

**T
H
E

S
W
E
D
E
N

C
L
A
R
K
S
O
N

O
R
E
B
O
A
R
D**

Fall 2020



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

Registration Policy

To register for S/C Recreation Programs, payment must be submitted with a completed registration form for each participant and program. Please register early to avoid cancellation of programs. In the case of sports programs, participants/teams must meet registration deadline. Registrations accepted via mail, fax, e-mail or on-line.

Non-Resident Policy

Any person not residing in the Towns of Sweden or Clarkson may be charged an additional fee. Fees will be listed under program pricing.

Credit/Refund Policy

Refunds will be given upon request to anyone who cancels from a program at least one week (5 business days) prior to the start of the program or in the case of sports programs, 3 weeks prior to the 1st practice. There will be no refunds given for a program once it has begun, unless it is cancelled by the Recreation Department. A refund may be allowed in the event of illness or injury if a doctor's note is provided. All refunds are subject to a \$10 processing fee per person/per program. Certain programs, such as the fitness center are non-refundable.

Gift Certificates

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

Financial Assistance/Scholarships

Financial assistance and scholarships are available prior to registration for a program. Grant applications will be reviewed upon receipt of completed application, requested documentation and completed registration form.

Videotaping

No videotaping is permitted in the Comm Ctr without the advance written permission of the Recreation Director.

Locker Rooms and Lockers

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

Weather Cancellation Hotline

Program status is updated on the 24-hour Information at 585-431-0085. The hotline is updated by 4:30 pm daily. Facility Closing Information is sent to News Channel 13, 10, 8 & Spectrum News.

Payment Options

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

Community Center Hours

The community center remains closed due to COVID-19.

Recreation Staff is available during office hours M-F 9am-4pm

Directory

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

Recreation Assistant Joe Kincaid 431-0088
joek@townofsweden.org

Recreation Assistant George Kimball 431-0086
georgek@townofsweden.org

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

Staff: Ashley Hermance, Kyle Luce,
Maranda Dobbertin, Amanda Kinney

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

Sweden Town Board

Supervisor Kevin Johnson 637-7588

Councilperson Patricia Hayles

Councilperson Rhonda Humby

Councilperson Randy Hoke

Councilperson Robert Muesebeck

Clarkson Town Board

Supervisor Christa Filipowicz 637-1131

Councilperson Patrick Didas

Councilperson Allan Hoy

Councilperson Tom Guarino

Councilperson Leslie Zink

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.recdesk.com

All fall season programming is required to follow CDC, Monroe County Health Department and NYS mandated guidelines. Please be aware that these regulations change and we may need to adjust how, where and if a program can run.

- Locations of programming may vary and might be listed as space inside the community center or virtual - this is so that the program can run if the community center remains closed.
- Programs scheduled to take place inside the community center only may need to be cancelled due to the program not having virtual option.
- Location indicating outdoors at the community center references grassy areas to the right & left of the entrance or under front entry way
- Location indicating STP Lodge or Nietopski Concession Stand references Sweden Town Park
- Some programming will have a delayed sign up date with the hope that more sports be allowed to be played later in the fall per the NYS guidelines.

Youth Arts and Crafts

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

Ages: 5-9 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4313-A			
Thu	9/17-10/15	6-6:45 pm	\$16R/\$21NR
Program #4313-B			
Thu	11/5-12/10	6-6:45 pm	\$16R/\$21NR
No Class 11/26			

Painting for Young Beginners!

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

Instructor: Local Artist Erin Lawrenz

Ages: 8 and up Location: STP Lodge

Min: 6 Max: 10

Days	Dates	Time	Price
Session I Program #4314-A			
Thu	9/17	5-7 pm	\$25R/\$30NR
Session II Program #4314-B			
Thu	10/15	5-7 pm	\$25R/\$30NR
Session III Program #4314-C			
Thu	11/19	5-7 pm	\$25R/\$30NR

Little Steps Play and Learn

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop, meet a friend or workout? Then come join Miss Mary (NYS certified teacher) for simple routines, story time, arts and crafts and enriching games in a place where creativity encourages learning, caring encourages friendships and a loving environment encourages social and emotional growth. Space is limited, sign up early. *Need not be potty-trained. Maximum 10 students per session.

