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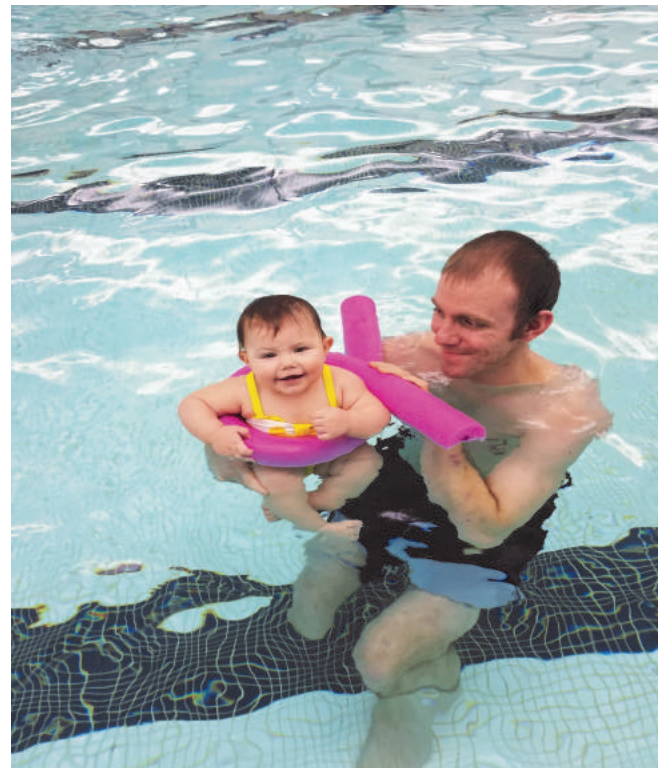
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|---|--|
| <p>Sweden Clarkson Community Center 4927 Lake Road South, Sweden Phone: 585-431-0090 Fax: 585-431-0052 www.swedenclarksonrec.com</p> | <p>Lodge on the Canal 133 State Street, Brockport Phone: 637-8161 Fax: 637-0205 www.swedenclarksonrec.com</p> |
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Registration Policy

To register for S/C Recreation Programs, payment must be submitted with a completed registration form for each participant and program. Please register early to avoid cancellation of programs. In the case of sports programs, participants/teams must meet registration deadline. Registrations accepted via mail, fax, e-mail or on-line.

Non-Resident Policy

Any person not residing in the Towns of Sweden or Clarkson may be charged an additional fee. Fees will be listed under program pricing.

Credit/Refund Policy

Refunds will be given upon request to anyone who cancels from a program at least one week (5 business days) prior to the start of the program or in the case of sports programs, 3 weeks prior to the 1st practice. There will be no refunds given for a program once it has begun, unless it is cancelled by the Recreation Department. A refund may be allowed in the event of illness or injury if a doctor’s note is provided. All refunds are subject to a \$10 processing fee per person/per program. Certain programs, such as the fitness center are non-refundable.

Gift Certificates

Gift Certificates are for Sweden/Clarkson Recreation Department programs only and cannot be redeemed for cash or refund to a credit card.

Financial Assistance/Scholarships

Financial assistance and scholarships are available prior to registration for a program. Grant applications will be reviewed upon receipt of completed application, requested documentation and completed registration form.

Videotaping

No videotaping is permitted in the Comm Ctr without the advance written permission of the Recreation Director.

Locker Rooms and Lockers

There are locker rooms and shower available for use by our fitness center members. Lockers available on a daily basis. Locks available upon request.

Weather Cancellation Hotline

Program status is updated on the 24-hour information at 585-431-0085. The hotline is updated by 4:30 pm daily. Facility Closing Information is sent to YNN News.

Facebook

Like us on Facebook at Sweden Clarkson Recreation
Like us on Facebook at The Center in Brockport NY

Payment Options

Payments for programs may be made by cash, check or if using our on-line system by credit card.

Community Center Hours

| | | |
|------------|-----------------|--------------|
| April 1—30 | Monday—Thursday | 6 am—9 pm |
| | Friday | 6 am—8 pm |
| | Saturday | 8 am—6 pm |
| | Sunday | 8 am—3 pm |
| May 1—31 | Monday—Friday | 6 am—8 pm |
| | Saturday | 8 am—3 pm |
| | Sunday | 8 am—12 noon |

Closed: **April 16 May 14 May 28**

Lodge on the Canal Hours

| | | |
|-----------------|-----------|---------|
| March 28-May 27 | M/T/Th/F | 9am-3pm |
| | Wednesday | 9am-4pm |

Closed: **April 14-16 May 13&14 May 27-29**

Directory

| | |
|---|----------|
| Recreation Supervisor Jill Wisnowski | 431-0050 |
| jillw@townofsweden.org | |
| Recreation Assistant Joe Kincaid | 431-0088 |
| joek@townofsweden.org | |
| Recreation Assistant George Kimball | 431-0086 |
| georgek@townofsweden.org | |
| Recreation Assistant Grant Holupko | 431-0087 |
| granth@townofsweden.org | |
| Recreation Assistant Andre Calzone | 431-0087 |
| andrec@townofsweden.org | |
| Staff: Ashley Hermance, MeganDeMarco, Kyle Luce | |
| Clerical Assistant Diane Samons | 431-0090 |
| dianes@townofsweden.org | |
| Lodge on the Canal Staff Deanna Irvine | 637-8161 |
| deannai@townofsweden.org | |

Sweden Town Board

| | |
|--------------------------------|----------|
| Supervisor Rob Carges | 637-7588 |
| Councilperson Robert Muesebeck | |
| Councilperson Lori Skoog | |
| Councilperson Mary Rich | |

Clarkson Town Board

| | |
|----------------------------------|----------|
| Supervisor Paul Kimball | 637-1131 |
| Councilperson Allan Hoy | |
| Councilperson Christa Filipowicz | |
| Councilperson Patrick Didas | |
| Councilperson Jackie Smith | |

Website

www.swedenclarksonrec.com

A message from your recreation department

Happy Spring Everyone! In just a few weeks we will all be anxiously checking our trees and flower beds for those first signs of new life—buds popping out and bulbs pushing up. Did you know that our Community Center, the Lodge on the Canal (Senior Center) and our Town Parks (in Sweden and Clarkson) are places where blossoming and budding occur all year-round?

One of the most satisfying experiences as your Recreation Leader is to see individuals grow through recreation, to see friendships develop through our programs, to see our community flourish by residents coming together in our facilities.

Our youngest tots meet in pre-school programs, open toddler gym, swim lessons and our tot sport camps and leagues. They learn social skills in all these settings. And imagine when they get to school—maybe an intimidating experience—but they see familiar faces—friends from soccer or dance or Little Steps.

Our youth are always growing through our programming. It's a joy to see them progress through Tae Kwon Do, to master a lay-up, to become confident through knowledge, to succeed at back rolls and cartwheels.

Instead of being home alone before or after school, our school-age children are in a safe place where they can

have some help with homework, make new friends and learn new games.

The blossoming isn't confined to our youth. Our adult and senior programs contribute to better physical and mental health for our residents. Our adults are proud and so am I

when they shed a few pounds, increase their strength and flexibility, improve their endurance and stamina. Just as rewarding is to see the friendships that bloom in our programs and then spread beyond our facility walls as new friends go to lunch together, play golf, travel and participate in life more fully—together.

So as you're looking for those first signs of spring this year—look here also—look in the brochure and find a program that might help you and your family members blossom in new ways this year.



Jill Wisnowski

Looking ahead to our July 3rd Celebration!!

Talents Needed!

The Sweden Clarkson Recreation Department is looking for musical talent, food vendors, craft vendors and talented performers that would like to spend July 3rd evening with us. For those interested, please submit music, craft, food and performance information. This is a 2-hour event and then fireworks show.

Please contact [Joe Kincaid-joe@townofweden.org](mailto:Joe.Kincaid-joe@townofweden.org) for questions or to submit information.

Summer Soccer—the time is nearing!

Please fill out and return this ticket if you are interested in coaching.

Name _____ Sport _____

Phone number _____ email _____

Cut out and attach to your child's registration form.

GENERAL INFORMATION

What is MURSL? It is the Monroe United Recreation Soccer League, a recreational youth soccer league where the focus is fairness, character and good sportsmanship. Visit MURSL.org to find league rules and information; coaches and contact lists; field information and schedules. Participation in this league requires travel to other towns for games.

