

Fall 2014 Program Guide

EDEN/CL

Recreation Department Staff Directory

Recreation Supervisor

Jill Wisnowski Email: JillW@townofsweden.org Phone: 431-0050

Recreation Assistants, Full Time

Joe Kincaid— JoeK@townofsweden.org / 431-0088 Carrie Graham— CarrieG@townofsweden.org / 431-0087 Megan DeMarco— MeganD@townofsweden.org / 431-0086 Tracy Crooks -TracyC@townofsweden.org / 431-0087

Recreation Assistants, Part Time

Dottie Coia Grant Holupko Ashley Hermance

Clerical Assistant

Diane Samons -DianeS@townofsweden.org / 431-0090

Sweden Town Board

Robert A. Carges, Supervisor Rebecca Donohue, Councilperson Donald Roberts Jr., Councilperson Danielle Windus, Councilperson Robert Muesebeck, Councilperson

Clarkson Town Board

Paul Kimball, Supervisor Patrick Didas, Councilperson Allan Hoy, Councilperson Christa Filipowicz, Councilperson Jackie Smith, Councilperson

Community Connections

Brockport Blizzards Soccer -Www.brockportsoccer.org

Brockport Bison's Baseball— Www.brockporttravelbaseball.com

Brockport Eagels Football & Cheer— Www.brockporteagles.com

Tri-County Hockey— Www.tricountyyouthhockey.com

Sweden/Clarkson Community Center 4927 Lake Rd South Brockport, NY 14420 (585) 431-0090 Sweden Senior Center 133 State Street Brockport, NY 14420 (585) 637-8161

www.SwedenClarksonRec.com

Information

Community Center Sept. 2nd—Sept. 31st

M-Th 6am-8pm F 6am-6pm Sat 8am-3pm Sun 8am-12pm

un 8am-12pm

Oct. Ist—Nov. 30th

M-F 6am-8pm Sat & Sun 8am-3pm Closes at 3pm on Thanksgiving Eve Closed Thanksgiving Day

Dec. Ist—Dec 31st

M-Th 6am-8pm Fri 6am-6pm Sat 8am-6pm Sun 8am-3pm Closes at 3pm on Christmas Eve Closed Christmas Day

Senior Center Sept 2nd—Dec 31st

M-F 9am-1pm Oct 13—Closed Nov 11—Closed Dec 25—Closed

facebook.

Our official page is

Sweden Clarkson Recreation

Please follow us there for more up -todate information and occasionally local deals from our partners. Now accepting online registrations! Our online system does except credit card payments.



We will no longer except credit card payments at the community center after 9/2/14

Registration Policy

To register for Sweden/Clarkson 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 be registered and paid in full by the registration deadline. Registrations accepted via mail, fax, e-mail or online.

Non-Resident Policy

Any person not residing in the Towns of Sweden or Clarkson will be charged a \$5.00 per person/per program non-resident fee.

Credit/Refund Policy

Refunds will be given upon request to anyone who cancels from a program at least one week (5 working 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 will be subject to a \$10.00 processing fee per person/per program. Certain programs, such as the fitness center are nonrefundable.

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 registering for a program. Grant applications will be reviewed upon receipt of completed application, requested documentation and completed Registration Form.

Videotaping

There is no videotaping allowed in the Community Center unless you have received advance permission from the Recreation Director.

Locker Rooms and Lockers

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

Weather Cancellation Hotline for Programs

Recreation Program status is updated on the 24-hour information hotline @ 585-431-0085. The hotline is updated by 4:30 pm each day based on weather conditions.

Facility Closing Information YNN NEWS



I hope you enjoy our NEW brochure layout. Please feel free to contact me or the recreation staff anytime! Jill Wisnowski

Special Events

Town of Sweden's September Bicentennial Event:

Saturday, September 20th Sweden Harvest Festival and Nick Reid Memorial 5K Race

Time: 9am – 4pm Where: Sweden Farmers Museum 4988 Lake Rd. South Brockport, NY 14420

For more information visit SwedenFarmersMuseum.org -OR-On Facebook at: Brockport Farmers Museum





Join us for our 11th Annual Halloween Event!!

Thursday, October 23rd 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





Community Holiday Party Thursday, December 11th from 6-8pm Come join Mr. & Mrs. Claus for games, food and fun!

Send your holiday wished to Santa through Sweden/Clarkson Recreation and they are sure to get a response: Santa Claus C/O Sweden/Clarkson Recreation 4927 Lake Rd Brockport, NY 14420



Active Older Adults Programs & Events

SilverSneakers® participants will receive a fitness center membership benefits and SilverSneakers® classes at the Sweden/Clarkson Community Center and Sweden Senior Center. SilverSneakers® programs are designed for older adults to help them:

Have more energy, Improve balance, Increase strength, Increase flexibility

Meet new people

Whether you want to take a class, walk in the gym, use the treadmill or other fitness equipment, we'll welcome you and help you get started. All of this is covered by your insurance company and the simple swipe of your SilverSneakers® card. Classes offered include:

Sweden/Clarkson Community Center	4927 Lake Road	
MONDAY, WEDNESDAY, FRIDAY	CLASSIC	11 AM
TUESDAY & THURSDAY	CARDIO	10 AM
Sweden Senior Center	133 State Street	
TUESDAY & FRIDAY	CLASSIC	9:45 AM
TUESDAY	YOGA	11 AM

(except the second Tuesday of each month)

Visit either location or call 431-0090 to learn how you can become a member of the SilverSneakers® family!

NEW Silver & Fit participants will receive a fitness center membership covered by your insurance company, please stop in and fill out a registration packet & form and you can get started!

