



# SWEDEN CLARKSON SCOREBOARD



# Fall 2024



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

# DIRECTORY

## HOW TO REGISTER



### ONLINE REGISTRATION

Log on to:  
[www.swedenclarksonrec.recdesk.com](http://www.swedenclarksonrec.recdesk.com)  
Go to "Register Now"  
You will need to set up an account



**CREDIT CARDS**-Online Only  
Mastercard and Visa are excepted. Online registrations requires payment at check out.



### WALK-IN & DROP-OFF

Sweden Clarkson Community Center:  
Mon-Thu 6:00am-8:00pm  
Fridays 6:00am-6:00pm  
Saturday 8:00am-12pm  
Sunday CLOSED (Sept)  
8am -12pm (Oct) 8am-3pm (Nov)



### CONTACT US

Questions? Call 585-431-0090

## REGISTRATION INFORMATION

- Pre-registration is required for all classes! Register early so our instructors can plan and we don't cancel class due to low enrollment.
- All registrations are taken on a first come first serve basis.
- Waiting lists will be established if a program that is full. If a space becomes available we will contact you. You will not be charged for the class unless you are enrolled.

### 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.

### 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.

### Locker Rooms and Lockers

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

### Community Center Hours

#### September

M-Th 6am-8pm, F 6am-6pm

Sat 8am-12pm

CLOSED Monday, 9/2 Labor Day

#### October

M-Th 6am-8pm, F 6am-6pm

Sat & Sun 8am-12pm

#### November

M-Th 6am-8pm, F 6am-6pm

Sat & Sun 8am-3pm

Close Early 3pm 11/27, CLOSED 11/28

### Recreation Staff

#### Recreation Director

Jill Wisnowski 431-0050

[jillw@townofsweden.org](mailto:jillw@townofsweden.org)

#### Recreation Assistant Full-Time

Amanda Kinney 431-0088

[amandak@townofsweden.org](mailto:amandak@townofsweden.org)

#### Recreation Assistant Full-Time

Megan Lester 431-0087

[meganl@townofsweden.org](mailto:meganl@townofsweden.org)

#### Recreation Assistant Full-Time

Caitlin Curley 431-0086

[caitlinc@townofsweden.org](mailto:caitlinc@townofsweden.org)

#### Clerical Assistant

Diane Samons 431-0090

[dianes@townofsweden.org](mailto:dianes@townofsweden.org)

#### Part-time Recreation Staff

Ashley Hermance, Maranda Dobbertin,

Alexandria Rood, Jessica DiFilippo

#### Media Specialist

Kate Bieler

### Gift Certificates

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

### Facebook/Instagram

Like us on Facebook and follow us on instagram at Sweden Clarkson Recreation

### 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 Info is sent to News Channel 13, 10, 8 & Spectrum News.

# COMMUNITY EVENTS

Saturday  
September 28th,  
2024

9:00am-1:00pm  
Set-up begins at  
7:30am

## TOWN WIDE GARAGE SALE

Have a bunch of stuff that you want to sell? Don't want to go through the hassle of advertising and setting up for your own garage sale? We are here to help! You bring the items you want to sell, and we will bring the people here to buy it from you

Program # 4800-M

Cost: \$10- Resident

\$15- Non-resident

**SELLERS MUST BRING THEIR OWN TABLES FOR THE SALE.**

Folding chairs will be available for use.

The garage sale will take place  
Sweden Clarkson Community Center  
4927 Lake Rd.  
Brockport, NY 14420  
585-431-0090



SWEDEN CLARKSON  
RECREATION PRESENTS:

OUR 21ST ANNUAL HALLOWEEN EVENT

THURSDAY OCTOBER 24TH 5:30-7:15

HAUNTED HOUSE & TODDLER GYM  
TEMPORARY TATTOOS

GAMES \*HAUNTED HOUSE CLOSSES  
CRAFTS AT 6:45\*  
SNACKS & CANDY

COSTUME CONTEST  
2-3 YEAR OLDS- 6:40 PM  
4-5 YEAR OLDS- 6:50 PM  
6-7 YEAR OLDS- 7:00 PM  
8-9 YEAR OLDS- 7:10 PM



## Health Fair

Wednesday, October 2nd  
from 10am-12pm

Come join us for 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. Vendors include Evergreen Assisted Living, Agape Physical Therapy, SilverSneakers and many more.

Come learn not only about your financial well-being but physical as well!

Location: Sweden-Clarkson Community Center  
Any questions please contact Megan at [meganl@townofsweden.org](mailto:meganl@townofsweden.org)

