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**SWEDEN  
LARKSON**



**FALL 2018**



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

Sept. 1st - 31st M-Th - 6am-8pm, F-6am-6pm  
Sat 8am-3pm, Sun 8am-12pm

\*Closed Sept. 2nd & 3rd

Oct. 1st – Dec 31st M-F 6am-8pm  
Sat & Sun 8am-3pm

\*Close early on Thanksgiving, Christmas, New Years Eve 3pm

\*Closed Thanksgiving and Christmas

**Directory**

Recreation Supervisor Jill Wisnowski 431-0050  
jillw@townofsweden.org

Recreation Assistant Joe Kincaid 431-0088  
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**Sweden Town Board**

Supervisor Kevin Johnson 637-7588

Councilperson Patricia Hayles

Councilperson Robert Muesebeck

Councilperson Mary Rich

Councilperson Lori Skoog

**Clarkson Town Board**

Supervisor Jerry Underwood 637-1131

Councilperson Patrick Didas

Councilperson Christa Filipowicz

Councilperson Allan Hoy

Councilperson Jackie Smith

**Facebook**

Like us on Facebook at Sweden Clarkson Recreation

**Website**

www.swedenclarksonrec.recdesk.com



# A message from the Recreation Department

Welcome to the fall season at Sweden/Clarkson Recreation! We're taking full advantage of the still long daylight hours and warm temperatures to offer you a fun schedule of outdoor activities. We have flag football, lacrosse, horseback riding, and adult soccer. Our parks are open and waiting for you to walk, run, ride bikes, rollerblade, fish, play Frisbee, picnic, climb on the playground, take batting practice, play disc golf or soccer. The sky is the limit outdoors during the fall when the days are still long, skies are usually dry and the temperature is just right!

We're excited to give you a sneak preview of a new initiative we will be launching this winter—**Health Community**. Since the inception of Sweden/Clarkson Recreation we have offered a vast variety of programs in the areas of recreation, sports, health, fun, art, education, socialization, and involvement. In a new partnership with Strong West, we are really going to emphasize **health**.

How are we going to do this? We're developing some new programs that will focus on various aspects of health. In fact one of them is new in this brochure—Mindfulness. Check it out on page 15. We all know that stress levels are high in our busy world; many of us have lost the ability to relax, unwind, clear our minds, and disconnect from so much constant sensory input. This class, and the experienced instructor Tracy Martorana, will show us techniques through meditation and movement to calm the clamor and improve mental and physical aspects of our health.

More new programs will be coming in the winter brochure. We're also going to identify the health benefits associated with existing programs. Icons will help you link health

outcomes with programs. For example, a heart icon will identify programs that help keep your heart healthy; a scale might identify programs that help with weight



**Jill Wisnowski**

management! We really appreciate the opportunity to work with Strong West on our new initiative!

I'd like to bring your attention to the way we've now clarified our fee structure in this brochure. We've long had a policy of charging a slightly higher non-resident fee for programs. Sweden and Clarkson residents pay property taxes to support our building and programs; residents of other towns are very welcome, but in the interest of fairness, we ask them to pay a slightly higher fee. Programs now state the R (resident fee) and NR (non-resident fee). We are just trying to be a little clearer for everyone! If you have any questions, give us a call.

Finally, thank you to all the residents who took the time to fill out our on-line recreation survey. Councilpersons Patricia Hayles, Christa Filipowicz and Jackie Smith are busy compiling the data and will be announcing the results and any recommendations this fall.

**Jill Wisnowski**, Recreation Supervisor

Thank you to Marianne for all the volunteer hours that you have put in for the past several years. Marianne has shared her love of gardening with us and transformed the front of the community center landscape. She plants, transplants, mulches, waters and as well as maintains the plants & flowers. We love what you do for us!!

## Thank you to Marianne Daily



# YOUTH PROGRAMS

## 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, meet a friend or workout? 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, sign up early. \*Need not be potty-trained.

Maximum 10 students per session.

Day	Date	Time	Price
Session I Program #4108A			
M/W	9/10-10/15	12:15-1:30pm	\$44R/\$49NR

**\*No Class 10/8**

Day	Date	Time	Price
Session II Program #4108B			
M/W	10/17-11/28	12:15-1:30pm	\$44R/\$49NR

**\*No Class 11/12, 11/19 or 11/21**

Day	Date	Time	Price
Session III Program #4108C			
M/W	12/3-12/19 & 1/7-1/16	12:15-1:30pm	\$44R/\$49NR

## 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 masterpiece afterwards. Join us for a night of ooey-goey fun!

Ages: 5-15 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
Session I Program #4109A			
Thur	9/27	6-6:45pm	\$13R/\$18NR

Session II Program #4109B

Day	Date	Time	Price
Thur	10/25	6-6:45pm	\$13R/\$18NR

## Stained Glass Jar Night

Come join staff member Tim Manuszewski in creating a beautiful jar to show off to family and friends. Use it as a flower vase, put a scented candle in it to relax or just use it to store other Knick-knacks! Be sure to wear an old shirt or a smock.

