



SWEDEN CLARKSON SCOREBOARD



Fall 2026



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

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



WALK-IN & DROP-OFF

Sweden Clarkson Community Center:
During Seasonal building hours.
Please check community center hours section.



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 is full. If a space becomes available we will contact you. You will not be charged for the class unless you are enrolled.

Credit/Refund Policy

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

Non-Resident Policy

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

Locker Rooms and Lockers

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

Community Center Hours

September

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

Sat/Sun 8am-12pm

CLOSED Sun, 9/6 & Mon, 9/7

October

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

Sat 8am-3pm Sun 8am-12pm

November

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

Sat/Sun 8am-3pm

CLOSING Early 11/25 3pm

CLOSED 11/26

Recreation Staff

Recreation Director

Jill Wisnowski 431-0050

jillw@townofswedenyny.gov

Recreation Supervisor

Amanda Kinney 431-0088

amandak@townofswedenyny.gov

Recreation Assistant Full-Time

Skyler Walsh 431-0086

skylerw@townofswedenyny.gov

Recreation Assistant Full-Time

Jessica DiFilippo 431-0087

jessicad@townofswedenyny.gov

Clerical Assistant

Diane Samons 431-0090

dianes@townofswedenyny.gov

Part-time Recreation Staff

Ashley Hermance, Maranda Dobbartin,
Laurie Kincaid, Claire VanDusen,
Keira Wilson, Graham Wisnowski, Emma Years

Gift Certificates

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

Facebook/Instagram

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

Weather Cancellation Hotline

Program status is updated on the 24-hour information at 585-431-0085. The hotline is updated by 3 pm daily. Facility Closing Info is sent to News Channel 13, 10, 8 & Spectrum News.

Community Events

Health Fair

Wednesday, October 14th from 10am-12pm

Vendors include:

Evergreen Assisted Living, Agape Physical Therapy,
Medicare representatives, SilverSneakers and more.

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

Location: Sweden-Clarkson Community Center
Any questions please contact Amanda at
amandak@townofswedenny.gov

SWEDEN CLARKSON RECREATION PRESENTS:

OUR 23RD ANNUAL HALLOWEEN EVENT

THURSDAY OCTOBER 22ND 5:30-7:15

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

COSTUME CONTEST

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

HAUNTED HOUSE CLOSSES AT 6:45

TOT PROGRAMS

Little Steps

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

Ages 2-4 Max: 6 Location: Preschool Rm

Day	Date	Time	Price
Program #4812-A			
M/W/F	9/9-9/30	9:30-11am	\$62R/\$67NR
*No Class 9/18			
Program #4812-B			
M/W/F	10/5-10/26	9:30-11am	\$62R/\$67NR
*No Class 10/14			
Program #4812-C			
M/W/F	11/2-11/23	9:30-11am	\$62R/\$67NR
*No Class 11/11			

Giggle Bugs

Join us for this parent/toddler program for fun Circle time, fine, small, and gross motor activities to develop imagination, cognitive and physical development. Classes include music, stories, games and much more!
Ages: 18mo-4 yrs Location: Toddler gym
Instructor: Barb Whited

Day	Date	Time	Price
Session I Program #4609-C			
Tue/Th	9/15-10/27	9:45-11am	\$49R/\$54NR
Session II Program #4609-D			
Tue/Th	11/3-12/1	9:45-11am	\$42R/\$47NR
*No Class 11/24 and 11/26			

Jumping Gymnasts Ages 1-3

(With Parent)

This program teaches gymnastics and is designed To offer classes for all ages and skill levels, beginner through immediate. Focusing on building coordination, motor skills, and body awareness, as well as strength and confidence. Certifications: USAG certified, concussion trained, and Safesport trained. In addition, each coach has completed a background check.

Ages: 1-3 Min: 5 Max: 16
Location: LA Rm #1 Deadline 8/29

Day	Date	Time	Price
Session I Program #4734-I			
Sat	9/5-9/26	9-10am	\$50R/55NR
Session II Program #4734-J			
Sat	10/3-10/24	9-10am	\$50R/55NR
Session III Program #4734-K			
Sat	10/31-11/21	9-10am	\$50R/55NR

DIY Sensory Water Bottle

Spark curiosity and calm with a DIY sensory water bottle! Perfect for preschoolers and early learners, this hands-on activity lets kids help pour, shake, and explore. Using simple materials like water, glitter, beads, and clear glue, children create a mesmerizing bottle they can use it again to focus, self-soothe or just enjoy watching. It's a fun, calming project that supports fine motor skills, sensory development, and emotional regulation-ideal for quiet corners or mindful moments.

Min: 3 Max: 6 Ages: 1-3
Location: Pre School Rm

Day	Date	Time	Price
Session I Program #4609-I			
Thu	9/3	5:30-6:15pm	\$10R/\$12NR
Session II Program #4609-J			
Thu	10/1	5:30-6:15pm	\$10R/\$12NR

PRESCHOOL PROGRAMS

*NEW Nature Collage Crowns

Young artists will create a one-of-a-kind crown using leaves, flowers, sticks, and other natural materials. This fun outdoor craft encourages creativity, imagination, and a connection with nature while developing fine motor skills.

Ages: 4-6 Min: 3 Max: 5
Location: Pre School Room
Instructor: Skyler Walsh

Day	Date	Time	Price
Session I Program #4609-M			
Thu	9/17	5-5:45pm	\$10R/\$12NR

*NEW Bug and Insect Safari

Explore the outdoors in search of bugs and insects! Participants will learn about local species, their habitats, and their importance to the environment through hands-on exploration and observation activities.

Ages: 3-5 Min: 3 Max: 5
Location: Pre School Room
Instructor: Skyler Walsh

Day	Date	Time	Price
Session I Program #4609-K			
Wed	9/23	5-5:45pm	\$10R/\$12NR

PRESCHOOL PROGRAMS

*NEW Kitchen Safety Class

Help your little chef build confidence in the kitchen! Children will learn basic kitchen safety, proper hand washing, how to identify common kitchen tools, and simple cooking skills through fun, age-appropriate activities and hands-on recipes. This class is a great introduction to cooking in a safe and supportive environment.

