



SWEDEN CLARKSON SCOREBOARD



Fall 2023



Sweden Clarkson Community Center

4927 Lake Road South

Phone: 585-431-0090

Fax: 585-431-0052

www.swedenclarksonrec.recdesk.com

**Parks
Make
Life
Better!**

DIRECTORY

HOW TO REGISTER



ONLINE REGISTRATION

Log on to:
www.swedenclarksonrec.recdesk.com
Go to "Register Now"
You will need to set up an account



CREDIT CARDS

We gladly accept Mastercard and Visa.
Online only, not in person



WALK-IN & DROP-OFF

Sweden Clarkson Community Center:
Mon-Thurs 6:00am-8:00pm
Fridays 6:00am-6:00pm
Saturday 8:00am-7:30pm
Sunday Sept. 8:00am-12:00pm
Oct./Nov 8:00am-3:00pm



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.
- A refund may be allowed in the event of illness or injury if a doctor's note is provided. Please call 585-431-0090 to request a refund.

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.

Gift Certificates

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

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-3pm Sun 8am-12pm
CLOSED 9/2, 9/3 & 9/4

October

M-Th 6am-8pm, F-6am-6pm,
Sat/Sun 8am-3pm

November

M-Th 6am-8pm, F-6am-6pm,
Sat/Sun 8am-3pm
Closing Early 11/22, CLOSED 11/23

Recreation Staff

Recreation Director

Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Assistant

Amanda Kinney 431-0088
amanadak@townofsweden.org

Recreation Assistant

Megan Lester 431-0087
meganl@townofsweden.org

Recreation Assistant

Caitlin Curley 431-0086
caitlinc@townofsweden.org

Clerical Assistant

Diane Samons 431-0090
dianes@townofsweden.org

Part-time Recreation Staff

Ashley Hermance, Maranda Dobbertin,
Morgan Walsh, Lakayla Herbert

Facebook/Instagram

Like us on Facebook 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 Information is
sent to News Channel 13, 10, 8 &
Spectrum News.

COMMUNITY EVENTS

Community Health Fair



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!

When? Wednesday October 4th from 10am-12pm

Where? Sweden-Clarkson Community Center

Any questions please contact Megan at meganl@townofsweden.org

SWEDEN CLARKSON RECREATION PRESENTS:

OUR 20TH ANNUAL HALLOWEEN EVENT

THURSDAY OCTOBER 26TH 5:30-7:30

- **HAUNTED HOUSE & TODDLER GYM**
- **TEMPORARY TATTOOS**
- **GAMES**
- **CRAFTS**
- **SNACKS & CANDY**

COSTUME CONTEST

- **2-3 YEAR OLDS- 6:30 PM**
- **4-5 YEAR OLDS- 6:45 PM**
- **6-7 YEAR OLDS- 7:00 PM**
- **8-9 YEAR OLDS- 7:15 PM**



TOT PROGRAMS

Little Steps Play & Learn

Have your child(ren) come join Miss Ally and Miss Lakayla 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
Session 1 Program #4492-A			
M/F	9/8-10/20	1-2:30pm	\$55R/\$60NR
Session 2 Program # 4492-B			
M/F	10/23- 11/ 27	1-2:30pm	\$55R/\$60NR

Instructional Tot Softball

Want to learn how to play softball or improve your softball skills? Come join Coach Angelina as she teaches the basics of softball. Class will go over a set of drills and activities that can be used on your own. Max: 6 Ages: 4-6

Location: SCCC Gym

Day	Date	Time	Price
Program #4493-A			
Mon	9/11-10/2	6-6:45pm	\$30R/\$35NR

Instructional Tot Baseball

Just learning how to play baseball or looking to refine your skills? This class will help your child improve as an overall player. Coach Troy will review the basics of the game while also teaching a series of drills that they can use on their own. Max: 6 Ages: 4-6

Location: SCCC Gym

Day	Date	Time	Price
Program #4493-B			
Tue	9/12-10/3	5-5:45pm	\$30R/\$35NR

Instructional Tot Lacrosse

Learn how to play lacrosse or to refine your skills. This class will help your child improve as an overall player. Come have fun with Coach Amanda as she reviews the basics of the game while also teaching a series of drills that can be used on your own.