Important! U-4 to U-8 Age as of August 1, 2016
U-10 & U-12 as of January 1, 2017 determines level of play!

Attention! Volunteer coaches and referees are needed for all levels of play!

U-4 SOCCER (Ages 3 & 4)

Program #4033-A

Wednesdays at 6:30 pm June & July

Fee: \$34

All games are played at the Community Center, 4927 Lake Road.

U-6 SOCCER (Ages 5 & 6)

Program #4033-B

Mondays at 6:30 pm June & July

Fee: \$37

All games are played at the Community Center, 4927 Lake Road.

U-8 GIRLS SOCCER (Ages 7 & 8)

Program #4033-C

Tuesdays/Thursdays June/July

Games at 6 pm and 7:15 pm

Fee: \$47

U-8 BOYS SOCCER (Ages 7 & 8)

Program #4033-D

Mondays/Wednesdays June/July

Games at 6 pm and 7:15 pm

Fee: \$47

U-10 GIRLS SOCCER (Ages 9 & 10)

Program #4033-E

Tuesdays/Thursdays

End of May through July

Fee: \$67

U-10 BOYS SOCCER (Ages 9 & 10)

Program #4033-F

Mondays/Wednesdays

End of May through July

Fee: \$67

U-12 GIRLS SOCCER (Ages 11 & 12)

Program #4033-G

Tuesdays/Thursdays

End of May through July

Fee: \$73

U-12 BOYS SOCCER (Ages 11 & 12)

Program #4033-H

Mondays/Wednesdays

End of May through July

Fee: \$73



Jill wishes that Sweden and Clarkson residents would submit more program ideas—in person, through an email or phone call!

Summer baseball & softball—batter’s up!

GENERAL INFORMATION

Our baseball/softball program requires travel to other towns. Our home games are played at the Sweden Town Park, Redman Road.

Important! Age as of May 1, 2017 determines level of play. A copy of your child’s birth certificate is required with registration for children in Juniors level and up.

Attention! Volunteer coaches are needed for all levels of play.

Deadline! The registration deadline is March 1.

ONE BASE T-BALL (Ages 3 & 4)

Program #4032-A
Saturdays
May & June
Fee: \$34

COED T-BALL (Ages 5 & 6)

Program #4032-B
Wednesdays/Saturdays
May & June
Fee: \$47

COED JUNIORS (Ages 7 & 8)

Program #4032-C
Tuesday/Thursday/Saturday
May & June
Fee: \$54

YOUTH PRIVATE BASEBALL LESSONS

Does your child want to get serious about becoming a quality baseball player in the years to come? We have the answer for you. Recreation Assistant Joe Kincaid will be teaching your child one-on-one helping them learn both physical and mental aspects of the game. We can go over infield, outfield, pitching, catching, hitting and even base running. If you know where they need/want improvement, then we can help! Both recreation and travel players are welcome!

Instructor: R.A. Joe Kincaid
Location: S.C.C.C. Gym

| Day | Date | Time | Price |
|---------------------|------|------|-----------|
| By appointment only | | | \$15/hour |

BOYS MINOR (Ages 9 & 10)

Program #4032-D
Tuesday/Thursday/Saturday
May & June
Fee: \$67
Mandatory Evaluation Day: Saturday, April 22 from 9 am to 11:30 am

BOYS MAJOR (Ages 11 & 12)

Program #4032-E
Tuesday/Thursday/Saturday
May & June
Fee: \$77
Mandatory Evaluation Day: Saturday, April 22 from 11:30 am to 1 pm

GIRLS SOFTBALL (Ages 8-12)

Program #4032-F
Monday/Wednesday/Saturday
May & June
Fee: \$77
Mandatory Evaluation Day: Saturday, April 22 from 1 pm to 2:30 pm

PONY LEAGUE (Ages 13 & 14)

Program #4032-G
Tuesday/Thursday/Saturday
June– August
Fee: \$87
Registration deadline: April 30.

Instructional Tot Soccer

Is your tot interested in learning the basics of soccer? Come join Coach George! We will learn dribbling, shooting, passing and more. This four-week class is designed to help your child gain a great foundation for the game of floor soccer. Instructor: George Kimball.

Ages: 4-6. Max 8

Location: SCCC Gym

| Day | Date | Time | Price |
|-----------------|-----------|----------|-------|
| Program #4041-A | | | |
| Mon | 3/27-4/17 | 5-5:45pm | \$27 |

Joe wishes everyone could see the great art produced by the Recreation Department’s wine and paint nights. Creativity at its best!

Little Steps Play and Learn

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop or meet a friend for coffee? Then come join Miss Mary (NYS certified teacher) for simple routines, story time, arts & crafts and enriching games in a place where **creativity** encourages learning, **caring** encourages friendships and a **loving environment** encourages social and emotional growth. Space is limited so sign up early.

Two year old program (need not be potty trained):

| Day | Date | Time | Price |
|-----------------|-----------|---------------|-------|
| Program #4042-A | | | |
| M & W | 3/22-5/10 | 9:30-10:45 am | \$45 |

***No Class 4/3, 4/17, 4/19**

Three-four year old program (need not be potty trained):

| Day | Date | Time | Price |
|-----------------|-----------|-------------|-------|
| Program #4042-B | | | |
| M & W | 3/22-5/10 | 11-12:15 pm | \$45 |

***No Class 4/3, 4/17, 4/19**

Before and After School Drop-in Recreation Program

It is our pleasure to offer a safe and secure drop-in before and after school program. Your child will participate in board games, arts & crafts, team sports, open play and use of our outdoor basketball courts, activity rooms, playground and full-size gymnasium.

This drop-in recreation program is designed for children kindergarten—sixth grade. Children may be dropped off in the morning as early as 6:30 am; after school pick-up must be by 6 pm. Parents/guardians must arrange for bus transportation with the Brockport Central School District. Fee schedule is:

Payments made before the 25th of the prior month:

Morning OR afternoon: \$8; both = \$14

Payments made after the 25th of the prior month:

Morning OR afternoon \$10; both = \$19.

Youth Tae Kwon Do

Experience the benefits of setting new goals through a well-rounded Martial Arts exercise program. This class teaches the disciplines of Tae Kwon Do plus Shao-lin Chin-na Kung Fu specifically designed for youth.

Ages: 7-12. Location: SCCC Large Activity Room 1. Instructor: Rob Slocum.

| Day | Date | Time | Price |
|-----------------|----------|-------|-------|
| Program #4043-A | | | |
| M/TH | 4/3-5/25 | 7-8pm | \$35 |

Youth Tumbling

Get moving this Spring with tumbling! A program favorite is back with new instructor Marla Thomas from the College at Brockport gymnastics team. Learn tumbling basics while getting in a great workout and making friends.

Min: 3. Max:10.

Ages 6-12

Location: SCCC Large Activity Room 2

| Day | Date | Time | Price |
|-----------------|----------|-------------|-------|
| Program #4042-C | | | |
| Tue/Thu | 4/4-5/11 | 5:30-6:30pm | \$85 |

Tot Ballet

Dance instructor Grace Lopata-Linn is offering a new dance program this spring. Join her for the ballet class that has been in high demand. Perfect for beginners or those with some experience. Please wear a soft-sole shoe or ballet flats. Ages 3-4

Location: Small Activity Room

| Day | Date | Time | Price |
|-----------------|-----------|----------|-------|
| Program #4042-D | | | |
| Tues | 3/28-4/18 | 5-5:45pm | \$25 |

Youth Ballet

Dance instructor Grace Lopata-Linn is offering a new dance program this winter. Join her for the ballet class that has been in high demand. Perfect for beginners or those with some experience. Please wear a soft-sole shoe or ballet flat. Ages 5-7

Location: Small Activity Room

| Day | Date | Time | Price |
|-----------------|-----------|-------------|-------|
| Program #4042-E | | | |
| Tues | 3/28-4/18 | 5:45-6:30pm | \$25 |

Youth Lacrosse

Has your child ever been interested in learning lacrosse? Join Coach Grant and Coach Andre to learn this new sport or improve your lacrosse skills. This beginner class will teach the fundamentals of cradling, ground balls, passing, catching and shooting. Ages: 6-10. Location: SCCC

| Day | Date | Time | Price |
|-----------------|----------|-----------|-------|
| Program #4043-B | | | |
| Thu | 5/4-5/25 | 5-5:45 pm | \$35 |

Home Alone Safety

This two-hour class is designed to teach children ages 7-12, who are home alone, the importance of behaving responsibly. Topics include, but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of emergencies such as power outages and fires. Location: SCCC conference room.

| Day | Date | Time | Price |
|-----------------|------|---------------|-------|
| Program #4044-A | | | |
| Sat | 5/20 | 10am –12 noon | \$20 |

Babysitters Training

This class teaches participants the roles and responsibilities of a babysitter and includes skills in: accident prevention, first aid and abdominal thrusts for choking victims. Participants receive a workbook and a certification card upon completion. Please bring a bagged lunch and a self-addressed envelope. Location: SCCC conference room.

| Day | Date | Time | Price |
|-----------------|------|----------|-------|
| Program #4044-B | | | |
| Fri | 4/14 | 9 am—2pm | \$45 |

*NEW Sign Language

Instructor Amy Crockford (M.Ed.) has known sign language for 36 years and has been teaching at the college level for 6 years. She can communicate with hearing, hard-of-hearing, and deaf people. In this Beginner Sign Language class, students will learn the manual alphabet, numbers 1-30, and many signs including: greetings, colors, food/drink, feelings, holidays, and more!