Silver&Fit. **Fitness Facility**

QIGONG SHIBASHI

Tai Chi Qigong Shibashi is designed to improve the general health and wellbeing of the practitioner. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. The overall effect of the exercise is to reduce mental stress and physical tension carried in the muscles of the body. This Qigong is effective and easy to learn. Instructor: Jane Harr

NEW Location: SCCC

 Day
 Date
 Time

 Session I Program # 3752- A
 M
 9/22-10/27
 2:15 pm

 Session II Program #3752-B
 M
 11/10-12/15
 2:15 pm

 Price: \$40.00 Sr. Price (60+) \$33
 \$33

Beginner TAI CHI FORM 6

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 <u>NEW</u> Location: SCCC <u>Day Date Time</u> Program # 3751-A Fri 9/26-10/31 2:15 pm Price: \$40 Sr. Price (60+) \$33

TAI CHI FORM 12

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 <u>NEW</u> Location: SCCC ***A continuation of the forms*** <u>Day Date Time</u> Program # 3751-B F 11/7-12/19 2:15pm Price: \$40 Sr. Price (60+) \$33

STRETCH & TONE

Stretch & Tone is a stretching class with bands that helps keep you limber and strong. Designed by Agape Physical Therapy. Sr. Center Octagon room. Day Time

Mon & Thurs 10:30am

Active Older Adults Programs & Events



The SilverSneakers® Fitness Program is for Members of MVP Gold, Essence Advantage Insurance Humana, Well-Care & Secure Horizons Health Plans!

Sweden Senior Center

Do you want to enjoy good company, and a friendly atmosphere? Join us at the Sweden Senior Center. Activities include: Quilting, SilverSneakers®, Open Tai Chi, Euchre, Ceramics, Crafts, Chorus, Line Dancing, Bridge, Pinochle, Stretch and Tone, and various short term classes. Check our monthly calendar for the most up-todate information.

WHO: All Active Older Adults WHERE: 133 State St.

COST: Suggested donation for lunch is \$3.00

WHEN: Meals are served M-F at noon; Reservations Required.

AARP SMART DRIVER COURSE

A lot has changed since AARP Driver Safety first began. The roads, cars and the technology inside them have changed. As drivers, if we don't keep up with those changes we put others and ourselves at risk. As a result of evidence-based research findings, the course has been adjusted to include a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, red-light running, safety issues such as speeding, and seatbelt and turn-signal use. The course is open to anyone of any age. Call 431-0090 to register. Bring your driver's license and AARP card with you to class. Checks made payable to AARP. Location: SCCC

Day Date Time Price Program # 3750-A T/Th 10/21&10/312:30-3:30pm \$20AARP Member /\$25 Non

CHEMO CAP GROUP

Meets to knit and crochet chemo caps for area cancer patients. We provide the Location: Senior Center yarn. If you have any to share we would gladly accept it for this or other projects. Location: Senior Center

Day	Time	Price
Wed	10am	FREE

LINE DANCING

Different dances ea	ach day. Location:
Octagon Room at S	Senior Center
Day	Time
Wed & Thurs	9am

CARDS

Clarkson Commun	ity Center*
**Now being held	
Wednesday: Bridge	12:30 pm
Wednesday: Pinochle	12:30 pm
Tuesday: Euchre	12:30 pm

SENIOR BINGO AT THE **COMMUNITY CENTER**

Join us at the Sweden Clarkson Community Center for some Bingo and a light lunch! \$2 per card, no card limits. No cash prizes, but prizes are available! Ages 55 and up!

Location: SCCC Conference Room

Day	Date	Time	Price
Wed	9/17	12 pm	\$2
Wed	10/15	12 pm	\$2
Wed	11/19	12 pm	\$2
Wed	12/17	12pm	\$2

CERAMICS AND/OR CRAFTS

Learn basic painting techniques to paint ceramic pieces. Students choose their own bisque ware to paint with the help of color suggestion when needed. Paints and paintbrushes are supplied. Self-appreciation of completed pieces within an enjoyable atmosphere is the goal.

Instructor: Carol Passaniti

Day	Time	Price	
Tues	9am	\$2 per class*	
	*plus material costs		

TOWPATH BUTTON CLUB

We study the materials buttons are made of vegetable ivory, pearl, celluloid, metals of all kinds, glass and plastic; the make-up of buttons-shanks-symbols on buttonsprecision inlay. In addition, we have Show & Tell when we bring buttons to be identified and admired. This is a fun social group. Anyone interested in learning about buttons is welcome to visit. We accept button donations anytime. Location: Craft room Date Time Day 4th 10 am Tue of month

OUILTING

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. Location: Senior Center Day Time 9am-12pm Mondays

LAWN BOWLING

This is a open game for anyone who likes to be outside. Wear your comfortable shoes and let's go out and get the ball rolling.