Ages: 5-15 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
Session I Program # 4109C			
Thur	10/4	6-6:45pm	\$13R/\$18NR

Session II Program #4109D

Day	Date	Time	Price
Thur	11/1	6-6:45pm	\$13R/\$18NR

## 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: 7-11 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
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Session I Program #4109E

Tues	9/11-10/2	6-6:45pm	\$13R/\$18NR
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Session II Program #4109F

Tues	10/16-11/6	6-6:45pm	\$13R/\$18NR
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Session III Program #4109G

Tues	11/20-12/11	6-6:45pm	\$13R/\$18NR
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## Youth Science Experiments

Have you ever wanted to be like Bill Nye "The Science Guy"? Well this class is perfect for you! We will be creating different experiments each week and learning about the different reactions responsible for said experiments. Now we won't be working with laser beams, but our experiments can be recreated right at home afterwards. Come join us for nights full of fun, learning and excitement!

\*\*\*Both sessions will be the same experiments\*\*\*

Ages: 7-11 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
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Session I Program #4109H

Mon	9/17-10/8	6-6:45pm	\$13R/\$18NR
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Session II Program #4109I

Mon	10/22-11/12	6-6:45pm	\$13R/\$18NR
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## Before and After School Drop-in Program

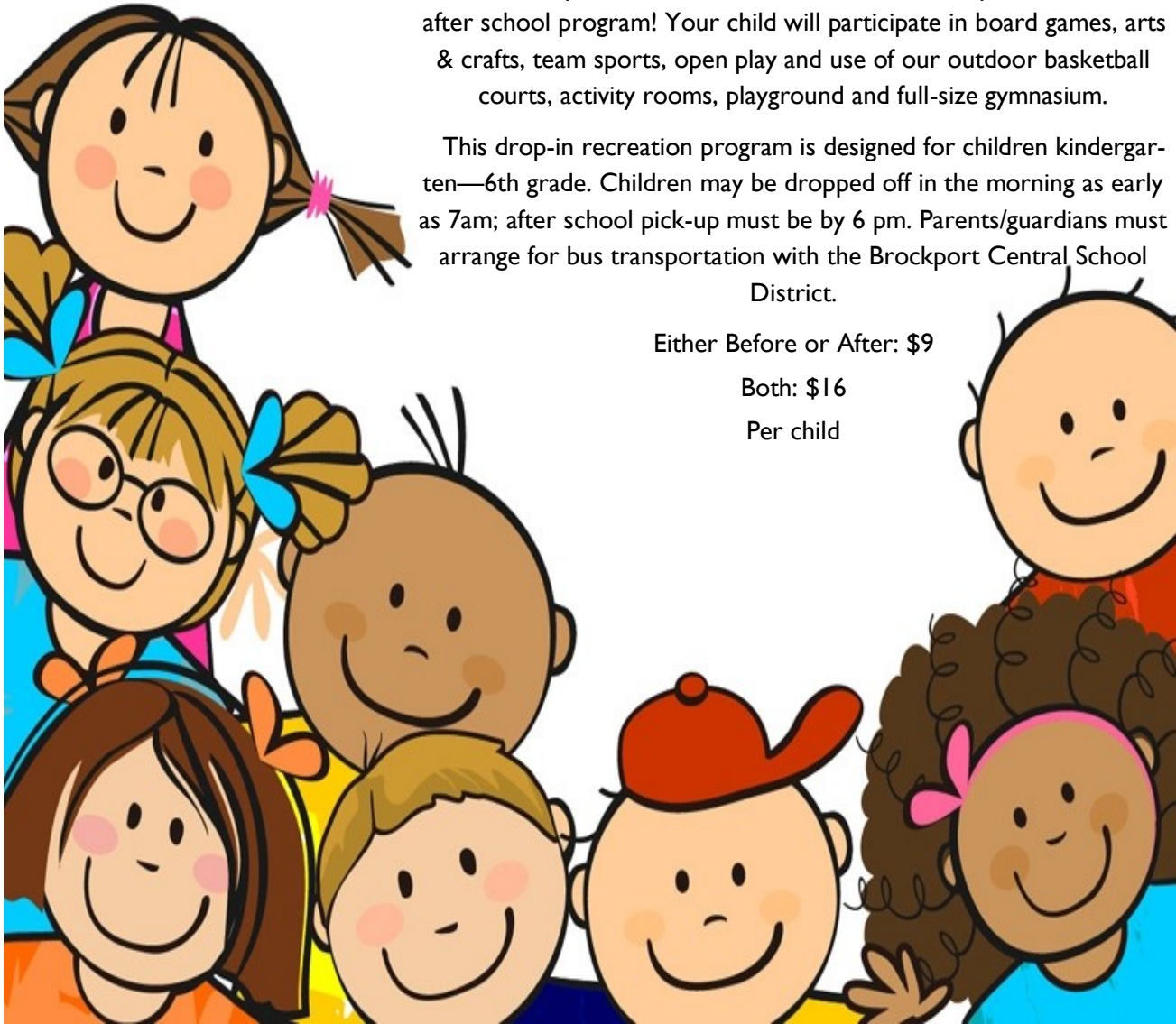
It is our pleasure to offer a safe and secure drop-in before and after school program! Your child will participate in board games, arts & crafts, team sports, open play and use of our outdoor basketball courts, activity rooms, playground and full-size gymnasium.