Boys class on Tuesday. Girls class on Thursday.

Ages: 4-6 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Boys Program #4493-C			
Tues	9/12-10/10	5-5:45 pm	\$30R/\$35NR
Girls Program #4493-D			
Thu	9/14-10/12	5-5:45pm	\$30R/\$35NR

***No class 9/26 or 9/28**

*NEW Play School for Toddlers

Do you have a toddler between the ages of 2-5? Come join recreation assistant Maranda Dobbertin for simple routines, story times, arts, and crafts, and enriching games in a learning, caring, friendly and loving environment. Social and emotional growth is promoted.

Drop off preferred.

*Need not be potty trained.

Max: 8

Location: Toddler Gym

Day	Date	Time	Price
Program #4494-A			
Sun	9/10, 9/17, 9/24	12-12:45pm	\$20R/\$25NR
Program # 4494-B			
Sun	10/15,10/22,10/29	12-12:45pm	\$20R/25NR
Program # 4494-C			
Sun	11/5,11/12, 11/19	12-12:45pm	\$20R/\$25NR

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

No charge for parent or guardian.

Day	Time	Price
T/Th	9:30-11am	\$2R/\$3NR

*NEW Family and Me Storytime

Have you and your little one come join Miss LaKayla and Miss Ally for a fun story and craft! Each week we will read a story and have a matching craft to go along with what we have read! Location: Preschool Rm Ages: 2-5

***No Class 11/23**

Day	Date	Time	Price
Session 1 Program #4494-D			
Thu	9/7-10/12	5-5:30pm	\$15R/\$17
Session 2 Program #4494-E			
Thu	10/19-11/30	5-5:30pm	\$15R/\$17

*NEW Tot Sign Language

We are so excited to offer this brand-new class for tots! Come join instructor Ally Durkee as she teaches your little ones the basics of American Sign Language. ASL is growing in popularity throughout our country, ranking number 3 in the most used languages, behind English and Spanish. It is a great language to learn as it allows universal communication between communities and allows non-verbal children the ability to communicate. Ages: 2-4 Max: 5

Day	Date	Time	Price
Program #4494-F			
Thur	9/7-10/12	4:30-5	\$20R/\$25NR

YOUTH PROGRAMS

Before and After School Drop in Program

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

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

Before and After School rates are as follows:

Daily Rates:

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

*NEW Tot Creative Movement & Tumbling

In this class, dancers will explore the elements of space, time, energy, and the body, along with imagination & collaboration, to create original movement ideas. For tumbling, they will work toward skills such as forward & backward rolls, bridges, cartwheels, and handstands. Students will grow in coordination, flexibility, sensory integration, listening skills, confidence, and musicality. A demonstration of their creative movement and tumbling skills will be presented during the last class of the session. Ages: 4-6
Min: 5 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4494-G

Th	10/19-11/30	4:15pm-5:15pm	\$60R/\$70NR
----	-------------	---------------	--------------

***No Class 11/23**

K-2 House Basketball

Come join coach Jake Russell in our K-2 House Basketball Program. It will include part instruction and part games. The season will be split into two six-week programs! Everybody will also receive a jersey. Grades K-2
Location: SCCC Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4494-H

Wed	10/11-11/15	5:45-6:45 pm	\$50R/\$55NR
-----	-------------	--------------	--------------

*NEW Gymnasium Time for Tots

Play and socialization in the gymnasium for parents and children ages 1-5 years (infants in arms permitted). We have sports equipment that can lead to gym games and active fun.

Location: SCCC Gym

No charge for parent or guardian.