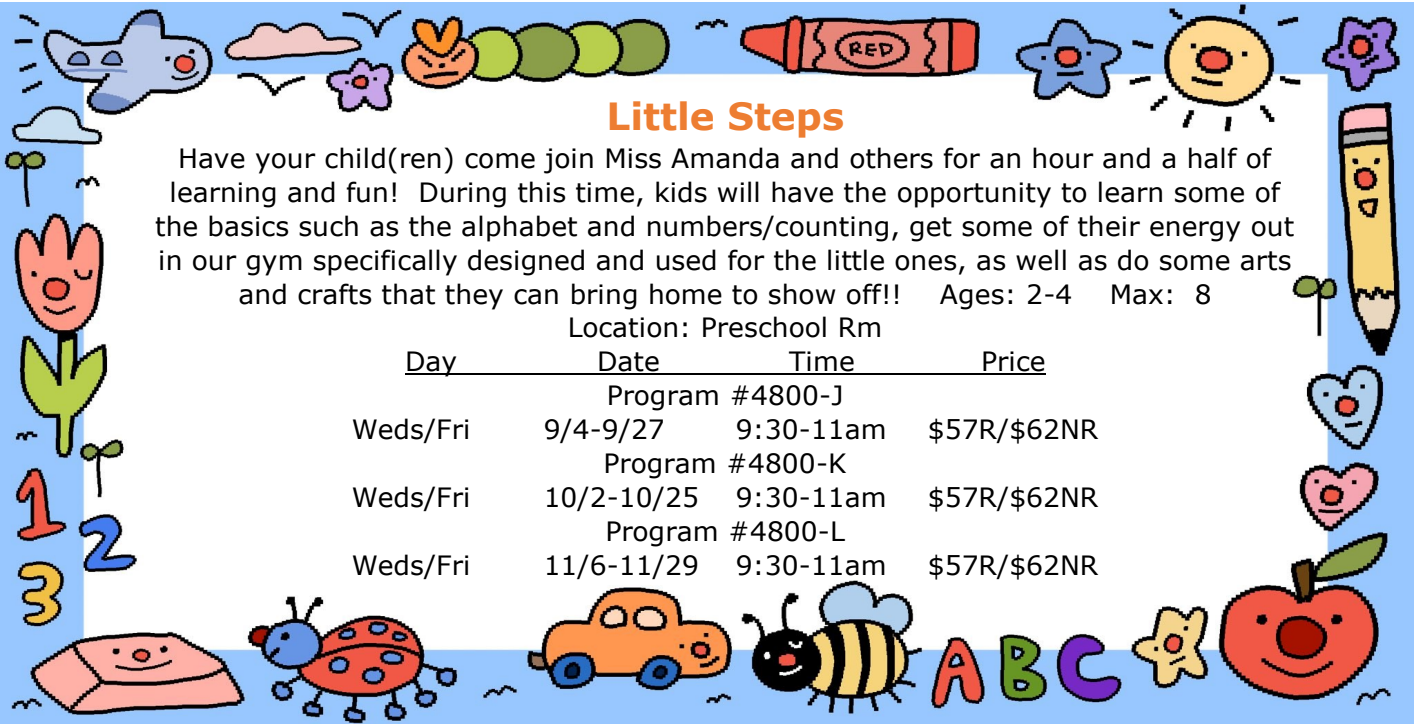
# TOT PROGRAMS

## Little Steps

Have your child(ren) come join Miss Amanda and others for an hour and a half of learning and fun! During this time, kids will have the opportunity to learn some of the basics such as the alphabet and numbers/counting, get some of their energy out in our gym specifically designed and used for the little ones, as well as do some arts and crafts that they can bring home to show off!! Ages: 2-4 Max: 8

Location: Preschool Rm

Day	Date	Time	Price
Program #4800-J			
Weds/Fri	9/4-9/27	9:30-11am	\$57R/\$62NR
Program #4800-K			
Weds/Fri	10/2-10/25	9:30-11am	\$57R/\$62NR
Program #4800-L			
Weds/Fri	11/6-11/29	9:30-11am	\$57R/\$62NR



## \*NEW Pre-Ballet

During this 11 week session, dancers will be introduced to the basics of Ballet through fun rhyming exercises, action songs, props, and imaginative prompts. Miss Joanna will guide students to improve listening skills, confidence, musicality, body awareness, motor skills & self-expression. Students are encouraged to participate in our winter showcase taking place on Tuesday, December 10 at 7pm.

Ages: 4-6 Min: 3 Max: 10

Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4700-F

Thu	9/5-11/21	4:45-5:30pm	\$112R/\$117NR
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\*No Class 10/24

## \*NEW Pre-Acro Dance

During this 12 week session, dancers will begin to learn to safely execute acrobatic skills such as forward rolls, bridges, cartwheels, handstands and more. Class will be adapted to the level of the students who attend so that each child is challenged the right amount and everyone has fun! Students are encouraged to participate in our winter showcase taking place on Tuesday, December 10 at 7pm.

Ages: 4-6 Min: 3 Max: 10

Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4700-C

Tue	9/10-11/26	5:15-6:00pm	122R/\$127NR
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## Music and Movement with a Caregiver

In this lively class, caregivers will participate with their young children in activities designed to promote musical learning, movement skills, and connection. Miss Joanna will guide you & your child through songs, dances, and fingerplays utilizing different types of music, props, and instruments. (When registering please use your child's name.)

Ages: 0-5 Min: 3 Max: 15

Location: LA Room #3

Day	Date	Time	Price
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Session I Program #4700-A

Mon	9/10-10/15	4:45-5:15pm	\$42R/\$47NR
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Session II Program #4700-B

Tue	10/22-11/26	4:45-5:15pm	\$42R/\$47NR
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## \*NEW Dance with Me

For children and a caregiver, this class will introduce children to the joy of movement through creative dance and basics of ballet, utilizing stories, props, and imaginative prompts.

Ages: 2-3 Min: 4 Max: 10

Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4700-H

Fri	9/13-11/22	4:15-5:00pm	\$122R/\$127NR
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# TOT PROGRAMS

## Instructional Tot Football

This class is designed to introduce kids to basic drills and skills essential for enjoying and improving in the game. We will review the basics of the game while also teaching a series of drills that your kids can do on their own. Ages:4-6

Location: SCCC Gym

Day	Date	Time	Price
Program #4700-W			
Thu	9/12-10/3	5-5:45pm	\$35R/\$40NR



## Instructional Tot Soccer

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- 4-6 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Program #4700-U			
Mon	9/9-9/30	5-5:45pm	\$35R/\$40NR

## Instructional Tot Cheerleading

Just starting cheerleading or looking to refine your skills. This class will help your child improve as an overall cheerleader. Join Coach Jessica as she reviews the basics of the cheerleading and a series of movements that they can use on their own.

Max: 8 Ages: 4-6

Location: SCCC Gym

Day	Date	Time	Price
Program #4700-S			
Sat	9/7-10/5	9-9:45am	\$40R/\$45NR

\*No Class 9/28

## Tot/Parent Drop-In Toddler Gym

Playtime and socialization in the toddler gym for parents and children, 1-5 years (infants in arms permitted). Colorful equipment to climb on, riding toys, etc. for active fun. Location: Toddler Gym

Day	Time	Price
T/Th	9:30-11am	\$2R/\$3NR
M/W	6-7:30pm	\$2R/\$3NR

## Instructional Tot Lacrosse

Just learning how to play lacrosse or looking to refine your skills. This class will help you improve as an overall player. Come have fun with Coach Danny as he reviews the basics of the game while also teaching a series of drills that you can use on your own.

Ages: 4-6 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Session I	Program #4700-Y		
Mon	9/9-9/30	5-5:45pm	\$35R/\$40NR
Session II	Program #4700-Z		
Mon	10/21-11/11	5-5:45pm	\$35R/\$40NR

\*No Class 10/31

## Tot Thanksgiving Craft

Looking for fun activities to celebrate Thanksgiving? Join us for a delightful day of crafting and creativity this Thanksgiving season! Celebrate the season of gratitude with creativity and fun with us! Location: SM Activity Rm #4 Age: 3-5

Day	Date	Time	Price
Program #4600-R			
Thu	11/14	5-5:30pm	\$5R/\$10NR



## Open Programs

Activity	Day	Time	Fee
Toddler Gym	M-Th Fri	8am-7:45pm 8am-5:45pm <i>W &amp; F Closed</i> 9:30-11:15am	\$2.00
Basketball	M-F	2-4pm	\$2R/\$3NR
Home School Gym	M,W,F	1:15-2pm	\$1R/\$2NR
Pickleball	Check Adult	section for	details
Walking	M-F	8:45-9:45am	Free
Tai Chi, Euchre, Mahjongg	Check Senior	section for	details

# YOUTH PROGRAMS

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! Register in person only!