This drop-in recreation program is designed for children kindergarten—6th grade. Children may be dropped off in the morning as early as 7am; after school pick-up must be by 6 pm. Parents/guardians must arrange for bus transportation with the Brockport Central School District.

Either Before or After: \$9

Both: \$16

Per child



### Before & After School Program—Safe, Fun, Affordable!

#### **\*NEW Snack Night**

Come and join us in creating White Chocolate Trail Mix, also known as “White Trash”! Your child will help create this tasty treat and then be able to bring home their very own bag. \*Nuts will be used in the process\*  
 Ages: 5-15      Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
Session I Program #4110A			
Thu	10/11	6-6:45pm	\$13R/\$18NR

#### **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

Location: S.C.C.C. Lounge

Min: 6 Max: 20

Days	Dates	Time	Price
Program #4110B			
Sat	10/20 or 12/15	12-2 pm	\$25R/\$30NR/class



# YOUTH PROGRAMS

## Flag Football League (7-9 years old)

This six-week league will prepare kids 7-9 for playing Organized football. The first two weeks are practice with The remaining four weeks games. 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 For information @ georgek@townofsweden.org

Day	Date	Time	Price
Program #4111A			
Sat	9/15-10/20	10am	\$38R/\$43NR

## Flag Football League (10-12 years old)

This six-week league will prepare kids 10-12 for playing Organized football. The first two weeks are practice with The remaining four weeks games. 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 For information @ georgek@townofsweden.org

Day	Date	Time	Price
Program #4111B			
Sat	9/15-10/20	10am	\$38R/\$43NR

## Learn To Skate

Join the Campus Recreation Instructional Program staff at the College at Brockport and learn to ice skate! Participants are split up into age groups dependent on skill level. Instruction includes safety, skating posture, balance, proper use of equipment, and other skating skills. Participants are able to skate for free after session during the Public Skate. Ages 5-adult. Max 30

Location: Tuttle Ice Arena at the College at Brockport \*\*Skate Rentals are available for \$18.00 for 6 weeks.

Day	Date	Time	Price
Program # 4111C			
Sun	10/21-12/2	2-3pm	\$77

**\*No class November 25th**

## Judo (Juniors)

Join Janet Johnson in a program designed to teach basic techniques and understanding of Kodokan Judo philosophy and principles. Please bring a judo gi if you already have one. They will also be available through purchase from the instructor. Ages 6-16

Location: Cooper Hall at the College at Brockport

Day	Date	Time	Price
Program #4111D			
Tue/Thu	9/4-12/15	6-7pm	\$105

## Youth Lacrosse

Join Coach's Andre' and George for learning the fundamentals and basics of lacrosse. This is a great opportunity for beginners to familiarize themselves with the sport or for children who have some experience and want to sharpen some of their skills. The class will go over cradling, ground balls, passing and shooting. Get active and learn a new sport this Fall!

Day	Date	Time	Price
Program #4112A			
Tue	10/2-10/30	5-5:45pm	\$40R/\$45NR

## 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 # 4112B			
Mon	10/15-11/5	6-6:45pm	\$35R/\$40NR

## 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. Location: SCCC Gym

Instructor: George Kimball Ages: 4-6 Max 8

Day	Date	Time	Price
Program #4112C			
Mon	10/15-11/5	5-5:45pm	\$28R/\$33NR

## 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: 10 Location SCCC Gym

Day	Date	Time	Price
Program #4112D			
Mon	9/10-10/1	6-6:45pm	\$35R/\$40NR

## Instructional Tot Basketball

Is your tot interested in learning the basics of basketball? 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 basketball. Ages: 4-6. Max 8 Location: SCCC Gym

Day	Date	Time	Price
Program #4112E			
Mon	9/10-10/1	5-5:45pm	\$28R/\$33NR

### \*NEW Unified Tae-Kwon Do

This beginner class will help develop self-confidence, self-control, and focus while working towards self-improvement. This program is taught by new instructor Master Kanous who has over 18 years of training and started teaching TKD by age 11. Master Kanous has competed all over the east coast and has been a motivational speaker at numerous schools and events in the name of TKD.

Ages: 5-15 Max: 25

Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program # 4113A			
Wed/Fri	9/12-10/5	5-5:45pm	\$65R/\$75NR
Session II Program # 4113B			
Wed/Fri	10/10-11/9	5-5:45pm	\$65R/\$75NR

**\*No Classes 10/31 or 11/2\***

Day	Date	Time	Price
Session III Program # 4113C			
Wed/Fri	11/14-12/14	5-5:45pm	\$65R/\$75NR

**\*No Classes 11/21 or 11/23\***

### Babysitters Training

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

Location: SCCC conference room.

Ages 11+

Day	Date	Time	Price
Program #4114A			
Fri	11/16	11am-4pm	\$54

### 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 #4114B			
Thu	11/15	1-3pm	\$31

### Teens Homeschool Group

Homeschooled kids age 13-17 meet weekly, year round, for socialization and recreation. Contact Jamie for more information - 585-205-3393.

