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**WEDEN  
LARKSON**

**Fall 2022**



**Sweden Clarkson Community Center**  
4927 Lake Road South, Sweden  
Phone: 585-431-0090 Fax: 585-431-0052  
[www.swedenclarksonrec.recdesk.com](http://www.swedenclarksonrec.recdesk.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.

**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 News Channel 13, 10, 8 & Spectrum News.

**Payment Options**

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

**Community Center Hours**

**September 1st—November 30th**

M-Th 6am-8pm

F 6am-6pm

Sat & Sun 8am-12pm (Sept/Oct)

Sat 8am-3pm (Nov)

Closed Sept 4th & 5th Labor Day

Close Early Nov 23rd at 3pm & Closed Nov 24th

**Directory**

Recreation Director 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 Tim Manuszewski 431-0087  
timm@townofsweden.org

Staff: Ashley Hermance, Maranda Dobbertin,  
Amanda Kinney

Clerical Assistant Diane Samons 431-0090  
dianes@townofsweden.org

**Sweden Town Board**

Supervisor Kevin Johnson 637-7588

Councilperson Patricia Hayles

Councilperson Rhonda Humby

Councilperson Randy Hoke

Councilperson Gary Sullivan

**Clarkson Town Board**

Supervisor Christa Filipowicz 637-1131

Councilperson John Culhane

Councilperson Nick D'amuro

Councilperson Tom Guarino

Councilperson Leslie Zink

**Facebook**

Like us on Facebook at Sweden Clarkson Recreation

**Website**

www.swedenclarksonrec.recdesk.com





It's BACK! Come join us for the return of our annual health fair. Speak with various Medicare representatives from several major carriers who will help answer questions about your current plans, open enrollment and finding the right plan for you. Come learn not only about your financial well-being but physical as well!

When? Wednesday  
October 5th from 10am-12pm  
Where? Sweden-Clarkson  
Community Center

THURSDAY, OCTOBER 27TH, 2022  
6-8 PM

## SWEDEN CLARKSON RECREATION HALLOWEEN SPECIAL

Come dressed in your favorite costume!

Enjoy a scary haunted house, a not-so-scary haunted toddler gym, face painting, tattoos, games, crafts, mountains of candy and more! (Haunted house closes when costume contest begins)

Kids 10 and under can participate in our costume contest starting at 7:15 pm prizes awarded to best costumes in different age groups!

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Second Annual

# JACK-O-LANTERN TRAIL!

Thursday | October 20 | 7-8:30PM | Sweden Town Park  
Walk through the trail and find your pumpkin!

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We will be handing out pumpkins to the public for them to carve and drop back off to be part of the Jack-O-Lantern Trail! Cider and donuts at the end of the trail!

Both pick up and drop at the Sweden Clarkson Community Center  
Pumpkin pick up: 10/14/22-10/17/22 \*\*whiles supplies last\*\*  
Pumpkin drop off: 10/19/22 by 8PM

Cider and Donuts at STP Lodge provided by: Patricia Hayles, CPA

**Little Steps Play & Learn**

Join Ms. Taylor for a unique creative program in a positive and supportive learning environment. Focusing on each child's individual needs with developmentally appropriate practices. Play based learning. Encouraging the children to meet milestones on / towards preschool fundamentals! Snack will be included. Please supply your child with a drink each day!  
Ages 2-4 Max: 8

Day	Date	Time	Price
Session I Program #4428-A			
MVF	9/12 - 10/14	9-11am	\$200R/\$205NR
*No Class 9/30 or 10/10			

Day	Date	Time	Price
Session II Program #4428-B			
MVF	10/17 - 11/18	9-11am	\$215R/\$220NR
*No Class 11/11			

**Instructional Tot Football**

Is your tot interested in learning the basics of football? We will learn passing, catching, and running. This four-week class is designed to help your child gain a great foundation for the game of football. Instructor: George Kimball Ages: 4-6 Max: 8  
Location: SCCC Gym

Day	Date	Time	Price
Program #4429-B			
Thu	10/13-11/3	5-5:45 pm	\$25R/\$30NR

**Instructional Tot Basketball**

Is your tot interested in learning the basics of basketball? Come join Coach George! We will learn dribbling, passing, shooting and more. This four-week class is designed to help your child gain a great foundation for the game of basketball. Ages: 4-6 Max: 6  
Location: SCCC Gym