Ages 12+ Location: SCCC Conference Room

| Day | Date | Time | Price |
|-----------------|---------|-------------|-------|
| Program #4044-C | | | |
| Tues | 4/4-5/9 | 3:30-4:30pm | \$90 |

Outdoor Basketball 3 vs 3 Tournament

This 3 on 3 basketball tournament will consist of one youth and one adult tournament. Gameplay designed so that anyone can play. Male or female, young and old, short and tall. Get a team and join us outside.

Location: SCCC Outside Courts

| Day | Date | Time | Price |
|-----------------|------|---------------|------------|
| Program #4043-C | | | |
| Sat | 7/22 | 9am-afternoon | \$150/team |

Leadline 1 Horseback Riding

Students will ride a horse led by an adult. Basic horse information will be taught as well! Perfect for children interested in horses. Ages 5-8. Max: 3 students per session. Location: Church Hills Stable, Hilton. Four weeks.

| Day | Date | Time | Price |
|----------------------------|----------|----------|-------|
| Session I Program #4044-D | | | |
| Tues | 4/4-4/25 | 6:30-7pm | \$60 |
| Session II Program #4044-E | | | |
| Tues | 5/2-5/23 | 6:30-7pm | \$60 |

Leadline 2 Horseback Riding

Time to take beginner horseback riding to another level! Students will ride the horse led by an adult. In addition, students will also learn horse care including grooming, tacking and feeding. Ages 7+. Max: 3 students per session. Location: Church Hill Stable, Hilton. Four weeks.

| Day | Date | Time | Price |
|----------------------------|----------|--------|-------|
| Session I Program #4044-F | | | |
| Tues | 4/4-4/25 | 7-8 pm | \$100 |
| Session II Program #4044-G | | | |
| Tues | 5/2-5/23 | 7-8 pm | \$100 |

Beginner 1 Youth Horseback Riding

Horseback riding is available to more ages! Students in this class will learn basic riding skills in addition to learning grooming and tacking the horse. Ages 9+. Max: 3 students per session. Location: Church Hills, Stable, Hilton.

| Day | Date | Time | Price |
|--------------------------------------|----------|--------|-------|
| Session I (4 weeks) Program #4044-H | | | |
| Thu | 4/6-4/27 | 6-7 pm | \$100 |
| Session II (4 weeks) Program #4044-I | | | |
| Thu | 5/4-5/25 | 6-7 pm | \$100 |

Beginner 2 Youth Horseback Riding

A continuation of Beginner 1. Students will continue to develop riding skills and knowledge of horse care. Beginner 1 is a prerequisite. Ages 9+. Max: 3 students per session. Location: Church Hills Stable, Hilton.

| Day | Date | Time | Price |
|--------------------------------------|----------|--------|-------|
| Session I (4 weeks) Program #4044-J | | | |
| Thu | 4/6-4/27 | 7-8 pm | \$100 |
| Session II (4 weeks) Program #4044-K | | | |
| Thu | 5/4-5/25 | 7-8 pm | \$100 |

ATTENTION All Horseback Riding

Participants must sign up at least 1 week before the start of the session.

Instructional Youth-Multi Sports

This class will help your child refine their skills and improve as an overall player. Coach George will review the basics of the four sports while also teaching a series of drills that they can use on their own. Max: 8

Location: SCCC Gym Instructor: George Kimball

- Week 1- Football
- Week 2- Basketball
- Week 3- Baseball
- Week 4- Soccer

| Day | Date | Time | Price |
|----------------------------|---------|-----------|------------|
| Session I Program #4041-E | | | Ages: 7-9 |
| Mon | 5/1-5/2 | 6-6:45 pm | \$35 |
| Session II Program #4041-F | | | Ages: 1-12 |
| Mon | 5/1-5/2 | 7-7:45 pm | \$35 |

Model Rockets

Ever wanted to build a model rocket and launch one into the sky? Everything needed to build, customize and launch the rockets is included in the price. Each person will receive:

- One (1) Model Rocket Kit – Two (2) Engines

Day 1: Build the rocket Day 2: Launch day!

Location: Cafeteria/ Conference Room

| Day | Date | Time | Price |
|-----------------|-----------|-------|--------|
| Program #4045-A | | | Age 8+ |
| Tues | 5/16-5/23 | 5-6pm | \$35 |

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Friday 12pm—3pm \$1R/\$2NR

Open Pickleball

Monday—Friday 10am-12noon \$1R/\$2NR
Saturdays 3pm-5pm

Open Cards

Fridays 6-8 pm \$1

Toddler Gym

For ages 5 & under ONLY. \$2

Children must be accompanied by an adult.

Please call for availability and to confirm open gym times.

Any open gym/play times may be altered to accommodate special events or times that have been reserved for private use.

Introduction to Robotics

Learn to build and program robots using Lego® NXT system. Each week learn a new aspect of programming to help your robot complete a new challenge. Each session meets one hour per day for three days. Students should progress from the beginner to immediate then advanced course. Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Two age levels: 8-10 and 11-14. Location: SCCC conference room.

Beginner Session:

Introduction to NXT programming.

| Day | Date | Time | Price |
|-----------------|----------|-------|-----------|
| Program #4045-B | | | Ages 8-10 |
| Thurs | 4/6-4/20 | 6-7pm | \$45 |

Instructional Tot-Multi Sports

Does your tot want to be a well-rounded athlete? Join coach George as he introduces a new sport every Monday. Your child will learn the basics and gain a great foundation to four new sports. Max 8

Location: SCCC Gym Instructor: George Kimball

- Week 1- Football, Week 2- Basketball
- Week 3- T-ball, Week 4- Soccer

| Day | Date | Time | Price |
|-----------------|----------|-----------|-----------|
| Program #4041-D | | | Ages: 4-6 |
| Mon | 5/1-5/22 | 5-5:45 pm | \$27 |

Drone Basics

Ever wondered what it would be like to fly a drone? Ever thought about buying one? SCCC will provide drones and teach beginners how to fly and give tips to those with experience. Games, tactical tricks and races will be held during class. NO

DRONES REQUIRED!

Instructor: Recreation Staff Location: SCCC Outside

| Day | Date | Time | Price |
|-----------------|-----------|-------------|---------|
| Program #4045-C | | | Ages 8+ |
| Mon | 3/27-4/17 | 5:30-6:15pm | \$40 |

Open Homeschool Program

Brockport Area Homeschoolers are a group of families with children of all ages that meet weekly at the Community Center to socialize, have fun and take part in regular field trips. This group is not religion based and is friendly to any form of schooling/unschooling or curriculum use. Parental attendance and supervision of children is required. For more information, please call Jamie at 205-3393.

| Day | Time | Price |
|---------|-------------|-----------------|
| Fridays | 12 noon—3pm | \$2/participant |



Before and After School Drop-in Recreation Program

It is our pleasure to offer a safe and secure drop-in before and after school program! Your child will participate in board games, arts & crafts, team sports, open play and use of our outdoor basketball courts, activity rooms, playground and full-size gymnasium.