Day	Date	Time	Price
Sun	10/1-11/12	12:30-2:30pm	\$2R/\$3NR



Open Programs

Activity	Day	Time	Fee
Toddler Gym	M-Th Fri Sat/Sun	8am-7:45pm 8am-5:45pm Seasonal	\$2.00
Basketball	M-F	2-4pm	\$2R/\$3NR
Pickleball	Check	section for	details
Walking	M-F	8:45-9:45am	Free
Tai Chi, Euchre, Mahjongg	Check Senior	section for	details

YOUTH PROGRAMS

Flag Football Coed League

This league will prepare children for organized football or for just having fun. We will be playing teams from other local towns. Games will be held at Sweden Town Park or the opponent's home park. Flag Football will be held on Wednesday nights & Saturday mornings. First two days will be practice. Games will begin Saturday, 9/9.

Day	Date	Time	Price
Wed/Sat	9/6-10/7	TBD	\$50R/\$55NR
Program #4495-A		Ages 5-6	
Program #4495-B		Ages 7-9	
Program #4495-C		Ages 10-12	

Day off at the Community Center

Looking for somewhere to send your kids on their day off from school? This is the program for you! We will be doing crafts, playing gym games, having special guests, and more! Kids will stay busy and have lots of fun doing it!

Pizza will be provided for lunch. Sign up now!

Ages: K-6 Max: N/A Location: S/C Cafe

Day	Date	Time	Price
Program #4495-D			
Fri	10/6	7-4:30	\$20R/\$25NR
Program #4495-E			
Mon	10/9	7-4:30	\$20R/\$25NR
Program #4495-F			
Fri	11/10	7-4:30	\$20R/\$25NR

*NEW Kids Night at the Rec

Looking for something fun for your child to do at night? Well, we have the answer for you! Drop your child off for a kids' night at the rec. We will provide a night of games and fun.

Price includes pizza dinner. Ages: 8-12

Location: SCCC

Day	Date	Time	Price
Program #4495-G			
Fri	11/17	5:30-7:30pm	\$10/person

Instructional Youth Baseball

Just learning how to play baseball or looking to refine your skills? This class will help your child improve as an overall player. Coach Troy will review the basics of the game while also teaching a series of drills that they can use on their own.

Max: 6 Ages: 7-11

Location: SCCC Gym

Day	Date	Time	Price
Program #4495-H			
Wed	9/13-10/4	5:30-6:15pm	\$30R/\$35NR

Train and Play with Basketball+

Coach Jake Russell, owner of Basketball+ 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.

Grades: K-12th

Location: SCCC Gym

Day	Date	Time	Price
Grade K-2 Program #4495-I			
Wed	9/13-10/4	5-6 pm	\$40R/\$45NR
Grade 3-5 Program #4495-J			
Wed	9/13-10/4	6-7pm	\$40R/\$45NR
Grade 6-12 Program #4495-K			
Wed	9/13-10/4	7-8pm	\$40R/\$45NR

Westside House Basketball

This 13-week league will consist of Thursday and Saturday practices. Practices will continue Thursday nights once games begin on Saturdays.

All games are held at the Community Center. A jersey is included in the price for each participant. Saturday practices/games are held between the hours of 10am-3pm. Thursday practices are held between the hours of 5:30-8:30pm. Teams will play other Sweden/Clarkson teams as well as other local teams. Minimum: 2 teams per age group.

Volunteer coaches are needed! Mandatory evaluation day on November 4th. Mandatory coaches meeting follows. For more information please contact:

Megan at meganl@townofsweden.org

Location: SCCC Gym

Day	Date	Time	Price
Thu/Sat	TBD	TBD	\$100/\$110
Program #4496-A		Boys Grades 3/4	
Program #4496-B		Boys Grades 5/6	
Program #4496-C		Boys Grades 7/8	
Program #4496-D		Girls Grades 3/4	

Instructional Youth Softball

Want to learn how to play softball or improve your softball skills? Come join Coach Angelina as she teaches the basics of softball. Class will go over a set of drills and activities that can be used on your own. Max: 6 Ages: 7-11

Location: SCCC Gym

Day	Date	Time	Price
Program #4496-E			
Mon	9/11-10/2	7-7:45pm	\$30R/\$35NR

YOUTH PROGRAMS

Youth Jazz Dance Class

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 jazz terminology and steps in an encouraging and positive environment.