Ages: 3-5 Max: 6 Location: Café

Instructor: Jessica DiFilippo

Day	Date	Time	Price
Program #4734-H			
Wed	10/7-10/28	4-4:45pm	\$30R/\$35NR

*NEW Bird Feeder Pinecones

Children will create their own bird feeder using a pinecone and birdseed while learning about local wildlife and nature. This fun, hands-on craft promotes creativity, fine motor skills, and outdoor exploration.

Ages: 4-6 Min: 3 Max: 5

Location: Pre School Room

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-O			
Thu	9/24	5-5:45pm	\$10R/\$12NR

*NEW Beginner Mini Hoopers

Mini Hoopers is an instructional basketball program designed to introduce young children to the fundamental skills of the game in a fun, structured, and supportive environment. Participants will develop basic basketball techniques, including dribbling, passing, shooting, and ball control, while also improving coordination, balance, motor skills, and teamwork. Through age-appropriate drills and activities, children will build confidence, learn to follow directions, and develop a positive foundation for future participation in sports and physical activity. No prior basketball experience is required.

Ages: 4-5 Min: 3 Max: 5

Location: SCCC Gym

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-G			
Wed	10/7-10/28	5-5:45pm	\$30R/\$35NR

*NEW Pumpkin Finger Painting

Celebrate the fall season with a creative pumpkin-themed art project! Toddlers will use finger paints, glitter, and stickers to design their own unique pumpkin masterpiece while developing fine motor skills and exploring their creativity in a fun, hands-on environment. Ages: 3-5 Min: 3 Max: 5

Location: Pre School Room

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-L			
Thu	10/15	5-5:45pm	\$10R/\$12NR

Scented Apple Pie Playdough

Children will create and play with their own apple pie-scented playdough while exploring creativity and sensory play. This hands-on fall activity encourages imagination, fine motor development, and a love for crafting.

Ages: 4-6 Min: 3 Max: 5

Location: Pre School Room

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-N			
Mon	11/2	5-5:45pm	\$10R/\$12NR



Instructional Football

Toddler Mini Football is an instructional program designed to introduce young children to the fundamental skills of football in a fun, safe, and supportive environment. Participants will learn basic techniques such as throwing, catching, running, agility, and teamwork through age-appropriate drills, games, and activities. The program focuses on developing coordination, motor skills, confidence, and sportsmanship while encouraging an active lifestyle. No prior football experience is required, making this an excellent opportunity for young athletes to build a strong foundation and develop a love for the game. Ages: 4-6 Min: 2 Max: 4

Location: SCCC Gym Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-F			
Wed	11/4-11/25	6-6:45pm	\$30R/\$35NR

PRESCHOOL PROGRAMS

Instructional Soccer

This class will help your child refine their skills and improve as an overall player in soccer. We will review the basics of the game while also teaching a series of drills that your kids can do on their own!

Ages: 3-5 Min: 2 Max: 4

Location: SCCC Gym East

Instructor: Skyler Walsh

Day	Date	Time	Price
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Program #4609-E

Mon	10/5-10/26	5-5:45pm	\$30R/\$35NR
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Instructional Golf

This is the perfect first swing into the world of golf! Young players will learn the basics of grip, stance, swinging, and putting through fun games and creative activities. This class focuses on building coordination, confidence, and a love for the game in a safe, supportive, and playful environment. Let's get ready to swing, smile, and have fun on the green!

Max: 6 Ages: 3-5 Location: SCCC Gym

Instructor: Skyler Walsh

Day	Date	Time	Price
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Program #4609-H

Fri	10/2-10/23	5-5:45pm	\$30R/\$35NR
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YOUTH PROGRAMS

*NEW Disney Cooking Class

Calling all young chefs! Join us for a magical culinary journey through the world of Disney. Each week, participants will create a delicious recipe inspired by a favorite Disney movie while learning basic kitchen skills, food safety, and creativity in the kitchen. From sweet treats to savory snacks, every class is a new adventure!

No prior experience is needed. *Please let us know any dietary restrictions or allergies.

Ages: 6-10 Max: 6 Location: Café

Instructor: Jessica DiFilippo

Day	Date	Time	Price
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Program #4734-T

Mon	11/2-11/23	5-6:30pm	\$40R/\$45NR
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Around the World Cooking Class

Get ready for a delicious adventure! Young chefs will travel the globe through food as they learn to prepare tasty dishes from different countries and cultures. Along the way, participants will build basic cooking skills, discover new flavors, and have fun exploring traditions from around the world.

*Please let us know any dietary restrictions or allergies. Ages: 6-10 Max: 6

Location: Cafeteria

Instructor: Jessica DiFilippo

Day	Date	Time	Price
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Program #4734-U

Wed	10/7-10/28	5-6:30pm	\$40R/\$45NR
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Jumping Gymnasts Ages 3-5

This program teaches gymnastics and is designed To offer classes for all ages and skill levels, Beginner through Immediate. Focusing on building coordination, motor skills, and body awareness, as well as strength and confidence. Certifications: USAG certified, concussion trained, and Safesport trained. In addition, each coach has completed a background check.

Ages: 3-5 Min: 5 Max: 16 Deadline: 8/29

Location: Large Activity Rm #1

Day	Date	Time	Price
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Session I Program #4734-L

Sat	9/5-9/26	10-11am	\$50R/55NR
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Session II Program #4734-M

Sat	10/3-10/24	10-11am	\$50R/55NR
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Session III Program #4734-N

Sat	10/31-11/21	10-11am	\$50R/55NR
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Jumping Gymnasts Ages 6+

This program teaches gymnastics and is designed To offer classes for all ages and skill levels, Beginner through Immediate. Focusing on building coordination, motor skills, and body awareness, as well as strength and confidence. Certifications: USAG certified, concussion trained, and Safesport trained. In addition, each coach has completed a background check. Deadline: 8/29

Ages: 3-5 Min: 5 Max: 16

Location: Large Activity Rm #1

Day	Date	Time	Price
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Session I Program #4734-O

Sat	9/5-9/26	11-12pm	\$50R/55NR
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Session II Program #4734-P

Sat	10/3-10/24	11-12pm	\$50R/55NR
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Session III Program #4734-Q

Sat	10/31-11/21	11-12pm	\$50R/55NR
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YOUTH PROGRAMS

Home Alone Safety

This 90-minute class is designed to teach children who are home alone the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child.