Day	Date	Time	Price
Program #4429-D			
Tue	11/15-12/6	5-5:45 pm	\$25R/\$30NR

**Tot Thanksgiving Crafts**

Join Amanda Kinney for a Thanksgiving crafts. A variety of age appropriate themed fun for your child. Ages: 3-5 Max: 6  
Location: SCCC Lounge

Day	Date	Time	Price
Program # 4429-E			
Thu	11/17	5-5:45 pm	\$10R/\$15NR

**\*NEW Little Steps 1/2 Day Camp!**

Need time to finish up your holiday preparations? Have your child join Ms. Taylor for a fun holiday themed crafts and activities. And a yummy pizza party! Ages 3-5 Max: 10

Day	Date	Time	Price
Program #4428-C			
Wed	11/23	9:30 am -12 pm	\$40R/\$45NR

**Tot Acro Dance**

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of summersault/ forward roll, splits, bridge, and cartwheels. A showcase of your skills will be presented at the end of the session. Ages: 4-6 Min: 5 Max: 12  
Location: Large Activity Room #1

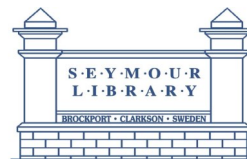
Day	Date	Time	Price
Program #4429-A			
Sat	9/17-10/22	9-9:45am	\$50R/\$55NR

**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

Day	Date	Time	Price
Ages: 4-6 Max: 8 Location: SCCC Gym			
Program #4429-C			
Thu	9/8-9/29	5-5:45 pm	\$25R/\$30NR

**SEYMOUR LIBRARY**



161 East Avenue  
Brockport, NY 14420  
585-637-1050

Please visit [www.seymourlibraryweb.org](http://www.seymourlibraryweb.org).  
Facebook and Instagram pages for current hours of operation, services available and program listings.

**\*NEW Drills and Skills Football Class**

Join Coach TJ as he works with QB, RB, and WR's improve the necessary skills it takes to become a great football player. This class will be a offensive skills position camp focusing on mechanics, reading the play and game IQ. For any skill level, with different levels of focus for each level of player. Ages: 4/5th Graders

Location: STP Football Field

Day	Date	Time	Price
Program #4430-A			
Thu	9/8-9/29	6-7 pm	\$25R/\$30NR

**Youth Lacrosse**

This class is designed to introduce children to the fundamental skills of lacrosse. Join couch George as we go over grounding balls, cradling, catching, passing and shooting. Feel free to bring your own lacrosse sticks. The Rec center will provide sticks for all participants. All skill levels welcome! Ages: 8-11

Day	Date	Time	Price
Program #4430-B			
Tue	9/13-10/4	5-5:45 pm	\$35R/\$40NR

**Flag Football League**

Last call for flag football league will prepare kids 7-9 for playing organized football. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponents' home park. Volunteer coaches are needed. Contact George Kimball - georgek@townofsweden.org

Day	Date	Time	Price
Sat	8/27-10/15	10am	\$50R/\$55NR
(7-9 years old) Program #4419-B			
(10-12 years old) Program #4419-E			

**Youth Instructional Ping Pong**

Bring your child to have them learn the basics of ping pong! They will learn how to serve, return using various styles. Also the proper way to keep score and the rules. Ages: 8-11 Max:4

Instructor: George Kimball

Location: SCCC Large Activity Rm #3

Day	Date	Time	Price
Program #4430-C			
Tues	10/18-11/8	5-5:45pm	\$25R/\$30NR

\*No class on 11/25

**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. Ages: 8-11 Max: 8

Location: SCCC Gym

Day	Date	Time	Price
Program #4430-D			
Thu	9/8-9/29	6-6:45 pm	\$35R/\$40NR

**Instructional Youth Football**

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. Ages: 8-11 Max: 10

Location SCCC Gym

Day	Date	Time	Price
Program #4430-E			
Thu	10/13-11/3	6-6:45 pm	\$35R/\$40NR

**Youth Judo**

Renshinkan Judo's youth program will teach participants the techniques of Kodokan Judo philosophies, principles and techniques as both a martial art and an Olympic Sport. Judo means the way of gentleness and the techniques learned include how to fall, throw and pin partners. Classes are taught by Sensi Janet Johnson, a 6th degree black belt and international IJF-Class A referee. Please bring a judo gi if you already have one; they will also be available by purchase through the instructor. \*Parking at North Tuttle will cost \$1 per visit at the parking station\* Ages: 7-16. Location: Cooper Hall @ The College at Brockport

Day	Date	Time	Price
Program #4430-F			
Tue/Thu	Sep-Dec	6-7 pm	\$100

\$10 off for each additional family member.