This program is designed for students 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. For any question please contact

Amanda at 585-431-0088 or amandak@townofsweden.org

Before and After School rates are as follows:

### Daily Rates:

Before **OR** After School- **\$10.00**

Before **AND** After School- **\$19.00**

**Weekly Rates:** Before **OR** After School- **\$45.00**

Before **AND** After School- **\$90.00**

**\*When registering the week of, you will pay the daily rate (\$10/\$19)**



## Columbus Day Off at the Community Center

Sign your K-8 child up for our super fun day off at the community center! Children will do crafts, play games, have pizza for lunch and even make a little treat. Register online and in person.

Location: SCCC Cafeteria

Program # 4800-N

Mon 10/14	8:30AM-4:30PM	\$20R/\$25NR
Early Care	6:30AM-8:30AM	+\$4R/\$4NR
Late Care	4:30PM-6:00PM	+\$4R/\$4NR
Both Early and Late Care		+\$7R/\$7NR



# YOUTH PROGRAMS

## Pumpkin Painting

Introducing our delightful Pumpkin Painting Program, specially designed for young artists to bring their imaginations to life this Halloween! Dive into a world of vibrant colors and playful designs as you decorate pumpkins with easy-to-use brushes, and stickers! Whether you're creating a friendly pumpkin face, a spooky scene, or a whimsical masterpiece, our kid-friendly program ensures hours of creative fun. Share your painted pumpkins with friends and family, or showcase it right outside your home! Get ready to paint, play, and celebrate Halloween like never before! Location: Lounge  
Instructor: Maranda Dobbertin

Ages: 7-12 Max: 6

Day	Date	Time	Price
Program #4800-W			
Mon	10/21	5-6pm	\$10R/\$13NR

## Fall Crafts

Welcome to our Fall Craft Program, where creativity blossoms like autumn leaves! Designed just for kids, this program is your gateway to crafting seasonal wonders that captures the spirit of fall. Explore, create, and let your imagination soar as you bring the beauty of autumn indoors with fun-filled crafts perfect for celebrating this magical season! Location: Lounge  
Instructor: Maranda Dobbertin

Ages: 7-12 Max: 6

Day	Date	Time	Price
Program #4800-X			
Mon	11/11	5-6pm	\$15R/\$17NR

## How To Drawing Class

Welcome to our fun and easy drawing program designed especially for kids who are just starting their artistic journey! In this program, we'll guide young artists through the basics of drawing, using simple shapes and lines to create wonderful fall themed pictures! Location: Lounge  
Instructor: Maranda Dobbertin

Ages: 7-12 Max: 5

Day	Date	Time	Price
Program #4800-Z			
Thu	11/7	5-5:45pm	\$5R/\$7NR

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

Day	Date	Time	Price
Program #4600-P			
Fri	10/11	5-7pm	\$27R/\$32NR

## Youth Science Experiments

Have you ever wanted to be like Bill Nye "The Science Guy"? Come join recreation assistant Maranda Dobbertin in creating different science experiments each week while learning about the reactions that cause these 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! Ages: 7-12 Max: 5 Location: Cafe

Day	Date	Time	Price
Program #4800-Y			
Mon	9/23 & 9/30	6-6:30pm	\$18R/\$20NR

## All About Animals

Join us for a fun and educational journey into the world of animals! Each week, we'll explore a new animal through an engaging storybook and a hands-on craft project. This program is perfect for curious kids who love animals and enjoy being creative.

Instructor: Maranda Dobbertin

### Program Highlights:

**Weekly Animal Spotlight:** Learn fascinating facts about a different animal each week.

**Story Time:** Enjoy a beautifully illustrated book featuring our animal of the week.

**Craft Time:** Create a fun and easy craft project related to the animal we've read about. Location: Lounge Ages: 5-8

Day	Date	Time	Price
Program #4801-A			
Thu	10/10,10/17,10/24	6-6:30pm	\$15R/\$17NR



# YOUTH PROGRAMS

## \*NEW Instructional Youth Cheerleading

Just starting cheerleading or looking to refine your skills. This class will help your child improve as an overall cheerleader. Join Coach Katelynn as she reviews the basics of the cheerleading and a series of movements that they can use on their own. Max: 12 Ages: 7-12 Location: SCCC Gym

Day	Date	Time	Price
Program #4700-T			
Sat	9/7-10/5	10-10:45am	\$40R/\$45NR
*No Class 9/28			

## Instructional Youth Football

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!

Instructor: Landon Scott

Ages- 7-11 Min: 6 Location: SCCC Gym

Day	Date	Time	Price
Program #4700-V			
Thu	9/12-10/3	6-6:45pm	\$35R/\$40NR

## Instructional Youth Soccer

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: 7-11 Location: SCCC Gym

Day	Date	Time	Price
Program #4700-X			
Mon	10/21-11/11	5-5:45pm	\$35R/\$40NR

## Flag Football League

This league will prepare kids for playing organized football or for just having fun. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponents' home park. COED Teams. Volunteer coaches are needed.

Contact [meganl@townofsweden.org](mailto:meganl@townofsweden.org)

Day	Date	Time	Price
Ages: 5-6 Program #4549-Q			
Sat	8/24-10/5	TBD	\$30R/\$35NR
Ages: 7-9 Program #4549-R			
Wed/Sat	8/21-10/5	TBD	\$55R/\$60NR
Ages: 10-12 Program #4549-S			
Wed/Sat	8/21-10/5	TBD	\$55R/\$60NR

**\*No Games on 8/31**

**Flag Football requires a copy of child's birth certificate at the time of registration. If signing up on-line please upload birth certificate to each child's registration.**

## Home School Open Gym

Need something to do with your home school children during the day? Looking for free play time where your kids and their friends can get together? Then this the open program for you! No pre-registration required! Just bring your children and your daily fee, which will allow you access to our equipment closet and gymnasium! All children must be supervised and we ask that all Equipment gets treated with respect and put away after each use!