Ages: 8-13 Min: 5 Max: 20

Location: Conference Room

Instructor: EPIC Training

Day	Date	Time	Price
Program #4734-R			
Mon	10/12	8:30-10 am	\$32R/\$37NR

Babysitters Training

Taught through interactive activities, instructor lecture, and video presentation, this course is designed for students ages 11-15 years of age. Students will learn: entrepreneurial skills, ages & stages, accident prevention, basic first aid, care when choking and emergency recognition. A personalized certification card is issued to each student after successful completion of the course.

*Students are asked to bring a peanut-free bagged lunch and drink

Ages: 11-15 Min: 5 Max: 20

Day	Date	Time	Price
Program # 4734-S			
Mon	10/12	10:30am-2:30pm	\$54R/\$57NR

Hat Decorating

Create a custom baseball hat (Hats and decorations will be supplied) that shows off your personal style! Participants will use a variety of craft materials and decorations to design a unique wearable creation while exploring creativity and self-expression.

Ages: 6-9 Min: 1 Max: 8

Location: Cafeteria

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-T			
Thu	9/10	5-5:45pm	\$10R/\$12NR

Autumn Glow Lanterns

Create a beautiful fall-inspired lantern using a variety of creative materials and decorations. Participants will explore their creativity while designing a unique seasonal craft perfect for adding a warm autumn glow to their home.

Ages: 6-12 Min: 1 Max: 8

Location: Cafeteria

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-U			
Wed	9/16	5-5:45pm	\$10R/\$12NR

Basketball + Train and Play

A mix of skill development and game play! Jake Russell and his Basketball+ trainers will guide players through a variety of skill-building drills designed to improve ball handling, shooting, passing, defense, and overall basketball IQ. Each session will also include competitive 1-on-1, 3-on-3, and 5-on-5 game play, giving participants the opportunity to apply their skills in game situations. This program is a great opportunity for players of all skill levels to learn, compete, and improve their game

Min: 6 Max: 20

Instructor: Jake Russell with Basketball +

Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4610-V Grade:3rd-5th			
Wed	9/9-9/30	6-6:45pm	\$70R/\$80NR
Session I Program #4610-W Grade:6th-8th			
Wed	9/9-9/30	7-8pm	\$70R/\$80NR
Session II Program #4610-Y Grade:3rd-5th			
Wed	10/7-10/28	6-6:45pm	\$70R/\$80NR
Session II Program #4610-Z Grade:6th-8th			
Wed	10/7-10/28	7-8pm	\$70R/\$80NR

Freedom Bracelets

Create a patriotic bracelet using red, white, and blue beads while celebrating and honoring our nation's veterans. Participants will design a unique keepsake that promotes creativity, gratitude, and appreciation for those who have served. Ages: 8-12 Min: 4 Max: 9

Location: Preschool Room

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-P			
Tue	9/8	5-5:45pm	\$10R/\$12NR

Time Travelers Junk Journal

Travel through time with creativity and imagination! Participants will create their own unique junk journal (books will be supplied) using fun papers, stickers, stamps, and craft materials while designing pages inspired by different eras, adventures, and stories. A perfect program for young artists who love crafting and storytelling.

Ages: 9-14 Min: 1 Max: 8

Location: Cafeteria

Instructor: Skyler Walsh

Day	Date	Time	Price
Program #4609-V			
Wed	11/4	5-5:45pm	\$15R/\$17NR

YOUTH PROGRAMS



WBC + SWEDEN CLARKSON RECREATION
WORKING TOGETHER. BUILDING BETTER PLAYERS.

TRAIN. COMPETE. IMPROVE.

**12 WEEKS OF SKILL DEVELOPMENT
+ TEAM COMPETITION**



PROFESSIONAL TRAINING

Train every week with experienced basketball trainers.



SEASON TEAMS & STANDINGS

Players stay on teams all season and compete for weekly standings.



TRAIN → PLAY

Learn a skill. Practice it. Compete immediately.



TRACK YOUR PROGRESS

Develop throughout the season while competing every week.

SATURDAYS

K-2

9:00 – 10:00 AM

GRADES 3-4

10:00 – 11:30 AM

GRADES 5-6

11:30 AM – 1:00 PM



SWEDEN CLARKSON RECREATION CENTER
4927 LAKE RD, BROCKPORT, NY 14420

\$120

FOR THE ENTIRE 12-WEEK SEASON



BASKETBALL +
POWERED BY PROFESSIONAL TRAINERS

REGISTRATION OPEN!
SCAN THE QR CODE TO REGISTER.



Link to Register: [https://regional-events-group.sportngin.com/register/form/301716854?](https://regional-events-group.sportngin.com/register/form/301716854?_gl=1*183l13k*_ga*MTc5OTMwNDQuMTc4MjQwNDcwMQ..*_ga_PQ25JN9PJ8*cze3ODU5MzkzMDE0NzYtcmc5bDh0ZGN5dXEkbzI2JGcwJHQxNzg1OTM5MzE0JGo0OCRsMCRoMA..#_ga=2.181285604.2110964846.1785769289-17993044.1782404701)

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Instructional Volleyball

Participants will learn the fundamentals of volleyball, including serving, passing, setting, hitting, and teamwork through fun drills and activities. This program focuses on skill development, sportsmanship, and building confidence in a positive learning environment. Ages: 7-11 Min: 1 Max: 8

Instructor: TBD Location: SCCC Gym
Day Date Time Price

Program #4609-Q
Tue 10/6-10/27 5-5:45pm \$30R/\$35NR

Keychain Making

Create a personalized keychain using colorful beads, charms, and creative materials. Participants will explore their creativity while designing a fun keepsake they can take home and enjoy.

