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Sweden Clarkson Community Center
4927 Lake Road South, Sweden
Phone: 585-431-0090 Fax: 585-431-0052
www.swedenclarksonrec.com

The Center
133 State Street, Brockport
Phone: 637-8161 Fax: 637-0205
www.swedenclarksonrec.com

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

Jan 1—Mar 31 Monday—Friday 6 am—9 pm
Saturday 8 am—6 pm
Sunday 8 am—4 pm

Closed: early New Years Eve, **December 31 at 3pm**
New Years Day, **January 1, 2017**

The Center Hours

January—March M/T/TH/F 9am-3pm
Wednesday 9am-4pm

Closed: **January 2 and 16; February 20**

Directory

Recreation Supervisor Jill Wisnowski 431-0050
jillw@townofsweden.org
Recreation Assistant Joe Kincaid 431-0088
joek@townofsweden.org
Recreation Assistant Megan DeMarco 431-0086
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Jennifer Cimino

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 Holidays everyone! This time of year tends to be a very hectic time in our lives. The Recreation Department actually gets a little quiet for a couple of weeks mid-December. Our residents are busy with all of their holiday activities but come January, you're ready to be full-steam into recreation again!

Every January, our fitness center and fitness programs see a surge in participation and that's a good thing. It's important to our health to remain active during the winter months. As much as we may be tempted to stay home and hibernate, we need to get out and participate both physically and socially.

We have some different program offerings in January—we just purchased new ping pong tables and darts/dartboards and you can find programs involving that new equipment in this brochure.

We have added an advanced beer brewing course and new in January is a painting class with wine appreciation. We're also offering a conversational French class—don't be shy! If your high school French is 20 years old—come

to our class and have fun re-learning the basics!

January is also a time that we think about taxes so we have a couple of different financial planning seminars for you—free of charge.

For the kids—try floor hockey, snow-board and ski lessons, horseback riding, robotics and safety classes. I know it seems odd, but we need to start thinking about registering for baseball and soccer already (see pages 8 & 9).

Finally, don't forget that our parks are open all winter. Get out there and walk, snow shoe, cross country-ski and ice skate (when possible). Enjoy!



Jill Wisnowski

Sweden Dog Park—fun for dogs and people!

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 registers dogs at the Sweden Clarkson Community Center, 4927 one Wednesday evening 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.

Are there rules?

Yes, safety is paramount. Read the full set on the web.



Instructional Tot Floor Hockey

Is your tot interested in learning the basics of floor hockey? Join Coach George to learn stick handling, shooting, passing and more. This four-week class is designed to help your child gain a great foundation for the game of floor hockey. Ages: 4-6. Max: 8 Location: SCCC Gym.

Day	Date	Time	Price
Program #4026A			
Mondays	1/9—1/30	5-5:45 pm	\$27

Instructional Youth Floor Hockey I

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 participants can use on their own. Ages: 7-9. Max: 10. Location: SCCC Gym.

Day	Date	Time	Price
Program #4026B			
Mondays	1/9-1/30	6- 6:45 pm	\$35

Instructional Youth Floor Hockey 2

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 participants can use on their own. Ages: 10-12. Max: 10. Location: SCCC gym

Day	Date	Time	Price
Program #4026C			
Mondays	1/9-1/30	7-7:45 pm	\$35

NEW After School Table Tennis

Are your kids looking for something to do after school? Kids can take the bus after school to the Community Center to play ping pong in a fun and safe environment. Register monthly no later than one week prior to start of month. Location: SCCC. Grades 6-12

Day	Date	Time	Price
Program #4026D			
M & W	1/9-3/29	2:30-4 pm	\$4/day

Tot Creative Dance

Dance instructor Grace Lopata-Linn is offering a new dance program. Join her for a crazy 6-week session of creative dance with a final performance on the last class for all family and friends. Perfect for beginners or those with some experience. Please wear a soft-sole shoe. Ages 3-4. Location SCCC small activity room.