Ages: 2-4 years old Location: SCCC PS Room

Day	Date	Time	Price
Session I Program #4313-C			
M/W	9/14-10/14	12:30-1:45 pm	\$44R/\$49NR
Session II Program #4313-D			
M/W	10/19-12/2	12:30-1:45 pm	\$44R/\$49NR
No Class 10/26,10/28,11/23,11/25			

*NEW Sea Glass Night

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

Be sure to wear an old shirt or a smock.

Ages: 5-13 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Session I Program #4314-D			
Mon	10/5	6-6:45pm	13R/\$18NR
Session II Program #4314-E			
Mon	11/9	6-6:45pm	\$13R/\$18NR

Instructional Tot Football

Is your tot interested in learning the basics of football? Come join Coach George! We will learn passing, catching, and running. This four-week class is designed to help your child gain a great foundation for the game of football.

Instructor: George Kimball Ages: 4-6 Max 8

Location: Outdoors SCCC

Day	Date	Time	Price
Program #4315-A			
Mon	9/14-10/5	5-5:45 pm	\$25R/\$30NR

Instructional Youth Football

This class will help your child refine their skills and Improve as an overall player. Coach George will review the basics of the game while also teaching a series of drills that they can use on their own.

Ages: 8-11 Max: 10 Location: Outdoors SCCC

Day	Date	Time	Price
Program #4315-B			
Mon	9/14-10/5	6-6:45 pm	\$35R/\$40NR



Fall Flag Football League

This ten-week league will prepare kids 7-9 & 10-12 for playing organized football. The first four weeks are practice with the remaining six weeks games. We will be playing teams from other towns. Games will be held at Sweden Town Park.

Volunteer coaches are needed.

Contact George Kimball georgek@townofsweden.org

Day	Date	Time	Price
Ages 7-9 Program #4308-D			
Sat	8/22-10/24	10am	\$50R/\$55NR
Ages 10-12 Program #4308-E			
Sat	8/22-10/24	10am	\$50R/\$55NR

Instructional Tot Basketball

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

Ages: 4-6 Max 8

Location: SCCC Gym/Virtual

Day	Date	Time	Price
Program #4315-C			
Mon	11/2-11/23	5-5:45 pm	\$25R/\$30NR

Instructional Youth Basketball

This class will help your child refine their skills and Improve as an overall player. Coach George will review the basics of the game while also teaching a series of drills that they can use on their own.

Ages: 8-11 Max: 10

Location: SCCC Gym/Virtual

Day	Date	Time	Price
Program # 4315-D			
Mon	11/2-11/23	6-6:45 pm	\$35R/\$40NR

NEW Fall Youth Soccer League

All age groups will be coed. Practices and games will all be held outside at the community center. Volunteer coaches are needed. For more information please contact George Kimball at georgek@townofsweden.org

U-4 SOCCER (Ages 3 & 4)

Day	Date	Time	Price
Program #4308-A			
Mon & Wed	8/31-9/30	6 pm	\$25R/\$30NR

No Class 9/7

U-6 SOCCER (Ages 5 & 6)

Day	Date	Time	Price
Program #4308-B			
Tue & Thu	9/1-10/1	6 pm	\$25R/\$30NR

U-8 SOCCER (Ages 7 & 8)

Day	Date	Time	Price
Program #4308-C			
Mon & Thu	8/31-10/1	6 pm	\$30R/\$35NR

Youth Instructional Ping Pong

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

Ages: 8-11 Max:4

Location: SCCC

Day	Date	Time	Price
Program #4315-E			
Tue	11/3-11/24	5-5:45 pm	\$20R/\$25NR

Sensory Play

Sensory Play for Children with Differing Abilities join us for a parent and child based sensory program on Saturday mornings. Please come and join Maranda for simple activities/crafts in a fun welcoming environment. Sign up early to ensure that there will be no cancellations. Location: SCCC Outdoor