Ages: 10-13 Min: 1 Max: 8

Location: Cafeteria

Instructor: Skyler Walsh

Day Date Time Price

Program #4609-X
Tue 11/3 5-5:45pm \$10R/\$12NR

YOUTH PROGRAMS

Before & After School Recreation 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, gym games and more!

Register in person only!

This program is designed for students kindergarten to sixth grade. Children may be dropped off at the community center as early as **6:30 AM** and picked up after school no later than **6:00 PM**.

Parents must contact the Brockport Central Schools Transportation Office, (585) 637-1880, in order to arrange transportation for their child. For any question please contact

Amanda at 585-431-0088 or amandak@townofswedenny.gov

Before and After School rates are as follows:

Daily Rates:

Before **OR** After School- **\$11.00**

Before **AND** After School- **\$20.00**

Weekly Rates: Before **OR** After School- **\$50.00**

Before **AND** After School- **\$95.00**

*When registering the week of, you will pay the daily rate (\$11/\$20)

Homeschool PE

A fun and active way for homeschool students to participate in physical education! Participants will enjoy a variety of sports including Team Handball, Floor Hockey, Basketball, and Pickleball.

Ages: 5-9 Min: 1 Max: 12

Instructor: Skyler Walsh

Location: SCCC Gym

Day	Date	Time	Price
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Session I Program #4610-L

Fri	11/6-11/27	1-2pm	\$30R/\$35NR
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Instructional Golf

Participants will learn the fundamentals of golf, including grip, stance, swing technique, putting, chipping, and golf etiquette through fun, skill-based activities. This program promotes confidence, coordination, sportsmanship, and a positive introduction to the game of golf.

Ages: 6-7 Min: 1 Max: 8

Instructor: TBD

Location: SCCC Gym

Day	Date	Time	Price
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Program #4609-S

Fri	11/6-11/27	5-5:45pm	\$30R/\$35NR
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Nature Club

Join us as we explore the wonders of the outdoors! Participants will discover local wildlife, plants, habitats, and natural treasures through guided hikes, scavenger hunts, nature crafts, and hands-on activities.

Each session offers a new outdoor adventure designed to foster curiosity, creativity, and a lifelong appreciation for nature.

Ages: 9-14 Min: 3 Max: 5

Instructor: Skyler Walsh

Location: STP Meet at Pavilion 1

Day	Date	Time	Price
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Program #4609-Y

Wed	9/9	5-5:45pm	\$10R/\$12NR
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Homeschool Geocaching

Join us for a high-tech treasure hunt!

Participants will use GPS technology to search for hidden geocaches, solve clues, and explore the outdoors while developing navigation, teamwork, and problem-solving skills.

Ages: 6-12 Min: 3 Max: 5

Instructor: Skyler Walsh

Location: STP

Day	Date	Time	Price
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Session I Program #4610-P

Fri	9/4	1-2pm	\$10R/\$12NR
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Instructional Floor Hockey

Participants will learn the fundamentals of floor hockey, including stickhandling, passing, shooting, and teamwork through engaging drills and activities. This program promotes skill development, sportsmanship, and confidence in a fun and supportive setting.

Ages: 7-10 Min: 1 Max: 8

Instructor: TBD

Location: SCCC Gym

Day	Date	Time	Price
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Program #4609-R

Mon	11/9-11/30	5-5:45pm	\$30R/\$35NR
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*NEW Tie Dye

Create a one-of-a-kind fall-inspired tie dye creation using the colors of the season!

Participants will explore creative dye techniques while designing a unique wearable piece and expressing their individual style. Bring a T-shirt, socks, pillowcase, etc.!

Ages: 8-13 Min: 1 Max: 10 Location: Café

Instructor: Skyler Walsh

Day	Date	Time	Price
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Program #4609-W

Fri	9/18	5-5:45pm	\$10R/\$12NR
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YOUTH PROGRAMS

Homemade Pizza Night

Join Recreation Assistant Maranda Dobbertin and become a pizza chef for the evening! Kids will create their very own personal pizza by choosing their favorite sauce, cheese, and toppings before it heads into the oven to bake. While pizzas are cooking, participants will enjoy fun games and activities with friends. Once everything is ready, everyone will sit down to enjoy their delicious creations together. To top off the night, everyone will receive a fun award, such as Most Creative Pizza, Cheesiest Creation, or Best Pizza Name. Come hungry and ready for a fun-filled evening of food, creativity, and laughter! Ages 8-11 Min: 3 Max: 5

Location: SCCC Cafe

Day	Date	Time	Price
Program #4812-G			
Thu	11/5	5:00-6:15pm	\$15R/ \$20NR



Cider & Seek Scavenger Hunt

Join Recreation Assistant Maranda Dobbertin and step into the sights and sounds of fall at Sweden Town Park! Kids and families are invited to join us for a fun-filled nature scavenger hunt, searching for colorful leaves, acorns, pinecones, and other seasonal surprises. It's a playful way to explore outdoors, celebrate autumn and connect with nature. After the hunt, warm up with donuts and cider for a cozy fall finish! Bring your curiosity and a comfy pair of shoes! Location: Nietopski Pavillion at STP

Ages 6-10		Min: 3	Max: 5
<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Program #4812-H			
Sat	9/26	10-10:45am	\$20R/\$25NR

Crisp & Crafty: Fall Fun

Join Recreation Assistant Maranda Dobbertin and get ready to dive into the magic of autumn with this creative class! Kids will explore the season through hands-on activities like colorful leaf rubbings and festive pumpkin painting. It's the perfect way to celebrate fall, spark imagination, and take home some handmade seasonal treasures. All materials provided.

Location: SCCC Ages 5-10 Min: 3 Max: 5

Day	Date	Time	Price
Program #4812-I			
Thu	10/22	5-5:45pm	\$20R/\$25NR

FAMILY PROGRAMS

Family Movie Night!