Ages: 8-11 Min: 6 Max: 12 Location: LA Rm

Day	Date	Time	Price
Session I Program #4497-A			
Mon	9/11-10/16	6-7pm	\$130R/\$135NR

*NEW Youth Creative Dance/Tumbling

In this class, dancers will explore the elements of space, time, energy, and the body, along with imagination & collaboration, to create original movement ideas. For tumbling, they will work toward skills such as splits, forward & backward rolls, bridges, cartwheels, and handstands. Students will grow in coordination, flexibility, sensory integration, listening skills, confidence, and musicality. A demonstration of their creative movement and tumbling skills will be presented during the last class of the session.

Ages: 7-10 Min: 5 Max: 12 Location: LA Rm

Day	Date	Time	Price
Session I Program #4497-B			
Th	10/19-11/30	5:15-6:15pm	\$60R/\$70NR

***No Class 11/23**

*NEW Boys Night Out

Calling all boys! Make your way to the Rec Center for a fun night out with the boys. Activities include Dodgeball, Gaga Ball, Tag and more! Snacks and music will be provided.

Ages: 10+ Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4497-C			
Th	10/12	5:30pm-7:30pm	\$5R/\$10NR

*NEW Get Fit at The Rec

The earlier we teach our kids about the positive aspects of regular exercise, the more it will become part of their everyday lives. This class is jam-packed with foundational fitness moves, fun games, and conditioning exercises. Workouts will focus on developing strength, stamina, and agility. Parent/Guardian MUST accompany their child to each class. Min: 4 Max: 10 Ages: 7-11

Location: LA Rm #1

Day	Date	Time	Price
Session I Program #4497-D			
Sat	9/9-10/7	10-10:45am	\$40R/\$45NR
Session II Program #4497-E			
Sat	10/21-11/18	10-10:45am	\$40R/\$45NR

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: SCCC Lounge

Day	Date	Time	Price
Session I Program #4497-F			
Fri	10/6	5-7pm	\$25R/\$30NR
Session II Program #4497-G			
Fri	11/3	5p-7pm	\$25R/\$30NR

Youth Arts and Crafts

Come join staff member Caitlin Curley in creating a variety of different arts and crafts! Each project in that month will represent that time of year. We will work on a different project each week. Some of your pieces can be taken home that night!

Ages: 5-9 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
Session I Program #4497-H			
Mon	9/11-10/2	6-6:45pm	\$20R/\$25NR
Session II Program #4497-I			
Mon	10/9-10/30	6-6:45pm	\$20R/\$25NR
Session III Program #4497-J			
Mon	11/6-11/27	6-6:45pm	\$20R/\$25NR

*NEW Girls Night Out

Girls just want to have fun! Come enjoy some time out with your fellow gal pals. Pamper yourself With all the activities we will be providing; From coloring your hair with hair chalk to bracelet making. Snacks and music will be provided!

Ages: 10+ Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4497-K			
Th	10/5	5:30pm-7:30pm	\$5R/\$10NR

Instructional Youth Lacrosse

Learn how to play lacrosse or to refine your skills. This class will help your child improve as an overall player. Come have fun with Coach Amanda as she reviews the basics of the game while also teaching a series of drills that can be used on your own. Boys on Tue & Girls on Thu

Ages: 7-9 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Boys Program #4497-L			
Tue	9/12-10/10	5-5:45pm	\$30R/\$35NR
Girls Program #4497-M			
Thu	9/14-10/12	5-5:45pm	\$30R/\$35NR

***No class 9/26 or 9/28**

YOUTH AQUATICS

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. Parent is required to enter pool with child. Infant—4 years old. Max: 8

Day	Date	Time	Price
Session I Program #4498-A			
Wed	9/6-10/4	TBD	\$48R/\$53NR
Session II Program #4498-B			
Sat	9/9-10/7	TBD	\$40R/\$45NR
Session III Program #4498-C			
Wed	10/18-11/15	TBD	\$48R/\$53NR
Session IV Program #4498-D			
Sat	10/21-11/18	TBD	\$48R/\$53NR