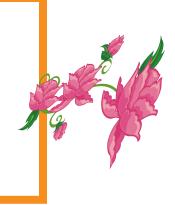
Location: Senior Center

.Day Date Time Price Program #3753-A M-F 9/15-10/24 10:30-11:30 \$2

Senior Center Events -

All Events will be at our Senior's Center located at 133 State Street in Brockport, NY 14420

Baked Potato Lunch September 17th Time: Noon Price: \$3.00 Sign-up by 9/10/14



Volunteer Luncheon Complimentary Lunch for our volunteers All others—\$5.00 Tuesday September 25th at 11am R.S.V.F. by 9/9/14 by calling 637-8161

Menu: Pot Roast w/gravy, Au gratin pota-

2014 Veteran's Day Luncheon

Please join us for lunch to honor our local veterans & thank then for serving our country! When: Monday, November 10th Time: 11:00am To reserve your seat please call 637-8161 no later than 10/27/14 Cost: Veterans are Free All other guests are \$5.00 Menu: Spaghetti w/ Meatballs, Green Beans Tossed Salad Applesauce & Dessert

Holiday Bazaar

Date: Saturday November 1, 2014 Time: 9:00am—3:00pm

Vendor's items will include but are not limited to: Quilts, Baked goods, ARJ Paintings, Jewelry, Handmade items, Wall Hangings, knitted & crocheted items plus gently used items. Lunch (Sponsored by Sweden Senior Association, Inc) Hot Dog or Chili with chips and a drink—\$2.00



Christmas Breakfast

Date: December 16th starting at 8am Price: \$5.00

R.S.V.P. by 12/11/14 by calling 637-8161

Come and join your friends for a wonderful holiday breakfast.

Menu Includes: Scrambled Eggs Biscuit w/butter Sausage Potatoes Christmas Treat and your choice of coffee, tea or juice.

Is your child playing on a youth team through the Recreation Center?

If you would be interested in coaching please return the following information with your child's registration.

Name:_____ Sport: _____

Home Number: _____ Cell Number: _____

Email:

Cut out and attach this form to your child's registration!

Before/After School & Break Week Programs Croc Roc's Before & After School

Drop-In Recreation Program

It is our pleasure to offer a safe, secure drop-in before-school and drop-in after-school recreation program in the Brockport area. Sweden Clarkson Recreation has created this recreation program at the community center to entertain, play board games, arts & crafts and sports to serve the Brockport School District and surrounding areas, Children are under the supervision of our trained staff, which includes a Recreation Supervisor, two Recreation Leaders, two Recreation Assistants and Site Supervisors.

Your child will participate in a balanced recreational program of activities that promote asset building and social interaction. We have use of a full-size gymnasium, playground, outdoor basketball courts, game rooms, and an adult fitness room. Our concession area with vending machines will be open for children to buy snacks with their own money.

Hours of Operation

Monday-Friday	6:30-8:45am	3:30-6:00pm		
Before School	After School	Before & After		
Rate if paid prior to the 25th of the prior month				
\$8.00	\$8.00	\$14.00		
Drop-In Rate after the 25th of the prior month				
\$10.00	\$10.00	\$19.00		

Transportation

Upon your child's enrollment into our drop-in recreation program, you must contact the school district transportation office and arrange bus service for your child. Your child will be bussed from the community center to school and from school to the community center.

> September #3748-A October # 3748-B November #3748-C

December #3748-D

Busy Bee's After School Homework Academy

Do you struggle to help your child with homework? Is Common Core causing chaos in your homework routines? Are you constantly rushing; trying to get dinner prepared, get to practices on time, and homework done?

Let Busy Bee's Help!!!!!



We will have an Open House registration on Wednesday September 10th from 4:30–7:00

<u> </u>	FUN for days m school!
FALL CRAFTS	JEWLERY MAKING
Come join in with some fun fall crafts on your day off from school. Meet Tracy at the SCCC For Ages 5-8 <u>Day Date Time Price</u> Program #3754-A Monday 10-13 10-11:30 \$10	Gather your friends and come join us for some creative jewelry making. Meet Tracy at the SCCC For ages 9-12. <u>Day Date Time Price</u> Program #3754-B Tues. 11-11 10-11:30 \$10

Pre-School Programs

TOT BASKETBALL

Is your tot interested in learning the basics of basketball? Come and join coach Joe! We will learn dribbling, shooting, passing and more! This six-week class is designed to help your child gain a great foundation for the game of basketball.

Ages: 4-5 Location: S.C.C.C. Gym West Instructor: Coach Joe *No class 11/26

 Day
 Date
 Time
 Price

 Program#3755-A
 Wed 11/5-12/17 5-5:45pm
 \$25

TOT SOCCER

Is your tot interested in learning the basics of soccer? Come and join coach Joe! We will learn dribbling, shooting, passing and more! This six week class is designed to help your child gain a great foundation for the game of soccer.

Ages: 4-5 Location: SCCC Gym West *No class 10/1

Day	Date	Time	Price
Program	m#3755-B		
Wed 9	/17-10/29	5-5:45pm	\$25

CLAY CAMP

Come dig your hands in clay and create a box, vase or bowl using hand building techniques. Kids will create their personal expression by experimenting with texture, handles, feet, lid and more on the clay. The following week, they will decorate their work with many colors and clear glaze. Instructor: MaryBeth Fitzsimmons from Rochester Clay Works. Location: SCCC Small activity room.

Min. 4 -Max.12

Ages 5	and	up.
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. <u>Day</u>	Date	Time	Price
Program #3	756-A		
Tuesdays	9/14,21,28	6:30-8pm	\$35

LITTLE STEPS

This program is designed to gets kids moving and thinking. They will learn sign language socialization, music, letters, numbers, colors shapes, exercise and more. For ages 3.