This drop-in recreation program is designed for children kindergarten—6th grade. Children may be dropped off in the morning as early as 6:30 am; after school pick-up must be by 6 pm. Parents/guardians must arrange for bus transportation with the Brockport Central School District.

Payment before the 25th of prior month:

Before or After: \$8

Both: \$14

Payment after the 25th of the prior month:

Before or After: \$10

Both: \$19

Instructional Youth Soccer

This class will help your child refine their skills and improve as an overall player. Coach George will review the basics of the game while also teaching a series of drills that they can use on their own.

Max 10

Location: SCCC Gym

| Day | Date | Time | Price |
|----------------------------|-----------|-----------|-----------|
| Session I Program # 4041-B | | | Ages: 7-9 |
| Mon | 3/27-4/17 | 6-6:45 pm | \$35 |

| Day | Date | Time | Price |
|-----------------------------|-----------|-----------|-------------|
| Session II Program # 4041-C | | | Ages: 10-12 |
| Mon | 3/27-4/17 | 7-7:45 pm | \$35 |

NBA 2K 2017 Tournament-PlayStation

Are you the best NBA 2K player around? Come test your skills in a bracket style tournament. Everyone is guaranteed at least two games, pizza, and drinks! Max 8

Location: SCCC Conference room

| Day | Date | Time | Price |
|-----------------|------|-----------|-------------|
| Program #4045-D | | | Ages: 10-16 |
| Mon | 4/24 | 6-8:30 pm | \$25 |

Photography for Beginners!

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? Do you not have hundreds of dollars to spend on a camera along with a computer to edit your work? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed! Recreation Assistant Andre Calzone will bring his camera along with his computer and editing software to instruct the proper use of each. The class is intended for a novice who is interested in learning the fundamentals of how digital cameras work along with editing the work you create. For the spring, the majority of classes will take place outside. At the end of the four-week session, participants will have 3 printed pieces of work as well as homemade frames made in class to have pictures you've decided to print. Location: SCCC Conference Rm/Outdoors

| Day | Date | Time | Price |
|-----------------|----------|-------|------------|
| Program #4045-E | | | Ages 10-13 |
| Mon | 4/5-4/26 | 6-7pm | \$30 |

Tot Swim

A swim class for those wee little ones who are not very familiar with the water. In this class, we will learn to enter the pool safely, get our face completely wet, blow bubbles with mouth and nose, back float, front float and hold onto the side of the pool independently. Parent is required to enter pool with child. Infant—4 years old. Max 8.

| Day | Date | Time | Price |
|--|----------------------|-------------|-------|
| Session I Program #4046-A | | | |
| Wed | 3/15-3/29 & 5/3-5/17 | 6:30-7 pm | \$48 |
| Session II Program #4046-B | | | |
| Sat | 3/18-4/1 & 5/6-5/20 | 11-11:30 am | \$48 |
| *No Class Wed 4/5, 4/12, 4/19, 4/26 | | | |
| Sat 4/8, 4/15, 4/22, 4/29 | | | |

Level I Tetras

Children in this group will work on entering and exiting the pool safely, submerging, changing direction while walking or swimming, floating on front & back and swimming on front & back with support. Ages 5+. Max 6.

| Day | Date | Time | Price |
|--|----------------------|-------------|-------|
| Session I Program #4046-C | | | |
| Wed | 3/15-3/29 & 5/3-5/17 | 6:30-7 pm | \$48 |
| Session II Program #4046-D | | | |
| Sat | 3/18-4/1 & 5/6-5/20 | 11-11:45 am | \$48 |
| *No Class Wed 4/5, 4/12, 4/19, 4/26 | | | |
| Sat 4/8, 4/15, 4/22, 4/29 | | | |

Level II Trout

Children in this group will learn to enter water by stepping or jumping from the side, exit water safely using ladder or side, submerging, rhythmic breathing, opening eyes underwater, picking up objects in shallow water, front and back glide, treading water and swimming on front, back and side using arm and leg motions. Ages 5+. Max 6.

| Day | Date | Time | Price |
|--|----------------------|-------------|-------|
| Session I Program #4046-E | | | |
| Wed | 3/15-3/29 & 5/3-5/17 | 6:30-7 pm | \$48 |
| Session II Program #4046-F | | | |
| Sat | 3/18-4/1 & 5/6-5/20 | 11-11:45 am | \$48 |
| *No Class Wed 4/5, 4/12, 4/19, 4/26 | | | |
| Sat 4/8, 4/15, 4/22, 4/29 | | | |

Level III Goldfish

Children will work on jumping into deep water from the side, submerging and picking up an object in chest deep water, floating in deep water, treading water using hand and leg motions and front and back crawl. Max. 6.

| Day | Date | Time | Price |
|--|----------------------|-------------|-------|
| Session I Program #4046-G | | | |
| Wed | 3/15-3/29 & 5/3-5/17 | 7:15-8 pm | \$48 |
| Session II Program #4046-H | | | |
| Sat | 3/18-4/1 & 5/6-5/20 | 12-12:45 am | \$48 |
| *No Class Wed 4/5, 4/12, 4/19, 4/26 | | | |
| Sat 4/8, 4/15, 4/22, 4/29 | | | |

Level IV Yellow Fins

Children in this group will work on performing a dive from a standing position, swimming underwater, performing feet-first surface dive, treading water with different arm and leg motions, front crawl, breaststroke, butterfly, elementary backstroke and swimming on side using scissor kicks. Max. 6.

| Date | Date | Time | Price |
|--|----------------------|-------------|-------|
| Session I Program #4046-I | | | |
| Wed | 3/15-3/29 & 5/3-5/17 | 7:15-8 pm | \$48 |
| Session II Program #4046-J | | | |
| Sat | 3/18-4/1 & 5/6-5/20 | 12-12:45 am | \$48 |
| *No Class Wed 4/5, 4/12, 4/19, 4/26 | | | |
| Sat 4/8, 4/15, 4/22, 4/29 | | | |

Level V Barracuda

Children in this group will work on standing dive, shallow dive, surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, treading water with two different kicks and survival swimming. Max. 6.

| Day | Date | Time | Price |
|--|----------------------|-------------|-------|
| Session I Program #4046-K | | | |
| Wed | 3/15-3/29 & 5/3-5/17 | 7:15-8 pm | \$48 |
| Session II Program #4046-L | | | |
| Sat | 3/18-4/1 & 5/6-5/20 | 12-12:45 am | \$48 |
| *No Class Wed 4/5, 4/12, 4/19, 4/26 | | | |
| Sat 4/8, 4/15, 4/22, 4/29 | | | |

YOUTH REGISTRATION FORM

4927 Lake Road Brockport, NY 14420 Phone:(585)431-0090 Fax:431-0052

Web: swedenclarksonrec.com

| Name | Birthdate | Gender | Pant/Shirt Size | Program Name | Program # | Cost |
|---|-----------|--------|-----------------|--------------|-----------|-------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Make Checks Payable To: *Town of Sweden* | | | | | | Total |

Medical Information:

| Name | Please list any allergies, behavioral or medical issues your child's coach should be aware of to make your child's experience as positive as possible. |
|------|--|
| | |
| | |
| | |

Household Information:

| Email | Home Phone | Cell Phone | Work Phone |
|---------|------------|------------|------------|
| | | | |
| Address | City | State | Zip |
| | | | |

Emergency Contact Name:

| Relationship to Child | Home Phone | Cell Phone | Work Phone |
|-----------------------|------------|------------|------------|
| | | | |
| Address | City | State | Zip |
| | | | |

Waiver of Participation/Refund Policy/Photo Release:

Waiver/Refund Policy must be read and signed before registration is accepted. In consideration of your accepting my entry, and understanding that a certain amount of risk is inherent in some recreational programs, I hereby, for my child, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child may have against the Town of Sweden and its representatives, successors, and assigns and/or Town of Clarkson and its representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups or at any recreation facility, including the skate park. I also fully realize that I must provide proper medical and hospital coverage. Furthermore, in the event a refund is granted for myself or my child for whatever reason with the activities stated, I do hereby authorize the Town of Sweden to execute a refund voucher on my behalf and submit for payment under the terms and conditions set forth in the Sweden Clarkson Recreation Department Refund Policy. Refunds are subject to processing fee. **Refund Policy:** Please refer to our brochure. **Photo Release:** I understand that photos may be taken of participants during the activity. These photos will become the property of the Town of Sweden and Recreation Department and may be used to promote the program and department.