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 #4498-E			
Wed	9/6-10/4	TBD	\$48R/\$53NR
Session II Program #4498-F			
Sat	9/9-10/7	TBD	40R/\$45NR
Session III Program #4498-G			
Wed	10/18-11/15	TBD	\$48R/\$53NR
Session IV Program #4498-H			
Sat	10/21-11/18	TBD	\$48R/\$53NR



Level II Trout

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

Day	Date	Time	Price
Session I Program #4498-I			
Wed	9/6-10/4	TBD	\$48R/\$53NR
Session II Program #4498-J			
Sat	9/9-10/7	TBD	\$40R/\$45NR
Session III Program # 4498-K			
Wed	10/18-11/15	TBD	\$48R/\$53NR
Session IV Program #4498-L			
Sat	10/21-11/18	TBD	\$48R/\$53NR

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 deep water, treading water using hand and leg motions and front and back crawl. Max. 6.

Day	Date	Time	Price
Session I Program #4498-M			
Wed	9/6-10/4	TBD	\$53R/\$58NR
Session II Program #4498-O			
Sat	9/9-10/7	TBD	\$47R/\$52NR
Session III Program #4498-P			
Wed	10/18-11/15	TBD	\$53R/\$58NR
Session IV Program #4498-Q			
Sat	10/21-11/18	TBD	\$53R/\$58NR

*Classes will be held at the Brockport High School pool. Park in Lot D and use the side entrance closet to the pool. If you have any questions regarding our swim program, please contact Caitlin Curly at 585-431-0086 for more information.

FAMILY PROGRAMS

*NEW Family Golf Outing

In love with golf or just learning how to play? Grab your family for a morning of golf for 9 holes. Bring your own clubs and enjoy a day with your family. Tee times will be given. Price includes cart. All levels are welcomed. Sign up for a group of one, two or four. Location: Pinewood Country Club

	Day	Date	Price
Sun	10/1		\$28/person
1 Person Program #4499-A			
2 Person Program #4499-B			
4 Person Program #4499-C			

*NEW Saturday at Stoke Farms

We are so excited to offer this all-day trip to Stoke Farms! They have so many fun activities for the family such as a low ropes course, zip line corn maze, pumpkin patch, Wagon rides, bounce pillows, and more! Everyone in the family is invited to this fun day at the farm! No age restrictions and unlimited family members can come join us this October! Ages: N/A Min: 15 Max: N/A Leave the community center at 10:00 A.M. Return at 4:30 (times may vary)

Day	Date	Time	Price
Program #4499-D			
Sat	10/21	10:00am-4:30pm	\$20R/\$25NR

*NEW Moms Support Group

Come join this 6-week program to connect and share your experience with other new mothers. This class will help you find mutual support and comfort in this fun new exciting role. Babies are welcome to join the session.

Location: Soulshine Alternative Healing
40 Clinton Street Brockport, NY 14420

Day	Date	Time	Price
Session I	Program #4499-E		
Fri	9/8-10/13	10-11am	\$65R/\$70NR
Session II	Program #4499-F		
Fri	10/20/11/24	10-11am	\$65R/\$70NR

Home Alone Safety

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

Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4499-G			
Mon	10/9	9-10:30am	\$28R/\$33NR

Youth/Adult Judo

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

Ages: 18+ (Note that children between 13-18 work with one or the other class based on their skill and comfort level with Judo).

Location: Cooper Hall @ SUNY Brockport.

Parking @ N. Tuttle \$1 per visit.

Day	Date	Time	Price
Youth Program #4499-H			
Tue/Thu	8/29-12/14	6-7pm	\$105
Adult Program #4499-I			
Tue/Thu	8/29-12/14	7-9pm	\$165
\$10 off for each additional family member.			