Join us once a month for a family-friendly movie experience! Bring your blankets and enjoy an evening of entertainment, snacks, and quality time with family and friends in a welcoming community setting. Price includes fee for snacks/popcorn. Must Register 1 week prior to first movie showing. We'll be showing these movies!

Spiderman: Into the Spider-Verse,

Wild Robot, Inside Out 2.

Ages: All Min: N/A Max: N/A

Instructor: Skyler Walsh

Location: SCCC Outdoor/Gymnasium

Day	Date	Time	Price
Session I Program #4610-R			
Fri	9/25	5-6:45pm	\$10R/\$12NR
Session II Program #4610-S			
Fri	10/30	5-6:45pm	\$10R/\$12NR
Session III Program #4610-T			
Fri	11/27	5-6:45pm	\$10R/\$12NR

Candy Bar Halloween Bingo

Join Recreation Assistant Maranda Dobbertin for a spooktacular evening of Halloween Bingo! Participants will play multiple rounds of festive bingo featuring pumpkins, ghosts, bats, black cats, and other Halloween favorites while competing to win full sized candy bars! Costumes are encouraged (but not required), so come dressed in your favorite Halloween attire and get ready for an evening filled with laughter, friendly competition, and plenty of treats. Whether you're hoping to shout "BINGO!" or simply enjoy the spooky fun with friends, this event is sure to be a Halloween hit! Location: SCCC Cafe

Ages 7-10 Min: 5 Max: 12

Day	Date	Time	Price
Program #4812-J			
Fri	10/23	5:00-5:45pm	\$3R/\$5NR

ADULT PROGRAMS

Adult Glow in the Dark Ultimate Frisbee

Light up the night with a fun and exciting game of Glow in the Dark Ultimate Frisbee! Players will enjoy friendly competition while developing teamwork, communication, and athletic skills in a unique nighttime experience. All skill levels are welcome. Teams will be made at the field pickup style play. Must Pre Register! *Must register 1 week prior!

Ages: 18+ Min: 14 Max: 20

Instructor: Skyler Walsh

Location: STP Field 6

Day Date Time Price

Program #4610-A

Mon 9/14-9/28 6:15-7pm \$25R/\$30NR

Comfort Bird Carving

This is a short course on carving comfort birds. Each novice carving student will learn basic knife carving techniques and produce one or more comfort bird(s). Comfort birds produced will be easily held in one hand and offer some comfort for those facing stress from medical, or other problems. Essentially, the tactile stimuli from handling the bird, thought of birds, the grain and feel of the wood all combine to offer non-stressful sensations. You could think of them as worry beads with a more natural foundation. The carving tradition is to make them to give them away to people in need. Items provided: carving knife, strop, and a cut out blank. Students should bring a pencil with an eraser and cut resistant glove. Ages: 18+ Min: 4 Max: 12

Location: Small Activity Rm 4 (Lounge)

Instructor: John Gardner, long time woodworker

Day Date Time Price

Program #4734-X

Tue 10/6-10/27 5:45-7:45pm \$35R/\$40NR

OPEN PROGRAMS

PROGRAM	DAYS	TIMES	PRICE	AGE
TODDLER GYM *UNAVAILABLE 9:30-11AM M-F*	M-TH F	8AM-7:45 8AM-5:45	\$2	5 & UNDER
BASKETBALL	T, TH	2PM-4PM	\$2	OPEN
HOMESCHOOL OPEN GYM	M, F	2PM-4PM	\$1R/\$2NR	K-12
PICKLEBALL	M, W, F	10AM-1:15PM *SOME KNOWLEDGE OF THE GAME REQUIRED*	\$1R/\$2NR	OPEN
PICKLEBALL	T, TH	10-11:30AM ADVANCED 11:45AM- 1:15PM BEGINNERS	\$1R/\$2NR	OPEN
PICKLEBALL	SUN (Beginning in SEPTEMBER)	8-9:45AM ADVANCED 10AM-11:45AM BEGINNERS	\$1R/\$2NR	OPEN
WALKING	M-F	8:45-9:45	FREE	OPEN
TAI CHI	M & F	1-2PM	\$1	55+
EUCHRE	M	12-2PM	\$1	55+
MAHJONGG	TH	9AM-12PM	\$1R/\$2NR	55+
MAHJONGG	TUES	4PM-7PM	\$1R/\$2NR	55+

ADULT PROGRAMS

Yoga Stretch

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

Min: 4 Max: 18

Instructor: Barb Whited

Location: LA Rm #3

Day	Date	Time	Price
Session I	Program # 4610-E		
Tue	9/15-10/27	6:30-7:30pm	\$70R/\$75NR
Session II	Program # 4610-F		
Tue	11/3-12/15	6:30-7:30pm	\$70R/\$75NR

Adult Walking Club

Join us for a fun and social way to stay active! The Adult Walking Club welcomes all fitness levels and provides an opportunity to enjoy fresh air, connect with others, and build healthy habits through group walks. Get a T-shirt at the end!

*Must register 1 week prior!

Ages: 18+ Min: 10 Max: 15

Instructor: Skyler Walsh

Location: STP Pavilion #1

Day	Date	Time	Price
Program #4610-B			
Sat	9/12-10/3	8-8:45am	\$10R/\$15NR

Introduction to Filipino Martial Arts

This is ideal to gain both physical and mental fitness, while learning an effective self-defense martial art. Appropriate for both men and women, ages 16 and up. Every culture has its own martial traditions, and The Philippines has its own approaches concerning its own martial methods. As opposed to many martial arts schools in which one starts with empty hands and then progresses towards weapon usage, the Filipino Martial Arts start off with weapons (stick/blade), then progresses to empty hands. In other words, the tools teach you how to use your hands. Necessary equipment: wear protective eyeglasses/goggles, wear comfortable loose-fitting clothing. Rattan sticks and Rubber knives will be on loan for the first class.