Day	Date	Time	Price		
Session I Pro	Session I Program #3756-B				
Mon.Weds.	9/15-10/22	9:30-11am	\$25		
No Class 10/23					
Session II Program #3756-C					
Mon.Weds	10/27-12-3	9:30-11am	\$25		

Tot Twinkle Toes Dance

A great introductory dance class for your toddler! Learn the dance style of ballet with instructor Jasmine Perez from the College at Brockport! Ballet shoes are recommended. Program is designed for children Ages 3-5. Location: SCCC Large Activity Room 1

 Day
 Date
 Time
 Price

 Session I Program #3757-A
 Sat 9/20-10/25
 10-10:45am
 \$27

 Session II Program #3757-B
 Sat 11/8-12/13
 10-10:45am
 \$27

NEW

Tot Groove and Move Dance

Hip-hop dance is back! Jasmine Perez from the College at Brockport will be designing a new dance program for tots. Come full of energy and ready to groove to the music! This program is designed for children ages 3-5. A soft sole shoe is recommended. Location: Large Activity Room 1

SCCC

 Day
 Date
 Time
 Price

 Session I Program #3757-C
 Sat
 9/20-10/25
 12-12:45pm
 \$30

 Session II Program #3757-D
 Sat
 11/8-12-13
 12-12:45pm
 \$30

Team Sports

Blue Devils Travel Basketball Tryouts

** You must attend 1 of the 2 tryout dates **

3rd and 4th Grade Tryout Dates:

Saturday, October 11th: 9:00 am - 10:00 am **Or** Sunday, October 12th: 9:0 am - 10:00 am



5th and 6th Grade Tryout Dates:

Saturday, October 11th: 10:00 am - 11:00 am Or Sunday, October 12th: 10:00 am - 11:00 am

Location: Sweden/Clarkson Community Center Ages: Open to boys AND girls grades 3-6 What: 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 2014-March 2015.

Players from Kendall, Hamlin, Sweden, Clarkson, Brockport and Holley are welcome to tryout. Questions can be directed to Joe Kincaid at 585-431-0088 or joek@townofsweden.org



FLAG FOOTBALL

This 7 week league will prepare kids Ages 8-12 for playing organized football.The first 2 weeks are practice with the remaining 4 weeks being games. The last week will be a minitournament. Teams will be playing other towns. Some travel is required to other towns for games as well as games at Sweden Town Park.

Volunteer coach needed to run program. Contact Tracy Crooks @ tracyc@townofsweden.org

Day	Date	Time	Price
Sat.	9/20-10/25	10am	\$30
Program #3	759-A	Ages 7	7-9
Program #3	759-B	Ages 1	0-12

WESTSIDE HOUSE BASKETBALL

This 14-week league is designed to help young players mature their skills and help new players learn skills. The 14 weeks will consist of 4 weeks of practice and 10 weeks of games. All games are held at the Sweden Clarkson Community Center. (There will be no games December 21st—January 2nd* & March 7th) *Mandatory Evaluation Day Saturday November 15th.*

Volunteer Coaches are needed! Contact Megan DeMarco at megand@townofsweden.org

DayDateTimePriceSat11/15-3/2210am-3pm\$65Program #3758-ABoysGrade 3/4Program #3758-BBoysGrade 5/6Program #3758-CGirlsAges 8-12



Johnny Sajem * illustrationsOf.com/1109055

Youth & Teen Programs

Basketball

This program will help your child refine the skills that they have already attained so far. They will learn different dribbles, offense, defense, shooting and some game play. Coach Joe will be teaching the class. Ages: 8-12

Location: SCCC Gym West

*No Class 9/29

Day	Date	Time	Price
Prog	ram #3760-A		
Mon	9/15-10/27	6-7pm	\$30

Floor Hockey

This program will help your child refine the skills that they have already attained so far. They will learn offense, defense, stick handling, teamwork and some game play. Coach Joe will be teaching the class. Ages: 7-10 Location: SCCC Gym West ***No class 11/24**

Day	Date	Time	Price
Progr	am #3760-B		
Mon	11/3-12/15	6-7pm	\$30

Clogging

Clogging is back for another season! Join Instructor Lisa Garino for an 8-week clogging session. Great for beginners. Lisa's 28years of experience is sure to make a great impression on all participants. You do not want to miss out on this fantastic opportunity! Ages 13+ Location: SCCC Small Activity Room *No Class 10/13 Day Date Time Price

Beginner: Program #3764-A Mon 9/15-11/10 6-6:45pm \$40 Intermediate: Program #3764-B Mon 9/15-11/10 7-7:45pm \$40



Getting To Know The Horse Join Instructor Debbie Fogg on learning everything there is know about horses; including care, grooming, cost, showing, and so much more! Perfect for beginners, or anyone interested in horses. This 6week session is one you do not want to miss. Ages 6 & Up. Please dress for the weather, boots required. Location: 1623 Reed Road, Bergen, NY

<u>Day Date Time Price</u> Program #3760-C Sat 9/20-10/25 8-9:30am \$150.00

NEW

Youth Groove and Move Dance

Instructor Jasmine Perez will be offering this new hip-hop class for youths! With awesome music and new dance routines, you do not want to miss out! This program is designed for children ages 6-10. A soft sole shoe is recommended. Location: Large Activity Room 1 SCCC

DayDateTimePriceSession I Program#3762-ASat9/20-10/251-1:45pm\$30Session II Program #3762-BSat11/8-12/131-145pm\$30

Youth Ballet Dance

A continuation of our Tot Program! Jasmine Perez from the College at Brockport will instruct children ages 6 -10 on ballet dance. A great choice for past Tot Twinkle Toes dancers! Ballet shoes are recommended. Location: Large Activity Room 1 SCCC

 Day
 Date
 Time
 Price

 Session I Program #3761-A
 Sat
 9/20-10/25
 11-11:45am
 \$30

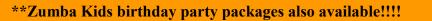
 Session II Program #3761-B
 Sat
 11/8-12/13
 11-11:45am
 \$30



ZUMBA KIDS

Kids love to crank up the music, shake, wiggle and have a blast with their friends, so why not get fit while they're at it? Designed for kids aged 4-10, Zumba Kids is an exciting Zumba program that fuses dance fitness with the psychology and physiology relevant to teaching kids. Zumb Kids is set to various dance styles such as hip-hop, salsa, reggaeton, cumbia and more. The music is amazing and the dance moves are cleverly choreographed so that kids can easily "learn the whole dance" in a short time frame. *Make sure to bring a water bottle and wear sneakers* Drop in rates are available for \$8/class!