*New Preteen/Teen Healthy Eating and Movement Group

Come join us each week as we learn how to eat healthy and move your bodies to create a better version of yourself and help create new healthy lifestyle. Location: Soulshine Alternative Healing 40 Clinton Street Brockport, NY 14420

Day	Date	Time	Price
Ages 9-12 Session I	Program #4500-A		
Sat	9/9-10/14	9-10:30am	\$125R/\$130NR
Ages 9-12 Session II	Program #4500-B		
Sat	10/21-11/25	9-10:30am	\$125R/\$130NR
Ages 13-17 Session III	Program #4500-C		
Sat	9/9-10/14	11am-12:30pm	\$125R/\$130NR
Ages 13-17 Session IV	Program #4500-D		
Sat	10/21-11/25	11am-12:30pm	\$125R/\$130NR

Babysitters Training

This class teaches participants the roles and responsibilities of a babysitter and includes skills in: accident prevention, first aid and abdominal thrusts for choking victims. Participants receive a workbook and a certification card upon completion. Boys and girls ages 11+ are welcomed. Parents will be emailed a course packet that must be printed prior to the class. Also, please bring a bagged lunch and a self-addressed envelope. Location: SCCC Conference Room

Min: 5 Max: 20

Day	Date	Time	Price
Program #4500-E			
Mon	10/9	11am-3pm	\$50R/\$55NR

ADULT PROGRAMS

Taiji & Qigong for Health

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

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

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

Location: Large Activity #1

Days	Date	Time	Price
Program #4501-A			
Wed	9/6-10/25	11am-12pm	\$50R/\$55NR

Morning /Evening Yin Yoga

Yin yoga is a slow-paced style of yoga with postures that are held for longer periods of time, Yin can also be a meditative yoga practice that helps you find inner peace.

Yin yoga targets your deep connective tissues, like your fascia, ligaments, joints, and bones. It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely- used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

Each month will build upon the last, giving you a solid foundation to begin experimenting with yin yoga at home. Please bring a yoga mat.

Instructor: Dominic Valley

Min: 5 Max: 12 Location: LA #3

Day	Date	Time	Price
Session I Morning Program #4501-B			
Tue	9/12-9/26	9:30-10:30am	\$50R/\$55NR
Session II Morning Program #4501-C			
Tue	10/10-10/24	9:30-10:30am	\$50R/\$55NR
Session III Morning Program #4501-D			
Tue	11/7-11/21	6:30-7:30pm	\$50R/\$55NR
Session V Evening Program #4501-E			
Tue	10/10-10/24	6:30-7:30pm	\$50R/\$55NR
Session VI Evening Program #4501-F			
Tues	11/7-11/21	6:30-7:30pm	\$50R/\$55NR
Session VI Evening Program #4501-G			
Tues	11/7-11/21	6:30-7:30pm	\$50R/\$55NR



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 and up Min: 6 Max: 24

Location: Lounge

Instructor: Local Artist Erin Lawrenz

Days	Dates	Time	Price
Session I Program #4501-N			
Fri	10/20	6-8 pm	\$35R/\$40NR
Session II Program #4501-O			
Fri	11/24	6-8 pm	\$35R/\$40NR



*NEW Morning/Evening Hatha Yoga

Traditionally, hatha yoga is a broad term to any yoga practice that involves moving through asanas (poses). However, it has come to be interpreted in the west as "foundational yoga," and is what most people think of when they picture a yoga class. Hatha yoga classes are generally more basic and gentle with a focus on proper alignment and the physical and mental benefits of each pose. If you are familiar with the common "vinyasa" style of yoga, you can think of hatha as a similar but slightly slowed-down version, as the poses performed are often the same. Taking hatha yoga classes are a great way to learn the foundations of yoga, and to help develop a personal practice at home.

Instructor: Dominic Valley

Min: 5 Max: 12 Location: LA #3

Day	Date	Time	Price
Session I Morning Program #4501-H			
Thu	9/14-9/28	9:30-10:30am	\$50R/\$55NR
Session II Morning Program #4501-I			
Thu	10/12-10/26	9:30-10:30am	\$50R/\$55NR
Session III Morning Program #4501-J			
Thu	11/9-11/30	9:30-10:30am	\$50R/\$55NR
Session IV Evening Program #4501-K			
Thu	9/14-9/28	6:30-7:30pm	\$50R/\$55NR
Session V Evening Program #4501-L			
Thu	10/12-10/26	6:30-7:30pm	\$50R/\$55NR
Session VI Evening Program #4501-M			
Thu	11/9-11/30	6:30-7:30pm	\$50R/\$55NR
*No Class 11/23			

ADULT PROGRAMS

Personal Training

Are you looking for a personal trainer? Give one of our two personal trainers a call!
 Karla Davy: 585-355-9816
 kglove3@hotmail.com
 Terri Steigelman-Johnson: 414-559-4992
 steigelwomanfitness@yahoo.com
 A single session is \$30 or you can pay for a pack of six sessions for \$150.

