beginning November 18.  
• CCS Varsity Swim Team will host Home Swim Meets – Dates TBA – Pool Closed at 4:30pm.

# Teaching Pool

Schedule  
October 28-December 22

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Pathfinder 9:15-10:30am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Adult 11:00am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p><b>Aquatic Center closes at 4:00pm until further notice.</b></p> <p>CSC Sharks 4:00-5:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Bassett Physical Therapy 10:00-11:00am</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>Adult 12:00-12:30pm</p> <p>L.E.A.H. Swim Lessons 12:30-2:30pm</p> <p>Adult 2:30-3:00pm</p> <p>Open Swim 3:00-3:30pm</p> <p>Swim Lessons – Level 1 3:30-4:00pm</p> <p>CSC Sharks 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>Swim Lessons 5:30-7:00pm</p> <p>Open Swim 7:00-8:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Adult 11:00am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p><b>Aquatic Center closes at 4:00pm until further notice.</b></p> <p>CSC Sharks 4:00-5:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Bassett Physical Therapy 10:00-11:00am</p> <p>Preschool Swim 11:00am-12:00pm</p> <p>Adult 12:00-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Sharks 4:00-5:00pm</p> <p>Adult 5:00-5:30pm</p> <p>CCS Swim Meets 5:30-7:00pm</p> <p>Open Swim 7:00-8:00pm</p>	<p>Open Fitness 5:30-8:00am</p> <p>Adult 8:00-10:00am</p> <p>Preschool Swim 10:00-11:00am</p> <p>Adult 11:00am-2:00pm</p> <p>Bassett Physical Therapy 2:00-3:00pm</p> <p>Open Swim 3:00-4:00pm</p> <p>CSC Sharks 4:00-5:00pm</p> <p>Adult 5:00-6:30pm</p> <p>Open Swim 6:30-8:00pm</p>	<p>Adult 8:00-8:30am</p> <p>Swim Lessons 8:30am-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> <p>Adult 12:00-1:00pm</p> <p>Open Swim 1:00-5:00pm</p>

**Special Notes:** Red = Pool Closed

# Diving Pool

Schedule  
October 28-December 22

This schedule may change without notice at any time. For the most up-to-date information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CCS Varsity Swim Team 3:30-5:30pm</p> <p><b>Aquatic Center closes at 4:00pm until further notice.</b></p> <p>Sharks Swim Team 4:00-5:00pm POOL CLOSED</p>	<p>Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm L.E.A.H. Swim Lessons (1/2 pool) 12:30-2:30pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-7:00pm Swim Lessons (1/2 pool) 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED</p>	<p>Open Fitness 5:30-8:00am Sweat Wet! 8:00-8:45am POOL CLOSED Adult Swim 9:00am-3:00pm Pathfinder 9:15-10:30am Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm CCS Varsity Swim Team 3:30-5:30pm</p> <p><b>Aquatic Center closes at 4:00pm until further notice.</b></p> <p>Sharks Swim Team 4:00-5:00pm POOL CLOSED</p>	<p>Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Springbrook 12:45-1:45pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED</p>	<p>Open Fitness 5:30-8:00am Adult Swim 8:00am-3:00pm Open Swim 3:00-4:00pm Sharks Swim Team 4:00-5:00pm POOL CLOSED Adult Swim 5:00-6:30pm Open Swim 6:30-7:00pm CCS Varsity Swim Team 7:00-8:00pm POOL CLOSED</p>	<p>Adult Swim 8:00am-1:00pm Swim Lessons 9:00am-12:00pm Open Swim 1:00-5:00pm</p>
					Sunday
					<p>Adult Swim 8:00-10:00am Open Swim 10:00am-12:00pm Adult Swim 12:00-1:00pm Open Swim 1:00-5:00pm</p>

**Special Notes:** • CCS Varsity Practice will be Monday- Friday 7:00-8:00pm (POOL CLOSED)

**Snow Day and School Holiday Pool Schedules:** In the event of a Cooperstown Central School snow day or early dismissal, there will be Open Swim 10:00am-12:00pm, and 1:00-5:00pm. All aquatic programs will be cancelled for the day.