Day	Date	Time	Price
Ages: 3 & 4 Program #4316-A			
Sat	9/19-10/17	9-9:45am	\$25R/\$30NR
Ages: 5 - 8 Program #4316-B			
Sat	9/19-10/17	10-10:45am	\$25R/\$30NR
Ages: 9 - 11 Program #4316-C			
Sat	9/19-10/17	11-11:45am	\$25R/\$30NR



Home Alone Safety

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

Day	Date	Time	Price
Session I Program #4316-D			
Mon	10/12	9 - 10:30 am	\$27
Session II Program #4316-E			
Thu	12/10	1 pm - 2:30 pm	\$27

Babysitters Training

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

Location: Virtual Ages 11+

Day	Date	Time	Price
Session I Program #4316-F			
Mon	10/12	12 pm-3 pm	\$37
Session II Program #4316-G			
Fri	12/11	1 pm - 4 pm	\$37

Before & After School

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

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

Before and After School rates are as follows:

Daily Rates:

Before OR After School- \$9.00

Before AND After School- \$18.00

The Before & After School program will only be offered on the Monday, Thursday, Tuesday, Friday to the children that will attend school on their given days.

Westside House Basketball

This league will consist of one week night practice and Saturday games. Practices will continue one night a week once games begin on Saturdays. All games are held at the Community Center. A jersey is included in the price for each participant. Saturday practices/games are held between the hours of 10am-3pm. Weekday practices are held between the hours of 5:30-8:30pm. Minimum: 2 teams per age group. Volunteer coaches are needed! Coaches meeting follows mandatory evaluation day. For more information please contact: George Kimball at georgek@townofsweden.org

Location: SCCC Gym

Day	Date	Time	Price
Thu/Sat	TBD		\$90
Program #4317-A		Boys Grades 3/4	
Program #4317-B		Boys Grades 5/6	
Program #4317-C		Girls Grades 3/4	
Program #4317-D		Girls Grades 5/6	

Registration for this program will not begin until November 1st-

Only if CDC guidelines allow basketball to be played

***NEW Color Your Own Frisbee**

Come decorate your very own flying disc! The frisbee will be your blank canvas and your tools will be markers and your brain. Make a design that means something to you like your favorite sport or perhaps your favorite food. All the materials will be provided for you. Ages: 8-13 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4318-A			
Mon	12/7	6-6:45pm	\$13R/\$18NR

Oobleck Night

Want to help your child with this fun project but don't want to worry about the mess? Then we have the perfect solution for you. Stay and assist your child for a nice bonding experience or pick up your child and their masterpiece afterwards. Join us for a night of ooey- ooey fun! Ages: 5-13 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4318-B			
Mon	10/19	6-6:45pm	\$13R/\$18NR

Paint-A-Piggy Bank Night

Sign your child up to paint their very own piggy bank! We provide all the materials so don't fret about bringing your own supplies. This is an excellent way for them to start saving up for college tuition! Be sure to wear an old shirt or a smock.

Ages: 5-13 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4318-C			
Mon	9/28	6-6:45pm	\$13R/\$18NR

Youth Ultimate Frisbee

Is your child interested in learning ultimate frisbee? The instructor will teach the fundamentals that come along with ultimate frisbee. This four week class will help your child learn how to throw, catch and all the other skills it takes to be a great frisbee player.

Ages: 8-11 Max 5

Location: Outdoors SCCC

Day	Date	Time	Price
Program #4318-D			
Thu	9/17-10/8	6-6:45 pm	\$35R/\$40NR

Rock Painting & Hiding

Join Maranda in painting rocks to keep or drop in our community for others to find and share. Wear suitable clothes for painting. Bring your favorite rock (s) and all other supplies will be provided. If you don't have any rocks, we will provide them too. Max 8

Location: Sweden Town Park (Nietopski Concession Stand) "Kindness is the mark we leave on the world"

Day	Date	Time	Price
Ages 5-8 Program #4318-E			
Thu	9/17-10/08	4-4:45 pm	\$10R/\$15NR
Ages 9-12 Program #4318-F			
Thu	9/17-10/08	5-5:45 pm	\$10R/\$15NR

Paint-By-Number

Come join Maranda Dobbartin in painting beautiful pieces of art. Each week will be a different picture to paint. Just bring a paint smock and we'll provide everything else!