### Leadline 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 Hills Stable, Hilton NY

Day	Date	Time	Price
Program # 4114C Session 1 (4 weeks)			
Tue	10/2-10/23	7-8pm	\$100
Program # 4114D Session 2 (4 weeks)			
Tue	10/30-11/27	7-8pm	\$100

**\*No classes the week of November 19th**

### Beginner Youth Horseback Riding

Horseback riding is now available to more age groups! 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 NY

Day	Date	Time	Price
Program # 4114E Session 1 (4 weeks)			
Thu	10/4-10/25	6-7pm	\$100
Program # 4114F Session 2 (4 weeks)			
Thu	11/1-11/29	6-7pm	\$100

**\*No classes the week of November 19th**

### ATTENTION All Horseback Riding

Participants must sign up at least 1 week ahead.

### Photography for Beginners! (Youth)

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? Do you not have hundreds of dollars to spend on a camera along with a computer to edit your work? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed! The Recreation staff Andre Calzone will bring his camera along with his computer and editing software to instruct the proper use of each. The class is intended for a novice who is interested in learning the fundamentals of how digital camera's work along with editing the work you create. At the end of the four-week session, participants will have 3 printed Pieces of work as well as homemade frames made in class to house the pictures you've decided to print off. Youth (Ages 10-13).

Day	Date	Time	Price
Program # 4114G			
Mon	9/10-10/4	6-6:55pm	\$32R/\$37NR
Program # 4114H			
Mon	10/8-10/29	6-6:55pm	\$32R/\$37NR

## 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 (5 weeks)	Program #4115A		
Wed	9/12-10/10	7pm-7:30pm	\$53R/\$58NR
Session II (4 weeks)	Program #4115B		
Sat	9/15-10/13	11am-11:30am	\$47R/\$52NR
Session III (5 weeks)	Program #4115C		
Wed	10/17-11/14	7pm-7:30pm	\$53R/\$58NR
Session VI (5 weeks)	Program #4115D		
Sat	10/20-11/17	11am-11:30am	\$53R/\$58NR

**\*No Class Oct 29th**

## 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 (5 weeks)	Program #4115E		
Wed	9/12-10/10	7pm-7:45pm	\$53R/\$58NR
Session II (4 weeks)	Program #4115F		
Sat	9/15-10/13	11am-11:45am	\$47R/\$52NR
Session III (5 weeks)	Program #4115G		
Wed	10/17-11/14	7pm-7:45pm	\$53R/\$58NR
Session VI (5 weeks)	Program #4115H		
Sat	10/20-11/17	11am-11:45am	\$53R/\$58NR

**\*No Class Oct 29th**

## 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 (5 weeks)	Program #4115I		
Wed	9/12-10/10	7pm-7:45pm	\$53R/\$58NR
Session II (4 weeks)	Program #4115J		
Sat	9/15-10/13	11am-11:45am	\$47R/\$52NR
Session III (5 weeks)	Program #4115K		
Wed	10/17-11/14	7pm-7:45pm	\$53R/\$58NR
Session VI (5 weeks)	Program #4115L		
Sat	10/20-11/17	11am-11:45am	\$53R/\$58NR

**\*No Class Oct 29th**

## 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 (5 Weeks)	Program # 4115M		
Wed	9/12-10/10	7:45pm-8:30pm	\$53R/\$58NR
Session II (4 Weeks)	Program #4115N		
Sat	9/15-10/13	12pm-12:45pm	\$47R/\$52NR
Session III (5 Weeks)	Program #4115O		
Wed	10/17-11/14	7:45pm-8:15pm	\$53R/\$58NR
Session VI (5 Weeks)	Program #4115P		
Sat	10/20-11/17	12pm-12:45pm	\$53R/\$58NR

**\*No Class Oct 29th**

## 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.

Day	Date	Time	Price
Session I (5 Weeks)	Program #4115Q		
Wed	9/12-10/10	7:45pm-8:30pm	\$53R/\$58NR
Session II (4 Weeks)	Program #4115R		
Sat	9/15-10/13	12pm-12:45pm	\$47R/\$52NR
Session III (5 Weeks)	Program #4115S		
Wed	10/17-11/14	7:45pm-8:15pm	\$53R/\$58NR
Session VI (5 Weeks)	Program #4115T		
Sat	10/20-11/17	12pm-12:45pm	\$53R/\$58NR

**\*No Class Oct 29th**

## 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 (5 Weeks)	Program #4115U		
Wed	9/12-10/10	7:45pm-8:30pm	\$53R/\$58NR
Session II (4 Weeks)	Program #4115V		
Sat	9/15-10/13	12pm-12:45pm	\$47R/\$52NR
Session III (5 Weeks)	Program #4115X		
Wed	10/17-11/14	7:45pm-8:15pm	\$53R/\$58NR
Session VI (5 Weeks)	Program #4115Y		
Sat	10/20-11/17	12pm-12:45pm	\$53R/\$58NR