Ages: 16+ Min: 2 Max: 20

Location: Activity Room #1

Instructor: Jack Lattore

Day	Date	Time	Price
Session I	Program #4610-I		
Thu	8/27-9/17	5:30-7:00pm	\$80R/\$120NR
Session II	Program #4610-J		
Thu	9/24-10/15	5:30-7:00pm	\$80R/\$120NR
Session III	Program #4610-K		
Thu	10/29-11/19	5:30-7:00pm	\$80R/\$120NR

Vinyasa Flow

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

Min: 4 Max: 18

Instructor: Barb Whited

Location: LA Rm #3

Day	Date	Time	Price
Session I	Program #4610-C		
Mon	9/14-10/26	6:30-7:30pm	\$70R/\$75NR
Session II	Program #4610-D		
Mon	11/2-12/14	6:30-7:30pm	\$70R/\$75NR

Total Body Conditioning

We'll utilize bodyweight exercises and dumbbells to target all major muscle groups through compound movements, enhancing overall strength, balance, flexibility, and endurance. Expect a challenging yet rewarding workout that incorporates elements of Pilates, strength training, and aerobics for a well-rounded fitness experience. This class is suitable for all levels, with modifications provided to ensure everyone can participate effectively.

Min: 5 Max: 20

Location: Large Activity Rm #1

Instructor: Sara Silverstone

Day	Date	Time	Price
Session I	Program #4735-A		
Tue	9/15-10/13	5-5:45pm	\$30R/35NR
Session II	Program #4735-B		
Tue	10/20-11/17	5-5:45pm	\$30R/35NR

Adult Coed Volleyball League

This league is fun and well-rounded. Whether you have played for years or haven't ever been on a court, this is the league for you! Pick up your blank roster form at the S/C community Center. The league will be 10 weeks (10 games), plus playoffs. *you must register a complete team and pay BEFORE first day* *Sign up deadline 9/3*

Ages: 18+ Location: SCCC Gym

\$10 Referee fee per match per team

Day	Date	Time	Price
Program #4610-G			
Tue	9/8-11/17	6-9pm	\$150

ADULT PROGRAMS

Fitness Center Membership

Membership	1month	3month	1 year
Senior (55+)	\$20	\$45	\$185
Adult (18-54)	\$40	\$65	\$250
Family (18+)	\$60	\$85	\$360
Each addt'l family	\$15	\$35	\$115

*Family membership covers up to four people who reside at the same residence.

*** Please Note: Fitness Center closes 15 minutes before community center.**

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

We except SilverSneakers, Silver & Fit, Optum/Renew Active

Blended Adult and Pediatric First Aid/CPR/AED

This blended learning course prepares participants to recognize and care for adult/pediatric first aid and cardiac emergencies. Taught via a blended learning format, the online portion is accessible on any mobile device and must be completed prior to attending a brief instructor-led hands-on skill assessment. Two date/time skills session options are available for your convenience. Successful students will receive a 2-year certification card upon completion.

Ages: 16+ Min: 5 Max: 20

Location: Conference Rm

Instructor: EPIC Training

Day	Date	Time	Price
Session I	Program #4734-Y		
Wed	11/4	6-6:30pm	\$65R/70NR
Session II	Program #4734-Z		
Sat	11/14	10-10:30am	\$65R/70NR

Bird Carving

This class will be taught by award-winning bird carver Al Cretney who has over 20 years of bird carving experience. Students will start with a band-saw blank and complete a fully carved and painted wooden bird. This class is structured for people who have little or no experience in wood carving. Come learn the process of wood carving. Includes carving blank, glass eyes, and paint. *Participants are required to bring a knife, safety gloves, and a paintbrush for acrylic paint.

Ages: 18+ Max: 12

Location: Small Activity Rm 4 (Lounge) Instructor: Al Cretney

Subject: Scarlet Tanager

Day	Date	Time	Price
Program #4734-W			
Mon	9/21-11/16	5:30-7:30pm	\$45R/\$50NR

PERSONAL TRAINING

Are you looking for a personal trainer?

Give our personal trainer a call or email to set up a time.

Shannon Brett: (585) 953-2611

email: sbrett121@yahoo.com A single session is \$43 or you can pay for a pack of 5 sessions for \$208 or a pack of 10 sessions for \$393.

JAZZERCISE BROCKPORT



Fall into fitness with Jazzercise! As the seasons change, it's the perfect time to refresh your routine, boost your energy, and prioritize your health. Join us this fall for fun, high-energy workouts that combine dance cardio, strength training, and great music in a welcoming community. Whether you're just getting started or returning after a break, every class is designed to leave you feeling stronger, healthier, and more confident. Come move with us this season—we can't wait to see you on the dance floor! With the QR Code please.



Scan here for days, time and more information.



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.

Location: Large Activity Rm #1

Day	Date	Time	Price
Program # 4734-V			
Mon	9/14-11/2	12-1pm	\$60R/\$65NR

55+ SENIOR PROGRAMS

SWEDEN CLARKSON COMMUNITY CENTER

WELCOMES YOU TO OUR



5TH 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

11/11 STARTING AT 11 AM

PLEASE CALL 585-431-0090 TO RESERVE A SPOT

Medicare 101

Join us for an engaging, easy-to-follow session that breaks down the essential of Medicare and Social Security timing. We'll walk through key decisions, important timelines, and what really matters as you plan to retirement. You'll leave with a clearer understanding and more confidence about the choices ahead, whether you're approaching retirement or just starting to plan ahead.

Contact: Kris Sharpe at k20sharpe@gmail.com

Day	Date	Time	Price
Thu	9/17	5:30-6:15pm	FREE
Thu	10/1	5:30-6:15pm	FREE
Thu	10/15	5:30-6:15pm	FREE

Walking Club

Take your morning walk to the next level! Join us each Wednesday during open gym walking as we work together toward a community goal of 50 miles by the end of the session! For reference, 1 mile is 13 laps around the perimeter of our gym. Staff will chart your total laps around the gym each Wednesday by collecting lap totals from participants. We will celebrate reaching our goal with t-shirts for everyone. Whether you're walking one lap or one hundred, every step counts!