Location: SCCC Lounge or Virtual

Day	Date	Time	Price
Ages 5-8 Program #4318-G			
Tue	11/3-12/8	5:15-6:00 pm	\$15R/\$20NR
Ages 9-11 Program #4318-H			
Tue	11/3-12/8	6:15-7:00 pm	\$15R/\$20NR

Pumpkin Painting

Come join recreation assistant Maranda for some fall fun. We will spend each week painting a mini pumpkin with a fun fall snack. Location: SCCC Outside

Day	Date	Time	Price
Ages 5-9 Program # 4318-I			
Fri	10/02-10/23	5-5:45 pm	\$20R/\$25NR
Ages 10-13 Program # 4318-J			
Fri	10/02-10/23	6-6:45 pm	\$20R/\$25NR

Make Your Pillow Night

Come join recreation assistant Amanda Kinney on Tuesday nights to put together your very own fleece tie pillow! Each week we will have a winter themed pillow we can put together and you'll be able to take home each week. Ages: 7-11 Max: 5 Kids

Location: Conference Rm or Virtual

Day	Date	Time	Price
Program #4318-K			
Tues	11/24-12/08	5- 5:45PM	\$25R/\$30NR

Tot Swim

A swim class for those wee little ones who are not very familiar with the water. In this class, we will learn to enter the pool safely, get our face completely wet, blow bubbles with mouth and nose, back float, front float and hold onto the side of the pool independently. Parents are required to enter pool with child for participation & interaction.

Infant—4 years old. Max 8

Day	Date	Time	Price
Session I Program #4319-A			
Wed	TBD	7-7:30 pm	\$53R/\$58NR
Session II Program #4319-B			
Sat	TBD	12:30-1:00 pm	\$53R/\$58NR
Session III Program #4319-C			
Wed	TBD	7-7:30 pm	\$45R/\$50NR
Session IV Program #4319-D			
Sat	TBD	12:30-1:00 pm	\$45R/\$50NR
No Class 11/25 & 11/28			

Level I Tetras

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

Day	Date	Time	Price
Session I Program #4319-E			
Wed	TBD	7-7:45pm	\$53R/\$58NR
Session II Program #4319-F			
Sat	TBD	12:30-1:15pm	\$53R/\$58NR
Session III Program #4319-G			
Wed	TBD	7-7:45pm	\$45R/\$50NR
Session IV Program #4319-H			
Sat	TBD	12:30-1:15pm	\$45R/\$50NR
No Class 11/25 & 11/28			

Level II Trout

Children in this group will learn to enter water by stepping or jumping from the side, exit water safely using ladder or side, submerging, rhythmic breathing, opening eyes underwater, picking up objects in shallow water, front and back glide, treading water and swimming on front, back and side using arm and leg motions. Ages 5+ Max 6

Day	Date	Time	Price
Session I Program #4319-I			
Wed	TBD	7-7:45 pm	\$53R/\$58NR
Session II Program #4319-J			
Sat	TBD	12:30-1:15pm	\$53R/\$58NR
Session III Program #4319-K			
Wed	TBD	7-7:45pm	\$45R/\$50NR
Session IV Program #4319-L			
Sat	TBD	12:30-1:15pm	\$45R/\$50NR
No Class 11/25 & 11/28			

Level III Goldfish

Children will work on jumping into deep water from the side, submerging and picking up an object in chest deep water, floating in deep water, treading water using hand and leg motions and front and back crawl. Max 6