Day	Date	Time	Price
Program #4027-A			
Tues	1/10-2/14	5:30-6:15 pm	\$30

Youth Creative Dance

Dance instructor Grace Lopata-Linn is offering a new dance program this winter. Join her for a crazy 6-week session of creative dance with a final performance on the last class for all family and friends. Perfect for beginners or those with some experience. Please wear a soft-sole shoe. Ages 5-7. Location: SCCC small activity room.

Day	Date	Time	Price
Program #4027-B			
Tues	1/10-2/14	6:15-7 pm	\$30

Youth Tae Kwon Do

Ages: 7-12. Location: SCCC Large Activity Room I. Instructor: Rob Slocum. 3d Martial Arts

Day	Date	Time	Price
Session I Program #4027-C			
M/TH	1/9-2/16	7-8pm	\$30
Session II Program #4027-D			
M/TH	2/20-3/23	7-8 pm	\$30

**\$50 for both sessions

Photography for Beginners!

Do you have an interest in learning how to use a camera to take awesome pictures? Don't want to spend hundreds of dollars on a camera and software? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera. Instructor Andre Calzone will use his camera/computer and editing software to teach the novice the fundamentals of digital camera use and photo editing. At the end of the four-week session, participants will have three printed photos in frames made in class. Youth Ages 10-13.

Day	Date	Time	Price
Program #4027-E			
Mondays	1/9-1/30	6-6:45 pm	\$30

Megan's favorite is all special events. The whole community and the recreation staff are involved and it is always a blast having large turnouts after much planning. She especially loves the Halloween event and the 5K race.



First Aid for Kids/Scouts

Taught by EMTS and Paramedics. This course teaches 8-14 year-old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat and cold emergencies. Also addressed are several common medical emergencies found in many schools today like: food allergies, diabetes, seizures and asthma. This course meets requirements for several Boy/Girl Scout badges
Location: SCCC conference room.

Day	Date	Time	Price
Program #4028-A			
Thursday	2/23	9– 10:30 am	\$20

Social Networking

While a great source of entertainment, many social networking sites, text messaging or online gaming often put our children at risk. Through open discussions, group exercises, written materials and real-life video documentaries, tweens/teen, participants ages 8-14, will be taught the importance of being safe while using the many social networking sites that seem always at their fingertips. Location: SCCC conference room.

Day	Date	Time	Price
Program #4028-B			
Thursday	2/23	12:30-2:30 pm	\$20

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.

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 #4028-C			
Thursday	2/23	12:30-2:30 pm	\$25

Babysitter Training

This class teaches participants the roles and responsibilities of a babysitter and includes instruction in skills such as: 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 #4028-D			
Thursday	2/23	9am-2 pm	\$48

Grant’s favorite event is Halloween. He enjoys seeing the community come together and the creative costumes.



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



Valentines Dance

Saturday, February 11 6-8 pm

Boys and girls ages 5-12 bring your mom or dad, friend or grandparent and join us for a Valentines Dance. You bring a partner and your dancing shoes. We'll provide the music, punch and cookies. \$10 per couple.

Location: SCCC Café

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 and 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! Need not be potty-trained.

Two-year old program

Day	Date	Time	Price
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Session I

Program #4029-A

M/W	2/1-3/20	9:30-10:45 am	\$44
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* No class 2/20 and 2/22

Session II

Program #4029-B

M/W	3/22-5/10	9:30-10:45 am	\$44
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No class 4/3, 4/17 and 4/19

Three and four-year old program

Day	Date	Time	Price
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Session I

Program #4029-C

M/W	2/1-3/20	11 am-12:15pm	\$44
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No class 2/20 and 2/22

Session II

Program #4029-D

M/W	3/22-5/10	11 am-12:15pm	\$44
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No class 4/3, 4/17 and 4/19

Introduction to Robotics

Learn to build and program robots using the Lego® NXT system. Each week you will learn a new aspect of programming NXT. Use that knowledge 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 intermediate then to the advanced course. Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Location: SCCC conference Room. Ages 8-12