**\*No Class Oct 29th**



# House and Travel Youth Basketball

## Blue Devils Travel Girls Basketball Tryouts

3rd and 4th Grade Tryout Dates:

Saturday, October 6th: 9:00 am - 10:00 am Or Sunday, October 7th: 9:00 am - 10:00 am

5th and 6th Grade Tryout Dates:

Saturday, October 6th: 10:00 am - 11:00 am Or Sunday, October 7th: 10:00 am - 11:00 am

## Blue Devils Travel Boys Basketball Tryouts

3rd and 4th Grade Tryout Dates:

Saturday, October 6th: 11:00 am - 12:00 pm Or Sunday, October 7th: 11:00 am - 12:00 pm

5th and 6th Grade Tryout Dates:

Saturday, October 6th: 12:00 pm - 1:00 am Or Sunday, October 7th: 12:00 pm - 1:00 pm

**\*\* Participants must attend 1 of the 2 tryout dates \*\***

Location: Sweden/Clarkson Community Center

Ages: Open to girls & boys in Grades 3-6

Blue Devils Basketball is a highly competitive basketball league played throughout Monroe County. Players must attend at least ONE of the tryout dates to make the team (kids could potentially be cut and not make the team as well). The season runs from October 2018-March 2019. Players from Kendall, Hamlin, Sweden, Clarkson, Brockport and Holley are welcome to tryout.

## Westside House Basketball

This 14-week league will consist of Thursday and Saturday practices and 10 weeks of games. 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 Riga.

Minimum: 3 teams per age group.

### Volunteer coaches are needed!

Mandatory evaluation day on November 10th At 10 am. 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	11/17-2/23	TBD	\$95
Program #	4116A	Boys Grades 3/4	
Program #	4116B	Boys Grades 5/6	
Program #	4116C	Boys Grades 7/8	
Program #	4116D	Girls Ages 8-12	



### **3rd Annual Community Health Fair**

Come Join Us October 17th 10am-2pm Location: SCCC  
 Numerous exhibitors focusing on health plans from youth to senior. Live Medicare representatives from several major carriers answering questions about your current plan and open enrollment Certified market place navigators helping you choose the plan best for you. Assisted living, financial services, estate planning and learn more about financial health as well as physical!

Some of the exhibitors include Wegmans, Strong West, Aetna Insurance Excellus Blue Cross Blue Shield, United Healthcare, Well Care/Todays Options, Northwest Bank, Lifespan, Epic Health and Health Advisors

### **Sweden Farmers Museum Harvest Festival Saturday, September 15, 2018 from 9am-4pm Location: Lakeview Cemetery**

- If you would like to participate in the Harvest Festival, fill out the registration form below and return it along with a check payable to: The Town of Sweden - mail completed form to 18 State Street Brockport, NY 14420. **Please return this registration form & payment no later than August 24, 2018, Att: Karen Sweeting**
- Upon receipt of your registration form & payment, a confirmation letter with festival details will be mailed to you. Please keep a copy of your completed form for your records.
- Any questions please contact Chris at whitefarm@frontiernet.net or call (585) 637-4895.

I would like to rent: \_\_\_\_\_ One open air booth (\$20) (10X10)

**PLEASE NOTE: Tents & tables will not be provided by Sweden Harvest Festival. You must make arrangements to bring your own. No electrical on premises.**

**VENDOR NAME:** \_\_\_\_\_ **CONTACT NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**DETAILED DESCRIPTION OF ITEMS TO BE SOLD\*:** \_\_\_\_\_

*\*Approval of items to be sold will be at the discretion of Sweden Farmers Museum Festival Committee*

**SCHEDULE OF EVENTS** - Vendor Arrival & Set-up 7 am to 8am, Town of Sweden is not responsible for stolen or damaged items, Festival Open to the Public: 9am-4pm, Vendors must be off premises no later than 5pm.

**SEE YOU AT THE FESTIVAL!!**

# 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:**

<b>Name</b>	<b>Birthdate</b>	<b>Gender</b>	<b>Phone</b>
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>

**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: <b>Town of Sweden</b>				

**Medical Information:**

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

**Emergency Contact:**

<b>Name</b>	<b>Home Phone</b>	<b>Cell Phone</b>	<b>Work Phone</b>
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>

**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:** \_\_\_\_\_

**Senior Trip to the Del Lago**

Covered Wagon Tours will be taking us to the new Del Lago Resort & Casino in Waterloo! This trip is for seniors, but if you would like to bring a younger friend or family member, please feel free! If enough people want to go, everyone will receive a \$25 free play and \$5 towards lunch! Space is limited, so register early! Who's feeling lucky?

**\*\*Lunch & gambling will be on your own\*\***  
**\*\*Must register prior to November 2nd, 2018\*\***

Maximum Number of People: 55

Day	Date	Price
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Program #4117A

Friday	11/16/18	\$25R/\$30NR
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Depart- 8:30am (please arrive 15 minutes before departure) Return- 4:15pm

**Senior Trip – Becoming Dr. Ruth at the J.C.C. (NEW!)**

We will be taking a trip to see the play “Becoming Dr. Ruth” at the Louis S. Wolk Jewish Community Center in Rochester. Transportation by school bus will be provided. A pizza lunch will also be provided before the play.