Signature: _____ **Date:** _____

Please be sure to have entire form completed.

Incomplete payment or information will cause a processing delay for your child's registration.

Received By: _____ **Date:** _____

ADULT REGISTRATION FORM

4927 Lake Road Brockport, NY 14420 Phone:(585)431-0090 Fax:431-0052

Web: swedenclarksonrec.com

Participant Information:

| | | | |
|----------------|------------------|---------------|--------------|
| Name | Birthdate | Gender | Phone |
| | | | |
| Address | City | State | Zip |
| | | | |

Program Information: (Use Y-S, Y-M, Y-L, A-S, A-M, A-L, A-XL for sizing)

| Program Name | Program # | Shirt Size | Pant Size | Program Cost |
|---|-----------|------------|---------------|--------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Make Checks Payable To: Town of Sweden | | | Total: | |

Medical Information:

| | |
|-------------------|---|
| Allergy/Condition | Please list any information we should be aware of to make your participation as enjoyable and safe as possible. |
| | |
| | |
| | |

Emergency Contact:

| | | | |
|----------------|-------------------|-------------------|-------------------|
| Name | Home Phone | Cell Phone | Work Phone |
| | | | |
| Address | City | State | Zip |
| | | | |

Waiver of Participation/Refund Policy/Photo Release:

Waiver/Refund Policy must be read and signed before registration is accepted. In consideration of your accepting my entry, and understanding that a certain amount of risk is inherent in some recreational programs, I hereby, for my child, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child may have against the Town of Sweden and its representatives, successors, and assigns and/or Town of Clarkson and its representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups or at any recreation facility, including the skate park. I also fully realize that I must provide proper medical and hospital coverage. Furthermore, in the event a refund is granted for myself or my child for whatever reason with the activities stated, I do hereby authorize the Town of Sweden to execute a refund voucher on my behalf and submit for payment under the terms and conditions set forth in the Sweden Clarkson Recreation Department Refund Policy. Refunds are subject to processing fee. **Refund Policy:** Please refer to our brochure. **Photo Release:** I understand that photos may be taken of participants during the activity. These photos will become the property of the Town of Sweden and Recreation Department and may be used to promote the program and department.

Signature: _____ **Date:** _____

Please be sure to have entire form completed.
Incomplete payment or information will cause a processing delay for your registration.

Received By: _____ **Date:** _____

Easter Event!

Saturday, April 1st

9-11am

**Join the Easter Bunny for the
10th Annual Pancake Brunch**

Served from 9-10:30 am \$3 per person

All donations go to the Brockport Food Shelf

**Easter Egg Hunt at 10:15 am
in the gym!**

(Please remember your Easter basket to collect eggs)

Face painting, crafts, games, jellybean contest, and more!

***Bring your camera & get your picture taken
with the Easter Bunny!***

A D U L T P R O G R A M S

Adult Tae Kwon Do

Experience the benefits of setting new goals through a well-rounded Martial Arts exercise program. This class teaches the disciplines of Tae Kwon Do plus Shao-lin China Kung Fu specifically designed for adults. Instructor: Rob Slocum. Location: SCCC Large Activity Room 1. Ages 13+.

| Day | Date | Time | Price |
|-----------------|----------|--------|-------|
| Program #4047-A | | | |
| Tues/Fri | 4/4-5/26 | 7-8 pm | \$35 |

***No Class 4/14**

Yoga Stretch

This class will incorporate yoga poses with the emphasis on stretching. Gentle guidance into breathing awareness will lead you into deep relaxation. Please bring a yoga mat. Instructor: Barb Whited. Ages: 16+. Location: SCCC Large Activity Room 2.

| Day | Date | Time | Price |
|-----------------|------------|--------|-------|
| Program #4047-B | | | |
| Wed | 4/26- 6/14 | 7-8 pm | \$56 |

Vinyasa Flow Yoga

When life gets in the way and you're feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat. Instructor: Barb Whited. Ages 16+.

Location: SCCC Activity Rm 2.

| Day | Date | Time | Price |
|----------------------------|-----------|-----------|-------|
| Session I Program #4047-C | | | |
| Mon | 4/24-6/12 | 6-6:45 pm | \$42 |
| Session II Program #4047-D | | | |
| Mon | 4/24-6/12 | 7-8 pm | \$49 |

***No Class 5/29**

Body Sculpting

With upper and lower body working at the same time, you will get a complete body workout. This class will also work on balance, core and a bit of yoga for good measure. Instructor: Barb Whited. Ages: 16+. Location: SCCC Large Activity Room 2.

| Day | Date | Time | Price |
|-----------------|------------|-----------|-------|
| Program #4047-E | | | |
| Wed | 4/26- 6/14 | 6-6:45 pm | \$48 |

Total Body Workout

Join instructor Chrisa Yaeger in a 45-minute class combining cardio, strength training and core work to get into great shape. All fitness levels welcome. Ages: 16+. Location: SCCC Large Activity Room 2. Optional: \$5/class.

| Day | Date | Time | Price |
|-----------------|-----------|-----------|-------|
| Program #4047-F | | | |
| M/W | 3/27-5/24 | 12:15-1pm | \$60 |

Lifespan of Greater Rochester

Living healthy NY Community Workshops
Are you an adult with an ongoing health condition? You'll get the support you need, fine practical ways to deal with pain and fatigue, discover better nutrition And exercise choices, understand new treatment choices. And learn better ways to talk with your doctor and family about your health. If you have conditions such as arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Healthy Workshop at the Sweden Clarkson Community Center can help you take charge of your life.

Location: SCCC Conference Room

| Day | Date | Time | Price |
|-----|-----------|------------|-------|
| Wed | 4/12-5/17 | 1pm-3:30pm | \$20 |

Adult Softball

Leagues are forming at the Sweden/Clarkson Community Center. All leagues are for adults ages 18 and up. Games will be played at Clarkson's Ridgewood Park on Rt. 104 in Clarkson. There will be later games this year under the lights so come out and show us how you swing it!

There will be a captains' meeting before the season begins on May 18 from 6-7 pm at the Community Center. Teams will need to have their captain or a representative from the team at this meeting. League fees will also be due at this time. Both team roster and FULL payment must be received to secure a spot in each league.

Monday Co-ed League

| | | |
|-----------------|--------|------------|
| Program #4048-A | | |
| June—August | 6-9 pm | \$500/team |

Tuesday Men's League

| | | |
|-----------------|--------|------------|
| Program #4048-B | | |
| June—August | 6-9 pm | \$500/team |

Zumba

Ditch the workout and join the party! Burn up to 1,000 calories in this fun and exciting blend of international based music and dance. Zumba combines dance moves and muscle-toning exercises to create the perfect total body workout. This class is designed for all fitness levels and no dance experience is needed. Come shake it....and bring plenty of water! Ages 16 & up. Price \$5 per class; five-class pass for \$20 or 10-class pass for \$40. Location: SCCC Large Activity Room 2.
Mon 6-7pm Wed 6:30—7:30pm

Basic Car Maintenance

Ever wanted to be able to do your own car work and save money and time from taking it to the shop? This class is to teach, hands on how to do basic car maintenance. This will include: changing oil, changing a tire, brakes, exhaust and much more.

Location: SCCC Parking lot

| Day | Date | Time | Price |
|-----------------|----------|-------|-------|
| Program #4048-C | | | |
| Mon | 5/8-5/22 | 5-6pm | \$45 |

*NEW Ping Pong Tournament

Come out and show your skills! Players will be separated into pools for round robin play. Top players from each pool will enter the playoffs to find out who's the best! Fee covers equipment and prizes.

Location: S.C.C.C. Gym

| Day | Date | Time | Price |
|-----------------|------|-------|-------------|
| Program #4048-D | | | |
| Sat | 4/22 | 10 am | \$20/person |

*NEW Arts and Carafes

Come and enjoy a relaxing evening with your favorite bottle of wine while discovering your inner artist! No experience is required. Step-by-step instructions will be given by our fun and local artist, Erin!

*Please come to class 15 minutes early and bring an old shirt or apron with you.