Location: Gym

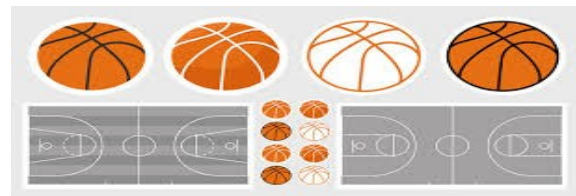
Day	Date	Time	Price
MWF	9/11-11/29	1:15-2pm	\$1R/\$2NR

## Instructional Youth Lacrosse

Just learning how to play lacrosse or looking to refine your skills. This class will help you improve as an overall player. Come have fun with Coach Danny as he reviews the basics of the game while also teaching a series of drills that you can use on your own.

Ages: 7-14 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4701-A Ages: 7-10			
Mon	9/9-9/30	6-6:45pm	\$35R/\$40NR
Session II Program #4701-B Ages: 11-14			
Mon	10/21-11/11	6-6:45pm	\$35R/\$40NR



## Train and Play with Basketball+

Come join Coach Jake Russell, owner of Basketball+, and his high-quality Basketball+ trainers for this 4 week class where you will be working on skill development which includes footwork, ballhandling and shooting. Sessions will include 30 minutes of training and 30 minutes of small sided games such as 1 v 1 and 3 v 3.

Location: SCCC Gym

Day	Date	Time	Price
Program # 4701-E Grades K-2			
Wed	9/4-9/25	5-5:45pm	\$52R/\$57NR
Program # 4701-F Grades 3-6			
Wed	9/4-9/25	6-7:00pm	\$52R/\$57NR
Program # 4701-G Grades 7-12			
Wed	9/4-9/25	7-8:00pm	\$52R/\$57NR



# YOUTH PROGRAMS

## \*K-1 House Basketball

Come join coach Jake Russell, owner of Basketball+, and his high-quality Basketball+ trainers in our K-1 House Basketball Program. It will include part instruction and part games. Everybody will also receive a jersey. Ages: Grades K-1 Location: SCCC Gym

Day	Date	Time	Price
Program #4701-H			
Wednesday	10/9-11/13	5:45-6:30 pm	\$52R/\$57NR

## \*New 2nd Grade House Basketball

This 8 week league will consist of a mix of practices and games. A jersey is included in the price for each participant. Teams will play other Sweden/Clarkson teams as well as other local teams.

\*Coed Teams\* Volunteer coaches are needed!  
Minimum: 2 teams Location: SCCC Gym

Day	Date	Time	Price
Program #4701-I			
Sun	10/6-12/15	12:30-3:00pm	\$66R/\$71NR

## 3rd/4th & 5th/6th Westside House Basketball

This 13-week league will consist of Thursday and Saturday morning practices. Practices will continue Thursday nights once games begin on Saturdays. A jersey is included in the price for each participant. Thursday practices are held between the hours of 5:30-8:30pm. Teams will play other Sweden/Clarkson teams as well as other local teams. Minimum: 2 teams per age group.

Volunteer coaches are needed! Mandatory evaluation day on November 2nd. Mandatory coaches meeting follows. For more information please contact: Megan Lester at [meganl@townofsweden.org](mailto:meganl@townofsweden.org) Location: TBD

Day	Date	Time	Price
Thu/Sat	TBD	TBD	\$100/\$110
Program#4701-J		*COED* Grades 3/4	
Program #4701-K		Boys Grades 5/6	
Program #4701-L		Girls Grades 5/6	

**House Basketball requires a copy of child's birth certificate at the time of registration. If signing up on-line please upload birth certificate to each child's registration.**

## \*NEW ABC Yoga

Join us for an exciting journey into the world of yoga tailored specifically for children, where they will explore yoga poses and movements that promote flexibility, strength, and coordination. Whether your child is new to yoga or has some experience, our ABC Youth Yoga Class offers a nurturing space to grow physically, mentally, and emotionally. Ages: 5-10 Min:5 Max:12

Location: LA Rm #3

Day	Date	Time	Price
Session I Program #4600-F			
Tue	10/1-10/29	5:15-6pm	\$25R/\$30NR
Session II Program #4600-M			
Tue	11/5-12/3	5:15-6pm	\$25R/\$30NR

## \*NEW Youth Exercise Circuit

Introducing our Youth Exercise Circuit Class! Whether you're looking to boost your stamina, improve flexibility, or simply have a blast, our Youth Exercise Circuit Class is perfect for you. Get ready to sweat, smile, and succeed. Don't miss out! Ages: 7-12

Location: Large Activity RM 1

Day	Date	Time	Price
Program # 4600-O			
Wed	10/2-10/30	5-5:45pm	\$25R/\$30NR



# YOUTH PROGRAMS

## Babysitters Training

Taught through classroom discussion, instructor lead lecture and supplemented by an interactive video presentation; this 5 hour class for boys/girls ages 11-15, teaches participants the roles and responsibilities of a babysitter including skills in: accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a certification card upon completion. Students are asked to bring a SASE (self-addressed stamped envelope) to class along with a peanut free bagged lunch and drink.

Ages: 8-12 Min: 5 Max: 20 Location: Conference Rm

Day	Date	Time	Price
Program #4600-B			
Tue	11/26	9-1:30pm	\$50R/\$55NR

## Home Alone

This 90-minute class is designed to teach children 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 miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child. Ages: 8-12 Min: 5 Max: 20 Location: SCCC Conference Rm

Day	Date	Time	Price
Program #4600-C			
Mon	11/25	1-2:30pm	\$37R/\$42NR

## Candy Bar Bingo Night

Looking for a sweet way to have fun? Join us for Candy Bar Bingo Night! This event is perfect for families, friends, and candy lovers of all ages. Don't miss out on this fun-filled evening! \*4 game maximum\* / 2 boards per person  
Min: 10 Max: 20 Location: SCCC Cafe  
\*\*\*Sign up DEADLINE: 10/25

Day	Date	Time	Price
Fri	11/1	6-7:30pm	\$5R/\$7NR

## Youth Cooking Class

Join Caitlin as Little Chefs learn how to prepare age-appropriate snacks and goodies! Don't miss out on this exciting opportunity to ignite your passion for cooking, let's cook up some delicious memories together! Please let us know of any dietary restrictions or allergies.