**\*\*Must register prior to October 7th, 2018\*\***

Maximum Number of People: 40

Day	Date	Price
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Program #4117B

Sunday	10/14/18	\$30R/\$35NR
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Pizza lunch at 12:00 pm

Depart- 1:00 pm (please arrive at least 20 minutes prior) Return- Around 6:00 pm

**Senior Trip – The Legend of Georgia McBride at the J.C.C. (NEW!)**

We will be taking a trip to see the play “The Legend of Georgia McBride” at the Louis S. Wolk Jewish Community Center in Rochester. Transportation by school bus will be provided. A pizza lunch will also be provided before the play.

**\*\*Must register prior to November 25th, 2018\*\***

Maximum Number of People: 40

Day	Date	Price
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Program#4117C

Sunday	12/2/18	\$30R/\$35NR
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Pizza lunch at 12:00 pm

Depart- 1:00 pm (please arrive at least 20 minutes prior) Return- Around 6:00 pm

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

## 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: Large Activity Room 3.

Day	Date	Time	Price
Session I Program #4118A			
Wed	9/10-10/24	5:30-6:15 pm	\$44R/\$49NR
Session I Program #4118B			
Wed	11/7-12/19	5:30-6:15 pm	\$38R/\$43NR

**\*No Class Oct 31st & Nov 21st**

## 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: Large Activity Room 3.

Day	Date	Time	Price
Session I Program #4118C			
Wed	9/10-10/24	6:30-7:30 pm	\$50R/\$55NR
Session II Program #4118D			
Wed	11/7-12/19	6:30-7:30 pm	\$44R/\$49NR

**\*No Class Oct 31rd & Nov 21st**

## 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 and blanket. Instructor: Barb Whited. Ages 16+.

Location: Large Activity Rm 3

Day	Date	Time	Price
Session I Program #4118E			
Mon	9/10-10/29	6:30-7:30 pm	\$58R/\$63NR
Session II Program #4118F			
Mon	11/5-12/17	6:30-7:30 pm	\$50R/\$55NR

## Tops & Bottoms

Join instructor Barb for her brand new fitness class! This class will define our shoulders, biceps, triceps, along with lifting and shaping our glutes! Location: Large activity room 3.

Day	Date	Time	Price
Session I Program #4118G			
Mon	9/10-10/29	5:45-6:15pm	\$42R/\$47NR
Session II Program #4118H			
Mon	11/5-12/17	5:45-6:15pm	\$37R/\$42NR

## 2018 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? Call 431-0090 to set up appointment. \*Please Note: Fitness Center closes 15 minutes before community center.  
Daily Rates for out-of-town guests: \$10 adult; \$8 senior

## 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! 1 Session = \$30.00, 6 Sessions = \$150.00 Please contact Andre for more information and to schedule a session. Call 431-0087  
andrec@townofsweden.org

## Abs & Glutes

This class is designed to focus on strength training and balance for the lower body. These workouts will include Barre (ballet inspired exercises) that are designed to focus on lean muscle development. Balance is also a strong part of the class focus. All fitness skill levels welcome!

Adult(16+)

Day	Date	Time	Price
Program #4118I			
Thu	9/13-11/15	6-6:50pm	\$60R/\$70NR

## HIIT & Harmony

This class is a great combination of interval training And stretching, which will leave you with a full Body workout! The first half of the class uses timed intervals to work through 10 different workouts involving core, cardio and Strength training. "Harmony" is where we incorporate Yoga into a 20 minute cool down focusing on breathing, flexibility and balance. This class is perfect for all fitness levels!

Adult (16+)

Location: Large Activity Rm I

Day	Date	Time	Price
Program# 4118J			
Mon	9/10-11/12	6-6:50pm	\$60R/\$70NR



## Kickboxing

This is an instructor led group fitness routine which utilizes martial arts techniques, in addition to a combination of strength building and face paced for all levels! Come build stamina flexibility and coordination in a group fitness atmosphere! Adult(16+)

Day	Date	Time	Price
Program # 4119A			
Sat	9/15-11/24	8:30-9:20am	\$48R/\$53NR

**\*No Class Oct 6th**

## Mindfulness **\*\*NEW\*\***

Mindfulness is the focusing of one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. In this technology age of busyness and multitasking, a focused effort to be mindful can decrease stress, increase concentration/clarity and help develop a peaceful sense of self-acceptance. We will practice meditation techniques (seated and in movement) as well as learn practices to take home into our daily lives. Ages: 16+

Instructor: Tracy Martorana

Day	Date	Time	Price
Program #4119B			
Tue	10/2-10/23	6-6:45pm	\$20R/\$25NR

## 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 # 4119C			
Mon & Wed	9/10-10/24	12:15-1pm	\$65R/\$70NR
Session II Program # 4119D			
Mon & Wed	10/29-12/12	12:15-1pm	\$65R/\$70NR

## Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yaeger that takes place in the water. Water fitness is designed to reduce pain on the joints and ligaments from Low impact because of the water. The class is intended for People of all fitness levels and is a great opportunity to get Active in a fun unique way.