Day	Date	Time	Price
Session I Program #4319-M			
Wed	TBD	7:45-8:30 pm	\$53R/\$58NR
Session II Program #4319-N			
Sat	TBD	1:15-2:00 pm	\$53R/\$58NR
Session III Program #4319-O			
Wed	TBD	7:45-8:30 pm	\$45R/\$50NR
Session IV Program #4319-P			
Sat	TBD	1:15-2:00 pm	\$45R/\$50NR
No Class 11/25 & 11/28			

Level IV Yellow Fins

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

Date	Date	Time	Price
Session I Program #4319-Q			
Wed	TBD	7:45-8:30 pm	\$53R/\$58NR
Session II Program #			
Sat	TBD	1:15-2:00 pm	\$53R/\$58NR
Session III Program #4319-R			
Wed	TBD	7:45-8:30 pm	\$45R/\$50NR
Session IV Program #4319-S			
Sat	TBD	1:15-2:00 pm	\$45R/\$50NR
No Class 11/25 & 11/28			

Level V Barracuda

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

Day	Date	Time	Price
Session I Program #4319-T			
Wed	TBD	7:45pm-8:30pm	\$53R/\$58NR
Session II Program #4319-U			
Sat	TBD	1:15-2:00 pm	\$53R/\$58NR
Session III Program #4319-V			
Wed	TBD	7:45-8:30 pm	\$45R/\$50NR
Session IV Program #4319-W			
Sat	TBD	1:15-2:00 pm	\$45R/\$50NR
No Class 11/25 & 11/28			

Youth Aquatics

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

Mommy and Me Dance

With Mommy close by, students (boy or girl) will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students learn to stretch and dance using exciting props such as dance scarves, rhythm sticks, musical instruments, beanbags, and other dance props. Moms, Grandparents and Dads are welcome to partner with your little one. Ages: 2-5 Min: 2 Max: 12 Location: Toddler Gym

Day	Date	Time	Price
Session I Program #4320-A			
Mon	9/14-10/19	10-10:45am	\$40R/\$45NR
Session II Program #4320-B			
Mon	11/2-12/7	10-10:45am	\$40R/\$45NR

NEW Tot Acro Dance

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of summersault/forward roll, splits, bridge, and cartwheels. A showcase of your skills will be presented at the end of the session. Ages: 5-7 Min: 2 Max: 12 Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program #4320-C			
Sat	9/19-10/24	9-9:45am	\$40R/\$45NR
Session II Program #4320-D			
Sat	11/7-12/12	9-9:45am	\$40R/\$45NR

Make Your Own Wreath Night

Come join recreation assistant Amanda Kinney to create your very own winter time Wreath! Hope to see you there! Ages: 7-10 Max: 5 Kids Location: SCCC Lounge/Virtual

Day	Date	Time	Price
Program #4321-A			
Thu	12/17	5-6:00pm	\$10R/\$15NR

Make Your Own Cornucopia Night

Come join recreation assistant Amanda Kinney to create your very own Thanksgiving cornucopia! We will put together a beautiful piece that will surely be the center piece to the thanksgiving holiday. Hope to see you there! Ages: 7-11 Max: 5 Kids Location: SCCC Lounge/Virtual

Day	Date	Time	Price
Program #4321-B			
Thu	11/19	5:00-6:00pm	\$10R/\$15NR

Youth Ballet/Jazz

Girls/Boys will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students will learn the proper ballet/jazz terminology and steps in an encouraging and positive environment. Ages: 6-10

Min:	Max:	Location:	Large Activity Rm #1
Day	Date	Time	Price
Session I Program #4320-E			
Tue	9/15-10/20	4:45-5:30pm	\$40R/\$45NR
Session II Program #4320-F			
Tue	11/3-12/8	4:45-5:30pm	\$40R/\$45NR

NEW Youth Acro Dance

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of splits, bridges, cartwheels, back kick overs and elbow stands. A showcase of your skills will be presented at the end of the session. Ages: 8-10