Instructor: Local Artist Erin Uetz Ages: 21 and up

Location: The Center Dining Room

Min: 6 Max: 24

| Days | Dates | Time | Price |
|-------------------|----------------------|--------|------------|
| Program #4049-A-D | | | |
| Thu | 4/6, 4/20, 5/4, 5/18 | 6-8 pm | \$25/class |

** Sign up for two and get a \$5 discount!**



Jazzercise

Register by calling 585-738-3555 or email:

bkpt_spen_jazz@yahoo.com

brockportjazzercise@gmail.com

| | |
|---------------------------|---------|
| M, T, W, Th, F* | 6am |
| Tuesday & Thursday | 7:30 am |
| M, T*, W, Th*, F | 9am |
| Monday, Wednesday, Friday | 4:45pm |
| Tuesday & Thursday | 6pm |
| Saturday, Sunday | 8:30am |

Location: SCCC Large Activity Room.

* Strength 45

Brockport Jazzercise

New customer offer—50% off Joining Fee

With auto-payment registration. For new customers who haven't attended in 6 months or more. Other restrictions may apply. 800-FIT-IS-IT

Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yeager.

| Day | Date | Time | Price |
|---------------------------------|----------------------|-----------|-------|
| Program #4049-E | | | |
| Wednesday | 3/15-3/29 & 5/3-5/17 | 8-8:45 pm | \$45 |
| *No Class 4/5, 4/12, 4/19, 4/26 | | | |

*NEW 30+ Pick-up Basketball

This program is for people looking for a place to play some fun games of basketball. This is a drop in program.

Ages: 30 and up Location: SCCC

\$2/day for residents/\$3/day for nonresidents

| Day | Date | Time |
|-----|----------|-------|
| Wed | 4/5-5/24 | 6-8pm |

Floral Arrangement

Bring your old plastic lined baskets or favorite bowl to fill with fresh greens, flowers and Easter decoration to last through the Easter weekend. Try to use containers that are no more than 8-10 inches in width and at least 6 inches deep. We will go step by step so you can recreate at home for any holiday. All greens, oasis and flowers will be supplied along with assorted decorations.

Max: 10 Location: SCCC Conference room

| Day | Date | Time | Price |
|-----------------|------|-----------|-------|
| Program #4050-A | | | |
| Thurs | 4/13 | 10am-12pm | \$23 |

Photography for Beginners!

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? Do you not have hundreds of dollars to spend on a camera along with a computer to edit your work? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed! Recreation Assistant Andre Calzone will bring his camera along with his computer and editing software to instruct the proper use of each. The class is intended for a novice who is interested in learning the fundamentals of how digital cameras work along with editing the work you create. For the spring, the majority of classes will take place outside. At the end of the four-week session, participants will have 3 printed pieces of work as well as home-made frames made in class to house the pictures you've decided to print off. Adult (Ages 18 +)

| Day | Date | Time | Price |
|-----------------|----------|-------|-------|
| Program #4050-B | | | |
| Mon | 4/5-4/26 | 7-8pm | \$30 |

Personal Training

If you need individual attention and a workout program designed for you, our personal training program is the right fit. Do you need help familiarizing yourself with the equipment? Sign up for a lesson with a personal trainer. A trainer will provide you with information, feedback, testing and a workout designed to meet your needs. Location: SCCC gym/fitness center. Ages 16+. Rates starting at \$10! One session = \$25; Six sessions = \$130. Please contact Grant/Andre for more information and to schedule a session. Call 431-0087 or email granth@townofsweden.org / andrec@townofsweden.org

2017 Fitness Center Memberships

| Membership | 1 month | 3 month | 1 year |
|-------------------|---------|---------|--------|
| Youth (16-18) | \$20 | \$50 | \$175 |
| Senior (55+) | \$20 | \$50 | \$175 |
| Adult (18-54) | \$25 | \$65 | \$235 |
| Family (16+)* | \$75 | \$185 | \$640 |
| Each add'l family | \$15 | \$35 | \$115 |

*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Email Grant Holupko at granth@townofsweden.org for information.

Daily Rates for out-of-town guests: \$10 adult; \$8 senior

SilverSneakers® programs are designed for older adults to increase energy, improve balance, increase strength and flexibility and to meet new people. When you enroll in SilverSneakers® you receive fitness center membership and class opportunities at both the Sweden/Clarkson Community Center and The Center. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes at the Sweden/Clarkson Community Center are as follows:

| Day | Time | Type |
|-----------|-----------|---------|
| Monday | 10am-11am | Classic |
| Monday | 11am-12pm | Classic |
| Tuesday | 10am-11am | Cardio |
| Tuesday | 11am-12pm | Yoga |
| Wednesday | 11am-12pm | Classic |
| Thursday | 10am-11am | Cardio |
| Thursday | 11am-12pm | Yoga |
| Friday | 11am-12pm | Classic |

Silver & Fit participants will receive a fitness center membership covered by your insurance company. Stop in and fill out a registration pack-

Senior Bingo

One Wednesday per month this spring. Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Location: SCCC
Dates: April 19 May 17

Open Tae Kwon Do

This class is open to children and adults. It is a great opportunity to get an introduction to Martial Arts and to complement our current students' training schedule. The first part of this class includes warm up, basics and stretching. The second part includes training to advance in belt rank. Ages: 5 to adult. Instructor: Rob Slocum. Location: SCCC Large Activity Room 1.

| Day | Date | Time | Price |
|-----------------------|----------|-----------|-------|
| Program #4050-C | | | |
| Sat | 4/8-5/27 | 9am-10 am | \$10 |
| *No Class 4/15 | | | |

Adult Leagues

Softball League

Look for it in the spring edition of the Sweden/Clarkson Scoreboard

Men's Basketball League

Look for it in the winter edition of the Sweden/Clarkson Scoreboard

Volleyball League

Look for it in the fall/winter edition of the Sweden/Clarkson Scoreboard

Edward Jones Seminar

Rules of the Road: Why are some people more successful investors than others? Luck? Probably not. Do they know a "secret"? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. Join us for the Rules of the Road presentation. You'll learn: the most common investing mistakes and how to avoid them, and investing strategies to help reach your long-term goals.

| Day | Date | Time | Price |
|-------|------|-----------|-------|
| Thurs | 5/4 | 11am-12pm | FREE |

Red Cross Blood Drive

At the Community Center, 4927 Lake Road on Wednesday, July 12. Visit www.redcross.org for more information on how to be a blood donor.

Megan would like to see more residents participate in the Town fun run and race walks! It's easy to be active and involved!

iPad Classes Adult programs

Do you have an iPad and want to do more with it? They say that the iPad is easy to use, but some of the finer details can be tricky. We'll sit down and help you get everything set up just right. Each of the classes is independent, so sign up for as many as you'd like. Bring along your iPad. Ages 15+. Instructor: Dr. Trevor Johnson-Steigelman
Location: SCCC Conference room

iPad Just Beyond the Basics You've been using your iPad for a while now but there are some things that you haven't quite mastered yet. Does your iPad make noise at night? How would you find your iPad if it were lost or stolen? We'll fine tune your iPad including security, notifications and other settings.

| Day | Date | Time | Cost |
|-----------------|------|--------|------|
| Program #4050-D | | | |
| Thu | 4/6 | 7-8 pm | \$25 |

Reading on Your iPad We'll look at options for reading books on your iPad. You can adjust the text and brightness to make things easier to read. You can hold a whole library of books in your hand but you don't have to buy them all. We'll look at sources of free books including the library. We'll also look at newspapers, magazines and websites to keep you current with the world.

| Day | Date | Time | Cost |
|-----------------|------|--------|------|
| Program #4050-E | | | |
| Thu | 4/13 | 7:-8pm | \$25 |

Communicating with the iPad

You're traveling but you'd like to see the kids or grand-kids. Maybe you have a job interview coming up. When was the last time you saw family from another state or country? Did you know that there are several ways to video-chat with others? We'll investigate your options and get you started with Skype and FaceTime. Ages: 15+. Location: SCCC conference room.

| Day | Date | Time | Price |
|-----------------|------|--------|-------|
| Program #4050-F | | | |
| Thu | 4/20 | 7-8 pm | \$25 |



Town Wide Garage Sale

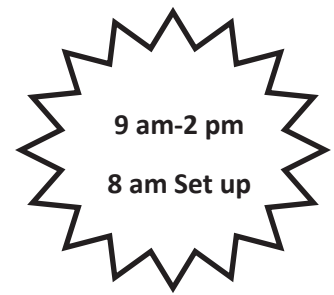
Have a bunch of stuff you'd like to sell? Don't want to go through the hassle of advertising and setting up for your own garage sale?