Day	Date	Time	Price
Session I Program #4119E			
Wed	9/12-10/10	8:30-9:15pm	\$45R/\$50NR
Session II Program #4119F			
Wed	10/17-11/14	8:30-9:15pm	\$45R/\$50NR

## \*NEW Unified Tae-Kwon Do

This beginner class will help develop self-confidence, self-control, and focus while working towards self-improvement. This program is taught by new instructor Master Kanous and he has over 18 years of training and started teaching TKD by age 11. Master Kanous has competed all over the east coast and has been a motivational speaker at numerous schools and events in the name of TKD. Ages: 16+ Max: 25

Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program # 4120A			
Wed/Fri	9/12-10/5	5:50-6:35pm	\$65R/\$75NR
Session II Program # 4120B			
Wed/Fri	10/10-11/9	5:50-6:35pm	\$65R/\$75NR
<b>*No Classes 10/31 or 11/2</b>			
Session III Program #4120C			
Wed/Fri	11/14-12/14	5:50-6:35pm	\$65R/\$75NR
<b>*No Classes 11/21 or 11/23</b>			

## Judo Intermediate/Advanced

Join Janet Johnson in a program designed to teach basic techniques and understanding of Kodokan Judo philosophy and principles. Please bring a judo gi if you already have one. They will also be available through purchase from the instructor.

Ages 16+

Location: Cooper Hall at the College at Brockport

Day	Date	Time	Price
Program # 4120D			
Tue/Thu	9/4-12/15	7-9pm	\$165

## Adult Fall Soccer League

In the fall we will be offering a coed adult soccer league! Get your team together join us in the fall! Pick up a blank roster form At the S/C community center. The league will be 6 weeks (6 games) Plus playoffs. Max: 6 teams

**\*You must register a complete team\***

Ages: 18+ Location: Sweden Town Park

Day	Dates	Time	Price
Program #4120E			
Wed	9/12-10/31	6pm	\$100 per team
<b>**\$40 per week for Referee fees**</b>			

## Co-ed 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 # 4120F			
Tue	9/11-12/4	6-9pm	\$150
<b>*No Games 11/20</b> *There is also a \$10 Ref fee per match			

### 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
Mon & Fri	1pm	\$1/class

### Tai Chi Beginner & Advanced 8-Week Course

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: Jane Harr.

Location: Large Activity Room 1

Price per session is \$40 for 18-59 years; \$33 for 60+.

Day	Date	Time	Price
Beginner Course Session I Program #4121A			
Monday	9/10-10/29	2-3 pm	\$40/\$33
Beginner Course Session II Program #4121B			
Monday	11/5-12/17	2-3 pm	\$40/\$33
Advanced Course Prior instruction recommended			
Advanced Course Program #4121C			
Friday	9/14-11/2	2-3 pm	\$40/\$33

### Stretch & Tone

Looking for an easy and low-key class to get some deep stretches and feel better? This is for you!

**Instructors:**

**(Mon)** Joyce Henion

**(Thu)** Natalia Farnsworth - MSPT Agape Physical Therapy

Location: Large Activity Room 3

Day	Time	Price
Mondays	1-2pm	\$1
Thursdays	12-1pm	\$1

**Give-A-Lift Program** The Give-A-Lift Program offers transportation to individuals needing a way to and from appointments and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Bob at 455-1126 between 8am—4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

### Intuitive Painting

Always wanted to learn more about painting but not sure where to begin? Looking for self-care activities? This workshop will use an intuitive process to help inspire your creativity and is ideal for the beginning artist as well as those actively creative. Learn blending and texture techniques using acrylic paints on canvas and just have fun! All supplies included in the workshop- please be sure to wear clothes you don't mind getting paint on. (Workshop lead by local artist and Art Therapist, Sheilagh McGreal). Come join us!

Location: Senior Lounge Minimum: 3 participants

Location: Small Activity Rm 4

Day	Date	Time	Price
Session I Program #4121D			
Tue	10/16	6-8 pm	\$25R/\$30NR
Session II Program #4121E			
Tue	11/6	6-8 pm	\$25R/\$30NR

### Arts & 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: Erin Uetz. Ages: 21 and up.

Location: Large Activity Room 3.

Min: 6 Max: 24

Day	Dates	Time	Price
Program #4121F & 4121G			
Thu	9/13 or 11/15	6-8 pm	\$25R/\$30NR/per class

### Senior Yoga Stretch

Join our instructor Chrisa for a gentle yoga class that is intended for seniors who are looking to become more flexible, functional, energetic in their every day living. The class requirements are just to bring a yoga mat and a bottle of water!

Day	Date	Time	Price
Session I Program #4121H			
Tue	9/11-10/23	12-12:40pm	\$26R/\$31NR
Session II Program #4121I			
Tue	10/30-12/11	12-12:40pm	\$30R/\$35NR

**\*No Class Oct 2nd**

### NEW \*Euchre Tournament

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 award to first and second place

\*\*Register as individual. Not as a team!

Ages: 21+ Location: SCCC Lounge

Day	Date	Time	Price
Mon	12/3	1:00pm	\$5 per person



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
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
Wednesday	1:15-2pm	Classic
Thursday	10am-11 am	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!