Beginner: Introduction to NXT programming

Day	Date	Time	Price
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Program #4030-A

Thursdays	2/2-2/16	6-7pm	\$50
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Intermediate: Using Sensors and Switches

Day	Date	Time	Price
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Program #4030-B

Thursdays	3/2-3/16	6-7 pm	\$50
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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
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Session I Program #4030-C

Tues	2/28-3/21	6:30-7pm	\$60
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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
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Session I Program #4030-D

Tues	2/28-3/21	7-8 pm	\$100
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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
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Session I (4 weeks) Program #4030-E

Thu	3/2-3/23	6-7 pm	\$100
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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
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Session I (4 weeks) Program #4030-F

Thu	3/2-3/23	7-8 pm	\$100
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ATTENTION All Horseback Riding

Participants must sign up at least 2 days before the start of the session.

Snowboard and Ski Lessons

Join Grant and Andre for snowboard and ski lessons.

Over four days, we will explain and demonstrate basic tips on both snowboards and skis. Small class size will provide 1 on 1 teaching to benefit each individual. Equipment NOT included. Location: SCCC Hill.

Day	Date	Time	Price
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Program #4030-G

M/T/W/TH	2/20-2/23	3-4 pm	\$75
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Instructional Tot T-ball

Is your tot interested in learning the basics of T-ball? Come join Coach George to learn hitting, throwing, catching and more. This four-week class is designed to help your child gain a great foundation for the game of t-ball. Ages: 4-6 Max: 8 Location: SCCC Gym

Day	Date	Time	Price
Program #4031-A			
Mon	2/13-3/6	5-5:45pm	\$27

Instructional Youth Baseball I

This class will help your child refine skills and improve as an overall player. Coach George will review the basics of the game while also teaching a series of drills that partici-

pants can use on their own. Ages: 7-9 Max: 10 Location: SCCC Gym.

Day	Date	Time	Price
Program #4031-B			
Mon	2/13-3/6	6-6:45pm	\$35

Instructional Youth Baseball 2

This class will help your child refine skills and improve as an overall player. Coach George will review the basics of the game while also teaching a series of drills that participants can use on their own. Ages: 10-12 Max: 10 Location: SCCC Gym.

Day	Date	Time	Price
Program #4031-C			
Mon	2/13-3/6	7-7:45pm	\$35

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 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. Pony level registration deadline is April 30.

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

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. Location: SCCC.

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. Location: SCCC.

GIRLS SOFTBALL (Ages 9-12)

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

PONY LEAUGE (Ages 13 & 14)

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

Soccer Season 2017—think ahead to Spring!

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! Age as of August 1, 2015 determines level of play!

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

Deadline! The registration deadline is March 22.

U-4 SOCCER (Ages 3 & 4)

Program #4033-A
Wednesdays at 6:30 pm June & July
Fee: \$34
All games are at the Community Center, 4927 Lake Rd.

U-6 SOCCER (Ages 5 & 6)

Program #4033-B
Mondays at 6:30 pm June & July
Fee: \$37
All games are at the Community Center, 4927 Lake Rd.

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





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 #4034-A			
Wednesdays	1/11-2/15	6:30-7 pm	\$45
Session II Program #4034-B			
Saturdays	1/14-2/11	11-11:30 am	\$45

* No class 1/18

Level I Tetras

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

Day	Date	Time	Price
Session I Program #4034-C			
Wednesdays	1/11-2/15	6:30–7:15 am	\$45
Session II Program #4034-D			
Saturdays	1/14-2/11	11-11:45 am	\$45

* No class 1/18

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 #4034-E			
Wednesdays	1/11-2/15	6:30-7:15 pm	\$45
Session II Program #4034-F			
Saturdays	1/14-2/11	11-11:45 am	\$45

* No class 1/18

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 #4034-G			
Wednesdays	1/11-2/15	7:15– 8 pm	\$45
Session II Program #4034-H			
Saturdays	1/14-2/11	12-12:45 pm	\$45

* No class 1/18

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 #3034-I			
Wednesdays	1/11-2/15	7:15-8 pm	\$45
Session II Program #3034-J			
Saturdays	1/14-2/11	12-12:45 pm	\$45

* No class 1/18

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 #3034-K			
Wednesdays	1/11-2/15	7:15– 8 pm	\$45
Session II Program #3034-L			
Saturdays	1/14-2/11	12-12:45 pm	\$45

* No class 1/18

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:** _____

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. NEW Instructor is Nancy Foote. Location: SCCC Large Activity Room 2. Starts in January!