We can help! You bring the items you want to sell, we will bring the people here to buy it from you!

Cost: Resident- \$20 Non-Resident- \$25



Table Rental- \$5



Sellers must bring their own tables and chairs for the sale. We will have a limited number of tables for rent. Everything will be on a first come, first serve basis (i.e. tables, space)

Sweden Clarkson Community Center 4927 Lake Rd. Brockport, NY 14420

For more information please contact

Joe Kincaid @ joek@townofsweden.org

Stretch & Tone

Stretch & Tone is a stretching class with bands that helps keep you limber and strong. Instructors: Joyce Henion & Barb Carter. Walk-ins: \$1 per class.

| Day | Time | Price |
|---------|--------|-----------|
| Mondays | 1-2 pm | \$1/class |

Agape Thera-Band Class

Agape Physical Therapy offers this introductory class for stretching and toning with therapy bands that helps keep you limber and strong and aids in the recovery of injuries or surgery. Walk-ins: \$1 per class

| Day | Time | Price |
|-----------|---------------|-----------|
| Thursdays | 12:30-1:30 pm | \$1/class |



SilverSneakers® programs are designed for older adults to increase energy, improve balance, increase strength and flexibility and to meet new people. When you enroll in SilverSneakers® you receive fitness center membership and class opportunities at both the Sweden/Clarkson Community Center and Lodge on the Canal. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes at Lodge on the Canal are:

| Day | Time | Type | Instructor |
|------|---------------|---------|--------------|
| Tues | 9:45-10:45 am | Classic | Ricki DeBaun |
| Tues | 11-11:45 am | Yoga | Ricki DeBaun |
| Fri | 9:45-10:45 am | Classic | Ricki DeBaun |
| Fri | 11- 11:45 am | Yoga | Ricki DeBaun |

Non-SilverSneakers® or Silver & Fit Members may pay \$2 per class to participate or purchase a 5-class punch card for \$10.

Elderberry's Group (Adults 55+)

Come join a wonderful group of seniors and enjoy games and activities for an hour followed by a casual lunch in the newly renovated cafe. Special events and trips are planned throughout the year at an additional cost to interested Elderberry members. Led by Joyce Henion.

| Day | Time | Price |
|--------------------|----------|-----------|
| 1st & 3rd Thursday | 10am-1pm | \$12/year |

Quilting

Can you tie a knot? That's all the expertise you need to help us make quilts for homeless, battered and needy families in our area. All ages welcome. Location: Lodge on the Canal.

| Day | Time | Price |
|---------|-----------|-------|
| Mondays | 9am-12 pm | FREE |

Community Sewing Group

Help us make quilts for homeless, battered and needy families in our area. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just an hour or two. Location: Lodge on the Canal.

| Day | Time | Price |
|-----------------|---------|-------|
| 2nd & 4th Thurs | 9am-2pm | FREE |

Knitting Club

Meet to knit and crochet items for area cancer patients. We provide the yarn, donations gratefully accepted. Location: Lodge on the Canal Cafe.

| Day | Time | Price |
|-----------|-----------|-------|
| Wednesday | 10am-12pm | FREE |

Dresses for Girls Around the World

Help us make dresses for needy and underprivileged girls in our own country and around the globe. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just for an hour or two. Location: Lodge on the Canal Upstairs Room.

| Day | Time | Price |
|--------------|---------|-------|
| 4th Thursday | 9am-2pm | FREE |

Andre would like more residents to take advantage of a free tour/demonstration of the fitness equipment at the Community Center. Come in and check it out!

Advanced Bingo at Lodge on the Canal

Do you love BINGO but would like to do more than your basic boards?

This is your opportunity to have a great time and challenge your mind a little more! We will be meeting from 1-2pm every Friday starting January 6th to play harder BINGO boards like Layer Cake, Pyramid, Tree, Turtle and many more! Don't if you don't know all the games, you will be provided with a "cheat sheet" each week!

| Day | Time | Price |
|---------|---------|-------|
| Fridays | 11-Noon | \$1 |

Bingo at Lodge on the Canal

Come join us for BINGO every Monday from 11 am—noon. All ages welcome. Prizes! No registration required.

| Day | Time | Price |
|-----|-----------|-------|
| Mon | 11am-12pm | \$1 |

Organized Games for Adults

Come make new friends or join with old friends for cards. The cost is \$1 at the door each time you attend.

| Day | Game | Time |
|-----------|--------|------------|
| Wednesday | Bridge | 12:30—4 pm |

Book Discussion Club

Share your passion for reading with friends! Location: Lodge on the Canal café.

| Day | Time | Price |
|-------------|------------|-------------|
| 1st Mondays | 12—1:30 pm | \$1/meeting |

Community Service Groups

If you have a community service group looking for a place to gather, please contact Lodge on the Canal office at 637-8161 to see what times and spaces are available.

Lodge on the Canal Fitness Room

Come check-out our fitness center with a beautiful view of the canal. Price: \$5 per month or \$3.50 per month if purchasing a one-year membership in advance.

Grant would like to see more participation in our outdoor adventure programs. And we always need more volunteer coaches!

Beginner Line Dancing Lessons

Have you been interested in learning to Line Dance but never took the time or wanted to spend the money to do so? Now is your opportunity! All you need is an hour and \$1 to learn the basics of line dancing in a comfortable, friendly environment. All ages are welcome. Bring comfortable shoes. Instructed by Midge Warren and Assistant Nancy Breslawski. Location: Lodge on the Canal.

| Day | Time | Price |
|-----------|-------------|-------|
| Thursdays | 10-10:45 am | \$1 |

Advanced Line Dancing

Different dances each week. All ages welcome. Location: Lodge on the Canal.

| Day | Time | Price |
|------------|---------------|-------|
| Wednesdays | 9:15-10:30 am | \$1 |

Free Concert Sundays

Jimmy Foote's Brockport Buskers

While Jimmy Foote was teaching music on Main Street, he had a vision for an inclusive, welcoming and open to everyone environment for Sunday Jam Sessions. With the support and encouragement of Katherine Weston, a group began playing at A Different Path Gallery. In the four or so years Sunday Sessions has been going it's grown and evolved with the Brockport Buskers being an example of that evolution.

Jimmy was hoping that the Buskers would be a source for music at a variety of community events and envisioned the possibility of a wide variety of music styles and group configurations, from one or two people doing country music or folk, to the whole group doing it's diverse playlist. During the past two years, they have performed at the Farm Market, various art openings, The Center (now The Lodge on the Canal), in the Christmas Parade and at the Canal Opening.

The passing of Jimmy was devastating to the group, which continues to meet every Sunday from 1-3 at the gallery. It is made up of people from Brockport and surrounding towns, who get great pleasure through music, singing and playing guitars, mandolins, ukuleles, bass guitar, banjo, penny whistle, fiddle, flute, drums and keyboard.

Jimmy Foote's Brockport Buskers are a great example of "community."

Sundays March 19, April 23, May 21

Location: Lodge on the Canal Time: 1-3pm

Price: FREE

Lunch Events at Lodge on the Canal

Spaghetti & Meatball Luncheon

March 22 11:30—1 pm (RSVP by 3/8) \$5 all ages

Spring Luncheon

March 23 11-1pm (RSVP by 3/2)

\$5Adult/ \$2.25Student

Hilltop Chorus & Brass to Perform

Lunch will be served at Noon and will be a hamburger & hot dog with mac salad & dessert.

Birthday Luncheon

April 26 11:30—1 pm (RSVP by 4/12) \$5 all ages
FREE for anyone who has a birthday in April

Senior Chorus Performance Luncheon

May 3rd 11-1pm (RSVP by 4/19) \$5 all ages
Lunch will be served at Noon

Birthday Luncheon

May 24 11:30-1 pm (RSVP by 5/10) \$5 all ages
FREE for anyone who has a birthday in May

Dinner at Lodge on the Canal

Jimmy Z's Fish Fry Dinner

Sit-down or take out

March 10 4:30-6pm (RSVP by 2/24)

All meals are \$12 regardless of age or residency

This event is sponsored by Monarch Wealth Management & United Health Care.

Dinner topic will be how to choose the best Medicare plan for you!

Sweden Senior Association, Inc.

Monthly meetings are held on the 2nd Monday from 1-2 pm. Participate in senior activity planning. Location: Lodge on the Canal cafe. Always free to attend.