### Blood Pressure Checks

Monroe Ambulance Deputy Chief Mike Bove will be conducting blood pressure checks each week!

**Location:** SCCC Main Hallway

Day	Time	Price
Wednesdays	11:30-12:30pm	Free

### 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. Call 431-0090.

Day	Date	Time
Wed	Sept-May	10:15-11:45

Location: Large Activity Room 1

### Book Discussion Club

Day	Time	Price
1st Monday of the month	11-12:30 pm	FREE

Location: Small Activity Room 4

### 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
Thursdays	9:30—11 am	\$1

### Line Dancing

Different dances each week. All Ages.

Location: Large Activity Room 3

Day	Time	Price
Wednesdays	9:00-10:30 am	\$1

### 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 Room 3

Day	Time	Price
Mondays	9am-12 pm	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: Large Activity Room 3

Day	Time	Price
4th Tuesday	9am-12pm	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: Large Activity Rm3

Day	Time	Price
2nd Tuesday of each month	9am-11 pm	FREE

### 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	Price
Wednesday	10am-12pm	FREE



# ADULT & SENIOR PROGRAMS

## Notary Public License Law

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures. In collaboration with: Hilton Community Education

Day	Date	Time	Price
Session I Program #4122A			
Mon	10/15 & 10/22	6:30-8:45pm	\$50

Location: Quest Elementary, 225 West Avenue, Hilton Room 23 (use the door on the West side of the building)

## \*NEW Learn to Crochet

Have you ever wanted to learn how to crochet? Not only is it fun, but in the end, you wind up with something beautiful! Instructor Jennifer Kelly will teach you all the basics and more! Your friends and family will love all of the things you can make with this skill! A crochet hook and starter yarn are included in the price. Come on out and learn to crochet! Instructor: Jennifer Kelly

Location: Small Activity Rm 4 Min: 3 Max: 5

Days	Dates	Time	Price
Wed	9/12-10/17	6-8 pm	\$45R/\$50NR

Program #4122C

## Weekly Open Senior Cards

Euchre: Mondays - 12:30-2:30 pm  
 Fee: \$1 per visit  
 Location: Small Activity Room 4

## Senior Bingo

One Wednesday per month in the Winter Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded!  
 Location: Small Activity Rm 4  
 Dates: Sept 19th, Oct 24th, Nov 28th



**Brockport Jazzercise**  
 4927 Lake Road, Brockport, NY 14420  
 (585) 738-3555  
[bkpt\\_spen\\_jazz@yahoo.com](mailto:bkpt_spen_jazz@yahoo.com)  
[jazzercisebrockport@gmail.com](mailto:jazzercisebrockport@gmail.com)

6:00 a.m.	M, T, W, <u>Th</u> , F*
7:30 a.m.	T, <u>Th</u> , Sat, Sun
8:30 a.m.	Sat, Sun*
9:00 a.m.	M, T*, W, <u>Th</u> *, F
4:45 p.m.	M, T, W, <u>Th</u> *, F
6:00 p.m.	M, W

\* Strength 45

**1 WEEK FREE**

## Open Programs

### Walking/Running

Monday—Friday 9 am—10 am FREE

### Open Basketball

Monday—Thursday 12pm—3pm \$1/\$2  
 Sunday (5-13yrs Only) 10am-11:45pm R/NR

### Open Pickleball

Monday—Friday 10am-12noon \$1/\$2  
 Sunday 9-11:30pm R/NR

### 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.

## 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 Gym	\$75	\$150	\$50	Large Activity Room	\$25	\$35	\$10
Half Gym	\$50	\$75	\$25	Small Activity Room	\$20	\$30	\$10
Cafeteria	\$30	\$35	\$15				

## 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	\$125/field 3 hour block	\$175/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
<b>NEW LODGE</b>	\$175/day		\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	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	Football \$75/field All others \$50/field per 3 hour block	Football \$50 All Others \$20	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Ridge Road Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Ridgewood Lodge Ridge Road Park	\$175/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$150/day 8 am—10 pm	\$150/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables 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



**JOIN US FOR OUR  
14TH ANNUAL  
HALLOWEEN EVENT!!**

Thursday, October 25th from 6:00-8:00pm

Come dressed up in your favorite costume. Children grades 4th and under can take part in a costume contest at 7:15!

Enjoy a scary haunted house, not-so-scary haunted toddler gym, donuts, apple cider, face painting, tattoos, games, crafts, lots and lots of candy & much more!

*Sponsored By Brockport Wegmans*



*Holiday Event*

Thursday December 6th 6:00-8:00pm

Take pictures with Mr. & Mrs. Claus (remember your camera) along with crafts, games, face painting, cookies and punch!

Does your child write Letters to Santa?

All letters to Santa will be received at: Sweden Clarkson Community Center

4927 Lake Road South, Brockport NY 14420

Responses will be mailed back in a timely manner!

Any questions or concerns please contact:

Tim Manuszewski - [timm@townofsweden.org](mailto:timm@townofsweden.org) 585-431-0087