<u>Day Date Time Price</u> Program #3763-A Weds 10/22-11/26 5:15-6:15pm \$30



Call licensed Zumba Kids instructor Melissa Mutter at 478-4451 or melissamutter.zumba.com**

Safety & Training Classes

EPIC Safety Trainings BABYSITTER'S 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. Location: SCCC

Location. Seece			
Day	Date	Time	Price
Session	I Program	n #3749-A	
Sat	10/11	9-11am	\$50



HOME ALONE SAFTEY

This 2-hour class is designed to teach children ages 7-12, who are home alone, the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of emergencies such as power outages and fires.

Locatio	on: SCCC		
Day	Date	Time	Price
Program	n #3749-C		
Wed	11/12	6:30-8pm	\$25

Please bring a self-addressed envelope with a stamp on it to class!



Trainings/Certifications ADULT, INFANT, & CHILD CPR/FIRST AID

Learn how to provide single-rescuer CPR training, how to respond to a choking victim, perform rescue breathing, and recognizing and preventing heart attacks and strokes. Designed to teach participants the skills of basic first aid and accident prevention. Learn to recognize and respond to injuries, sudden illness, control, care for muscle, bone, and joint injuries and treatment for burns. Ages 16+. Location: SCCC Dav Date Time <u>Price</u>

Day	Date	Time	Pric
Progra	m #3749-E	3	
Sat	10/11	9-11am	\$80

Please bring a self addressed stamped envelope to class!

To receive your certification card



FIRST AID FOR KIDS

Designed to teach participants the skills of basic first aid and accident prevention. Learn to recognize and respond to injuries. Ages 8-14.

Day	Date	Time	Price
Program	n #3749-]	D	
Thu	11/5	6:30-8 pm	\$18

TOT SWIM

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

Max 8 <u>Day Date Time Price</u> Session I Program #3740-A Wed 9/17-10/22 6:15-6:45pm \$41 Session II Program #3740-B Sat 9/20-10/25 11-11:30pm \$41 Session III Program #3740-C Wed 11/5-12/17 6:15-6:45pm \$41 Session IV Program #3740-D Sat 11/8-12/20 11-11:30pm \$41 ****No Class 11/26 & 11/29****

LEVEL I TETRAS

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

 Day
 Date
 Time
 Price

 Session I
 Program #3741-A
 Wed 9/17-10/22 6:15-7pm
 \$45

 Session II
 Program #3741-B
 Sat 9/20-10/25 11-11:45pm
 \$45

 Session III
 Program #3741-C
 Wed 11/5-12/17 6:15-7pm
 \$45

 Session IV
 Program #3741-D
 Sat 11/2-12/20 11-11:45pm
 \$45

 Session IV
 Program #3741-D
 Sat 11/2-12/20 11-11:45pm
 \$45

LEVEL II TROUT

Children in this group will work on entering water by stepping or jumping from the side, exiting water safely using ladder or side, submerging, rhythmic breathing, opening eyes underwater, picking up objects in shallow water, front and back glide, treading water and swimming on front, back, and side using arm and leg motions.

Ages 5+. Max 6

 Day
 Date
 Time
 Price

 Session I
 Program #3742-A
 Wed 9/17-10/22 6:15-7pm
 \$45

 Session II
 Program #3742-B
 Sat 9/20-10/25 11-11:45pm
 \$45

 Session III
 Program #3742-C
 Wed 11/5-12/17 6:15-7pm
 \$45

 Session IV
 Program #3742-D
 Sat 11/8-12/20 11-11:45pm
 \$45

 **No
 Class 11/26 & 11/29**
 \$45

All Swim Programs take place at Brockport High School Pool

LEVEL III GOLDFISH

Children in this group 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

Date Time Price Day Session I Program #3743-A Wed 9/17-10/22 7:15-8pm \$45 Session II Program #3743-B Sat 9/20-10/25 12-12:45pm \$45 Session III Program #3743-C Wed 11/5-12/17 7:15-8pm \$45 Session IV Program #3743-D Sat 11/8-12/20 12-12:45pm \$45 **No Class 11/26 & 11/29**

LEVEL IV YELLOW FINS

Children in this group will work

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

Date Day Time Price Session I Program #3744-A Wed 9/17-10/22 7:15-8pm \$45 Session II Program #3744-B Sat 9/20-10/25 12-12:45pm \$45 Session III Program #3744-C Wed 11/5-12/17 7:15-8pm \$45 Session IV Program #3744-D Sat 11/8-12/20 12-12:45pm \$45 **No Class 11/26 & 11/29**

LEVEL V BARRACUDA

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

 Day
 Date
 Time
 Price

 Session I Program #3745-A
 Wed 9/17-10/22
 7:15-8pm
 \$45

 Session II Program #3745-B
 Sat 9/20-10/25
 12-12:45pm
 \$45

 Session III Program #3745-C
 Wed 11/5-12/17
 7:15-8pm
 \$45

 Session IV Program #3745-C
 Session IV Program #3745-D
 Sat 11/8-12/20
 12-12:45pm
 \$45

 Session IV Program #3745-D
 Sat 11/8-12/20
 12-12:45pm
 \$45

ADULT WATER FITNESS

Challenge yourself in a fun workout with instructor Chrisa Yaeger. <u>Day Date Time Price</u> Session I Program # 3747-A Wed 9/17-10/22 8-8:45pm \$45 Session II Program #3747-B Wed 11/5-12/17 8-8:45pm \$45