Ages: 5-10 Max: 6 Location: Café

Day	Date	Time	Price
Session I Program # 4600-J			
Mon	9/16	5-6pm	\$20R/\$25NR
Session II Program #4600-K			
Mon	10/21	5-6pm	\$20R/\$25NR
Session III Program #4600-L			
Mon	11/18	5-6pm	\$20R/\$25NR

# YOUTH AQUATICS

## Swim Lessons

**\*\*MANDATORY** Assessment Day takes place on the first day of lessons\*\* to determine the correct placement level for the child. Max: 6 per class

### Session I Program # 4601-B

Day	Date	Time	Price
Sat	9/28-10/26	1:30-2:15pm	\$50R/\$55NR

### Session II Program # 4601-C

Day	Date	Time	Price
Sat	11/2-12/7	1:30-2:15pm	50R/\$55NR

### Session III Program # 4601-D

Day	Date	Time	Price
Sat	9/28-10/26	3:15-4pm	\$50R/\$55NR

### Session IV Program # 4601-E

Day	Date	Time	Price
Sat	11/2-12/7	3:15-4pm	\$50R/\$55NR

**Classes will be held at the Brockport High School pool. Park in Lot D and use the side entrance closest to the pool. If you have any questions regarding our swim program, please contact Caitlin Curley at**

[caitlinc@townofsweden.org](mailto:caitlinc@townofsweden.org)

**or 585-431-0086 for more information.**

## Level 1 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.

## 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.

## 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 the pool with their child.

**Max: 8**

### Session I Program # 4600-Y

Day	Date	Time	Price
Sat	10/5-10/26	2:30-3pm	\$50R/\$55NR

**Ages: 6 Months-4 years old.**

### Session II Program # 4600-Z

Day	Date	Time	Price
Sat	11/2-11/23	2:30-3pm	\$50R/\$55NR

# YOUTH PROGRAMS

## \*NEW First Aid for Kids

Taught by EMT's and Paramedics; this 90-minute course teaches 8-14-year-old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat & cold emergencies. Also addressed are several common medical emergencies found in schools today such as: food allergies, diabetes, seizures, and asthma. This course meets requirements for several boy/girl scout badges. Instructor: EPIC Training

Age: 8-14 Min:5 Max: 20

Location: SCCC Conference Rm

Day	Date	Time	Price
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Program # 4600-D

Mon	11/25	2:30-4pm	\$37R/\$42NR
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## Ballet Fundamentals

During this 11 week session, dancers will begin or continue to learn the basics of ballet through barre, center, and traveling exercises. Miss Joanna will guide students to grow in confidence, musicality, body awareness & self-expression, in a supportive & fun environment. Students are encouraged to participate in our winter showcase taking place on Tuesday, December 10 at 7 PM.

Ages: 7-13 Min: 3 Max: 12 Location: LA Rm #1

Day	Date	Time	Price
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Program # 4700-G

Thu	9/5-11/21	5:30-6:30pm	\$132R/\$137NR
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\*No Class 10/24

## Homeschool Craft Day

Are you ready to unleash your creativity? We've got a fantastic craft session planned that promises to be loads of fun! Step-by-step guidance on how to create something awesome that you can bring home at the end of the session.

Ages: 8-12 Max: 5 Location: LA #3

Day	Date	Time	Price
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Program # 4701-C

Tue	10/22	1-1:40pm	\$25R/\$30NR
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Program # 4701-D

Tue	11/19	1-1:40pm	\$25R/\$30NR
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## Youth Thanksgiving Craft

Looking for fun activities to celebrate Thanksgiving? Join us for a delightful day of crafting and creativity this Thanksgiving season! Celebrate the season of gratitude with creativity and fun with us! Location: SA Rm #4 Age: 6-10

Day	Date	Time	Price
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Program # 4600-S

Thu	11/14	5:30-6pm	\$5R/\$10NR
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## Acro Dance Fundamentals

During this 12 week session, dancers will begin to learn to safely execute acrobatic skills such as forward rolls, bridges, cartwheels, handstands and more. Class will be adapted to the level of the students who attend so that each child is challenged the right amount and everyone has fun! Students are encouraged to participate in our winter showcase taking place on Tuesday, December 10 at 7 PM. Ages: 4-6 Min: 3 Max: 10 Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4700-I

Fri	9/13-11/22	5-6pm	\$132R/\$137NR
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## Open Level Modern Dance

Join professional dancer Joanna Rodriiguez to explore different qualities of movement, musicality, artistry, momentum, and control through the art of modern dance. Dancers of all levels are welcome—even absolute beginners! Class will include floorwork, standing exercises, traveling combinations, and gentle stretching, all taught in a supportive and fun environment. Dancers are encouraged to participate in our winter showcase taking place on Tuesday, December 10th at 7 PM. Ages: 14+ Min: 3 Max: 15

Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4700-E

Tues	9/10-11/26	7-8pm	\$142R/\$147NR
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## Youth Creative Dance

For the free spirited children among us! In this class, students will explore the elements of space, time, & energy, along with imagination & collaboration, to create original movement ideas. Students are encouraged to participate in our winter showcase taking place on Tuesday, December 10th at 7pm.

Ages: 7-12 Min: 4 Max: 12 Location: LA Rm#1

Day	Date	Time	Price
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Program #4700-D

Tue	9/10-11/26	7-8pm	\$72R/\$77NR
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## Calling All Swiftie's

Step into the spotlight for a night of Taylor Swift magic! Join us for an unforgettable evening celebrating the music and charisma of the one and only Taylor Swift. Whether you're a die-hard Swiftie or just love a good time, this event is for you! Ready For It? Ages: 5+ Location: SA Rm #4 Program #4600-E

Day	Date	Time	Price
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Fri	10/18	6-7:30pm	\$10R/\$15NR
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# ADULT PROGRAMS

## \*NEW Adult Beginner Jazz

Join our lively and upbeat Beginner Jazz class! Improve strength, flexibility, balance, coordination, and rhythm while boosting cardiovascular health and emotional well-being. No previous dance experience required. Let's stretch, learn jazz techniques, and dance fun combinations together in a positive and inclusive atmosphere! \* For your success and safety, I kindly ask that you please have a pair of Jazz shoes for class.

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

Day	Date	Time	Price
Program # 4700-J			
Tue	9/10 - 10/15	6-7:00pm	\$72R/\$77NR

## Move Well with Agape

Move Well with Agape Physical Therapy is led by Doctors of Physical Therapy. This class combines invigorating stretches, targeted strengthening exercises, and balance challenges to improve your overall mobility and confidence. Instructor: Gianna Cavalier PT, DPT

Location: Large Activity Rm #1

Day	Date	Time	Price
Session I Program # 4701-M			
Wed	9/11-10/2	9-9:45am	\$2R/\$3NR
Session II Program # 4701-N			
Wed	10/16-11/6	9-9:45am	\$2R/\$3NR

## \*NEW Mindful Movement

(Stretching & Mobility for Adults) Enhance your well-being by joining our revitalizing evening stretching class, featuring a delightful mix of seated and standing stretches. Stretching can increase flexibility, boost your range of motion, improve circulation and posture, reduce muscle tension, and provide stress relief. Just a few minutes of daily stretching can make a significant difference in your overall health and help you unwind after a busy day! \*You are welcome to bring your own mat for stretching, or you can use one of the mats provided in class. Location: Large Activity Room #1

Day	Date	Time	Price
Program # 4700-L			
Thu	9/12 - 10/17	7:30-8pm	\$42R/\$47NR

## Turkey Trot Pickleball Classic

Get ready to celebrate Thanksgiving on the courts at our exciting pickleball tournament! Whether you're a seasoned player or new to the game, everyone is welcome to participate in this fun-filled event. Let's make this Thanksgiving memorable with a smashing good time on the pickleball courts! Sign up with a partner!