Tai Chi (Qigong)

Tai Chi is primarily practiced today to improve health, increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury.

Instructor: Jane Harr. Location: Lodge on the Canal.
Price per session is \$40 for 18-59 years; \$33 for 60+.

| Day | Date | Time |
|-----|------|------|
|-----|------|------|

Program #4051-A

| | | |
|--------|----------|--------|
| Monday | 3/6-4/24 | 2-3 pm |
|--------|----------|--------|

Tai Chi Beginner (Form 12)

This is an advance Tai Chi course; prior experience is recommended.

Tai Chi is primarily practiced today to improve health, increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury.

Instructor: Jane Harr. Lodge on the Canal.

Price is \$40 for ages 18- 59; \$33 for 60+.

| Day | Date | Time |
|-----|------|------|
|-----|------|------|

Program #4051-B

| | | |
|-----|----------|--------|
| Fri | 3/3-4/28 | 2-3 pm |
|-----|----------|--------|

* No class April 14

Open Class Practice Tai Chi

Tai Chi is primarily practiced today to improve health, increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury.

Instructor: Open space for practice

Location: Lodge on the Canal Upstairs Activity Room

| Day | Time | Cost |
|-----|------|------|
|-----|------|------|

| | | |
|-----------|-----------|------------------|
| Mon & Fri | 12:15-1pm | Free for Tai Chi |
|-----------|-----------|------------------|

Open Tai Chi

Tai Chi is primarily practiced to improve health, increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest, tensest person the opportunity to relax and strengthen the body without risk of strain or injury. Instructor: Jane Harr. Location: Lodge on the Canal Upstairs Activity Room.

| Day | Date | Time | Price |
|----------|------|------|-----------|
| Mon & Fr | | 1 pm | \$1/class |

Sweden Dog Park Information

- **Where is the Sweden Dog Park?**
It's located at the Sweden Town Park, Redman Road, just south of Nietopski Field.

- **Who can use the dog park?**
Registered members of the Monroe County Dog Parks system will receive a tag that is valid at all four dog parks in the Monroe County.

- **How much does it cost to register my dog?**
The annual fee for access to all Monroe County Dog Parks is \$24 per dog (\$25 if paying by credit/debit card).

- **Where/when can I register my dog?**
There are many options. The Monroe County Parks Department will be registering dogs at the Sweden/Clarkson Community Center, 4927 Lake Road, on Wednesdays March , April and May from 5-7 pm; thereafter at the Community Center once a month. Registration is also taken Monday—Friday, 8:30 am—4:30 pm at the Monroe County Parks Office, 171 Reservoir Avenue, Rochester. There are also registration events at the other dog parks and pet stores. See the Monroe County website for an up-to-date schedule: www.monroecounty.gov/parks Call 753-7275 for more information.

- **What do I need to bring with me for registration?**
Current copy of your dog license with current address and copy of current rabies certificate (documentation, not tags). Please do not bring your dog with you when registering at the Sweden/Clarkson Community Center.

- **How long does registration take?**
Only 5-10 minutes.

- **How long is the registration valid?**
The permit is annual. Any registration processed after October 1 is valid through the following year. Any registration before October 1 is valid only until the end of the current year. Monroe County will mail renewal packets to currently registered dog park members annually in late November.

- **How is the dog park fee used?**
Half the fees collected from dogs that live in the Town of Sweden go to the Monroe County Dog Park Trust Fund. The other half is returned to the Town of Sweden for upkeep of the Sweden Dog Park.

Monroe County Dog Park Rules

- All dogs must be licensed and have rabies vaccine
- All dogs must have a dog park permit
- No other animals allowed
- Limit of 3 dogs per person at one time
- No children under the age of 10
- Small dog area is for dogs 25 pounds or less
- Dog owner is responsible for waste clean-up
- Dog owner is responsible for filling holes
- Dog owner must have voice control over dog(s)
- No food or dog treats allowed in dog park
- No smoking, alcohol or glass containers
- No wheeled vehicles (except wheelchairs)
- No puppies under 6 months of age
- No dogs in heat or that are ill or injured
- No choke collars or spikes



Sweden Town Park Lodge. With help from the Sweden Community Foundation, the Town of Sweden has secured a \$446,145 grant from NYS for construction of a lodge, additional playground equipment and a sidewalk from the town park on Redman Road to the Canal. Thank you Sweden Community Foundation for all you do to improve recreation and the quality of life in the greater-Sweden community!

Community Center

| Space Available | 1st Hour Resident | 1st Hour Non-Resident | Additional Hour |
|---------------------|-------------------|-----------------------|-----------------|
| Full Gym | \$75 | \$150 | \$50 |
| Half Gym | \$50 | \$75 | \$25 |
| Large Activity Room | \$25 | \$55 | \$15 |
| Small Activity Room | \$25 | \$50 | \$25 |
| Cafeteria/kitchen | \$50 | \$75 | \$25 |
| Game Rooms | \$25 | \$50 | \$25 |

Sweden Town Park

| Park Available | Resident Fees | Non-Resident | Field Preparation Security Deposit | Amenities | Whom to Call |
|---------------------------|---|---|---|---|-----------------------|
| Sweden Park Redman Rd | Football \$50/field Other \$30/field 3 hour block | Football \$75/field Other \$50/field 3 hour block | Football \$50 All Others \$20 Per Field Per Day | Football, soccer Lacrosse, softball baseball fields | Rec Dept. 431-0090 |
| Sweden Park Lighted Field | \$125/field 3 hour block | \$175/field 3 hour block | \$20/field Per day | Lighted multi-purpose field | Rec Dept. 431-0090 |
| Nietopski Field | \$50/3 hours | \$75/3 hours | \$50/day | Showcase Baseball field | Rec Dept. 431-0090 |
| Nietopski Concession | \$35/day | \$45/day | \$25 | Grill, sink, coolers fridge/freezer | Rec Dept. 431-0090 |
| Covered Pavilion | \$25/day | \$35/day | \$15 | Grill/picnic tables | Rec Dept. 431-0090 |

Lodge on the Canal

| Space Available | 1st Hour Resident | 1st Hour Non-Resident | Additional Hour |
|---------------------|-------------------|-----------------------|-----------------|
| Upstairs or Octagon | \$25 | \$35 | \$15 |
| Dining Room | \$35 | \$45 | \$15 |
| Kitchen | \$45 | \$55 | \$15 |
| Dining & Kitchen | \$55 | \$65 | \$15 |
| Cafe | \$25 | \$35 | \$15 |
| Gazebo | \$25 deposit | \$25 deposit | N/A |

Clarkson Parks

| Park Available | Resident Fees | Non-Resident | Field Prep/Security Deposit | Amenities | Whom to Call |
|------------------------------------|---|---|---|--|------------------------------------|
| Clarkson Hafner Park | Football \$50/field Other \$30/field 3 hour block | Football \$75/field All others \$50/field per 3 hour | Football \$50 All Others \$20 Per Field/Day | Football, soccer Lacrosse, softball, baseball fields | Rec Dept. 431-0090 |
| Clarkson Ridge Road Park | \$30/field for 3 hrs 8 am-10 pm | \$50/field for 3 hrs 8 am-10 pm | \$20/field/day | Softball fields, lacrosse | Rec Dept. 431-0090 |
| Ridgewood Lodge Ridge Road Park | \$175/day 8 am-10 pm | \$175/day 8 am-10 pm | N/A | Kitchen, restrooms playground, tables chairs, accessible | Clarkson Town Clerk 637-1130 |
| Goodwin Lodge Hafner Park | \$150/day 8 am-10 pm | \$150/day 8 am-10 pm | N/A | Kitchen, restrooms playground, tables | Clarkson Town Clerk 637-1130 |
| San Soucie Park | FREE No reservations available | FREE No reservations available | N/A | Located on Erie Canal, Clarkson | Clarkson Town Clerk 637-1130 |

Farmers Museum

| Space Available | 1st Hour Resident | 1st Hour Non-Resident | Additional Hour |
|--|-------------------|-----------------------|-----------------|
| Two parlors & kitchen | \$25 | \$30 | \$15 |
| Barn | \$40 | \$45 | \$15 |
| Funeral Package 2-hour rental of 2 parlors & kitchen | \$50 | \$55 | \$15 |

JOIN IN OUR RECREATION FUN