Min:	Max:	Location:	Large Activity Rm #1
Day	Date	Time	Price
Session I Program #4320-G			
Sat	9/19-10/24	10-10:45am	\$40R/\$45NR
Session II Program #4320-H			
Sat	11/7-12/12	10-10:45am	\$40R/\$45NR

Virtual Baking Class

Join recreation assistant Amanda Kinney on Tuesday nights for a class that involves making delicious baked goods. Each week you will receive a baking kit with pre measured ingredients delivered to your door. Then, you can zoom along with the instructor with a link sent to your email. This class will teach you everything you need to know about baking and show you how much fun you can have while doing it! Ages: 6-11 Max: 6 Kids (with a parent) Location: Virtual

Day	Date	Time	Price
Program #4321-C			
Tues	9/17- 10/15	6:30-7:15pm	\$25R/\$30NR

Mommy and Me Christmas Cookies and a Craft

Join recreation assistant Amanda Kinney on Tuesday nights for a class that allows you and your little one to make and frost Christmas cookies. Each week we will try different types of frosting and decoration techniques and create delicious and good looking Christmas cookies! While they bake we will also do a fun Christmas craft to take home along with your treats! This class will be fun and full of cheer! Ages: 6-11 Max: 6 Kids (with a parent) Location: SCCC Café

Day	Date	Time	Price
Program #4321-D			
Tues	11/24- 12/08	6:00-7:15pm	\$35R/\$40NR

JOIN US!

SWEDEN CLARKSON
RECREATION'S

HALLOWEEN

TRUNK OR TREAT

WEAR YOUR COSTUMES AND
COME TRICK OR TREAT IN OUR
PARKING LOT!

-Interested in decorating your car and handing out candy? Contact Joe Kincaid @ 585-431-0088-

OCTOBER 29 | 5 - 7 PM

C
O
M
M
U
N
I
T
Y

E
V
E
N
T
S

Drive Up Holiday Grab Bag

December 10th - 5:30-7pm

A delivery of Holiday Goodie Bags for children to be handed out by the recreation staff as families drive-up in their cars.

We will still be receiving letters to Santa - please send them to
The North Pole at 4927 Lake Road Brockport, NY 14420

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 Location: Large Activity Rm 3

Ages: 16+

Day	Date	Time	Price
Session I Program #4322-A			
Wed	9/16-10/21	5:30-6:15 pm	\$49R/\$54NR
Session II Program #4322-B			
Wed	11/4-12/16	5:30-6:15 pm	\$49R/\$54NR

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

Location: SCCC LA Rm 3 or Virtual Ages: 16+

Day	Date	Time	Price
Session I Program #4322-C			
Wed	9/16-10/21	6:30-7:30 pm	\$55R/\$60NR
Session II Program #4322-D			
Wed	11/4-12/16	6:30-7:30 pm	\$48R/\$53NR

Arts and Carafe's

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

Instructor: Local Artist Erin Lawrenz

Ages: 21 and up Min: 6 Max: 12

Location: STP Lodge

Days	Dates	Time	Price
Session I Program #4323-A			
Thu	10/1	5-7pm	\$30R/\$35NR
Session II Program #4323-B			
Thu	11/5	5-7pm	\$30R/\$35NR
Session III Program #4323-C			
Thu	12/10	5-7pm	\$30R/\$35NR



Cardio & Core

Simple, but fun, low impact moves for the first half of class. The second half core training while keeping your heart rate up. This can be done at your own pace. Instructor: Barb Whited Location: Large Activity Rm 3 Ages: 16+

Day	Date	Time	Price
Session I Program #4322-E			
Tues	9/15-10/20	5:45-6:30	\$49R/\$54NR
Session II Program # 4322-F			
Tues	11/3-12/15	5:45-6:30	\$49/\$54NR

Walk, Sweat & Sculpt

This fun walking circuit is easy to follow and turns your heart rate up a notch, along with sculpting intervals for upper and lower body. Instructor: Barb Whited