Age: 18+ Location: SCCC Gym

**\*Please bring a non-perishable food item for donations to the Brockport Food Shelf\***

Day	Date	Time	Price
Sun	11/17	10-3pm	\$40/Team

## \*NEW Adult/Teen Beginner Ballet

Unlock the joy of Dance in this fun and recreational all inclusive Ballet class! No previous dance experience needed! You can boost your cardiovascular health, elevate your mood, enhance your agility, strength and stamina, and improve your flexibility. Dancers will stretch, learn technique at the barre, and then progress to center-work and traveling combinations across the floor. Come join our vibrant dance community and connect with fellow dancers that share your passion! \*For your success and safety, I kindly ask that you please have a pair of Ballet slippers for class.

Location: Large Activity Room #1

Ages: 13+ Min: 3 Max: 15 Participants

Day	Date	Time	Price
Program # 4700-K			
Thu	9/12 - 10/17	6:30-7:30pm	\$72R/\$77NR

## \*NEW Adult Ballet (Performance group)

Join us for a 3-week session designed for adults participating in our December Performance. This session will help you practice skills and rehearse for the show. We'll start with stretching and learning technique at the barre, then move on to center-work and traveling combinations across the floor. A significant portion of the class will be dedicated to reviewing and practicing our performance number.

This is a great opportunity to refine your skills and get ready for the big day!

Location: Large Activity Room #1

Ages: 13+ Min: 3, Max: 15 Participants

Day	Date	Time	Price
Program # 4700-M			
Thu	11/7-11/21	6:30-8:00pm	\$40R/\$45NR

## \*NEW Just for the Health of it

Do you want to learn about healthier habits? Come join Health Coach Veronica for a presentation Join us for an inspiring presentation where we unlock the secrets to healthy eating, from understanding ingredients to discovering delicious new recipes for you and your family through these busy work/ school weeks! Don't miss out on this opportunity to transform your eating habits and enhance your well-being. Join us for an enlightening session that will empower you to make healthier choices effortlessly.

**Sign up one week prior!** Max: 15

Location: Conference Room Age: Anyone

Day	Date	Time	Price
Session I Program #4600-T			
Mon	9/16	6-7pm	FREE
Session II Program #4600-U			
Thu	11/14	6-7pm	FREE

# ADULT PROGRAMS

## Vinyasa Flow

This stress reducing hour of yoga integrates the mind and body. It combines the breath with flowing movement, strength, and flexibility; along with balance and Pilates core work. For all levels. Please bring a yoga mat.

Instructor: Barb Whited Max: 16

Location: LA Rm #3

Day	Date	Time	Price
Session I	Program #4700-N		
Mon	9/9-10/21	6:30-7:30pm	\$68R/\$73NR
Session II	Program #4700-O		
Mon	10/28-12/9	6:30-7:30pm	\$68R/\$73NR

## \*NEW Instructional Pickleball

Welcome to our Beginner Pickleball Class for Adults! This class is designed for those who are new to pickleball and looking to learn the basics. Our instructor will guide you through the fundamental rules, techniques, and strategies of the game. You will learn how to serve, volley, and score while gaining confidence on the court. This is a great opportunity to meet new people, get active, and have fun in a supportive environment. Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Program #	4701-O		
Sat	9/7-10/5	10-10:45am	\$40R/\$45NR

\*No Class 9/28

## American Sign Language Introduction

Always wanted to learn how to do American Sign Language then come join this new class with non-licensed instructor John Naugle who has 40 years' experience in American Sign Language. This class will help teach you the basics of American Sign Language.

Location: Senior Room Side B

Day	Date	Time	Price
Program #	4700-R		
Mon	6/10-8/26	10-11:00am	\$14R/\$19NR

\*No Class 10/28

## Arts and Carafes

Come and enjoy a relaxing evening with your favorite bottle of wine while discovering your inner artist! No experience is required. Step-by-step instructions will be given by our fun and local artist, Erin! \*Please come to class 15 minutes early and bring an old shirt or apron with you\* Ages: 21+ Min: 6 Max: 24

Location: Lounge

Instructor: Local Artist Erin Lawrenz

Days	Dates	Time	Price
Session I	Program # 4600-W		
Fri	9/20	6-8 pm	\$37R/\$42NR
Session II	Program # 4600-X		
Fri	11/1	6-8 pm	\$37R/\$42NR

## Yoga Stretch

The focus of this practice is to help improve your range of motion and mobility. Using breath and longer holds to increase free range of movement, while enhancing the relaxation response for stress relief and resilience. Max: 16

Instructor: Barb Whited Location: LA Rm #3

Day	Date	Time	Price
Session I	Program # 4700-P		
Tue	9/10-10/22	6:30-7:30pm	\$68R/\$73NR
Session II	Program # 4700-Q		
Tue	10/29-12/10	6:30-7:30pm	\$68R/\$73NR

## 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: LA Rm #1

Days	Date	Time	Price
Program #	4800-I		
Wed	9/11-10/30	11am-12pm	\$52R/\$57NR

## 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 and pay BEFORE first day\* \*Sign up deadline 9/3\*

Ages: 18+ Location: SCCC Gym

**\*\*\$10 Referee fee per match per team\*\***

Program #4600-A

Day	Date	Time	Price
Tue	9/10-11/10	6-9pm	\$150

## \*NEW Paint Your Own Wine Glass

Join us for a fun-filled evening of creativity at Paint Your Own Wine Glass Night! Come and unleash your inner artist as you design and decorate your very own wine glass. Perfect for friends, couples, or a solo night out.

Location: Café Age: 21+

Day	Date	Time	Price
Program #	4600-Q		
Tue	10/10	6-7pm	\$15R/\$20NR

# ADULT PROGRAMS

## Personal Training

Are you looking for a personal trainer? Give our personal trainers a call!  
 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.