# Before and After School Drop in Program

It is our pleasure to offer a safe and fun before and after school drop in program! Your child will participate in a variety of activities including board games, crafts, gym games and more!

This program is designed for student's kindergarten to sixth grade. Children may be dropped off at the community center as early as **6:30 AM** and picked up after school no later than **6:00 PM**. Parents must contact the Brockport Central Schools Transportation Office, (585) 637-1880, in order to arrange transportation for their child.

Before and After School rates are as follows:

**Daily Rates:**

Before **OR** After School- **\$9.00**

Before **AND** After School- **\$18.00**

**Weekly Rates:** Before **OR** After School- **\$40.00**

Before **AND** After School- **\$80.00**

**\*\*When registering the week of, you will pay the daily rate (\$9/\$18)\*\***

**\*NEW FitKids! Youth Fitness Group**

Come join Youth Fitness Specialist, Melissa Martin, in a fun and engaging environment where we focus on improving agility, balance, coordination, speed and power through cooperative games, obstacle courses, and drills...building competence and confidence one playful movement at a time!!!

Location: SCCC Gymnasium

Ages: 8-10 Max: 10

Day	Date	Time	Price
Session I Program #4431-A			
Tue/Thu	9/13-10/6	4:30-5:30pm	\$50R/\$55NR
Session II Program #4431-B			
Tue/Thu	10/18-11/10	4:30-5:30pm	\$50R/\$55NR

**\*NEW K-2 House Basketball**

Come join coach Jake Russell in our new K-2 house basketball program. It will include part instruction and part games. The season will be split into two six-week sessions! Everybody will also receive a jersey.

Ages: Grades K-2 Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4431-C			
Wed	10/12-11/16	5:45-6:45 pm	\$50R/\$55NR
Session II Program #4431-D			
Wed	12/7-1/25	5:45-6:45 pm	\$50R/\$55NR

\*No Class 12/21 & 12/28

**Youth Ballet/Jazz**

Girls/Boys will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students will learn the proper ballet/jazz terminology and steps in an encouraging and positive environment.

Ages: 7-10 Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4431-E			
Tue	9/13-10/18	6-6:45pm	\$50R/\$55NR

**Youth Acro and Hip-Hop Dance**

In this class, you will explore rhythms and basic Hip-Hop dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of splits, bridges, cartwheels, back kick overs and elbow stands. A showcase of your skills will be presented at the end of the session. Ages: 7-10 Min: 5 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4431-F			
Sat	9/17-10/22	10-10:45am	\$50R/\$55NR

### 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. Boys and girls ages 11+ are welcomed. Parents will be emailed a course packet that must be printed prior to the class. Also, please bring a bagged lunch and a self-addressed envelope.

Location: SCCC Conference Room

Min: 5 Max: 20

Day	Date	Time	Price
Program #4432-A			
Wed	11/23	10:30 am-3 pm	\$53R/\$58NR

### Youth Arts and Crafts

Come join staff member Tim Manuszewski in creating a variety of different arts and crafts! We will work on a different project each week. Some of your pieces can be taken home that night! Be sure to wear an old shirt or a smock.

Ages: 5-9 Max: 8 Location: SCCC Cafe

Day	Date	Time	Price
Session I Program #4432-B			
Thu	9/8-10/6	6-6:45pm	\$20R/\$25NR
Session II Program #4432-C			
Thu	10/20-11/17	6-6:45pm	\$20R/\$25NR

### Oobleck Night

Want to help your child with this fun project but don't want to worry about the mess? Then we have the perfect solution for you. Stay and assist your child for a nice bonding experience or pick up your child and their creation afterwards. Join us for a night of ooey-goey fun!

Ages: 5-13 Max: 6

Location: SCCC Cafe

Day	Date	Time	Price
Program #4432-D			
Mon	9/19	6-6:45pm	\$13R/\$18NR

### Home Alone Safety

This 2-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. Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4432-E			
Wed	11/23	9-10:30 am	\$35R/\$38NR

### Westside House Basketball

This 13-week league will consist of Thursday and Saturday practices. Practices will continue on Thursday nights once games begin on Saturdays. All games are held at the Community Center. A jersey is included in the price for each participant. Saturday practices/games are held between the hours of 10am-3pm. Thursday practices are held between the hours of 5:30-8:30pm. Teams will play other Sweden/Clarkson teams as well as teams from Kendall and Holley.

Minimum: 2 teams per age group.