## Block 2 Fall Swim Lessons – Monday, November 4–Saturday, December 14.

Registration begins on Monday, October 28, at 8:30am, and will take place online only.

No Lessons: November 11, 25-30, and CCS Varsity Swim Meets (dates TBA).

Online registration is required. Since space in each class is limited, we ask that you only sign up for one class. Please arrive on time to the lesson. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed to be on the pool deck during lessons. Please use the balcony to watch the lessons. If you miss 2 classes in a row without notifying us, your spot will be given to someone on the wait list. There are no lessons on days that Cooperstown Central School has no school or a half day.

### AFTERSCHOOL SWIM LESSONS

#### Level 1

- Tuesdays • 3:30-4:00pm

### EVENING SWIM LESSONS

#### School Age Swim Lessons (K-18)

#### Level 1

- Tuesdays • 5:30-6:00pm

#### Level 2

- Tuesdays • 6:00-6:30pm

#### Level 3

- Tuesdays • 6:30-7:00pm

### ADULT GROUP SWIM LESSONS

#### Adult

- Saturdays • 10:30-11:00am

### SATURDAY MORNING SWIM LESSONS

#### Preschool Swim Lessons (6mo-5, not attending K)

#### Parent and Child 1

- 9:00-9:30am

#### Parent and Child 2

- 9:30-10:00am

#### Parent and Child 3

- 10:00-10:30am

#### Ducks

- 10:30-11:00am

#### Frogs

- 11:00-11:30am

#### Dolphins

- 11:00-11:30am

### School Age Swim Lessons (K-18)

#### Level 1

- 8:30-9:00am
- 11:30am-12:00pm

#### Level 2

- 10:00-10:30am

#### Level 3

- 9:30-10:00am

#### Level 4, 5 & 6

- 9:00-9:30am





Participants must be at least 5+ years of age (5 year olds must be in Kindergarten), at least an American Red Cross level 3 swimmer, and members of the Clark Sports Center. New members must fill out paperwork and provide a copy of their child's birth certificate at registration. Program Fees and USA Swimming Fees to be paid upon registration. Team caps will be handed out at the first meet.

**Interested in joining?**

Practices begin Monday, October 21. For more information, please contact Lindsey Bailey by calling (607) 547-2800, ext. 114, or email [bailey@clarksportscenter.com](mailto:bailey@clarksportscenter.com)

Age Group	Requirements must be met unassisted		
8 & Under	25 Yards Front Crawl	25 Yards Back Crawl	Comfortable jumping in water 8ft
9-12	50 Yards Front Crawl	50 Yards Back Crawl	Comfortable diving in water 8ft
13 & Over	100 Yards Front Crawl	100 Yards Back Crawl	Comfortable diving in water 8ft

## Aqua Fitness Schedule October 28-December 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sweat Wet</b> 8:00-8:45 <i>Carole</i>		<b>Sweat Wet</b> 8:00-8:45 <i>Carole</i>			
<b>Aqua Body Blast</b> 9:15-10:00 <i>Carole</i>		<b>Aqua Body Blast</b> 9:15-10:00 <i>Carole</i>			

*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](mailto:yerdonm@clarksportscenter.com).*

## Fitness Game Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 9:00am-5:00pm	Open 9:00am-12:00pm Open/L.E.A.H 12:00-2:30pm (Sept. 17-May 6) Open 2:30-5:00pm	Open 9:00am-5:00pm	Open 9:00am-5:00pm	Open 9:00am-5:00pm	Open 9:00am-5:00pm
					<b>Sunday</b>
					Open 9:00am-5:00pm