## Fitness Center Membership

Membership	1month	3month	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.**  
 Daily Rates: \$5 adult; \$3 senior  
 We except SilverSneakers, Silver & Fit, Optum and Renew Active

## 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

**\*Please Note: Weekend availability maybe affected by facility use of the gymnasium.**

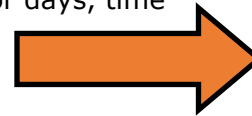
Day	Time	Price
MWF	10am-1:15pm *All levels of Play (Basic knowledge of rules of pickleball required)	\$1R/\$2NR
T,Th	10-11:30am *Advance Play	\$1R/\$2NR
T,Th	11:45am -1:15pm *Beginner Play	\$1R/\$2NR
Sun	Be back in the Fall *Advance Play	\$1R/\$2NR
Sun	Be back in the Fall *Beginner Play	\$1R/\$2NR

## JAZZERCISE BROCKPORT



As the leaves change and the air crisp, it's time to reignite your fitness routine! Jazzercise blends dance, cardio and strength training to keep you moving, growing and feeling fantastic. Our classes are designed for all fitness levels, and ensuring a fun effective workout every time.

Scan here for days, time and more information.



## Comfort Bird Carving

This is a short course on carving comfort birds. Each novice carving student will learn basic knife carving techniques and produce one or more comfort bird(s). Comfort birds produced will be easily held in one hand and offer some comfort for those facing stress from medical, or other problems. Essentially, the tactile stimuli from handling the bird, thought of birds, the grain and feel of the wood all combine to offer non-stressful sensations. You could think of them as worry beads with a more natural foundation. The carving tradition is to make them to give them away to people in need. Items provided: carving knife, strop, and a cut out blank. Students should bring a pencil with an eraser and cut resistant glove.  
 Instructor: John Gardner, long time woodworker.

Min: 4 Max: 12 Location: LA Rm #3  

Day	Date	Time	Price
Wed	10/2-10/23	6-8pm	\$25R/\$30NR

## Coffee Club

Looking for some quality time with friends? Looking To make some new friends? Need to get out of the House? Come join us on Monday mornings this winter for our Coffee Club! This program will give everyone a chance to socialize and relax while enjoying delicious fresh brewed coffee! We will provide coffee with our "brew your own" Keurigs! Location: Senior Rm Side B  

Day	Time	Price
Mon	8:45-10am	\$1

# 55+ SENIOR PROGRAMS

## Senior Open Bowling

Our Senior Open Bowling Program offers a relaxed and enjoyable bowling experience for older adults looking to bowl on their own schedule. Whether you're a seasoned bowler or new to the lanes, this program is designed to accommodate your preferences and provide a fun outing with friends or family.

Pre-Register 1 week prior!

Max: 25 Location: Brockport Bowl

Day	Date	Time	Price
Program # 4800-B			
Sat	9/14, 10/12, 11/16	12:30-1:30pm	\$20R/\$25NR

## Silver Screen Movie Club

Have fun with peers watching some nostalgic and some newer movies that we think you will enjoy! Whether you're reliving fond memories or discovering new favorites, the Silver Screen Movie Club offers a vibrant community for passionate cinephiles to connect, share their love for film, and appreciate the enduring magic of the silver screen. Popcorn and drinks included!

\*Pre-registration Required\*

Day	Date	Movie	Time	Price
Program #4800-F				
Thu	9/19	The Blind Side	1pm	\$2
Program # 4800-G				
Thu	10/17	Great Pumpkin Charlie Brown	1pm	\$2
Program # 4800-H				
Thu	11/14	Charlie Brown Thanksgiving	1pm	\$2

## \*NEW DIY- Paint Your Own Ceramic Leaf Bowls

The "Paint Your Own Ceramic Leaf Bowls" senior class is a delightful opportunity for older adults to explore their creativity and craftsmanship in a relaxed and supportive environment. In this class, participants engage in the process of decorating ceramic leaf-shaped bowls using various painting techniques. Seniors can experiment with different colors, patterns, and designs to personalize their ceramic bowls. The focus is on enjoying the creative process rather than achieving perfection, making it accessible and enjoyable for participants of all skill levels. By the end of the session, participants not only take home their beautifully painted ceramic leaf bowls but also gain a sense of accomplishment and fulfillment from their artistic endeavors. The class fosters a sense of community and provides a meaningful and enjoyable experience for seniors to express themselves through art. Pre-Register 1 week prior!

Location: Senior Lounge

Day	Date	Time	Price
Program #4800-D			
Weds	10/2	1-2pm	\$10R/\$15NR

## \*NEW Getting to Know Your Technology

Not sure how to utilize the features your smart device may have? Messed something up on your device and unsure how to fix it? Or just want some tips and tricks on smart device basics? Then this is the class for you! Come join instructor Schelli Realmuto with her years of experience in technology troubleshooting and she can help you! Just bring your questions and your device.

Location: Senior Lounge

Day	Date	Time	Price
Program # 4800-S			
Mon	9/9-9/23	10:15-11:15am	\$10R/\$15NR

## \*NEW Senior Chair Volleyball League

The Senior Chair Volleyball League, played with a beach ball, offers a fun and engaging way for older adults to stay active and socialize. This modified version of traditional volleyball is designed to be played while seated, making it accessible and enjoyable for seniors with varying levels of mobility. Participants use lightweight beach balls instead of standard volleyballs, allowing for easier handling and reducing the risk of injury. The rules are adapted to accommodate seated players, focusing on teamwork, coordination, and gentle movement. The league emphasizes inclusivity and encourages seniors to maintain physical activity and social connections, which are essential for overall well-being. Beyond the physical benefits, the Senior Chair Volleyball League promotes camaraderie and a sense of belonging among participants. It provides an opportunity for seniors to engage in friendly competition, laughter, and shared experiences, fostering a positive and supportive community environment. Location: Large Activity Rm #3

Day	Date	Time	Price
Program #4800- E			
Wed	9/25-10/30	1:30-2:30pm	\$10R/\$15NR

## \*NEW Seniors Adult First Aid/ CPR/AED

This informative Adult First Aid/CPR/AED course is designed to help seniors recognize and care for emergencies they are more likely to experience such as: Heart Attacks, Strokes, slips and falls along with in-depth coverage of a variety of other first aid topics. Instructor: EPIC Training

Location: SCCC Conference Room

Day	Date	Time	Price
Program # 4800-O			
Th	11/7	10am-2pm	\$43R/\$48NR

# 55+ SENIOR ENTERTAINMENT

## Veteran's Day Lunch

Please join us for our 3rd annual Veteran's Day Celebration with a free lunch for Veteran's serviced at noon. Guests please bring 2 non-perishable food items.