Adult Programs

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Jazze	ercise
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Brockport, NY		
4927	Lake Road	
SC Com	munity Center	
585	.738.3555	
bkpt_spen_	jazz@yahoo.com	
6:00 a.m.	M, T, W, Th, F	
7:30 a.m.	T, Th	
8:30 a.m.	Sat, Sun	
9:00 a.m.	M, W, F	
9:00 a.m.	T**, Th**	
4:45 p.m.	T, Th, F	
6:00 p.m.	M, T, W**	

Understanding Your Health Insurance

Understanding all of the options available today can be overwhelming. Join Pat Santoro from MVP Health Care to answer any questions you may have, including options for families and individuals ages 19-64. To reserve a seat please contact Pat at 585-279-8472.

Location: SCCC Conference Room Day Date Time Price

Thu 10/23 6-7pm FREE

NEW

ZUMBA LUNCH BREAK CLASSES

Great for stay at home moms! We offer childcare during all of our afternoon and evening classes!

Program #3765-A Session I– 9/16-10/23 (6 weeks) \$60 includes both Tues/Thurs classes Program #3765-A Session II– 11/4-12/11 (6 weeks) \$55 includes both Tuesdays/Thursday classes **Tuesdays 12:30-1:30pm (Zumba) Thursdays 12:30-1:30pm (Zumba Toning)** *No Class 11/27

Co-ed Volleyball League

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: SCCC Gym Day Date Time Price

Program #3766-A Tue 9/16-12/16 6-9pm \$150 **There is also a \$10 Ref fee per match**

NEW

FREEZE FRAME PHOTOGRAPHY

Fall is the perfect time to be capturing memories in the beautiful scenery. Join Kathy Dishong, photographer with over 30 years of experience, for a new and exciting course in a basic introduction to photography. Please bring a DSLR camera, or a camera with adjustable settings. Tripods are encouraged. This 6-week session is perfect for beginners!

Feel free to contact Kathy with any detailed questions at: dishongphoto@yahoo.com. Minimum 4 participants.

Location: SCCC Small Activity Room

Day	Date	Time	Price
Progra	ım #3766-B		
Wed	9/17-10/22	6:30-7:30pm	\$30

Open Programs

Walking/Running Monday-Friday 9:00am-10:00pm FREE Open Basketball Monday-Thursday 12:00pm-3:00pm Cost: Residents \$1, Non-Residents \$2 Open Pickleball Monday-Friday 10:00am-12:00pm Cost per person per day Residents \$1, Non-Residents \$2 Toddler Gym For ages 5 & under ONLY. (Children must be accompanied by an adult). Cost \$2.00 per child per day.

**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. **

BEGINNGER BELLYDANCE

If you have wondered what bellydance is all about, come find out! Bellydance is one of the oldest forms of dance. This is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles abd joints and will build off the previous class as well as adding new elements each week. You will learn body isolations, head, neck, shoulder, arm and hip movements. Please wear comfortable clothing and suitable footwear (bare feet, ballet slippers, socks, jazz shoes with no heels or sneakers). Don't forget to bring water! Ages 18+ Instructor: Kathy Keady Location: SCCC Min: 3

DayDateTimePriceSession I Program #3767-AThurs10/9-11/66-7pm\$24Session II Program #3767-BThurs11/13-12/116-7pm\$24

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. Please bring a yoga mat. Instructor: Barb Whited. Ages 16+. Location: SCCC

DayDateTimePriceSession IProgram#3768-AMon9/8-10/277-8pm\$50Session IIProgram#3768-BMon11/3-12/157-8pm\$44

BEYOND BEGINNGER BELLYDANCE

If you have taken an introduction course for bellydance, this class might be for you! This is a continuation from an introductory class and is designed to move you into more complex movements and technique. This is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles and joints and will build off the previous class as well as adding new elements each week. You will learn body isolations, head, neck, shoulder, arm and hip movements, steps to connect movements and continuation of dance choreography. Please wear comfortable clothing and suitable footwear (bare feet, ballet slippers, socks, jazz shoes with no heels or sneakers). Don't forget to bring water! Ages 18+ Instructor: Kathy Keady Location: SCCC Activity Room Day Date Time Price Session I Program #3767-C

Session I Program #3767-C Thurs 10/9-11/6 7-8pm \$24 Session II Program #3767-D Thurs 11/13-12/11 7-8pm \$24



BODY SCULPTING

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

 Day
 Date
 Time
 Price

 Session I
 Program#3768-C
 Wed
 9/10-10/29
 6-7pm
 \$40
 (8 weeks)

 Session II
 Program#3768-D
 Wed
 11/5-12/17
 6-7pm
 \$35
 (7 weeks)

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. Location SCCC Day Date Time Price Session I Program # Mon/Wed 9/15-10/29 12:15-1pm \$55 Session II Program # Mon/Wed 11/3-12/17 12:15-1pm \$55

YOGA STRETCH

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

DayDateTimePriceSession IProgram#3768-EWed9/10-10/297-8pm\$50Session IIProgram#3768-FWed11/5-12/177-8pm\$44

BLACKLIGHT ZUMBA HALLOWEEN PARTY!!

Come Zumba the night away under the backlights! Halloween themed music, costumes welcomed!

refreshments after class will be provided. Let's "glow" together!!