Mondays 6-7 pm
Wednesdays 6:30—7:30pm

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 I. Ages 13+.

Day	Date	Time	Price
Session I Program #4035-A			
Tues/Fri	1/10-2/17	7-8 pm	\$30
Session II Program #4035-B			
Tues/Fri	2/21-3/24	7-8 pm	\$30

** \$50 both sessions

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 I.

Day	Date	Time	Price
Session I Program #4035-C			
Sat	1/14-2/18	9am-10 am	\$10
Session II Program #4035-D			
Sat	2/25-3/25	9am-10am	\$10

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: SCCC large activity room.

Day	Date	Time	Price
Sundays	1/15 and on	11:15-12:15 pm	\$2/class



Jazzercise

Register by calling 585-738-3555 or email:

bkpt_spen_jazz@yahoo.com

brockportjazzercise@gmail.com

M, T, W, Th, F*	6am
T, TH, Sat, Sun	7:30 am
M, T*, W, Th*, F	9am
Monday, Wednesday, Friday	4:45pm
Tuesday & Thursday	6pm
Monday & Wednesday	7 pm
Saturday, Sunday	8:30am
Sunday	2 pm

Location: SCCC Large Activity Room.

* Strength 45

Brockport Jazzercise

New customer offer—I week free.

And 1 week free for customers who haven't attended in 6 months or more. Other restrictions may apply. 800-FIT-IS-IT

Total Body Workout

Join instructor Chrisa Yaeger in a 45-minute class combining cardio, strength training and core work to get you into great shape. All fitness levels welcome. Optional: \$5 per class. Location: SCCC large activity room #2.

Day	Date	Time	Price
Session I Program #4035-E			
M/W	1/9-2/8	12:15-1 pm	\$45
Session II Program #4035-F			
M/W	2/13-3/22	12:15-1 pm	\$45

* No class 2/20 and 2/22

Joe's favorite program is the Adult Volleyball League. It's full of really genuine people and it's a ton of fun!

ADULT PROGRAMS

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

Group Ex Training

Come with a partner or a group of people. Training primarily involves moving from one station to another in set periods of time. Each interval varies from 1-3 minutes alternating between strength and cardio. Cardio work can include Step, Hi/Lo Aerobics or Cardio variations; Strength work can include physio balls, bands, mat exercises, med balls, dumbbells, body weight exercise and more.

Day	Date	Time	Price
Program #4036-A			
Mondays	2/6-2/27	6-6:45 pm	\$50

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 or Andre for more information and to schedule a session. Call 431-0087 or email granth@townofsweden.org or andrec@townofsweden.org

NEW Doubles Dart League

Love playing darts? Sweden Clarkson Recreation has acquired new dart boards (steel tips)! What better way to utilize them than with a doubles dart league? Match-up take place on Friday evenings. All skill levels welcome. Location: SCCC. Ages: 18 and up.

Day	Date	Time	Price
Program #4036-B *Must Bring Own Darts			
Friday	1/13-3/17	7-9 pm	\$50/team

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 #4036-C			
Mon	1/9-2/13	6-6:45 pm	\$36
Session I Program #4036-D			
Mon	1/9-2/13	7-8 pm	\$42
Session II Program #4036-E			
Mon	2/27-4/10	6-6:45 pm	\$42
Session II Program #4036-F			
Mon	2/27-4/10	7-8 pm	\$49

* No class 2/20 and 4/17

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
Session I Program #4037-A			
Wed	1/11-2/15	6-6:45 pm	\$36
Session II Program #4037-B			
Wed	3/1-4/12	6-6:45 pm	\$42

* No class 4/19

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
Session I Program #4037-C			
Wed	1/11-2/15	7-8 pm	\$42
Session II Program #4037-D			
Wed	3/1-4/12	7-8 pm	\$49

* No class 2/22 and 4/19

Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yaeger. Location: Brockport High School Pool.