Volunteer coaches are needed! Mandatory evaluation day on November 5th. Mandatory coaches meeting follows. For more information please contact: George Kimball at [georgek@townofsweden.org](mailto:georgek@townofsweden.org)

Location: SCCC Gym

Day	Date	Time	Price
Thu/Sat	11/5-2/4	TBD	\$100R/\$110NR
Program #4433-A		Boys Grades 3/4	
Program #4433-B		Boys Grades 5/6	
Program #4433-C		Boys Grades 7/8	
Program #4433-D		Girls Grades 3/4	

### Painting for Young Beginners

This class will be fun, easy and colorful for the little artist inside you! Supplies will be included. \*Please come to class 15 minutes early and bring an old shirt or apron with you\*

Instructor: Local Artist Erin Lawrenz Ages: 8 and up  
Min: 6 Max: 10 Location: Lounge

Day	Dates	Time	Price
Session I Program # 4432-F			
Fri	9/23	5-7 pm	\$25R/\$30NR
Session II Program # 4432-G			
Fri	11/11	5-7 pm	\$25R/\$30NR

### 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. Parents are required to enter pool with child for participation & interaction. Infant—4 years old. Max 8

Day	Date	Time	Price
Session I Program #4434-A			
Wed	9/7-10/5	7-7:30 pm	\$48R/\$53NR
Session II Program # 4434-B			
Sat	9/10-10/1	12:30 -1pm	\$40R/\$45NR
Session III Program #4434-C			
Wed	10/19-11/16	7-7:30 pm	\$48R/\$53NR
Session IV Program #4434-D			
Sat	10/22-11/19	12:30 -1pm	\$48R/\$53NR

### 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 #4434-E			
Wed	9/7-10/5	7-7:45 pm	\$48R/\$53NR
Session II Program #4434-F			
Sat	9/10-10/1	12:30 -1:15pm	\$40R/\$45NR
Session III Program #4434-G			
Wed	10/19-11/16	7-7:45 pm	\$48R/\$53NR
Session IV Program #4434-H			
Sat	10/22-11/1	12:30 -1:15pm	\$48R/\$53NR

### Open Programs

**Toddler Gym** \$2.00 per participant

M-F 8 –10:15 am + 11:15 am - 7 pm

Sat 8:30 am- 2:30 pm

Sun 8:30 -11:30 am

**Basketball** M-F 2-4pm \$2.00R/\$3.00NR

Check Adult Programs for Pickleball Information

### 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 #4434-I			
Wed	9/7-10/5	7-7:45 pm	\$48R/\$53NR
Session II Program #4434-J			
Sat	9/10-10/1	12:30 -1:15pm	\$40R/\$45NR
Session III Program #4434-K			
Wed	10/19-11/16	7-7:45 pm	\$48R/\$53NR
Session IV Program #4434-L			
Sat	10/22-11/19	12:30 -1:15pm	\$48R/\$53NR

\*\*Classes will be held at the Brockport High School pool. If you have any questions regarding our swim program, please contact Tim Manuszewski at 585-431-0087 for more information.

### Instructional Youth Volleyball

This class will help your child refine their skills and improve as an overall player. We will review the basics of the game while also teaching a series of drills that your kids can do on their own!

Ages: 8-11 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4435-A			
Tue	9/13-10/4	5-5:45pm	\$35R/\$40NR
Session II Program #4435-B			
Tue	10/18-11/8	5-5:45pm	\$35R/\$40NR

### Instructional Youth Basketball

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.

Ages: 8-11. Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Program #4435-F			
Thu	11/10-12/1	6-6:45 pm	\$35R/\$40NR



**\*NEW Ceramic Skull Bank Night**

Design your very own skull bank at the beginning of “spooky season” to help decorate your home or bedroom in preparation for Halloween! These banks are unglazed and ready to be painted with our choice selection of acrylic paints. Get a head start on saving money to buy the spookiest costume that all your friends will be talking about!

Ages: 5-13 Max: 8 Location: SCCC Cafe

Day	Date	Time	Price
Program #4435-C			
Mon	10/3	6-6:45pm	\$13R/\$18NR

**\*NEW Halloween Masks Craft Night**

Waited until the last minute to buy your Halloween costume only to find that they’re sold out? Well you’re in luck! You will get to choose from 4, pre-designed masks that will have you terrifying your friends and family for years to come. The designs may be done already but you get to color this mask however you want so bring your creative selves and join us for this spooky session!