*Must pre-register for this program

Location: SCCC Gym

Day	Date	Time	Price
Program #4735-W			
Wed	9/30-11/18	8:45-9:45am	\$1

DIY Buffalo Bills Door Hanger

Show off your team spirit by creating a custom Buffalo Bills-inspired door hanger! Paint, decorate, and personalize your project with step-by-step guidance as you create a unique decoration for your front door or home. All materials are provided!

Ages: 18+ Min: 1 Max: 6

Location: Large Activity Rm #3

Day	Date	Time	Price
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Program #4735-D

Thu	9/24	1-2pm	\$25R/\$30NR
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*NEW Wii Bowling

Enjoy all the fun of bowling without the heavy bowling balls or rental shoes! Using the Nintendo Wii motion-sensing gaming system, players mimic a real bowling motion to roll the ball down the virtual lane. This low-impact activity is a great way to stay active, improve hand-eye coordination and balance, keep your mind engaged, and enjoy friendly competition. Whether you come with friends or on your own, you'll have a great time in a fun and welcoming atmosphere.

Ages: 55+ Min: 4 Max: 8

Location: Senior Rm Side A

Day	Date	Time	Price
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Program #4735-V

Thu	10/29-11/19	1-3pm	\$6R/\$8NR
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55+ SENIOR PROGRAMS

Chair Volleyball

Keep the summer vibes high this winter and pick up a new game at your community center. This fan favorite game is light intensity, low impact, making it the perfect game to socialize and compete with your fellow community members. Team sizes, and number of courts will be determined based on the number of registrations, and we ask that players be flexible so that all who want to play can!

Max: 18 Location: Gym

Day	Date	Time	Price
Program #4735-E			
Wed	9/2-11/18	1:30-3:30pm	\$15R/\$17NR

Senior Train/Dominos

Whether you're looking for a new game, or you're a seasoned domino player, this is the program just for you! Join us at SCCC for an organized gaming experience that allows you to meet new people and learn a new game. SCCC staff will play and help you with learning the nuances of this domino staple!

Ages: 55+ Min: 2 Max: 16
 Location: Senior Side B

Day	Date	Time	Price
Program #4735-K			
Thu	10/1-10/22	1-3pm	\$3R/\$5NR

Labor Day Craft – Flag Pillow-Making

Create a cozy, patriotic American flag pillow using soft fleece and a simple no-sew tying technique. This fun and relaxing class is perfect for all skill levels, and you'll leave with a handmade American flag pillow that is perfect for displaying at home or giving as a gift. Ages: 55+ Max: 5
 Location: Senior Side A

Day	Date	Time	Price
Program #4735-O			
Thu	9/3	1-2:30pm	\$5R/\$10NR

Centerpiece Making

Add a touch of seasonal charm to your home by creating your own handcrafted centerpiece! In September, design a vibrant sunflower arrangement, and in October, create a festive pumpkin floral centerpiece. All supplies and instructions are included, so simply bring your creativity!

Ages: 55+ Min: 3 Max: 5
 Location: Senior Rm.
 Instructor: Jessica DiFilippo

Day	Date	Time	Price
Session I Program #4735-P			
Fri	9/25	1-2pm	\$10R/12NR
Session II Program #4735-Q			
Fri	10/23	1-2pm	\$10R/12NR

Beginner Senior Ping Pong

Whether you've never played before or want to brush up on the basics, this class is the perfect place to start. Through guided instruction and practice, you'll learn the fundamentals of ping pong while improving coordination, reflexes, and confidence in a fun and encouraging setting.

*Must pre-register by 9/4

Ages: 55+ Min: 2
 Location: Large Activity RM #1

Day	Date	Time	Price
Program #4735-F			
Thu	9/10-10/1	12-1pm	\$5R/\$7NR

Weekly Board Games

Gather with friends or meet new ones during this casual board game social! Board Games will be provided but participants are encouraged to bring their favorite board or card games as well to share. This relaxed program is perfect for friendly competition, conversation, and building new connections within the community.

Location: Senior Rm

Day	Date	Time	Price
Program #4735-U			
Fri	10/30-11/20	12-2pm	\$4R/\$6NR

Open MahJongg

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

Day	Time	Price
Thu	9am-12pm	\$1R/\$2NR
Tue	4-7pm	\$1R/\$2NR

Seasonal Wreath Workshop

Decorate your home with a one-of-a-kind wreath made by you! Each workshop features a different seasonal theme—Fall in September, Halloween in October, and Thanksgiving in November. All supplies are provided, and our instructors will guide you step-by-step, making this class perfect for crafters of all experience levels.

Ages: 55+ Min: 2 Max: 5
 Location: Senior Rm Side B
 Instructor: Jessica DiFilippo

Day	Date	Time	Price
Session I Program #4735-L			
Wed	9/9	12-1pm	\$8R/13NR
Session II Program #4735-M			
Wed	10/14	12-1pm	\$8R/13NR
Session III Program #4735-N			
Wed	11/18	12-1pm	\$8R/13NR

55+ SENIOR TECH PROGRAMS

Getting to Know Your Tablet

Have questions about your tablet? This beginner-friendly, question-led class is designed to help participants gain confidence using their own devices. Whether you'd like to learn how to browse the internet, send emails, download apps, take photos, join video calls, read e-books, or adjust settings, instructor Jessica DiFilippo will guide the class based on participants' questions and interests. iPad and Android users are welcome. Ages: 55+ Min: 1 Max: 5

Location: Conference Rm

Day	Date	Time	Price
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Session I Program #4735-I			
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Mon	9/21	10:15-11:15am	\$8R/13NR
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Session II Program #4735-J			
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Mon	10/26	10:15-11:15am	\$8R/13NR
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Getting to Know Your Smartphone

Have questions about your smartphone? This beginner-friendly, question-led class is designed to help participants gain confidence using their own devices. Whether you'd like to learn how to send texts, take photos, use apps, adjust settings, connect to Wi-Fi, or tackle another smartphone task, instructor Jessica DiFilippo will guide the class based on participants' questions and interests. iPhone and Android users are welcome.