Day	Date	Time	Price
Session I Program #4037-E			
Wed	1/11-2/15	8-8:45 pm	\$45

* No class 1/18

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	10 am-11 am	Classic
Monday	11 am-12pm	Classic
Tuesday	10am-11am	Cardio
Tuesday	11 am-12pm	Yoga
Wednesday	11 am-12pm	Classic
Thursday	10am-11am	Cardio
Thursday	11 am-12pm	Yoga
Friday	11 am-12pm	Classic

Silver & Fit participants will receive a fitness center membership covered by your insurance company. Stop in and fill out a registration packet so you can get started!

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Friday 12pm—3pm \$1/\$2
resident/non-resident

Open Pickleball

Monday—Friday 10am-12noon \$1/\$2
Saturdays 8:30 am-10 am \$1/\$2
resident/non-resident

Open Ping Pong

Monday—Thursday 10 am—2 pm \$1/\$2
resident/non-resident

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.

Andre's favorite program is swimming. He enjoys the progression of swimmers and building relationships with the parents.

Men's Basketball League

Pick up your blank roster form at the Community Center. The league will be 10 weeks (10 games) plus playoffs. You must register as a complete team. Location: SCCC gymnasium.

Day	Date	Time	Cost
Program #4038-A			
Wednesdays	1/11-3/29	6:15pm	\$450/team

Co-ed Volleyball League

Pick up your blank roster form at the Community Center. The league will be 10 weeks (10 games) plus playoffs. You must register a complete team. ** There is also a \$10 referee fee per game.** Ages 18+. Location: SCCC gymnasium.

Day	Date	Time	Price
Program #4038-B			
Tues	1/10-3/28	6:15 pm	\$150/team

Photography for Beginners!

Do you have an interest in learning how to use a camera to take awesome pictures? Don't want to spend hundreds of dollars on a camera and software? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera. Instructor Andre Calzone will use his camera/computer and editing software to teach the novice the fundamentals of digital camera use and photo editing. At the end of the four-week session, participants will have three printed photos in frames made in class. Adults Ages 18+

Day	Date	Time	Price
Program #4038-C			
Mondays	1/9-1/30	7-6:45 pm	\$30

Book Club

Immerse yourself in some good books this fall. Book Club will meet the third Friday of each month to discuss the book-of-the-month. Choices will be selected at the first meeting in January. Club Dates: January 20, February 17, March 17. Let's get reading! Ages 16+ Location: SCCC conference room

Day	Date	Time	Price
Program #4038-D			
Friday	1/20; 2/17; 3/17	7-8 pm	FREE

Jill's favorite program is Little Steps Preschool. She loves to see bright smiling 2 & 3 year-olds come running into the building to play with Ms. Mary. They are always excited to share whatever they have on their minds at the moment!

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? Do you want to customize your sounds? We’ll sit down and fine tune your iPad including security, notifications and other settings. Instructor: Trevor Johnson-Steigelman. Ages: 15+.

Day	Date	Time	Price
Program #4039-A			
Thursday	2/16	7-8 pm	\$25

iPad: Reading on the iPad

We’ll look at your 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 local library. We’ll also look at newspapers, magazines and websites to keep you current with the world. Instructor: Trevor Johnson-Steigelman. Ages: 15+.

Day	Date	Time	Price
Program #4039-B			
Thursday	3/2	7-8 pm	\$25

Communicating with the iPad

You’re travelling but you’d like to see the kids or grand-kids. Maybe you have a job interview coming up. 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. Instructor: Trevor Johnson-Steigelman. Ages: 15+.