Friday 10/24 8:00-9:30pm

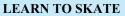
Programs For All Ages

Golf

Family Group Golf Instruction

This program provides all the basics of the golf swing, etiquette and fun games to play as a family. Plus you will get family direction coaching to enable each member to develop their golf game. Includes 5 weeks, 10 hours of instruction and 3 sessions of on course instruction. No clubs necessary! Instructor - Gary Tatar, PGA Professional-585-233-8863 for more information. Location: Buttonwood Golf Course or Salmon Creek C.C. *Runs September-October

DayDateTimePriceProgram #3769-BBy appointmentFamily Price- \$225



Join the Campus Recreation Instructional Program staff at the College at Brockport and learn to ice skate! Participants are split up into groups dependent on skill level. Instruction includes safety, skating posture, balance, proper use of equipment, and other skating skills. Ages 5-Adult Max:30.

Location: Tuttle Ice Arena @ The College at Brockport. **Skate rentals are available for \$18.00 for 6 weeks**

Day	Date	Time	Price
Program #	#3769-A		
Sun	10/19-11/30	2-3pm	\$72
*No class 1	1/9	-	

Junior Fall Golf League

The importance of direction and distance control will be taught while developing a sound set up routine. Students will be taught how to make a dynamic "connected" golf swing by improving their balance and ability to hit the sweet spot more consistently. Students will also be taught several competition formats. Instructor - Gary Tatar, PGA Professional– 585-233-8863 for more information. Location: Buttonwood Golf Course or Salmon Creek C.C. *Runs September-October

DayDateTimePriceProgram #3769-CTueSee above6-8:30pm\$160



Tae Kwon Do YOUTH TAE KWON DO

Children will learn confidence, respect, responsibility & self discipline. Join Rob Slocum in this class for Ages 7-12. Location: SCCC

 Day
 Date
 Time
 Price

 Session I Program #3739-E
 M/Th
 9/15-10/20
 7-8pm
 \$30

 No class 10/24, Make-up class on 10/30
 Session II Program #3739-F
 M/Th
 11/3-12/18
 7-8pm
 \$30

 NO Class 11/24 & 11/27
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OPEN TAE KWON DO

This class is open to children & adults. It is a great opportunity to get an introduction to martial arts & to complement our current students' training schedule. The 1st part of this class includes warm up, basics & stretching; 2nd part, independent training to advance in belt rank. Join Rob Slocum in this class for ages 5-adult. Location: SCCC

DayDateTimePriceSession I Program# 3739-ASat9/20-10/259-10am\$10Session II Program# 3739-BSat11/8-12/199-10am\$10*No class 11/29

ADULT TAE KWON DO

Experience the benefits of setting new goals through a well-rounded Martial Arts exercise program. This class teaches the disciplines of Tae Kwon Do plus Shaolin Chin-na Kung Fu specifically designed for adults. Join Rob Slocum in this class for ages 12+. Location: SCCC

DayDateTimePriceSession IProgram #3739-GTues/Fri9/16-10/247-8pm\$30Session IIProgram #3739-HTues/Fri11/4-12/197-8pm\$30



Memberships & Zumba

FITNESS CENTER PARTICIPANTS MUST BE 16+

<u>YOUTH/SENIOR (16-18) (55+)</u> <u>ADULT (18-55)</u> <u>FAMILY (16+)</u> 3 month \$75.001 year -\$175.003 month \$100.001 year - \$250.003 month \$150.001 year -\$400.00

(All members must live at same address)

DAILY RATE S Adult \$8.00 1

Senior \$6.00

SENIOR CENTER

1 year resident - \$35.00 1 year non-resident- \$60.00

PERSONAL TRAINING

Tami Mungenast will help with any and all questions regarding getting your individual goals on track. *Must have an active fitness membership.*

> One Session \$30.00 Six Sessions \$150.00

All Zumba classes are \$5 per class OR purchase a 5 class pass for \$20 OR a 10-class pass for \$40. Ages 16+. All classes held at Sweden/Clarkson Community Center. Instructor Melissa Mutter (www.facebook.com/myzumbapassion) Call for dates/times.

ZUMBA

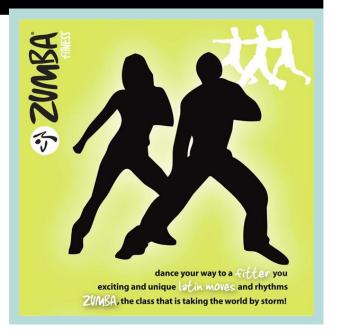
Ditch the workout and join the party! Burn up to 1,000 calories in this fun and exciting blend of international based music and dance. Zumba combines dance moves and muscle-toning exercises to create the perfect total body workout. This class is designed for all fitness levels, and no dance experience is needed! Come shake it...and bring plenty of water!!

Offered on Mondays from 7-8pm and Wednesdays from 6-7pm

ZUMBA TONING

A unique blend of body-sculpting techniques and the Zumba moves you love combined into one calorie-burning, strength training class. We will use light weights to build strength and tone all those target areas, all while having FUN! Don't miss this NEW and exciting class! Great for men and women of all fitness levels.

Offered on Tuesdays from 6-7pm, Wednesdays from 7-7:45pm and Fridays from 6-7pm



NEW ZUMBA LUNCH BREAK CLASSES!