2023 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. Fitness Center is closed from 11:15am-12pm for cleaning M-F.**

Daily Rates: \$5 adult; \$3 senior

Open Pickleball

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

Day	Time	Price
MWF	10am-1:15pm	\$1R/\$2NR
T,Th	10-11:30am	\$1R/\$2NR
T,Th	11:45am -1:15pm	\$1R/\$2NR
Sun	9-11am (Seasonally)	\$1R/\$2NR

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

* T & TH 10-11:30am is Advance Play

* T & TH 11:45am-1:15pm Beginner Play

* Sun Advance Play (Not in July & August)

Adult Coed Volleyball League

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

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

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Program #4502-A			
Tue	9/12-11/14	6-9pm	\$150

JAZZERCISE BROCKPORT



4927 Lake Rd S * Brockport, NY
 513-218-0468

* jazzercisebrockport@gmail.com

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

7:30 AM T, TH, SA, SU

7:45 AM W+++

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

8:30 AM SA++++, SU+

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

4:45 PM T, TH

6:00 PM M, W

+ Sculpt 45 + Sculpt 30 ++ LO +++STRETCH

Adult Beginner Ballet/Jazz

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

Perfect for beginners.

Ages 18+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4502-B			
---------------------------	--	--	--

Tue	9/12-10/17	6pm-7pm	\$60R/\$65NR
-----	------------	---------	--------------

Session II Program #4502-C			
----------------------------	--	--	--

Th	9/14-10/19	12pm-1pm	\$60R/\$65NR
----	------------	----------	--------------



*NEW Cornhole League

Cornhole fun does not need to be limited to just back yard barbecues. Join our adult recreation league to play more often! All skill levels welcome. The league will be 6 weeks plus playoffs. Teams will play 2 games a night. Teams will consist of a minimum of 2 and max of 4 players.

Ages: 18+ Min. 6 teams Location: SCCC Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4502-D			
-----------------	--	--	--

Th	9/14-10/19	6pm	\$75/team
----	------------	-----	-----------

SENIOR PROGRAMS

SWEDEN CLARKSON COMMUNITY CENTER

WELCOMES YOU TO OUR



2ND ANNUAL VETERANS DAY LUNCHEON

A GATHERING TO HONOR THE LIVES, THE FIGHT, AND THE SERVICE OF VETERANS

VETERANS FREE

ALL OTHERS MUST BRING 2 NONPERISHABLE FOOD ITEMS FOR ADMISSION

———— **11/10 STARTING AT 11 AM** ————

PLEASE CALL 585-431-0090 TO RESERVE A SPOT

Day Trip to Waterloo Premium Outlets

Bring your shopping bags and your walking shoes!
Stop and have lunch in the food court. Pre-register by 9/13

Saturday, September 16th

Leave 9:30am Return 3:00pm

Fee: \$20R/\$25NR

Program #4502-K



SENIOR PROGRAMS

MahJongg

MahJongg is a fun and entertaining rummy-like game 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 at nationalmahjonggleague.org.

Not sure how to play or need a refresher course? Feel free to come watch or sit in at the learning table. Location: Senior Room

Day	Time	Price
Thu	10am-1pm	\$1R/\$2NR

Silver Screen Movie Club

Have fun with peers watching some nostalgic and some newer movies that we think you will enjoy! Popcorn included!