Day	Date	Time	Price
Program #4039-C			
Thursday	3/16	7-8 pm	\$25

Conversational French

Interested in learning or improving your French? Come join Instructor Claire Kniebihler for a six-week class. This class is designed to help your knowledge of the French language. Location: SCCC conference room

Day	Date	Time	Price
Program #4039-D			
TO BE DETERMINED			
Call 431-0090 for details!			

George’s favorite programs are tot/youth sports because he enjoys seeing the kids improve at sports starting from a young age.

Senior Bingo

One Wednesday per month this summer. Time is 12 noon—2 pm. Cost is \$2/card. A Wegman’s sub tray lunch is included. Prizes awarded! Location: SCCC conference room.
 Dates: January 18 February 15 March 15

Intro to Better Finances

Are you interested in learning more about the basics of financial decisions? Join Nevin Hira in three different classes. 1st class: Blueprint to Financial Success. 2nd class: Retirement. 3rd class: It takes more than good grades to get into college. Location: SCCC conference room. Program #

Day	Date	Time	Price
Monday	1/9	6 pm	FREE
Monday	2/13	6 pm	FREE
Monday	3/13	6 pm	FREE

Edward Jones Seminar

“Outsmart the Scammers,” presented by Jessica Burris of Edward Jones Brockport. Learn important strategies to help protect you and the ones you love. Learn how to spot certain red flags that may indicate a fraudulent encounter, learn about resources you can turn to in the event you or a loved one are targeted and what steps you can take now to protect yourself. Location: SCCC conference room.

Day	Date	Time	Price
Thursday	2/2	11 am-12 pm	FREE

5K Run/Walk Results

The Top 3 placers in Sweden/Clarkson Recreations Fall Foliage 5K Race were:

1. **Jacob Rightmyer** **21:30**
2. **Matt Zimmer** **28:10**
3. **Erica Stepankek** **28:56**

The race was sponsored by Brockport TJ Maxx, Brockport Wegmans and Brockport Lowes. Thank you to our sponsors and all our participants!

Red Cross Blood Drive

At the Community Center, 4927 Lake Road on Wednesday, January 25 from 10 am to 8 pm. Visit www.redcross.org for more information on how to be a blood donor.



NEW Beer Brewing 201 Advanced

Home brewing has become a national trend for people wanting to craft their own beers. This class will assist in providing the knowledge to start all-grain brewing on your own! Local award-winning brewer, cider and mead maker Turk Thomas will go through the process step-by-step. Participants will learn how to make a very popular style of beer—the pale ale. For all of you who want to learn the skills to craft your own beer, this is the class for you. You will get to take some home! Ages: 21 and up. Location: The Center Dining Room. Min: 4. Max: 8. For questions email: turkbrew@rochester.rr.com. Class starts at 1 pm; ending time varies.

Day	Date	Time	Price
Program #			
Sundays	2/12-3/5	1pm	\$35

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 local artist, Erin Uetz. Two classes per month. Ages: 21 and up. Location: The Center Dining Room. Min: 6 Max: 24 Bring your own favorite wine! Program #

Day	Dates	Time	Price
Thursdays	Jan 12 & 26 Feb 2 & 16 Mar 2 & 16	6-8 pm	\$25/class

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

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

Book Discussion Club

Share your passion for reading with friends! Location: The Center café.

Day	Time	Price
1st Mondays	11—12:30 pm	\$1/meeting

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: The Center.

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: The Center.

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

Knitting Club

Meet to knit and crochet items for area causes. We provide the yarn, donations gratefully accepted. Location: The Center 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: The Center Upstairs Room.

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

Sweden Senior Association, Inc.

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

Bingo at The Center

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

Advanced Bingo at The Center

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 play with harder Bingo boards like Layer Cake, Pyramid, Tree, Turtle and many more! Don't worry if you don't know all the games, you will be provided with a "cheat sheet" each week! Starts January 6.