Ages: 5-13 Max: 8 Location: SCCC Cafe

Day	Date	Time	Price
Program #4435-D			
Mon	10/24	6-6:45pm	\$13R/\$18NR



**\*NEW Random Craft Night**

Love doing arts and crafts but don’t know what to pick out sometimes? Like the feeling of not knowing which craft you’ll end up doing on any given day? Well, I got news for you, partner. This class is for you. In it you will have a choice between all different kinds of projects that includes coloring, decorating, painting, etc. The only thing that we need from you is...you! Ages: 5-13 Max: 8

Location: SCCC Cafe

Day	Date	Time	Price
Program #4435-E			
Mon	9/12	6-6:45pm	\$13R/\$18NR

**\*NEW Kids Yoga**

This half hour class will introduce students to the fun of yoga. With a mixture of poses, music, yoga games, breathing and relaxation your child is sure to have a blast! Instructor: Kaylin McCarthy

Ages: 4+ Max: 12

Location: Soulshine Healing Arts Wellness Center is 40 Clinton Street Suite 2

Day	Date	Time	Price
Session I Program #4436-A			
Sun	9/4 & 9/11	2 pm	\$15R/\$20NR
Session II Program #4436-B			
Sun	10/16 & 10/30	2 pm	\$15R/\$20NR

**Both Kids Yoga & Kids Meditation  
\$20.00R/\$25NR**

**\*NEW Kids Meditation**

In this half hour class, students will be led through breath work and a guided meditation. Then students will draw a picture of their experience to share with the class and take home with them.

Instructor: Kaylin McCarthy

Ages: 4+ Max: 12

Location: Soulshine Healing Arts Wellness Center is 40 Clinton Street Suite 2

Day	Date	Time	Price
Session I Program #4436-C			
Sun	9/4 & 9/11	2:30 pm	\$15R/\$20NR
Session II Program #4436-D			
Sun	10/16 & 10/30	2:30 pm	\$15R/\$20NR

**\*NEW Family Yoga**

This hour long class for the whole family is a fun way to practice yoga that engages the children and gives the parent a chance to practice on the mat. The class will be a mixture of poses, music, yoga games, breathing and relaxation that is age appropriate and fun for the parent as well. Instructor: Kaylin McCarthy

Ages: All Max: 12

Location: Soulshine Healing Arts Wellness Center is 40 Clinton Street Suite 2

Day	Date	Time	Price
Session I Program #4436-E			
Sun	9/4 & 9/11	3 pm	\$45R/\$50NR
Session II Program #4436-F			
Sun	10/16 & 10/30	3 pm	\$45R/\$50NR

**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

Max 10 Ages: 16+ Location: LA Rm #3  

Day	Date	Time	Price
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Session I Program # 4437-A  

Tue	9/13-10/25	6:30-7:30 pm	\$61R/\$66NR
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 Session II Program #4437-B  

Tue	11/1-12/13	6:30-7:30 pm	\$53R/\$58NR
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**\*NEW Pet CPR/First Aid**

This course is designed with the entire family in mind, so bring everyone along! Participants will learn the First Aid Basics and CPR for Dogs & Cats and how to handle accidents and small injuries that may happen to your furry family member. Instead of panicking and feeling helpless, you can help your pet in distress by taking control of the situation with confidence.

Ages: The whole family! (15 and under must be accompanied by an adult)

Location: SCCC Conference Room/Cafeteria  
 Min: 5 Max: 25

Day	Date	Time	Price
Program #4437-E			
Tue	11/15	6-8pm	Varies

(\$25 per student, \$40 for two, \$58 for the entire family (max of 5 per family))

**Adult Coed Volleyball League**

This league is fun and well-rounded. Whether you have played for years or haven't ever been on a court, this is the league for you! Pick up your blank roster form at the S/C Community Center. The league will be 10 weeks (10 games), plus playoffs.

**\*\*You must register a complete team\*\*** Ages: 18+

Location: S.C.C.C. Gym

Day	Date	Time	Price
Program #4437-F			
Tue	9/13-11/22	6-9pm	\$150

**\*\*There is also a \$10 Referee fee per match\*\***

**Vinyasa Flow Yoga**

When life gets in the way and you are feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat.

Instructor: Barb Whited Max: 10 Ages: 16  
 Location: L A Room #3

Day	Date	Time	Price
Session I Program #4437-C			
Mon	9/12-10/24	6:30-7:30 pm	\$53R/\$58NR
Session II Program #4437-D			
Mon	11/7-12/12	6:30-7:30 pm	\$53R/\$58NR

**Walking Club**

The group walks for about an hour, new walkers are always welcome. Come enjoy the fun and get healthy! For more information call 431-0090.