Max Number of People: 25

****Must register one week prior****

Day	Date	Time	Price
FOOTLOOSE (1984) Program #4502-E			
Thu	9/21	1pm	\$3R/\$4NR
E.T. (1982) Program #4502-F			
Thu	10/19	1pm	\$3R/\$4NR
DIRTY DANCING Program #4502-G			
Thu	11/16	1 pm	\$3R/\$4NR

Getting to Know Your Technology

Not sure how to utilize the features on your smart device you 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 Rm B

Day	Date	Time	Price
Session I Program #4502-H			
Tue	9/5	10:15-11:15am	\$10R/\$15NR
Session II Program #4502-I			
Tue	10/3	10:15-11:15am	\$10R/\$15NR

Senior Potluck and Jeopardy

Come join us for a fun event for the family! While it says Senior, we invite anyone in the family who wishes to join to come spend a Saturday afternoon socializing and playing games! Please bring a dish to pass, play some jeopardy and get a "SCCC" t-shirt! ***PRE-REGISTRATION IS REQUIRED**

*Each additional family member is \$5 off!

Location: Senior Rm A

Day	Date	Time	Price
Program #4502-J			
Sat	9/23	11:30am-2:30pm	\$10R/\$12NR



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	Yoga
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Yoga
Fri	10-10:45 am	Classic
*Sat	9-9:45 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!

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	10:15-11:45am

Nutrition with Ally Miller

Take the opportunity to come & learn about nutritional tricks and tips to better eating habits. What makes a well balanced meal and keeps you coming back for more. Location: Senior Rm

Day	Date	Time	Price
Thu	9/14	12:00 pm	FREE
Thu	11/9	12:00 am	FREE

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. *Register as individual. Not as a team!

+ Lunch & Drinks

Ages: 21+

Location: Senior Room

***Pre-Registration Required!**

Day	Date	Time	Price
Program #4503-A			
Mon	9/18	11:30am	\$8 per person
Program #4503-B			
Mon	10/23	11:30am	\$8 per person
Program #4503-C			
Mon	11/20	11:30am	\$8 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: SCCC Café

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! This session covers the eligibility requirements of Medicare, explains Medicare Parts A, B, C and D, and reviews Medicare costs and benefits. Learn about prescription drug coverage, Medigap and Medicare Advantage Plans! *This is an educational session for people turning age 65 or anyone already participating in Medicare!*

Location: SCCC Conference

Day	Date	Time	Price
Tue	9/19	6:30-7:30pm	Free
Thu	9/21	12:30-1:30pm	Free
Wed	11/15	6:30-7:30pm	Free

RSVP please to TheresaSeil.Medicare@gmail.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

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

Location: Senior Rm Dates: 9/12,10/10,11/14

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: Large Activity Room 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. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Amanda Kinney at 431-0088 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

Registration Form

Do NOT use this form for Before/After School Registration, School Age Summer Camp.

These forms are available at the Sweden/Clarkson Community Center or online at www.swedenclarksonrec.recdesk.com

Registration Procedure: Please complete ALL information below or set up an account at

www.swedenclarksonrec.recdesk.com and pay online or in our office.

We accept: Cash, Check, Money Order, Credit -online only (VISA, MasterCard, Discover *additional processing fee applies).

Make checks payable to: Town of Sweden.

Return Form with Payment to: Sweden Clarkson Community Center, 4927 Lake Road S, Brockport, NY, 14420

Participant Info.

Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
						TOTAL \$	

Household Information

First: Last: D.O.B.

(If different from registrant(s))

Address:

City:

Zip:

Home Phone:

Cell:

/Carrier:

Work:

Text Alerts: Yes No

Email (add us to your contact list to prevent going into junk folder):

Town of Sweden/Clarkson Resident (circle): Yes No

Emergency Contact/Pick-up:

Phone Number:

Note

Please list any special needs /limitations/allergies/etc:

Would you like to Volunteer Coach? Yes No

Waiver of Participation

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: _____

Staff Signature: _____ Date: _____

Community Center

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

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$75/field 3 hour block	\$100/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession w/ Pavilion #2	\$35/day	\$45/day	\$25 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-	Heat/AC Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace,	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	N/A	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	N/A	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130