## 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).

<b>Mon-Fri:</b> 8:00-9:00am 9:00-10:00am 10:00-11:00am 11:00am-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	<b>Saturday:</b> 8:00-9:00am 9:00-10:00am 10:00-11:00am 11:00am-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm	<b>Sunday:</b> 8:00-9:00am 9:00-10:00am 10:00-11:00am 11:00am-12:00pm 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm 4:00-5:00pm
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**Golf Simulator Cost:** Cost to play is \$30/hour (up to 4 people), maximum of 4 hours.  
**Golf League** Online registration begins November 11, for our 2 Person Scramble Indoor Golf League. The league runs January 6-April 4, 2025. Ages 14+



# Gym Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Floor 5:30am–8:00am Closed/Setup 8:00-8:30am Preschool Play 8:30-10:00am Open Half Floor 10:00–11:00am Senior Walk/ Cornhole 11:00am-12:00pm Setup 12:00-12:15 Sr. Pickleball 62+ 12:15-2:15pm Boy's Intramural Basketball 3-4: 3:00-4:00pm 5-6: 4:00-5:00pm Adult Pickleball League 5:00-9:00pm	Open Floor 5:30am–8:45am Closed/Setup 8:45-9:00am Open Pickleball 18+ 9:00-11:00am Open Floor 11:00am-12:30pm Open/L.E.A.H 12:30–2:30pm (Sept. 17–May 6) Girl's Intramural Basketball 3-4: 3:00-4:00pm 5-6: 4:00-5:00pm Open Floor 5:00–6:00pm Members Only 16+ Pickup Volleyball (Half Floor) 6:00–8:00pm Open Floor (Half Floor) 6:00–8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–8:00am Closed/Setup 8:00-8:30am Preschool Play 8:30-10:00am Open Floor 10:00am-12:00pm Setup 12:00-12:15pm Open Pickleball 18+ 12:15-2:15pm Kids Day 3:00-4:30pm Open Floor 4:30–6:00pm Members Only 16+ Pickup Basketball 6:00–8:00pm Open Floor 8:00–9:00pm	Open Floor 5:30am–8:00am Closed/Setup 8:00-8:30am Little Tumblers 8:30–10:15am Open/Special Programming 10:30–11:00am Senior Walk/ Cornhole 11:00am-12:00pm Setup 12:00-12:15pm Sr. Pickleball 62+ 12:15-2:15pm Boy's Intramural Basketball 3-4: 3:00-4:00pm 5-6: 4:00-5:00pm Adult Futsal League 5:30–9:00pm	Open Floor 5:30am–8:45am Closed/Setup 8:45-9:00am Open Pickleball 18+ 9:00am-12:00pm Open Floor 12:00-2:30pm Girl's Intramural Basketball 3-4: 3:00-4:00pm 5-6: 4:00-5:00pm Jr. High Basketball 5:30-7:30pm (Nov. 8-Dec. 13) Open Floor 5:30-9:00pm	Members Only 16+ Pickup Basketball 8:00–9:30am Members Only 7-12 Grade Pickup Basketball 9:30–11:00am Open Floor 11:00am–5:00pm	Beginner Pickleball Lessons 8:00-9:00am Open Pickleball 14+ 9:30-11:00am Open Floor 11:00am–5:00pm
					<b>SPECIAL NOTES:</b> <ul style="list-style-type: none"> <li>• Kids Day Schedule: K-1, 3:00-3:30pm; 2-3: 3:30-4:00pm; 4-6, 4:00-4:30pm.</li> <li>• Beginner Pickleball Lessons, Open Pickleball 14+, Open Pickleball 18+, and Senior Pickleball 62+ are for members only.</li> </ul>	

## 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, after school 3:00-5:00pm 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.