Location: Main Street Canal Bridge

Day	Time	Meeting Place
Mon	6 pm	Main Street Bridge - Walk in Village
Thu	6 pm	Main Street Bridge - Walk in Village
Sat	9 am	Main Street Bridge - Walk Canal

**Adult Judo**

Renshinkan Judo's program will teach participants the techniques of Kodokan Judo philosophies, principles and techniques as both a martial art and an Olympic Sport. Judo means the way of gentleness and the techniques learned include how to fall, throw and pin partners. Classes are taught by Sensi Janet Johnson, a 6th degree black belt and international IJF-Class A referee. Please bring a judo gi if you already have one; they will also be available by purchase through the instructor. Ages: 16+.

Location: Cooper Hall @ The College at Brockport.

Day	Date	Time	Price
Program #4437-G			
Tue/Thu	Sep-Dec	7-9 pm	\$160

\$10 off for each additional family member.

**Medicare 101**

Join Theresa Seil & Robin Leone to learn the basics of Medicare! We help you understand the eligibility requirements of Medicare. We will review Medicare Part A and B, the costs, what is and is not covered. Learn about Medigap and Medicare Advantage Plans, and Part D Prescription Drug plans. This is an educational session for people turning age 65 and those already participating in Medicare! RSVP please to TheresaSeil.Medicare@gmail.com or call/text 585-507-6316

Day	Date	Time	Price
Wed	9/7	6:30-7:30 pm	FREE

## Open Pickleball

Get fit, socialize and participate in Pickleball. All skill levels welcome for a variety of games. Basic knowledge of the rules & game play is helpful. Please bring your own paddle. Ages: 18+ Location: Gym

Day	Time	Price
MWF Session I	10-1:15pm	\$1R/\$2NR
T, TH Session I	10-11:30am	\$1R/\$2NR
T, TH Session II	11:45am -1:15pm	\$1R/\$2NR
Sun	9 - 11am	\$1R/\$2NR

Please Note: weekend availability maybe affected by facility use of the gymnasium.

- \* T & TH 10-11:30am is Advance Play
- \* T & TH 11:45am-1:15pm Beginner Play
- \* Sun Advance Play (Not in July & August)



### JAZZERCISE BROCKPORT

4927 Lake Rd S \* Brockport, NY

585.233.6376 \* jazzercisebrockport@gmail.com

6:00 AM M, T, W, TH, F+

7:30 AM T, TH, SA, SU

8:15 AM M+, W+, F+

8:30 AM SA+, SU+

9:00 AM M, T++, W, TH++, F

4:45 PM T, TH, F

6:00 PM M, W

+ STRENGTH ++ LO

3 FREE CLASSES

JAZZERCISE BROCKPORT LOCATION

EXP 6/30/22

## Open Walking

Each morning Monday - Friday from 8:45-9:45 am each day. Please bring dry shoes and walk the gym to avoid the cold, rainy, snowy, icy days outdoors. Thirteen laps is a mile!



## 2022 Fitness Center Membership

Membership	1 month	3 month	1 year
Youth (16-18)	\$20	\$45	\$185
Senior (55+)	\$20	\$45	\$185
Adult (18-54)	\$40	\$65	\$250
Family (16+)*	\$60	\$85	\$360
Each addt'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? Call 431-0090 to set up appointment. \* **Please Note: Fitness Center closes 15 minutes before community center. Fitness Center is closed from 11:15am-12pm for cleaning M-F.**

Daily Rates: \$10 adult; \$8 senior

## Personal Training

Are you looking for a personal trainer? Give one of our two personal trainers a call!

Karla Davy: 585-355-9816 kglove3@hotmail.com

Terri Steigelman-Johnson: 414-559-4992

steigelwomanfitness@yahoo.com

A single session is \$30 or you can pay for a pack of six sessions for \$150.



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 the Sweden/Clarkson Community Center. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes are as follows:

Day	Time	Type
Mon	10-10:45am	Classic
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Yoga
Fri	10-10:45 am	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!



## Taiji & Qigong for Health

Taiji (Tai Chi) and Qigong are performed slowly with relaxed flowing movements using gentle exercise, deep breathing, and relaxed awareness. It strengthens legs, improves balance, increases flexibility, and relieves stress. In later stages, it calms the mind to become a "Meditation in Motion".