Day	Time	Price
Fri	11-noon	\$1

Walking for Better Health

Join the new exercise craze that is as easy as walking! This 12-week program will get you moving towards a healthier lifestyle and hopefully allows you to make easy every day choices to live healthier.

Each participant will receive a pedometer and log book to keep track of your steps each day for 12 weeks. Each week there will be prizes awarded for most steps and largest increase insteps. Stop in, email or call your weekly step totals into the office—it's that easy. All participants must be registered and pick up a pedometer by December 29. Program starts January 1 and ends March 24. Price: \$25

Puzzle Competition

Do you want to get out of the house and socialize with friends or meet some new people? We will be having a winter puzzle competition. Teams of 4 may sign up (or we will assign you to a team). The teams will work together to complete a 500 or more piece puzzle. The winning team will be rewarded a \$5 gift certificate that can be used towards any meal program or activity at The Center. Location: The Center.

Day	Time	Price
Tuesdays	10am-2pm	FREE

Community Service Groups

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

Agape Thera-Band Class

Agape Physical Therapy offers this introductory class for stretching and toning with therapy bands that help keep you limber and strong. Aids in the recover of injuries and surgery. Instructed by physical therapists from Agape. Pay fee at door.

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



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 Center are taught by Ricki DeBaun and Jennifer Cimino.

Day	Time	Type
Tuesday	9:45-10:45 am	Classic
Tuesday	11-11:45 am	Yoga
Friday	9:45-10:45 am	Classic
Friday	11- 11:45 am	Yoga

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

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 & Thursdays	1-2 pm	\$1/class

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

The Center 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.

Dining at the Center

Lifetime Assistance serves lunch daily Monday—Friday at noon. This Monroe County Office of the Aging program suggests a donation of \$3—\$6 for seniors. Participants under 60 who are not active volunteers must contribute \$6 for lunch. Reservations are required. Call 637-8161. Find the monthly menu at swedenclarkson-rec.recdesk.com under The Center tab or follow us on Facebook for all the latest menus and activities.

Lunch Events at The Center

January birthday luncheon

Jan. 25 11:30—1 pm (RSVP & pay by 1/18) \$5 all ages FREE for anyone who has a birthday in Jan. with valid ID.

February birthday luncheon

Feb. 22 11:30—1 pm (RSVP & pay by 2/15) \$5 all ages FREE for anyone who has a birthday in Feb. with valid ID.

March birthday luncheon

Mar. 22 11:30-1 pm (RSVP by 3/15) \$5 all ages FREE for anyone who has a birthday in Mar. with valid ID.

Luncheons are always open to the public and to all age groups so call and make your reservation today!

Current members—bring a guest who has never been to The Center and receive a free meal voucher for the following month. The guest eats free on their first visit!

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: The Center.

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

Facility Use at The Center

Looking for a place to hold your bridal shower, anniversary party, family reunion, birthday party, business meeting or fundraiser? Consider The Center. With several options available—indoor, outdoor, small room, large dining hall and kitchen—we can accommodate many types of gatherings. Check out the facility use schedule on the back of this newsletter then give us a call at 637-8161.

Open Class Practice Tai Chi

Tai Chi is primarily practiced today to improve health and 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: The Center. Free for Tai Chi participants.

Day	Time	Cost
Monday & Friday	12:15—1 pm	FREE

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: The Center Upstairs Activity Room.

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

Tai Chi Beginner (Form 6)

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. The Center. Price is \$40 for ages 18– 59; \$33 for 60+.

Day	Date	Time
Program # 4014-M		
Mon	1/9-3/8	2-3 pm
No class 1/16		

Tai Chi Advanced (Form 24)

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. The Center. Price is \$40 for ages 18– 59; \$33 for 60+.

Day	Date	Time
Program #4014-N		
Fri	1/6-2/24	2-3 pm

Advanced Line Dancing

Different dances each week. All ages welcome. Location: The Center.

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

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	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
Nietopski Covered Pavilion (not enclosed)	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090

The Center

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	FREE	\$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 block	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	Clarkson 637-1130
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 chairs, accessible	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