## Youth Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0-4)	September 30–April 30 Mondays & Wednesdays	8:30-10:00am	Registration not required	Free for members
Junior High Basketball (Grades 7-8)	November 8-December 13 Fridays	5:30-7:30pm	Reg. online, beginning October 17	Free for members.
Little Tumblers (Ages 2-4)	November 7-December 19 Thursdays	8:30-9:15am (Age 2) 9:30-10:15am (Ages 3-4)	Mem. Reg: Oct. 21-27 Non-mem. Reg: Oct. 28-Nov. 1	\$25 for members \$50 for non-members

## Adult Leagues and Programs

Program	Days	Time	Registration	Fee
Senior Walk/Cornhole (Ages 62+)	September 30–March 31 Mondays & Thursdays	11:00am-12:00pm	Registration not required	Free for members & non- members

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

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

## Saturday Group Cycle

November 2	Gretchen
November 9	Kara
November 16	Amanda
November 23	Tom
November 30	Amanda
December 7	Kara
December 14	Gretchen
December 21	Don
December 28	Tom

ClarkSportsCenter

### Intro to Group Cycling

November 7, 11:30am-12:00pm  
November 21, 11:30am-12:00pm  
December 12, 11:30am-12:00pm

Topics covered will include bike set up, proper form, intensity cues and familiarity with the console including the power meter. Instructed by Carlene. Register online.

## Sunday Group Cycle

November 3	Rebecca
November 10	Don
November 17	Melissa
November 24	Edna
December 1	Carlene/Rebecca*
December 8	Edna
December 15	Amanda
December 22	Rebecca
December 29	Edna

\*Benefit Ride for Cooperstown Food Pantry

# Group Fitness

# Yoga

Schedule  
October 28 - December 22

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

# Sports Performance

Schedule  
October 28 - December 22

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

## Class Key

Studio 1



Studio 2



Yoga Studio



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](mailto: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

## Personal Training & Nutrition

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

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

## 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 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, 8:00am–dark, through November 1 (weather pending). 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. For more information, please contact Amy Porter at (607) 547-2800, ext. 129, or portera@clarksportscenter.com. Visit clarksportscenter.com for all league information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Pickleball 8:00am–10:00am (2 Courts)	Open 8:00am–6:00pm	Open Pickleball 8:00–10:00am (2 Courts)	Open 8:00am–6:00pm	Open Pickleball 8:00–10:00am (2 Courts)	Open 8:00am–5:00pm
Open 8:00am–6:00pm		Open 8:00am–6:00pm	Open Pickleball 1:00–3:00pm (2 Courts)	Open 8:00am–6:00pm	<b>Sunday</b>
					Open 8:00am–5:00pm
					Open Pickleball 9:00–11:00am (2 Courts)

## Outdoor Pickleball

Monday, Wednesday, Friday: 8:00–10:00am; Thursday 1:00-3:00pm; Sunday: 9:00–11:00am. Tennis courts 1 & 2.

## Indoor Racquetball, Squash Courts & Ping Pong Schedule

The Sports Center has one racquetball court, two singles squash courts, a doubles squash court, and two ping pong tables that are open year round during facility hours. Programs take precedent over open play. All courts and tables are located on the lower level of the Sports Center and are available during normal operating hours. General use equipment is available for use, unless occupied by a program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 5:30am–2:30pm	Open 5:30am–12:30pm	Open 5:30am–2:30pm	Open 5:30am–2:30pm	Open 5:30am–2:30pm	Open 8:00am–5:00pm
After School Youth Play 2:30-5:00pm	L.E.A.H Program 12:30-2:30pm (Sept. 17–May 6)	After School Youth Play 2:30-5:00pm	After School Youth Play 2:30-5:00pm	After School Youth Play 2:30-5:00pm	<b>Sunday</b>
Open 5:00-9:00pm	After School Youth Play 2:30-5:00pm	Open 5:00-9:00pm	Open 5:00-9:00pm	Open 5:00-9:00pm	Open 8:00am–5:00pm
	Open 5:00-9:00pm				