Learn large movement Yang style postures from the standardized, 24 posture Taiji Form, and active stretching Qigong breathing exercises using a wide range of motion.

Instructor Brian Bruning has been practicing Taiji and Qigong since 1978, studying Yang and Chen Pan-ling styles. He is an instructor for the Rochester T'ai Chi Ch'uan Venter and has taught locally since 1997.

Location: Large Activity #1

Days	Date	Time	Price
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Program # 4438-A

Wed	9/7-10/26	11 am-12 pm	\$50R/\$55NR
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## Getting to Know Your Smartphone

Looking to really master that smartphone you're carrying around? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a smartphone master. Not offering an intermediate class as well! Max 8

**\*\*Must sign up at least one week prior to class\*\***

Day	Date	Time	Price
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Program #4438-B

Tue	9/13	11:30 am-12:30 pm	\$5R/\$6NR
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Program #4438-C

Tue	11/1	11:30 am-12:30 pm	\$5R/\$6NR
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## Adult Beginner Ballet/Jazz

Have you danced growing up and want to get back into it? Have you never danced before and want to gain the flexibility, strength, emotional benefits that dance can offer you? Come join us as we stretch, learn ballet/jazz techniques and learn fun to dance combinations.

Perfect for beginners.

Ages 18+      Min: 2      Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program #4438-D

Tue	9/13-10/18	6:45-7:45pm	\$40R/\$45NR
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## Arts and Carafe's

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 Lawrenz

Ages: 21 and up      Location: Lounge

Min: 6      Max: 24

Days	Dates	Time	Price
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Session I      Program #4438-E

Fri	9/9	6-8 pm	\$35R/\$40NR
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Session II      Program #4438-F

Fri	10/7	6-8 pm	\$35R/\$40NR
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## Sweden Senior Singers

### Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community.

Day	Date	Time
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Wed	Sept-May	10:15-11:45
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Location: Large Activity Room I

## \*NEW Learn to Play Euchre

Have you ever seen people at the party playing euchre and couldn't quite figure it out? Come learn with instructor Joe Kincaid! You will be taught basic gameplay, strategy, situational play and how to implement it all. Come and learn how to make those loners and minimize the euchres!

**\*\*Must sign up at least one week prior to class\*\***

Day	Date	Time	Price
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Program #4438-G

Thu	9/15	1:00-2:00pm	\$5R/\$8NR
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## \*NEW Silver Sneakers

### Stability and Balance

Need to work on your balance and stability? Come join Ricki DeBaun As she goes through different ways to improve in those areas. Either \$2 a class or S+F or optum.

Day	Date	Time
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Wednesday	9/7- TBD	8:45-9:45 am
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**Rochester Public Market**

Come and check out the famous Rochester Public Market. With tons of vendors, and lots to eat, it should make for a great outing!

**\*\*Must register one week prior\*\*** Maximum Number of People: 25

Day	Date	Price
Saturday	September 10th	\$15

Depart- 9 am (please arrive at least 15 minutes prior to departure)  
 Return- around 3 pm  
 Program #4430-A

**Niagara Outlets**

Come shop until we drop at the Niagara outlets! Get that holiday shopping done early so you can sit back and enjoy! \*Shopping and lunch on your own\*

**\*\*Must register prior to October 29th, 2022\*\*** Maximum Number of People: 25

Day	Date	Price
Saturday	November 12th	\$15

Depart- 9:30 am (please arrive at least 15 minutes prior) Return- Around 4:00 pm  
 Program #4430-B

★ LET US COME TOGETHER TO CELEBRATE ★

**VETERANS DAY LUNCHEON**

A gathering to honor the lives, the fight, and the service of veterans.

Baked ziti lunch and turkey door prizes!

Veterans FREE-All others must bring 2 non-perishable food items for admission.

Please call 585-431-0090 to reserve a spot at least one week prior to event!

★ ★ ★  
 November 11, 2022 • 11 AM

Program #4430-C

## Euchre Tournaments

Love playing euchre? We do too! We will be hosting a progressive euchre tournament! This means that you will play with different partners all day. At the end of the tournament, one person will be crowned euchre champion! Are you the best euchre player in the area? Come find out! \*Prizes awarded to first and second place. \*Register as individual. Not as a team!

+ Lunch & Drinks Ages: 21+

Location: SCCC Lounge

Day	Date	Time	Price
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### \*Pre-Registration Required!