Location: SCCC LA Rm 3 or Virtual Ages: 16+

Day	Date	Time	Price
Session I Program #4322-G			
Mon	9/14-10/19	5:45-6:15 pm	\$42R/\$47NR
Session II Program #4322-H			
Mon	11/2-12/14	5:45-6:15 pm	\$42R/\$47NR

Vinyasa Flow Yoga

When life gets in the way and you're feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat. Instructor: Barb Whited Location: SCCC LA Rm 3 or Virtual Ages 16+

Day	Date	Time	Price
Session I Program #4322-I			
Mon	9/14-10/19	6:30-7:30 pm	\$55R/\$60NR
Session II Program #4322-J			
Mon	11/2-12/14	6:30-7:30 pm	\$55R/\$60NR

Adult Ballet/Jazz

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

techniques and learn fun to dance combinations. Perfect for beginners or intermediates.

Age: 13+ Min: 2 Max: 10

Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program #4323-D			
Tue	9/15-10/20	5:30-6:30pm	\$40R/\$45NR
Session II Program #4323-E			
Tue	11/3-12/8	5:30-6:30pm	\$40R/\$45NR

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: Outdoors SCCC

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

Tai Chi Beginner & Advanced 8-Week Course

Tai Chi is primarily practiced today to improve health and increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury. Instructor: Jane Harr.
Location: Outdoors SCCC
Price per session is \$40 for 18-59 years; \$33 for 60+

Day	Date	Time	Price
Beginner Course Session I Program #4324-A			
Mon	9/7-10/26	2-3 pm	\$40/\$33
Session II Program # 4324-B			
Mon	11/2-12/14	2-3 pm	\$40/\$33
Advanced Course Prior instruction recommended			
Advanced Course			
Session III Program #4324-C			
Friday	9/11-10/30	2-3 pm	\$40/\$33
Session IV Program #4324-D			
Friday	11/6-12/18	2-3 pm	\$40/\$33

Getting to Know Your Smartphone

Looking to really master that smartphone you're carrying around? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a smartphone master. Now offering an intermediate class as well!
***Must sign up at least one week prior to class**

Day	Date	Time	Price
Location: SCCC Lounge Max 6			
Beg Class Session I Program #4325-A			
Tue	9/22	11:30-12:30pm	\$2
Adv Class Session II Program #4325-B			
Tue	9/22	12:30-1:30pm	\$2
Beg Class Session I Program #4325-C			
Tue	11/17	11:30-12:30pm	\$2
Adv Class Session II Program #4325-D			
Tue	11/17	12:30-1:30pm	\$2

Senior Trip – Niagara Outlets

Come shop until we drop at the Niagara outlets!

Shopping and lunch on your own

****Must register prior to September 4, 2020****

Max Number of People: 20

Day	Date	Price
Program #4325-D		
Friday	9/18	\$10
Depart- 9 am (please arrive at least 15 minutes prior)		
Return- Around 3:00 pm		

Senior Trip – Pittsford Plaza

Come out and enjoy the splendors of Pittsford Plaza! Whether you want to visit Trader Joe's or any of the countless other shops there, you can't go wrong! *Shopping and lunch on your own*

****Must register prior to October 2, 2020****

Max Number of People: 20

Day	Date	Price
Program #4325-E		
Friday	10/16	\$10
Depart- 10 am (please arrive at least 15 minutes prior)		
Return- Around 3:00 pm		

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 winners

** Register as individual, not as a team! **

** Pre-registration required! ** Ages: 21+

Location: SCCC Lounge or STP Lodge

Day	Date	Time	Price
Program #4325-F			
Mon	9/21	12pm	\$5 per person
Program #4325-G			
Mon	10/19	12pm	\$5 per person
Program #4325-H			
Mon	11/16	12pm	\$5 per person

Give-A-Lift Program

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

Community Center

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

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$75/field 3 hour block	\$100/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession w/ Pavilion	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
NEW LODGE	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090
SPLASH PAD	For information please visit www.swedenclarksonrec.recdesk.com				Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	Football \$50 All Others \$20 Per Field/Day	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	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130