Reservations are required please call 585-431-0090 to be added to the list for lunch. Space is limited don't wait to long to call. We look forward to having you join us!

Day	Date	Time
	Program # 4601-A	
Fri	11/8	11:30-1pm

## Senior Fall Social

Join us for a heartwarming Senior Fall Social. This festive event promises an afternoon filled with delicious food, delightful drinks like apple cider and save room for our decadent desserts!

Location: Senior Room Side A

Day	Date	Time	Price
	Program # 4800-R		
Fri	10/18	2-3pm	\$10R/\$12NR

## Monroe County Senior Nutrition Program

### Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under the age of 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

### Who may "contribute"?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is \$3.50 per meal.
- All contributions are confidential and voluntary.

### Who must "pay"?

- Staff • Staff under 60 years of age must pay \$7.50 per person.  
 Guests • Guests under age 60 must pay \$7.50 per person.

- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging.

Monthly Food Menu will be available at the community center.

Lunch will be served Tuesday -Friday each week.

For further information Contact Kyle Preston - [kyle.preston@lifetimeassistance.org](mailto:kyle.preston@lifetimeassistance.org)



# 55+ SENIOR PROGRAMS

## Open MahJongg

MahJongg is played with tiles instead of playing cards. You play as an individual (no partners) against one to three other opponents, making runs, pairs and even and odd numbered combinations. It's interesting, engaging, challenging and FUN! We play using the National Mahjongg League rules. A current league card is required. It can be ordered [nationalmahjongg-league.org](http://nationalmahjongg-league.org). Not sure how to play or need a refresher course? Feel free to come watch or sit in at the learning table.

Day	Time	Price
Thu	9am-12pm	\$1R/\$2NR

\* No Class 10/31

## 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. Location: Senior Room

Day	Date	Time
Wed	Sept-May	10-11:30am

## Candle Making Class

The Senior Candle Making Class offers a creative and engaging experience tailored for older adults who are interested in crafting unique candles. The class provides a relaxed and supportive environment where participants can learn the basics of candle-making techniques. Participants have the opportunity to create personalized candles, experimenting with different shapes, sizes, and scents to suit their preferences. Beyond the hands-on crafting, the class fosters social interaction and community building among seniors who share a passion for crafting and creativity. Pre-Register 1 week prior!

Location: Lounge

Day	Date	Time	Price
Thu	9/26	2-3pm	\$10R/\$15NR

## DIY Autumn Craft Class

This 4-Week DIY Crafts Class for Seniors is a structured and engaging program designed to introduce older adults to a variety of hands-on crafting projects. Each week focuses on a different craft, providing participants with the opportunity to learn new skills, express their creativity, and socialize with peers. Overall this class aims to provide a stimulating and enjoyable experience, promoting mental agility, social engagement, and a sense of achievement through the joy of crafting.

Location: Senior Lounge

Day	Date	Time	Price
Mon	10/7-10/28	2-3pm	\$20R/\$22NR

# SilverSneakers®

Empowering active aging

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. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes are as follows:

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

### \*Is for new class times.

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!

## Description of SilverSneakers Classes

**Classic** is low-impact training suitable for all fitness levels. It focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

**Chair Yoga** participants complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints. It provides an opportunity for deep stretching and modifications are provided for those who would like to stay seated for the entire class.

**Cardio** is a primarily standing class that will bring heart-healthy aerobics to your workout using low-impact movements. The class focuses on building overall strength with added cardio endurance.

# 55+ SENIOR PROGRAMS

## 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.

Lunch & Drinks **\*Donations for prizes accepted.**

**\*Pre-Registration as individual is required the Friday before a tournament.**

**\*Register as a single not as a team!**

Ages: 45+ Max: 20

Location: Senior Room

Day	Date	Time	Price
Program #	4600-G		
Mon	9/16	11:30am	\$10 per person
Program #	4600-H		
Mon	10/21	11:30am	\$10 per person
Program #	4600-I		
Mon	11/18	11:30am	\$10 per person

## Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm

Fee: \$1 per visit Location: Senior Room

## 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: Lounge

Day	Time
2nd Tue of the month	9am-12pm

## Book Discussion Club

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

## Medicare 101

Join Theresa Seil to learn the basics of Medicare!

Learn about the eligibility requirements of Medicare, Medicare Parts A, B, C and D, and Medicare costs and benefits. We discuss Part D prescription drug coverage, Medigap and Medicare Advantage Plans. This is an educational session for people turning age 65 or anyone already participating in Medicare! Theresa is a Licensed Insurance Agent affiliated with Must & Leone. Tuesday, Sept. 17, 2024 6:30-7:30pm or Wednesday, Nov. 13, 2024 6:30-7:30pm FREE, FREE, FREE! Please register:

theresas@maustandleone.com or call/text 585-507-6316, TTY 711.

## 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
Wed	9:30-11am	\$1

## Bingo

Join us for senior bingo. Each session will include four rounds of bingo, a sub tray for a lite lunch and prizes will be awarded!

\*Donations for prizes accepted

Location: Senior Rm

Day	Date	Time	Price
Tue	9/10	11:15am	\$3 per card
Tue	10/8	11:15am	\$3 per card
Tue	11/12	11:15am	\$3 per card

## 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
Mon	9am-12 pm

## Knitting Club

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

Day	Time
Fri	10am-12pm

## 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: LA Rm #1

Day	Time	Price
Mon & Fri	1pm	\$1/class

## 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. Please give one week notice to allow a ride to be found. Anyone over the age of 18 qualifies to use Give-A-Lift.

Call **Caren Scott at 585-681-0574** between 8am-4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver. **Drivers needed—please contact Life Span to help!**

# REGISTRATION

## Sweden/Clarkson Community

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

<b>Registration Form</b>	<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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<b>Participant Info.</b>	Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
							TOTAL \$	

<b>Household Information</b>	<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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<b>Note</b>	<p>Please list any special needs /limitations/allergies/etc:</p> <p>Would you like to Volunteer Coach? Yes No</p>
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<b>Waiver of Participation</b>	<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><b>Signature:</b> _____ <b>Date:</b> _____</p> <p><b>Staff Signature:</b> _____ <b>Date:</b> _____</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 Only	\$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 Security deposit needs to be a check	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day		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 needs to be a check or mon- ey order	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.swedenclarkson">www.swedenclarkson</a> <a href="http://rec.recdesk.com">rec.recdesk.com</a>				Rec. Dept. 431-0090

## Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
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
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
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130