Program #4439-A

Mon	9/19	11:30 am	\$8 per person
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Program # 4439-B

Mon	10/17	11:30 am	\$8 per person
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Program #4439-C

Mon	11/14	11:30 am	\$8 per person
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## Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm Fee: \$1 per visit

Location: Small Activity Rm 4

## 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. Any questions or need more information please call Andrea Perry 637-5648

Location: Large Activity Room 3

Day	Time
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2nd Tuesday	9am-12pm
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## Book Discussion Club

Day	Time
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1st Wed of the month	10:30-12pm
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## Open Dominos

Interested in playing dominos with others? Dominos is a fun tile-based game played with gaming pieces, commonly known as dominoes. Each domino is a rectangular tile with a line dividing its face into two square ends. There are a variety of games can be played with a set. Come join us! Every Thursday at 12 pm in the senior lounge!

Day	Time	Price
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Thu	12-2 pm	\$1
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## Beginner Line Dancing

Have you been interested in learning to Line Dance but never took the time or wanted to spend the money to do it? Well now is your opportunity! All you need is an hour of time to learn the basics of line dancing in a comfortable, friendly environment. All ages are welcome and all you need to bring is a willingness to learn and some comfortable shoes.

Location: Large Activity Room 3.

Day	Time	Price
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Wed	9:30-11am	\$1
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## Bingo

One Wednesday per month in the Winter season is senior bingo! 11:15 am– 1 pm. Cost is \$2/card. A sub tray/pizza lunch is included. Prizes awarded!

Location: Lounge

Dates: Sept 21st, Oct 19th & Nov 16th

## The Sweden Comfort Quilters

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: Large Activity Rm 3

Day	Time
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Mon	9am-12 pm
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## Knitting Club

Meet to knit and crochet items for area cancer patients. We provide the yarn, donations gratefully accepted. Location: Small Activity Room 4

Day	Time
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Wed	10am-12pm
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## Open 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: Jane Harr

Location: Large Activity Room 1

Day	Time	Price
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Mon & Fri	1pm	\$1/class
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## Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from **MEDICAL** appointments only and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Community Center at 431-0090 between 8am—4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.



# Sweden/Clarkson Community Center

4927 Lake Road South, Brockport, NY, 14420 (585) 431-0090

www.swedenclarksonrec.recdesk.com

REGISTRATION FORM

Registration Form	<p>Do NOT use this form for Before/After School Registration, School Age Summer Camp.</p> <p>These forms are available at the Sweden/Clarkson Community Center or online at <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a></p> <p>Registration Procedure: Please complete ALL information below or set up an account at <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a> and pay online or in our office.</p> <p>We accept: Cash, Check, Money Order, Credit -online only (VISA, MasterCard, Discover *additional processing fee applies).</p> <p>Make checks payable to: Town of Sweden.</p> <p>Return Form with Payment to: Sweden Clarkson Community Center, 4927 Lake Road S, Brockport, NY, 14420</p>
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Participant Info.	Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
							TOTAL \$	

Household Information	<p>First: _____ Last: _____ D.O.B. _____</p> <p>(If different from registrant(s))</p> <p>Address: _____</p> <p style="text-align: center;">City: _____ Zip: _____</p> <p>Home Phone: _____ Cell: _____ /Carrier: _____ Work: _____</p> <p style="text-align: center;">Text Alerts: Yes No</p> <p>Email (add us to your contact list to prevent going into junk folder): _____</p> <p>Town of Sweden/Clarkson Resident (circle): Yes No</p> <p>Emergency Contact/Pick-up: _____ Phone Number: _____</p>
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Note	<p>Please list any special needs /limitations/allergies/etc:</p> <p>Would you like to Volunteer Coach? Yes No</p>
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Waiver of Participation	<p><b>Waiver of Participation/Refund Policy/Photo Release:</b></p> <p><b>Waiver/Refund Policy must be read and signed before registration is accepted.</b> 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. <b>Refund Policy:</b> Please refer to our brochure. <b>Photo Release:</b> 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.</p> <p>Signature: _____ Date: _____</p> <p>Staff Signature: _____ Date: _____</p>
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## Community Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour	Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Full /Half Gym	\$75/\$50	\$150/\$75	\$50/\$25	Large Activity Room	\$25	\$35	\$10
Cafeteria	\$30	\$35	\$15	Small Activity Room	\$20	\$30	\$10

## Sweden Town Park—Redman Road

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	\$75/field 3 hour block	\$100/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 w/ Pavilion #2	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
Lodge	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090
Splash Pad	For information please visit <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a>				Rec. Dept. 431-0090

## 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 for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	N/A	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	N/A	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner 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
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130