Ages: 55+ Min: 1 Max: 5 Location: Conf Rm

Day	Date	Time	Price
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Session I Program #4735-G			
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Mon	9/14	10:15-11:15am	\$8R/\$13NR
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Session II Program #4735-H			
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Mon	10/19	10:15-11:15am	\$8R/\$13NR
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Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

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

Who may "contribute"?

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

Who must "pay"?

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

Guests • Guests under age 60 must pay \$7.50 per person.

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

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

Monthly Food Menu will be available at the community center.

Lunch will be served Tuesday -Friday each week.

For further information Contact Kyle Preston - kyle.preston@lifetimeassistance.org

55+ SENIOR PROGRAMS

*NEW Well-Balanced

The Silver Sneakers Well-Balanced program will introduce an exercise routine that improves mobility, stability, and balance, and overall improve health and well-being. Participants will also learn about fall risk factors and prevention strategies. Members will complete a pre- and post-assessment to measure progress through the 12-week program.

*Must pre-register for this program by 9/25

Ages: 55+ Max: 16

Location: L Act Rm. #1

Day	Date	Time	Price
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Program #4735-R

Mon, Wed	9/30-12/21	11-11:45 am	*
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***Covered Under Silver Sneakers**

Sweden Senior Singers Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community.

Location: Senior Room

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

Senior Trivia

Bring your thinking caps! Put your knowledge to the test with this fun and friendly trivia program. Each session will have a different theme of trivia. The themes include, History/Geography, Retro Music, and Classic Films and TV Shows. Whether you come with friends or on your own, you'll enjoy a fun afternoon of friendly competition and great conversation. Each person will get their own score sheets and prizes will be awarded to those with the highest scores.

Location: Senior Rm

Day	Date	Time	Price
Tue	9/15	10-11:30am	\$2 per sheet
Tue	10/20	10-11:30am	\$2 per sheet
Tue	11/17	10-11:30am	\$2 per sheet

Move Well with Agape

Move Well with Agape Physical Therapy is led by Doctors of Physical Therapy. This class combines invigorating stretches, targeted strengthening exercises, and balance challenges to improve your overall mobility and confidence. Instructor: Lisa Russell PT, DPT Location: Large Activity Rm 1

Day	Date	Time	Price
Session I Program #4735-S			
Wed	9/9-10/7	9:00-9:45am	\$2R/\$3NR
Session II Program #4735-T			
Wed	10/21-11/18	9:00-9:45am	\$2R/\$3NR

SilverSneakers®

Empowering active aging

SilverSneakers® programs are designed for older adults to increase energy, improve balance, increase strength and flexibility and to meet new people. When you enroll in SilverSneakers® you receive fitness center membership and class opportunities. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card or \$2 a class. Classes are as follows:

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

*Is for new class times.

Silver & Fit participants will receive a fitness center membership covered by your insurance company. Stop in and fill out a registration packet so you can get started!

Description of SilverSneakers Classes

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

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

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

55+ SENIOR PROGRAMS

Bingo with Lunch!

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

*Donations for prizes accepted.

Location: Senior Rm

Day	Date	Time	Price
Tue	9/8	11:15am	\$2 per card
Tue	10/13	11:15am	\$2 per card
Tue	11/10	11:15am	\$2 per card

Bingo WITHOUT Lunch

Join us for an afternoon of fun, friendship, and exciting games of bingo with chances to win prizes! Each session will include 4 rounds of bingo. *Lunch is not included in this program. Location: Senior Rm

Day	Date	Time	Price
Tue	9/22	10-11:30am	\$2 per card
Tue	10/27	10-11:30am	\$2 per card
Tue	11/24	10-11:30am	\$2 per card

Dresses for Girls Around the World

Help us make dresses for needy and underprivileged girls in our own country and around the globe. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just for an hour or two. Any questions or need more information please call Andrea Perry 637-5648 Location: Lounge

Day	Time
As Needed	

Knit & Crochet Circle

Join us for our cozy Knit & Crochet Circle, where yarn enthusiasts of all skill levels come together to create, share, and inspire! Whether you're a beginner learning the basics or an experienced crafter looking to tackle new projects, our group is the perfect place for you. Gather with fellow crafters to work on your current projects, swap tips, and share your latest creations. Get involved in charitable initiatives by contributing to local causes through your crafting. Enjoy a relaxed and friendly atmosphere while making new friends who share your passion for knitting and crocheting. Come join us today!

Location: Senior Room

Day	Time
Fri	10am-12pm

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

Weekly Open Senior Cards

Join us every Monday for an afternoon of friendly competition and fun! Players of all skill levels are welcome to enjoy this classic card game in a relaxed and social atmosphere. Come with a partner or join a table when you arrive. Whether you're a seasoned player or just looking to meet new friends, Open Euchre is a great way to spend the day. Location: Senior Rm

Day	Date	Time	Price
Mon	9/14-11/30	12-2pm	\$1 per visit

Book Discussion Club

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

Open Tai Chi

Tai Chi is primarily practiced today to improve health, increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury.

Instructor: Jane Harr Location: LA Rm #1

Day	Time	Price
Fri	1pm	\$1/class

Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from **MEDICAL** appointments only and who are unable to secure a ride for themselves. Please give one week notice to allow a ride to be found. Anyone over the age of 18 qualifies to use Give-A-Lift.

Call **Caren Scott at 585-681-0574**

between 8am—4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

Drivers needed—please contact Life Span to help!

REGISTRATION

Sweden/Clarkson Community

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

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	\$100/\$65	\$175/\$95	\$50/\$35	Large Activity Room	\$35	\$45	\$15
Cafeteria Only	\$40	\$50	\$15	Small Activity Room	\$30	\$40	\$15

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$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	\$50/day	\$65/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.swedenclarkson				Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson The Lodge at Kimball Park	\$225/day 10am—10 pm	\$225/day 10am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$200/day 10 am—10 pm	\$200/day 10 am— 10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Clarkson Hafner Park	Football \$50/field Other \$30/field for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	N/A	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	N/A	Softball fields, lacrosse	Rec Dept. 431-0090
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130