Great for stay at home moms! We offer childcare during all of our afternoon and evening classes! Offered Tuesdays 12:30-1:30pm (Zumba) Thursdays 12:30-1:30pm (Zumba Toning) Session I– 9/16-10/23 (6 weeks) \$60 includes both Tues/Thurs classes Session II– 11/4-12/11 *NO CLASS 11/27** (6 weeks) \$55 includes both Tuesdays/Thursday classes

Recreation & Park Facilities

Community Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Gym (including changing rooms)	\$50.00	\$75.00	\$40.00
Half Gym	\$35.00	\$50.00	\$25.00
Large Activity Room	\$25.00	\$55.00	\$15.00
Small Activity Room	\$20.00	\$30.00	\$15.00
Cafeteria Only	\$25.00	\$35.00	\$15.00
Cafeteria with Kitchen	\$35.00	\$45.00	\$25.00

Senior Center

Upstairs Multi-Purpose Room	\$45.00	\$55.00	\$25.00
Craft Room	\$40.00	\$50.00	\$35.00
Dining Room Only	\$55.00	\$60.00	\$35.00
Dining Room with Kitchen	\$60.00	\$65.00	\$35.00
Dining Room with Game Room	\$60.00	\$65.00	\$35.00
Dining Room with Kitchen and Game Room	\$65.00	\$70.00	\$35.00

Farmers Museum

Farmers Museum (included kitchen and 2 parlors)	\$25.00	\$30.00	\$15.00
Barn	\$40.00	\$45.00	\$15.00
Funeral Package (2 hour rental includes kitchen and 2 parlors)	\$50.00	\$55.00	\$15.00

> A \$100.00 maintenance deposit is required at the time of application. Maintenance deposit for large events or tournaments is \$250.00. This should be a separate check, so that it may be returned to you. The deposit will be returned provided the areas reserved are left clean and undamaged.

> Additional fee(s) will be assessed for any damage that is done to the facility or it's equipment.

> There will be a \$10.00 per hour charge for staffing if rental takes place during non-business hours at the Community Center .

> A set up fee of \$25.00 will be required if extra set-up is necessary

> All checks made payable to the Town of Sweden.

Park Available	Resident Fees	Non-Resident Fees	Field Preparation	Amenities	Whom to Contact
Football Fields Sweden Town Park—2 Hafner Park-2	\$50 per field per 3 hour block	\$75 per field per 3 hour block	\$50 per field per day	Football Fields	Recreation Department 431-0090
Sweden Town Park—Soccer, Lacrosse & Baseball Fields	\$30 per field per 3 hour block	\$50 per field per 3 hour block	\$20 per field per day	4 Soccer/Lacrosse Fields, 7 Baseball Fields	Recreation Department 431-0090
Sweden Town Park –Lighted Soccer, Lacrosse, Football Fields	\$125 per field per 3 hour block	\$175 per field per 3 hour block	\$20 per field per day	6 Multi-purpose fields- Football, Soccer, Lacrosse	Recreation Department 431-0090

Recreation & Park Facilities

Park Available	Resident Fees	Non-Resident Fees	Field Preparation	Amenities	Whom to Contact
Sweden Town Park—Nietopski Field	\$50 per field per 3 hour block	\$75 per field per 3 hour block	\$50 per field per day	Showcase Baseball Field	Recreation Department 431-0090
Sweden Town Park– Nietopski Outdoor Pavilion with Kitchenette	\$35 per day	\$45 per day	N/A	Refrigerator, Grill, Hot Dog Machine, Sink, Chest Freezer, Drink Coolers	Recreation Department 431-0090
Sweden Town Park Nietopski Out-door Pavilion	\$25 per day	\$35 per day	N/A	Grill Picnic Tables	Recreation Department 431-0090
Sweden Town Park— Open Pavilions	FREE 1st Come, 1st Served No reservations available	FREE 1st Come, 1st Served No reservations available	N/A	Picnic tables, Disc Golf Course, Pond, playground, Concession Stand with bathrooms Skate Park	Recreation Department 431-0090
Hafner Park- Fields	\$30 per field per 4 hour block	\$50 per field per 4 hour block	\$20 per field per day	Soccer Fields, Football Field	Recreation Department 431-0090
Hafner Park Goodwin Lodge (enclosed pavilion)	8am-10pm All days of the week \$130.00	8am-10pm All days of the week \$130.00	N/A	Tables, chairs, restroom, kitchen facilities, handicap accessible, playground	Town of Clarkson 637-1130
Clarkson Recreation Park	\$30 per field per 3 hour block 8am-10pm	\$50 per field per 3 hour block	\$20 per field per day	Softball Fields, Lacrosse Fields	Recreation Department 431-0090
Ridgewood Lodge at Clarkson Recreation Park	8am-10pm All days of the week \$150.00	8am-10pm All days of the week \$150.00		Restrooms, tables, chairs, kitchen facilities, Playground, handicap accessible	Town of Clarkson 637-1130
San Soucie Park	FREE 1st Come, 1st Served No reservations available	FREE 1st Come, 1st Served No reservations available	N/A	Located on the Erie Canal in Clarkson	Town of Clarkson 637-1130

> All field rentals and reservations are made through the Sweden/Clarkson Recreation Department at 4927 Lake Rd South, Brockport, NY 14420.

> Checks for rental fees for Clarkson Recreation Park and Hafner Park, need to be made payable to Town of Clarkson.

> Checks for rental fees for Sweden Town Park, need to be made payable to Town of Sweden.

> At the discretion of the Recreation Director, a \$25/hr security fee may be charged for large group activities and tournaments.



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

Web: swedenclarksonrec.com

Participant Information:

Name	Birthdate	Gender	Phone
Address	City	State	Zip

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

Program Name	Program #	Shirt Size	Pant Size	Program Cost
Make Checks Payable To: Town of Sweden *A	Add \$5.00 per program fo	r non-residents	Total:	

Make Checks Payable To: Town of Sweden *Add \$5.00 per program for non-residents

Medical Information:

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

Emergency Contact:

Name	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____

Date:

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

Thank You!

Received By:

Date: