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Sweden Clarkson Community Center

4927 Lake Road South, Sweden

Phone: 585-431-0090 Fax: 585-431-0052

www.swedenclarksonrec.com

The Center

133 State Street, Brockport

Phone: 637-8161 Fax: 637-0205

www.swedenclarksonrec.com

Registration Policy

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

Non-Resident Policy

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

Credit/Refund Policy

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

Gift Certificates

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

Financial Assistance/Scholarships

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

Videotaping

No videotaping is permitted in the Community Center without the advance written permission from the Recreation Director.

Locker Rooms and Lockers

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

Weather Cancellation Hotline

Program status is updated on the 24-hour information at 585-431-0085. The hotline is updated by 4:30 pm daily. Facility Closing Information is sent to YNN News.

Payment Options

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

Community Center Hours

June 1—June 30	Mon—Thursday	6 am—8 pm
	Friday	6 am—6 pm
	Saturday	8 am—3pm
	Sunday	CLOSED
July 1—August 31	Mon—Thurs	6 am—8 pm
	Friday	6 am—6 pm
	Saturday	8am—12 noon
	Sunday	CLOSED

The Center Hours

June 8—September 4 Mon– Fri 9am-3pm
Closed Friday, July 3 & Monday, September 7

Directory

Recreation Supervisor Jill Wisnowski	431-0050
jillw@townofsweden.org	
Recreation Assistant Joe Kincaid	431-0088
joek@townofsweden.org	
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deannai@townofsweden.org	
Dottie Coia, Beverly Stevens, Cynthia Donovan	

Sweden Town Board

Supervisor Rob Carges	637-7588
Councilperson Robert Muesebeck	
Councilperson Rebecca Donohue	
Councilperson Donald Roberts, Jr.	
Councilperson Danielle Windus-Cook	

Clarkson Town Board

Supervisor Paul Kimball	637-1131
Councilperson Allan Hoy	
Councilperson Christa Filipowicz	
Councilperson Patrick Didas	
Councilperson Jackie Smith	

Website & Facebook

www.swedenclarsonrec.com

Like us on Facebook at Sweden Clarkson Recreation
Like us on Facebook at The Center in Brockport NY

A message from your recreation department

Welcome to your newly re-designed recreation brochure, the Sweden-Clarkson *Scoreboard!* We're excited about our new look and we're even more excited about our summer recreation season! Now more than ever, we cover all the bases—indoor, outdoor, team sports, individual fitness, academics, creative classes, special events, health and well being, active leisure, passive leisure, entertainment, trips, full-day, part day fun. You name it, we've got it.

But if by chance, you don't see a program you'd like in our brochure, let us know! We're looking to create new programming that you want. Have suggestions for improving our current programming? We want to know that, too. Do you have a skill, knowledge or hobby set you'd like to share with the community? We want to help you share it. This is *your* recreation department, help us make it what you want it to be! You've got the greatest recreation facilities on the west side, and when it comes to summertime, you've got parks... boy do you have parks.

Want to go for a boat ride on the canal? There's a free launch at San Soucie Park. There's terrific picnic and playground facilities at all four parks—San Soucie, Hafner, Ridge Road and Redman Road parks. There's great hiking and Frisbee golf at Redman Road. Do a little fishing at San Soucie and Hafner parks. Our skate park on Redman Road is immensely popular. Need a lodge or pavilion? Check out rentals on page 23. Come on out and enjoy the great outdoors!

Our summer highlight is the Independence Day Celebration, conveniently held on July 3 so you can enjoy all the other local activities on the Fourth. We have our se-



Jill Wisnowski

cond annual 5K race at the Redman Road park in the morning. See page 22 for race details or give race director Megan DeMarco a call at 431-0086. We have music, activities and food in the early evening at the Community Center. And we all love the giant display of fireworks at dusk! It's summer—come on out and have some fun with us!

When it comes to Summer Camp, we're the place to be!

What do Sea Breeze, Darien Lake, Horizon Fun FX, Minnehan's, Adventure Landing and the Seneca Park Zoo have in common? They are all field trip destinations for our outstanding 2015 Summer Camp program! Sweden/Clarkson Recreation provides a full-day (8:30 am—4:30 pm) safe, fun and affordable summer camp for children ages 5 –12. For those who need a longer day option, early care begins at 7 am and late care ends at 6 pm.

How safe is it? Our Summer Camp program is registered and certified through the Monroe County Department of Public Health. All of our Summer Camp staff are CPR/AED/RTE/ First Aid certified. They have all passed background checks and all have been through extensive in-house training. And to boot, they're masters at creating fun for youth!

How fun is it? Besides all the field trips listed above, there are trips to Charlotte Beach, Parma Parks and a barbeque at the Sweden Town Park. On non-field trip days, there is still plenty of excitement. Water activities—the slip and slide is a favorite—keeps kids cool, yet active on hot days. We have cooking classes, we do tie dye, we have scavenger hunts, arts and crafts and games.

How affordable is it? Sweden/Clarkson residents get all of this for \$25 per day; \$35 on fieldtrip days. If you aren't a Sweden/Clarkson resident, it's still affordable at \$30 on regular days; \$40 for fieldtrip days. Early care or late care is \$7 per day; if you need both on any given day, it's \$12.

What else is there to know? Every camper gets a camp t-shirt that we wear on fieldtrip days. Campers need to bring lunch and snack each day. They also need to bring bathing suits and towels every day for all our water fun. No sandals, flip-flops



Megan DeMarco

or electronics, please, this is an active camp experience. Medication administration is available. For more information, give camp director Megan DeMarco a call at 431-0086. Don't waste your summer bored at home, come camp with us, make new friends and have tons of fun! Look for more details on Page 7.

Ballet Dance

Join ballet instructor Melissa from the College at Brockport dance program for four fun-filled classes that will teach all the basics. Perfect for beginners who want to dip their toes into dance! Ballet shoes recommended. Ages 3-5. Location: SCCC Large Activity Room I.

Day	Date	Time	Price
Program #3821-A			
Sat	6/20-7/18	11-11:45am	\$25
No class 7/4			

Creative Dance

Try a brand new dance style that will also incorporate jazz! Melissa from the College at Brockport dance program will be sure to keep your feet moving in this fun-packed new program! Please wear a soft-sole shoe. Ages 3-5. Location: SCCC Large Activity Room I.

Day	Date	Time	Price
Program #3821-B			
Sat	8/1-8/22	11-11:45am	\$25

Busy Bee's Early Learning Summer Camp

A wonderful way to introduce your early learner to pre-school and kindergarten. We will engage in story time, arts & crafts and enriching games. Our loving environment will encourage social and emotional growth. Designed for 3—5 year olds. Held on Tuesday, Wednesday, Thursday from 9:45 am—11:45 am at SCCC. Cost is \$40 per week. Instructors: Ms. Mary and Ms. Tammie (NYS certified teachers). For more info email busybeeslearningandtutoring@gmail.com

Week 1	June 23-25	Friendships	Program #3798-A
Week 2	June 30 –July2	Gardening	Program #3798-B
Week 3	July 7-9	America the Beautiful	Program #3798-C
Week 4	July 14-16	Safety & 911	Program #3798-D
Week 5	July 21-23	Butterflies & Bugs	Program #3798-E
Week 6	July 28-30	Zoo Animals	Program #3798-F
Week 7	Aug 4-6	Health & Nutrition	Program #3798-G
Week 8	Aug 11-13	Fun with Food	Program #3798-H

Fall Little Steps

Look for our Fall Little Steps program! Join us for simple routines, story time, arts & crafts and enriching games in a place where creativity encourages learning; caring encourages friendships; and a loving environment encourages social and emotional growth.

Two year olds	Tuesday & Thursday	9:45-11:15am
Three year olds	Monday & Wednesday	9:45-11:15 am

Mini Kickers Soccer Camp

Come and enjoy learning to play soccer with fun games and activities and even small sided scrimmages. Ages: 3-5. Instructor: Amy Phillips. Location: Brockport High School fields across from tennis courts.

Day	Date	Time	Price
Program #3821-C			
Mon-Thurs	8/3-8/6	6pm-6:45 pm	\$25

YOUTH

Busy Bee's Summer 2015 Reading and Math Academy

Our math focus will be on helping your child gain a more solid understanding of math skills while increasing their confidence with Common Core Math. Our reading focus will be individualized based on each child's needs. We will continuously focus on reading strategies, comprehension, fluency, the writing process and writing conventions.

Designed for students 1st—5th grades. Held on Tuesday, Wednesday and Thursday from 8:15 am—9:15 am at SCCC. Cost is \$35 per week. Instructors: Ms. Mary and Ms. Tammie (NYS certified teachers). Registration is due by June 19 for all sessions, payments may be made weekly prior to the enrolled week. For more information email: busybeeslearningandtutoring@gmail.com

Week 1	July 7-9	Program #3804-A
Week 2	July 14-16	Program #3804-B
Week 3	July 21-23	Program #3804-C
Week 4	July 28-30	Program #3804-D
Week 5	Aug 4-6	Program #3804-E
Week 6	Aug 11-13	Program #3804-F
Week 7	Aug 18-20	Program #3804-G
Week 8	Aug 25-27	Program #3804-H

Youth Tae Kwon Do

Ages 6-12 Location: SCCC Large Activity Room I. If signing up for both sessions —only \$50 for both! No class 7/5-7/12.**

Day	Date	Time	Price
Session I Program #3822-A			
M-TH	6/8-7/16	7-8pm	\$30
Session II Program #3822-B			
M-TH	7/20-9/3	7-8 pm	\$30

Hage-Hogan Boys & Girls Basketball Camp

Celebrating 33 years of basketball for youth! We will work on all the different skills that make a great team and great players. Instructors: Charlie Hage (former Brockport High School Boys Varsity Coach) and Jack Hogan (former Brockport High School Girls Coach). Coach Mike Kelly of Hoops 101, the international basketball company will direct camp for two days. Locations: SCCC & BCS Middle School. Fee includes t-shirt & a basketball!

Grades K-2

Day	Date	Time	Price
Program #3794-A			
M-F	7/13-7/17	8-9:15 am	\$35/\$40 resident/non-resident

Grades 3-6

Day	Date	Time	Price
Program #3794-B			
M-F	7/13-7/17	8am-12pm	\$90/\$95 resident/non-resident

Grades 7-12

Day	Date	Time	Price
Program #3794-C			
M-F	7/13-7/17	8am-12pm	\$90/\$95 resident/non-resident

Home Alone Safety

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

Day	Date	Time	Price
Session I Program #3823-A			
Tues	6/30	9:30-11:30 am	\$27
Session II Program #3823-B			
Wed	8/12	2:30-4:30 pm	\$27

Babysitters Training

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

Day	Date	Time	Price
Session I Program #3823-C			
Wed	7/8	9am-2:30 pm	\$52
Session II Program #3823-D			
Wed	8/12	9am-2:30 pm	\$52

Social Networking

While a great resource of entertainment, many social networking sites, text messaging or on-line gaming may put our children at risk. Through open discussions, group exercises, written materials and real life video documentaries, t'weens/teens ages 8– 14 will be taught the importance of being safe while using the many social networking sites that seem always at their fingertips. Location SCCC Conference Room.

Day	Date	Time	Price
Program #3823-E			
Tues	6/30	12noon-1:30pm	\$25

First Aid for Kids/Scouts

Taught by EMTs and Paramedics, this course teaches 8-14 year old participants the skills and techniques necessary to respond to a variety of first aid-related emergencies including: bleeding control, choking, burns, care of sprains, strains and breaks and treatment for heat and cold emergencies. Also addressed are several common medical emergencies found in many schools today such as: food allergies, diabetes, seizures and asthma. This course meets requirements for several Boy/Girl Scout badges. Location: SCCC Conference Room.

Day	Date	Time	Price
Session I Program #3823-F			
Wednesday	7/8	1-2:30 pm	\$23
Session II Program #3823-G			
Wednesday	8/12	1-2:30 pm	\$23

Imagine-Move-Write

Wouldn't it be great to come up with an idea, try it, and then write? That's what we'll be doing—creativity sparked by an exercise. Now that's something new! Theatre games spark energy that we'll focus on writing. Lots of creativity...lots of writing...what could be better? Ages: 8-13. Instructor: Judy DeCroce. Location: SCCC small activity room.

Day	Date	Time	Price
Program #3823-A			
M-F	8/3-8/7	12am-12pm	\$40

Creative Dramatics

Acting, facial expressions and body movements to make a scene—that's creative dramatics! It's not a play but we will work with skits. It's not serious so we will laugh. Gaining confidence—that's the key! Ages 8-13. Instructor: Judy DeCroce. Location SCCC small activity room.

Day	Date	Time	Price
Program #3824-B			
M-F	8/10-8/14	10 am—12pm	\$40

Smart Hands Beginner Sign Language Camp (ages 5-7)

Learn basic sign language with Ms. Tracy. You will learn colors, numbers, the alphabet, days of the week and more. Ages 5-7. Location: SCCC. Minimum: 5 participants. Maximum: 10 participants.

Day	Date	Time	Price
Program #3825-A			
Mon– Thurs	7/27-7/30	10-11:45 am	\$30

Smart Hands Beginner Sign Language Camp (ages 8-12)

Learn basic sign language with Ms. Tracy. You will learn colors, numbers, the alphabet, days of the week and more. Bring a friend and we will communicate with our hands. Ages 8-12. Location: SCCC. Minimum: 5 participants. Maximum: 10 participants.

Day	Date	Time	Price
Program #3825-B			
Mon-Thurs	8/10-8/13	10-11:45 am	\$30

Ballet Dance

This is a great program choice for beginner youth dancers or those who are continuing on from our tot program. Learn the basics and more in this four-week program. Ballet shoes recommended. Instructor Melissa from the College at Brockport dance program is excited to get this program started! Ages 6-10. Location: SCCC Large Activity Room I.

Day	Date	Time	Price
Program #3826-A			
Sat	6/20-7/18	12-12:45pm	\$25
No class 7/4			

Creative Dance

Try out a new dance program this summer! Creative dance will include some jazz! A fun choice for a beginner dancer or for those with some experience already. Learn some cool new dance moves in this four-week session with Instructor Melissa. Please wear a soft-sole shoe. Ages 6-10. Location SCCC Large Activity Room I.

Day	Date	Time	Price
Program #3826-B			
Sat	8/1-8/22	12-12:45 pm	\$25

Horseback Riding Camp

See page 16 for details!

Leadline 1 Horseback Riding

Students will ride a horse led by an adult. Basic horse information will be taught as well! Perfect for children interested in horses. Ages 5-8. Max: 3 students per session. Location: Church Hills Stable, Hilton.

Day	Date	Time	Price
Program #3827-A Session I:			
Tues	6/9-6/30	6:30-7pm	\$55
Program #3827-B Session 2:			
Tues	7/7-7/28	6:30-7;m	\$55

Leadline 2 Horseback Riding

Time to take beginner horseback riding to another level! Students will ride the horse led by an adult. In addition, students will also learn horse care including grooming, tacking and feeding. Ages 7+. Max: 3 students per session. Location: Church Hill Stable, Hilton.

Day	Date	Time	Price
Program #3827-C Session I:			
Tues	6/9-6/30	7-8 pm	\$90
Program #3827-D Session 2:			
Tues	7/7-7/28	7-8 pm	\$90

Beginner 1 Youth Horseback Riding

Horseback riding is available to more ages! Students in this class will learn basic riding skills in addition to learning grooming and tacking the horse. Ages 9+. Max: 3 students per session. Location: Church Hills, Stable, Hilton.

Day	Date	Time	Price
Program #3827-E Session I:			
Thu	6/4-6/25	6-7 pm	\$90
Program #3827-F Session 2:			
Thu	7/9-7/30	6-7 pm	\$90

Beginner 2 Youth Horseback Riding

A continuation of Beginner 1. Students will continue to develop riding skills and knowledge of horse care. Beginner 1 is a prerequisite. Ages 9+. Max: 3 students per session. Location: Church Hills Stable, Hilton.

Day	Date	Time	Price
Program #3827-G Session I:			
Thu	6/4-6/25	7-8 pm	\$90
Program #3827-H Session 2:			
Thu	7/9-7/30	7-8 pm	\$90

SUMMER CAMP 2015

- Week 1:** 6/29-7/3 Charlotte Beach (W)...\$120
- Week 2:** 7/6-7/10 Adventure Landing (W)...\$135
- Week 3:** 7/13-7/17 Sea Breeze (W)...\$135
- Week 4:** 7/20-7/24 Horizon Fun FX (W)...\$135
- Week 5:** 7/27-7/31 Parma Town Park (Th)...\$135
- Week 6:** 8/3-8/7 Seneca Park Zoo (W)...\$125
- Week 7:** 8/10-8/14 Sweden Town Park (W)...\$125
- Week 8:** 8/17-8/21 Darien Lake (W)...\$135
- Week 9:** 8/24/8/28 Minnehan's (W)...\$135

Camp runs daily Monday-Friday 8:30am-4:30pm

Early/Late Care: 7-8:30am and 4:30-6pm

\$7 for either or \$12 for both, \$50 entire week for both

Daily rate for residents: \$25, (\$35 on a fieldtrip day)

Non-residents: \$30, (\$40 on a fieldtrip day)

CIT's (completed 7th grade-starting 9th grade)

Jr. Counselors (completed 9th grade-starting 11th)

These positions are application-based and an interview process will be completed. CIT's and Jr.

Counselors are required to register and pay the daily or weekly rate as above.

We look forward to a fun and busy summer!

Introduction to Robotics

Learn to build and program robots using Lego® NXT system. Each week learn a new aspect of programming to help your robot complete a new challenge. Each session meets one hour per day for three days. Students should progress from the beginner to immediate then advanced course. (*Lego and NST are trademarks of the LEGO Group. These classes are not affiliated or endorsed by the Lego Group*). Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Ages 10—14.

Beginner Session: Introduction to NXT programming. Learn how to program the robotic brick and make a moving robot.

Day	Date	Time	Price
Beginner Session I Program #3828-A			
T/W/TH	6/9-6/11	4-5pm	\$70
Beginner Session II Program #3828-B			
T/W/TH	6/23-6/25	4-5 pm	\$70
Beginner Session III Program #3828-C			
T/W/TH	7/21-7/23	4-5 pm	\$70
Beginner Session IV Program #3828-D			
T/W/TH	8/11-8/13	4-5 pm	\$70

Intermediate Sessions: Using sensors and switches to make your robot interact with the world.

Day	Date	Time	Price
Intermediate Session I Program #3828-E			
T/W/TH	6/16-6/18	4-5 pm	\$70
Intermediate Session II Program #3828-F			
T/W/TH	7/28-7/30	4-5 pm	\$70
Intermediate Session III Program #3828-G			
T/W/TH	8/18-8/20	4-5 pm	\$70

Advanced Sessions: Advanced programming. Now that your robot can sense the world, we'll make it do complex tasks.

Day	Date	Time	Price
Advanced Session I Program #3828-H			
T/W/TH	7/21-7/23	3-4 pm	\$70
Advanced Session II Program #3828-I			
T/W/TH	8/4-8/6	3-4 pm	\$70
Advanced Session III Program #3828-J			
T/W/TH	8/25-8/27	3-4 pm	\$70

Introduction to Arduino Programming

The Arduino is a microcontroller that can be used to create interactive electronics projects. Originally designed so that artists could use it in their creations, the Arduino platform has become an excellent tool to intro-

duce beginners to the world of interactive electronics. This series of classes will introduce students to the basics of programming using light emitting diodes (LEDs), switches, sensors and the Arduino microcontroller. Instruction will make use of the Sparkfun Digital Sandbox® which includes all of the sensors, LEDs and an on-board Arduino controller. Students should take the series in sequence. (*Arduino is a product of the Arduino, LLC. The Digital Sandbox is a product of Sparkfun Electronics, Inc. These classes are not affiliated or endorsed by the Arduino, LLC or Sparkfun Electronics, Inc.*). Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Each session has classes that meet one hour per day for three days. Ages 12-14. Location: SCCC.

Series One: Light it up - Program the Arduino to light up LEDs individually, in groups and in different colors. Introduces loops, Pulsed Width Modulation, RGB coloring and variables.

Day	Date	Time	Price
Session I Program #3828-K			
T/W/TH	6/9-6/11	5-6 pm	\$70
Session II Program #3828-L			
T/W/TH	6/23-6/25	5-6 pm	\$70
Session III Program #3828-M			
T/W/TH	7/21-7/23	5-6 pm	\$70
Session IV Program #3828-N			
T/W/TH	8/11-8/13	5-6 pm	\$70

Series Two: Interacting— A continuation of Series One. Use conditional statements and analog inputs to interact with the Arduino.

Days	Date	Time	Price
Session I Program #3828-O			
T/W/TH	6/16-6/18	5-6 pm	\$70
Session II Program #3828-P			
T/W/TH	7/28-7/30	5-6 pm	\$70
Session III Program #3828-Q			
T/W/TH	8/18-8/20	5-6 pm	\$70

Series Three: Sensing— A continuation of Series Two. Program the Arduino to react to temperature, sound and light.

Days	Date	Time	Price
Session I Program #3828-R			
T/W/TH	7/28-7/30	5-6 pm	\$70
Session II Program #3828-S			
T/W/TH	8/4-8/6	5-6 pm	\$70
Session III Program #3828-T			
T/W/TH	8/25-8/27	5-6 pm	\$70

iPad Classes

Do you have an iPad and want to do more with it? They say that the iPad is easy to use but some of the finer details can be tricky. We'll sit down and help you get everything set up just right. Each of the classes is independent so sign up for as many as you'd like. Bring along your iPad. Ages 15+. Instructor: Dr. Trevor Johnson-Steigelman. Location: SCCC.

iPad: Just Beyond the Basics

You've been using your iPad for a while now but there are some things that you haven't quite mastered yet. Does your iPad make noise at night? How would you find your iPad if it were lost or stolen? Do you want to customize your sounds? We'll fine tune your iPad including security, notifications and other settings.

Day	Date	Time	Price
Session I Program #3829-A			
Tues	6/09	6-7 pm	\$25
Session II Program #3829-B			
Tues	7/21	6-7 pm	\$25
Session III Program #3829-C			
Wed	8/12	6-7 pm	\$25

Reading on your iPad

We'll look at your options for reading books on your iPad. You can adjust the text and brightness to make things easier to read. You can hold a whole library of books in your hand but you don't have to buy them all. We'll look at sources of free books including the local library. We'll also look at newspapers, magazines and websites to keep you current with the world.

Day	Date	Time	Price
Session I Program #3829-D			
Wed	6/18	6-7 pm	\$25
Session II Program #3829-E			
Wed	7/22	6-7 pm	\$25
Session III Program #3829-F			
Wed	8/26	6-7 pm	\$25

iPad Photography and Video

Your iPad has a great camera. Let's use it to take some great pictures. You'll learn how to edit and store your photos and movies, too.

Day	Date	Time	Price
Session I Program #3829-G			
Wed	6/24	6-7 pm	\$25
Session II Program #3829-H			
Tues	7/28	6-7 pm	\$25
Session III Program #3829-I			
Thurs	8/13	6-7 pm	\$25

Communicating with the iPad

You're travelling but you'd like to see the kids or grand-kids. Maybe you have a job interview coming up. Did you know that there are several ways to video-chat with others? We'll investigate your options and get you started with Google Hangouts, Skype and/or FaceTime

Day	Date	Time	Price
Session I Program #3829-J			
Thu	6/25	6-7 pm	\$25
Session II Program #3829-K			
Thu	7/23	6-7 pm	\$25
Session III Program #3829-L			
Wed	8/11	6-7 pm	\$25

Tech Classes

Computers are great tools once you learn how to use them. These one-hour classes are designed to get you started using your computer to share your memories and creations, to stay in contact with your friends and to help you be comfortable with your computers. Classes are taught by Dr. Trevor Johnson-Steigelman who has been using computers in his classroom for over 20 years. More classes on page 15.

Introduction to Windows 8.1

Chances are if you get a new computer it will have Windows 8.1 installed. This version is quite a departure from older versions of Windows. We will cover the basics and get you comfortable with Windows 8. If you have a laptop with Windows 8.1 bring it along. Ages 16+.

Day	Date	Time	Price
Session I Program #3830-A			
Tue	6/23	6-7 pm	\$25
Session II Program #3830-B			
Wed	7/29	6-7 pm	\$25
Session III Program #3830-C			
Thu	8/20	6-7 pm	\$25

Facebook: Just Beyond the Basics

Facebook is a great way to keep in touch. We'll get you set up with an account and send out invitations. Maybe you have an account but want to know more. We'll talk about what you should and shouldn't post online. Bring your laptop. Ages 16+

Day	Date	Time	Price
Session I Program #3830-D			
Wed	6/17	6-7 pm	\$25
Session II Program #3830-E			
Thu	7/30	6-7 pm	\$25
Session III Program #3830-F			
Tue	8/25	607 pm	\$25

Tot Swim

This swim class is for those wee little ones who are not very familiar with the water. In this class, we will learn to enter the pool safely, get our face completely wet, blow bubbles with mouth and nose, back float, front float and hold onto the side of the pool independently. Parent is required to enter pool with child. Ages infant—4 years old. Max 8.

Day	Date	Time	Price
Session I Program #3831-A			
M-TH	7/6-7/9	10-10:30 am	\$40
Session II Program #3831-B			
M-TH	7/13-7/16	10-10:30 am	\$40

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 #3831-C			
M-TH	7/6-7/9	10-10:45 am	\$40
Session II Program #3831-D			
M-TH	7/13-7/16	10-10:45 am	\$40

Level II Trout

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

Day	Date	Time	Price
Session I Program #3831-E			
M-TH	7/6-7/9	10-10:45 am	\$40
Session II Program #3831-F			
M-TH	7/13-7/16	10-10:45 am	\$40

Level III Goldfish

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

Day	Date	Time	Price
Session I Program #3831-G			
M-TH	7/6-7/9	11-11:45 am	\$40
Session II Program #3831-H			
M-TH	7/13-7/16	11-11:45 am	\$40

Level IV Yellow Fins

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

Date	Date	Time	Price
Session I Program #3831-I			
M-TH	7/6-7/9	11-11:45 am	\$40
Session II Program #3831-J			
M-TH	7/13-7/16	11-11:45 am	\$40

Level V Barracuda

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

Day	Date	Time	Price
Session I Program #3831-K			
M-TH	7/6-7/9	11-11:45 am	\$40
Session I Program #3831-L			
M-TH	7/13-7/16	11-11:45 am	\$40



Megan's Nutrition Tip: Make your plate as colorful as possible! Green salad, red cherry tomatoes, golden peaches, brown rice. By collecting as many colors as you can, you'll be forced to make more fruit and vegetable selections as opposed to unhealthy fried foods.

YOUTH REGISTRATION FORM

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

Web: swedenclarksonrec.com

Name	Birthdate	Gender	Pant/Shirt Size	Program Name	Program #	Cost
Make Checks Payable To: *Town of Sweden*						Total

Medical Information:

Name	Please list any allergies, behavioral or medical issues your child's coach should be aware of to make your child's experience as positive as possible.

Household Information:

Email	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Emergency Contact Name:

Relationship to Child	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____ **Date:** _____

Please be sure to have entire form completed.

Incomplete payment or information will cause a processing delay for your child's registration.

Received By: _____ **Date:** _____

ADULT REGISTRATION FORM

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

Web: swedenclarksonrec.com

Participant Information:

Name	Birthdate	Gender	Phone
Address	City	State	Zip

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

Program Name	Program #	Shirt Size	Pant Size	Program Cost
Make Checks Payable To: Town of Sweden			Total:	

Medical Information:

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

Emergency Contact:

Name	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____ **Date:** _____

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

Received By: _____ **Date:** _____

New Zealand

Travel to New Zealand with an experienced local guide and a small group of “mature adventurers.” Our travel in the South Pacific takes us throughout the North and South Islands of New Zealand to experience the geothermal region, alps, glaciers, magnificent seashore, unique gardens, ancient forests, rare wildlife, and the indigenous (Maori) culture. We also go the capital, national museum and Lord of the Ring filming sites, just to name a few.

Our local leader, Nancy VanderMolen, has led six successful trips throughout New Zealand with Cam Marshall, the owner and operator of the NZ Company, Absolute Aotearoa. These small group trips ensure a personalized and quality experience. The itinerary is listed on their website under “Mature Adventurers 2016.”

This opportunity is designed for active individuals over 45 who enjoy adventure and the outdoors. The roundtrip airfare is not included so individuals have the option to use frequent flyer miles or choose to begin their travels early or stay behind in the South Pacific.

The Tour will begin in Christchurch, New Zealand on January 20, 2016 and finish in Auckland on February 5, 2016. These months are summer in New Zealand so the days are long and warm. The approximate cost will be

Adult Coed Sand Volleyball League

This is a league for adults ages 18 and older. This is a first-time sand volleyball league on our new sand courts at Sweden Town Park! There will be regular season play plus playoffs for all of the teams involved. Please stop in and fill out a roster form with payment to reserve your spot in the league. Must register as a full team!

Day	Date	Time	Price
Sat	July-August	11 am-3pm	\$100

Vinyasa Flow Yoga

When life gets in the way and you’re feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat and a blanket. Instructor: Barb White. Ages 16+. Location: SCCC Large Activity Room 2.

Day	Date	Time	Price
Session I Program #3832-A			
Mon	8/3-8/24	6-6:45 pm	\$20
Session II Program #3832-B			
Mon	8/3—8/24	7—8 pm	\$25

Tracy’s Nutrition Tip: Never skip a meal especially breakfast! It will make weight control more difficult. You will tend to eat more at your next meal.



\$3,750. Travelers stay in modest accommodations and options for dining and activities are provided at each location so individuals can personalize their experience.

Information Sessions at SCCC

Thursday	June 18	12:15 pm
Monday	June 22	7:15 pm

Contact Nancy VanderMolen at 585-755-1525 or email nvandermbrockport.edu. SCCC Recreation Assistant Megan DeMarco has attended this program and can provide a description of the experience. Megan can be reached at 431-0086 or meagand@townofsweden.org

Yoga Stretch

This class will incorporate yoga poses with the emphasis on stretching. Gentle guidance into breathing awareness will lead you into deep relaxation. Please bring a yoga mat. Instructor: Barb Whited. Ages: 16+. Location: SCCC Large Activity Room 2.

Day	Date	Time	Price
Session I Program #3832-C			
Wed	8/5– 8/26	7-8 pm	\$25

Adult Beginner Horseback Riding

Students will learn basic riding skills in addition to learning grooming and tack the horse. Ages 18+. Max: 3 students per session. Location: Church Hills Stable, Hilton.

Day	Date	Time	Price
Session I Program #3833-A			
Mon	6/1-6/22	7-8 pm	\$90
Session II Program #3833-B			
Mon	7/6-7/27	7-8 pm	\$90

Disc Golf

Did you know the Sweden Town Park on Redman Road features an 18-hole disc golf course? The course is maintained by dedicated park staff and volunteers. It’s free to play! Visit your favorite sporting good store and purchase some inexpensive discs to get started!

Essential Oils

This course will assist you in identifying and addressing areas of self-sabotage, blockages and negative self-talk. It will also give you strategies for overcoming obstacles and motivation for moving forward. This class will focus on using essential oils for managing pain, reducing stress and anxiety, and natural weight loss. Instructor: Patricia Zarpentine. Location: SCCC.

Day	Date	Time	Price
Session I Program #3834-A			
Tuesdays	6/9-6/23	12 noon—1pm	\$30
Session II Program #3834-B			
Tuesdays	8/4-8/18	7—8 pm	\$30

Zumba

Ditch the workout and join the party! Burn up to 1,000 calories in this fun and exciting blend of international based music and dance. Zumba combines dance moves and muscle-toning exercises to create the perfect total body workout. This class is designed for all fitness levels and no dance experience is needed. Come shake it....and bring plenty of water! Ages 16 & up. Instructor: Melissa Mutter. www.facebook.com/myzumbapassion. Price \$5 per class; five-class pass for \$20 or 10-class pass for \$40. Location: Sweden Clarkson Community Center.

Wednesdays & Thursdays 6:30—7:30pm

Zumba Toning

A unique blend of body-sculpting techniques and the Zumba moves you love combined into one calorie-burning, strength training class. We will use light weights to build strength and tone all those target areas, all while having fun! Great for men and women of all fitness levels. Ages 16 & up. Instructor: Melissa Mutter. Price \$5 per class; five-class pass for \$20 or 10-class pass for \$40. www.facebook.com/myzumbapassion. Location: SCCC.

Mondays 4:15-5:15pm

Adult Tae Kwon Do

Experience the benefits of setting new goals through a well-rounded Martial Arts exercise program. This class teaches the disciplines of Tae Kwon Do plus Shao-lin China Kung Fu specifically designed for adults. Instructor: Rob Slocum. Location: SCCC Large Activity Room 1. Ages 12+. Take both sessions, fee is \$50 for both.

Day	Date	Time	Price
Session I Program #3835-A			
Tues/Fri	6/9-7/17	7-8 pm	\$30
Session II Program #3835-B			
Tues/Fri	7/21-9/4	7-8 pm	\$30

** NO CLASS 7/5-7/12



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 at both the Sweden/Clarkson Community Center and The Center. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes at the Sweden/Clarkson Community Center are as follows:

Day	Time	Type
Monday	11am-12pm	Classic
Tuesday	10am-11am	Cardio
Tuesday	11am-12pm	Yoga
Wednesday	11am-12pm	Classic
Thursday	10am-11am	Cardio
Thursday	11am-12pm	Yoga
Friday	11am-12pm	Classic

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!

Jazzercise

Register by calling 585-738-355 or email: bkpt_spen_jaz@yahoo.com

Monday—Friday	6am
Tuesday & Thursday	7:30 am
Monday—Friday	9am
Tuesday, Thursday, Friday	4:45pm
Monday & Wednesday	6pm
Saturday, Sunday	8:30am

Location: SCCC Large Activity Room.

2015 Fitness Center Memberships

Membership	1 month	3month	1 year
Youth (16-18)	\$20	\$50	\$175
Senior (55+)	\$20	\$50	\$175
Adult (18-54)	\$25	\$65	\$235
Family (16+)*	\$75	\$185	\$640
Each add'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? Email Grant Holupko at granth@townofsweden.org for information.

Daily Rates for out-of-town guests: \$10 adult; \$8 senior

Beginner Belly Dance

If you have wondered what belly dance is all about, come find out! Belly dance is one of the oldest forms of dance. It is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles and joints and will build off the previous class as well as adding new elements each week. You will learn body isolations, head, neck, shoulder, arm and hip movements. Please wear comfortable clothing and suitable footwear (bare feet, ballet slippers, socks, jazz shoes with no heels or sneakers). Don't forget to bring water! Ages: 18+. Instructor: Kathy Keady. Location: SCCC Large Activity Room 2. Minimum of 3. ***NO CLASS 7/2.

Day	Date	Time	Price
Program #3836-A			
Thurs	6/11-7/16	5:45-6:45pm	\$30

Beyond Beginner Belly Dance

If you have taken an introduction to belly dance already, this class might be for you! This is a continuation from an introductory class and is designed to move you into more complex movements and technique. This is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles and joints and will build off the previous class as well as adding new elements each week. You will learn body isolations, head, neck, shoulder, arm and hip movements, steps to connect movements and continuation of dance choreography. Please wear comfortable clothing and suitable footwear (bare feet, ballet slippers, socks, jazz shoes with no heels or sneakers). Don't forge to bring water! Ages: 18+. Location: SCCC Large Activity Room 2. Minimum of 3.

Day	Date	Time	Price
Program #3836-B			
Thurs	6/11-7/16	6:45-7:45 pm	\$30
** NO CLASS 7/2			

Adult Short Game Golf Clinics

This golf clinic is designed to improve your short game and change your approach to how you play the game. Two hours of instruction with PGA Professional Gary Tatar will cover 50 yards in, pitching and putting. Contact Gary Tatar at 585-233-8863 for a reservation. Location: Salmon Creek Country Club.

Day	Date	Time	Price
Program #3837-A			
Sat/Sun	May-Aug	10 am 12 or 2 pm	\$25

Adult Private Golf Instruction

Receive a private Video Golf Lesson with PGA Professional Gary Tatar to critique your golf swing. Gary will assess your swing and recommend a strategy to match your desired outcome. Contact Gary Tatar at 585-233-8863 for your reservation. Location: Salmon Creek Country Club.

Day	Date	Time	Price
Program #3837-B			
By appointment April—June		8am-7pm	\$55

Tech Classes continued

More technology classes for young adults to adults. Taught by Dr. Trevor Johnson-Steigelman, who has been using computers in his classroom for over 20 years.

Slideshows for Celebrations

Wedding, reunion and graduation season is here. Learn how to put together a slideshow that includes pictures, movies and music using software that might already be on your computer. Bring along your laptop and any pictures or movies you already have gathered. Ages 16+. Location: SCCC Conference Room. Instructor: Dr. Trevor Johnson-Steigelman.

Day	Date	Time	Price
Session I Program #3838-A			
Wed	6/10	6-7 pm	\$25
Session II Program #3838-B			
Wed	8/05	6-7 pm	\$25
Session III Program #3838-C			
Wed	8/18	607 pm	\$25

Making Movies on the Cheap

Using a computer and smart phone or iPad, you can make a low-budget-movie! Use it to impress your friends, teach your students or just for fun. We'll review the tools you need and how to use them. Bring along your laptop and smartphone along with a USB cable to connect the two. Ages: 16+. Location: SCCC Conference Room. Instructor: Dr. Trevor Johnson-Steigelman.

Day	Date	Time	Price
Session I Program #3838-D			
Thurs	6/11	6-7 pm	\$25
Session II Program #3838-E			
Tues	8/04	6-7 pm	\$25
Session III Program #3838-F			
Thurs	8/27	6-7 pm	\$25

Jill's Health Tip: Keep moving all day long! You'll feel better, look better and have more fun!

Open Tae Kwon Do

This class is open to children and adults. It is a great opportunity to get an introduction to Martial Arts and to complement our current students' training schedule. The first part of this class includes warm up, basics and stretching. The second part includes training to advance in belt rank. Ages: 5 to adult. Instructor: Rob Slocum. Location: SCCC Large Activity Room I.

Day	Date	Time	Price
Session I Program #3839-A			
Sat	6/13-7/18	9am-10 am	\$10
Session II Program #3839-B			
Sat	7/25-9/5	9am-10 am	\$10
** NO CLASS 7/5-7/12			

Beginner Golf Camps for Juniors & Group Instruction for Adults

PGA Professional Gary Tatar offers the most efficient, convenient group instruction available. Specifically designed with family and the busy activities of summer in mind. There will be only four students in class and you control the schedule. Make your own group or Gary can assist. Each class is scheduled by appointment only. Your family group may consist of ages five through adult. This five-week program teaches golf swing fundamentals, short game, putting, rules and etiquette. Receive three hours of instruction each class including three classes on the golf course. Contact Gary Tatar at 585-233-8863 for your reservation. Location: Salmon Creek Country Club.

Day	Date	Time	Price
Program #3840-A			
By appointment only			\$125/person

Junior Private Golf Instruction

Receive a private Video Golf Lesson with PGA Professional Gary Tatar to critique your golf swing. Gary will assess your swing and recommend a strategy to match your desired outcome. Contact Gary Tatar at 585-233-8863 for your reservation. Location: Salmon Creek Country Club.

Day	Date	Time	Price
Program #3840-B			
By Appointment			
	April—June	8 am—7 pm	\$35

Grant's Nutrition Tip: Don't be afraid of carbs as they are the only form of fuel your brain can use. Cutting too many carbs will decrease attention and focus.

Horseback Riding Camp

A great choice for summer! Spend a week with instructor Karie Mann learning all about horses. Riding, grooming, tacking, barn management and more. Please bring a bag lunch and come with appropriate riding wear. Ages 8+. Maximum: 3 students per session. Please contact Karie Mann at karie4771@yahoo.com for additional details and answers to questions. Location: Church Hills Stable, Hilton.

Day	Date	Time	Price
Session I Program #3841-A			
M-F	7/6-7/10	9am-3pm	\$235
Session II Program #3841-B			
M-F	7/13-7/17	9am-3pm	\$235
Session III Program #3841-C			
M-F	7/20-7/24	9am—3 pm	\$235

Personal Training—coming soon!

One-on-one or small group training in the fitness center will utilize both machine and free weights. Assistance with making a weekly routine to encompass each body part/specific goal. Contact Recreation Assistant Grant Holupko at 431-0087 for more information.

Group Exercise Classes—coming soon!

Classes designed to incorporate calisthenics and body weight exercises with cardio and strength training. Circuit training style classes with intervals between 1-3 minutes and alternating between exercises. A wide range of equipment will be used including medicine balls resistance bands, kettle bells, free weight, yoga balls, mat exercises and more. Class will be located in the SCCC gymnasium as well as the fitness center. Contact Recreation Assistant Grant Holupko at 431-0087.



Singing at The Center. All are welcome! Photo by Courtney Webster.

Allergy Presentation

This presentation will help you understand and improve those at risk for anaphylaxis by providing an evidence-based approach to identification, diagnosis, assessment and management in order to prevent severe allergic reactions. Location: SCCC conference room.

Day	Date	Time	Price
Tuesday	6/16	6-7 pm	FREE

Citizens Bank Information Sessions

Citizens Bank is offering informative sessions about estate planning, budgeting, college costs and credit scores. Don't miss a chance to pick up some free financial advice. Location: SCCC conference room.

Covering Estate Planning

Day	Date	Time	Price
Wednesday	6/17	11:30—1pm	FREE
Wednesday	6/24	11:30—1 pm	FREE
Wednesday	7/8	11:30—1 pm	FREE

Covering Budget and Credit Scores for Graduating Seniors and College Students

Day	Date	Time	Price
Saturday	6/20	10:30am—12pm	FREE

Graduating Seniors and College Students—Open Question Session

Day	Date	Time	Price
Saturday	7/1	10:30am—12pm	FREE

Hula Hoop Fitness Class

What a fun way to improve mood, abdominal muscles and burn up to 600 calories an hour! The class teaches hopping movements and techniques with both core and off the body hooping. The emphasis is on exercise, play and dance. Adult size hula hoops are provided. No experience necessary. Instructor: Rosalind Walker. Location: SCCC.

Day	Date	Time	Price
Session I Program #3842-A			
Tuesdays	6/9-7/28	6:30—7:30 pm	\$65
Session II Program #3842-B			
Wednesday	6/10-7/29	12 noon-1 pm	\$65

Senior Bingo

One Wednesday per month in the summer. Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Location: SCCC
Dates: June 17 July 15 August 19

Positive Pet Training for Puppies

Puppy obedience class for puppies three months to one year old with current vaccinations (rabies & DAPP). Teach your puppy to sit, lay down, stay; and deter jumping. Learn how to house train. Taught by a Certified Canine Behavior Consultant. Instructor: Stacy Parks. Location: Sweden Town Park, Redman Road.

Day	Date	Time	Price
Session I Program #3843-A			
Thursdays	6/11-7/23	6-7 pm	\$100 per dog
Session II Program #3843-B			
Thursdays	7/30-9/3	6-7 pm	\$100 per dog
Session III Program #3843-C			
Saturdays	6/13-7/25	10-11 am	\$100 per dog

Adult Dog Obedience Class

Adult dog obedience class for all ages and stages. Here your dog will learn basic obedience as well as tackling basic behavioral concerns. Learn how to walk on leash, heel, sit stay, down stay and more! Proof of current vaccinations required (rabies & DAPP). Taught by Certified Canine Behavior Consultant. Instructor: Stacy Parks. Location: Sweden Town Park.

Day	Date	Time	Price
Program #3843-D			
Thursdays	7/30-9/3	7:15-8:15 pm	\$100 per dog
Program #3843-E			
Saturdays	8/1-9/3	10—11 am	\$100 per dog

Open Programs

Walking/Running

Monday—Friday	9 am—10 am	FREE
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Open Basketball

Monday—Thursday	12pm—3pm	\$1/\$2 resident/non-resident
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Open Pickleball

Monday—Friday	10am-12noon	\$1/\$2 resident/non-resident
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Toddler Gym

For ages 5 & under ONLY. \$2
Children must be accompanied by an adult.

Please call for availability and to confirm open gym times. Any open gym/play times may be altered to accommodate special events or times that have been reserved for private use.

Dining at the Center

Lifetime Assistance serves lunch daily Monday—Friday at noon. This Monroe County Office of the Aging program suggests a donation of \$3.50—\$6.50 for seniors. Reservations are required two weeks in advance at 637-8161. Find the monthly menu at swedenclarkson-rec.recdesk.com under The Center tab.

Tuesday Lunches in the Café

Lifetime Assistance provides a full-service dining experience on Tuesdays. Maximum diners: 24. Call 637-8161 for reservations. A suggested donation of \$3.50—\$6.50.

Weekly Breakfast

The Center will be serving a home-cooked breakfast on the first and third Mondays and the second and fourth Thursday in June, July and August. Breakfast is \$3 per person and is served from 9:30—10:30 am. Reservations are not required but appreciated. Call 637-8161.

Lunch Events at The Center

Pulled Pork Kick-off to Summer!

June 12 11:30—1 pm (RSVP by 6/10) \$3 all ages
Sponsored in part by Wal-Mart.

Independence Day Celebration!

July 10 11:30—1 pm (RSVP by 7/8) \$3 all ages
Hot dog picnic. Sponsored by Wal-Mart & Citizen Bank.

Summer Family Lunch!

Aug 14 11:30—1 pm (RSVP by 8/12) \$3 all ages
Subs & salads. Sponsored in part by Wal-Mart.

Menu to be Announced!

Sept 11 11:30—1 pm (RSVP by 8/12) \$3 all ages
Sponsored in part by Wal-Mart.

Fish Fry by Jimmy Z's!

Sept 23 11:00—1 pm (RSVP by 8/12) \$5 all ages
Sponsored in part by Monarch Wealth Management. Social Security specialist Pete Buckley will present a free social security seminar from 11:15—11:45. Reservations may be made by calling 637-8161. For businesses wishing to sponsor a special lunch, call 637-8161 or email deannai@townofsweden.org

The Center Fitness Room

Come check-out our fitness center with a beautiful view of the canal. Price: \$5 per month or \$2.50 per month if purchasing a one-year membership in advance.

Line Dancing

Different dances each week. All Ages. Location: The Center Octagon Room.

Day	Date	Time	Price
Program #3809-A			
Wednesdays		9:15-10:30 am	\$1
Thursdays		10—11:15 am	\$1

Qigong Shibashi

Tai Chi Qigong Shibashi is designed to improve the general health and well-being of the practitioner. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. The overall effect of the exercise is to reduce mental stress and physical tension carried in the muscles of the body. Instructor: Jane Harr. Location: The Center. Price per session is \$40 for 18-59 years; \$33 for 60+.

Day	Date	Time
Session I Program #3819-B		
Monday	6/8-7/13	2-3 pm
Session II Program #3819-C		
Monday	7/20-8/24	2-3 pm

Open Tai Chi

Tai Chi is primarily practiced to improve health, increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest, tensest person the opportunity to relax and strengthen the body without risk of strain or injury. Instructor: Jane Harr. Location: The Center Upstairs Activity Room.

Day	Date	Time	Price
Program #3811A			
Mon & Fr		1 pm	\$1/class

Tai Chi Form 24 (Part I & II)

Tai Chi is primarily practiced to improve health, increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest, tensest person the opportunity to relax and strengthen the body without risk of strain or injury. Instructor: Jane Harr. Location: The Center Upstairs Activity Room. Price is \$40 for ages 18– 59; \$33 for 60+.

Day	Date	Time
Session I (Part I) Program #3819-D		
Fri	6/12-7/24*	2-3 pm
Session II (Part II) Program # 3819-E		
Fri	7/31-9/4	2-3 pm

* no class July 3

Stretch & Tone

Stretch & Tone is a stretching class with bands that helps keep you limber and strong. Instructors: Joyce Henion & Barb Carter. Walk-ins: \$1 per class.

Day	Time	Price
Program #3775-A		
Mondays	1-2 pm	\$10 session

Agape Thera-Band Class

Agape Physical Therapy offers this introductory class for stretching and toning with therapy bands that help keep you limber and strong or aids in the recovery of injuries or surgery. Walk-ins: \$1 per class

Day	Date	Time	Price
Program #3819-A			
Thursday	6/11-9/3	1-2 pm	\$10/session



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 at both the Sweden/Clarkson Community Center and The Center. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes at The Center are:

Day	Time	Type	Instructor
Tues	9:45-10:45 am	Classic	Ricki DeBaun
Tues	11-11:45 am	Yoga	Ricki DeBaun
Tues	1-2 pm	Yoga	Chria Yaeger
Wed	1:30-2:30 pm	Classic	Cindy Donovan
Fri	9:45-10:45 am	Yoga	Ricki DeBaun
Fri	11am-Noon	Cardio	Cindy Donovan

Non-SilverSneakers® or Silver & Fit Members may pay \$2 per class to participate or purchase a 5-class punch card for \$10.

Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from appointments and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift.

Call The Center at 637-8161 between 10 am—2 pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

Elderberry's Group (Adults 55+)

Come join a wonderful group of seniors and enjoy games and activities for an hour followed by a casual lunch. Special events and trips are planned throughout the year at an additional cost to interested Elderberry members. Lead by Joyce Henion.

Day	Time	Price
1st & 3rd Thursday	10am-1pm	\$10

Quilting

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: The Center.

Day	Time	Price
Program #3774-A		
Mondays	9am-12 pm	FREE

Community Sewing Group

Help us make quilts for homeless, battered and needy families in our area. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just an hour or two. Location: The Center.

Day	Time	Price
Program #3774-B		
2nd & 4th Thurs	9am-3pm	FREE

Knitting Club

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

Day	Time	Price
Program #3774-C		
Wednesday	10am-12pm	FREE

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. Location: The Center.

Day	Time	Price
Program #3820-E		
4th Tuesday	9am-3pm	FREE

Community Service Groups

If you have a community service group looking for a place to gather, please contact The Center office at 637-8161 to see what times and spaces are available.

AARP Smart Driver Course

This two-day course is a great opportunity to refresh your driving knowledge and receive a 10% discount on most car insurance premiums once the course is completed. Drivers 16 years old and older. Registration is not required. You pay the AARP instructor the day of class. AARP members \$20; non-members \$25. The Center.

Date	Time
July 9 & 16	Noon—3 pm

Individual Computer Lessons

Sunning owner Duane Beckett & local business owner David Georgiev are sponsoring basic computer training for anyone interested. Classes are offered on Wednesday from 10 am to Noon. Each individual class is 30 minutes long and costs \$1. Schedule a class by calling 637-8161.

Bingo at The Center

Come join us for BINGO every Monday from 11 am—noon. All ages welcome. Prizes! No registration required.

Day	Time	Price
Mon	11am-12pm	\$1

Organized Games for Adults

Come make new friends or join with old friends for cards. The cost is \$1 at the door each time you attend. Advance purchase cards are available for \$8 for 10 weeks.

Day	Game	Time
Program #3812-A		
Wednesday	Pinochle	12:30—4 pm
Program #3812-B		
Wednesday	Bridge	12:30—4 pm
Program #3819-N		
Wednesday	Dominoes	12:30—4 pm

Ceramics Class

Learn basic painting techniques for ceramics. Students choose their own bisque ware to paint with the help of color suggestion. Paints and paintbrushes are supplied. Ceramic materials cost not included. All ages welcome! Instructor: Carol Passaniti.

Day	Time	Price
Program #3819-K (no class the 4th Tuesday)		
Tuesdays	9-11:15 am	\$2/class

Sweden Senior Association, Inc.

Monthly meetings are held on the 2nd Monday from 1-2 pm. Participate in senior activity planning. Location: The Center. Always free to attend.

Painting Class

Learn basic painting techniques and make your own greeting and thank you cards. Students choose their own items to paint with the help of color suggestion. Paints and paintbrushes are supplied along with cards, canvas and paper. All ages welcome! Instructor: Kasey Briggs. Location: The Center.

Day	Time	Price
Program #3819-M		
Tuesdays	12:30-2:30 pm	\$4/class

Baking Club

Do you enjoy baking? Our baking club meets every Tuesday and Thursday from 1-3 pm in The Center kitchen to bake and package cookies to sell. Each package is sold for \$1 and raises funds for the SSAI (Sweden Senior Association, Inc.) to help support senior programs. Anyone 12 years old or older may participate. No registration is required but approval as a volunteer is required. Non-perishable, unopened baking supplies are gratefully accepted. For more information, call 637-8161.

Chess Club for All Ages

Do you love to play chess or want to learn to play chess? Join us on Tuesday to share or learn. Led by Brockport Central High School Chess Coach Larry Bradt. Several options for registration are available. Call 637-8161 for specifics. Chess sets are provided but feel free to bring a favorite from home! Location: The Center.

Day	Date	Time	Price
Program #3819-O			
Tues	7/14-8/25	10am-12pm	\$12
Program #3819-P			
Tues	7/14-8/25	12:30-2:30pm	\$12
Program #3819-Q			
Tues	7/14-8/25	10am-2:30pm	\$20*
Program #3819-R			
Tues	7/14-8/25	10am-2:30pm	\$35**

* Bring your own lunch

** Lunch included

Medications Take Back Event

The Brockport Police Department and the Drug Enforcement Agency (DEA) will accept expired, unused and unwanted prescription drugs for disposal. This service is free and anonymous—no questions asked! Location: The Center, 133 State Street, Brockport.

Day	Date	Time
Saturday	June 13	8:30 am—12:30 pm.

CPR Training for Professionals And Non-Professionals

Brockport Ambulance provides CPR training for both professionals and non-professionals. Class size is limited to 10. Reserve a spot at least one week in advance by calling 637-8161. On-line registration available.

Day	Date	Time	Price
Program #3819-T			
Saturday	6/6	9:30am-1:30pm	\$20
Program #3819-U			
Thursday	6/18	11:30am-3pm	\$20
Program #3819-V			
Saturday	7/11	9:30am-1:30pm	\$20
Program #3819-W			
Saturday	8/1	9:30am-1:30pm	\$20
Program #3819-X			
Thursday	8/27	11:30am-3pm	\$20

Financial Education Workshops

Thanks to a sponsorship through Citizens Bank and Branch Manager Jamie Way we will have a series of financial workshops for all ages. Improving Your Credit Score will tell you what it means and give you tips on how to improve it. Going Green will offer ways to save money while being environmentally friendly. Investment Strategies will provide tips on getting started. Preventing ID Theft will help you prevent it and what to do if you do become a victim. Price is \$1/workshop. Location: The Center.

Day	Date	Time	Workshop Name
Program #3820-A			
Fri	7/17	11-11:30am	Improving Your Credit Score
Program #3820-B			
Fri	7/24	11-11:30am	Going Green
Program #3820-C			
Fri	7/31	11-11:30am	Investment Strategies
Program #3820-D			
Fri	8/7	11-11:30am	Preventing ID Theft

Towpath Button Club

Share your love of buttons!

Day	Time	Price
4th Tuesdays	10:30-11:30am	\$1/meeting

Book Discussion Club

Share your passion for reading with friends!

Day	Time	Price
1st Mondays	11am-12pm	\$1/meeting

Free Family Movie Thursdays

Join us from 1-3 pm for a free family movie at The Center. Refreshments available for purchase.

July 23	Despicable Me 2
July 30	Annie
August 6	Penguins of Madagascar
August 13	The Lego Movie
August 20	Maleficent
August 27	Big Hero 6

Friday Family Fun Days

Leave the mess with us and come with your kids every week or just once during the summer to make all types of masterpieces! Register early to insure a spot. Location: The Center.

Date	Time	Activity	Price
Program #3819-F			
7/17	10:30am-12pm	Summer Fun	\$1
(homemade bubbles, sidewalk art, yard games)			
Program #3819-G			
7/24	10:30am-12pm	Tie Dye	\$2
(bring your own t-shirt or other item, we supply the rest)			
Program #3819-H			
7/31	10:30am-12pm	Bird House	\$5
(we provide the birdhouse kits)			
Program #3819-I			
8/7	10:30-12pm	Butterfly Kit	\$10
(learn to care for butterflies and take kit home)			
Program #3819-J			
8/14	10:30-12pm	Ice Cream Sandwiches	\$3
(learn how to make ice cream sandwiches)			



Foodlink

Starting July 8, Foodlink will be located in The Center parking lot on Wednesdays from 11 am—11:50 am. For more information, call 637-8161.

Joe's Health Tip: Eat meat and vegetables for dinner. Save your proteins for later in the day. They are the fuel source for your tired muscles!

Community Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Full Gym	\$75	\$150	\$50
Half Gym	\$50	\$75	\$25
Large Activity Room	\$25	\$55	\$15
Small Activity Room	\$25	\$50	\$25
Cafeteria/kitchen	\$50	\$75	\$25
Game Rooms	\$25	\$50	\$25

Sweden Town Park

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	\$125/field 3 hour block	\$175/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	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090

The Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Upstairs or Octagon	\$25	\$35	\$15
Dining Room	\$35	\$45	\$15
Kitchen	\$45	\$55	\$15
Dining & Kitchen	\$55	\$65	\$15
Cafe	\$25	\$35	\$15
Gazebo	FREE	\$25 deposit	N/A

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 3 hour block	Football \$75/field All others \$50/field per 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Ridge Road Park	\$30/field for 3 hrs 8 am-10 pm	\$50/field for 3 hrs 8 am-10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Ridgewood Lodge Ridge Road Park	\$150/day 8 am-10 pm	\$150/day 8 am-10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$130/day 8 am-10 pm	\$130/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

Farmers Museum

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Two parlors & kitchen	\$25	\$30	\$15
Barn	\$40	\$45	\$15
Funeral Package 2-hour rental of 2 parlors & kitchen	\$50	\$55	\$15

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Pickleball enthusiasts participated in our first **pickleball tournament** on April 18 at SCCC.

Lifetime Assistance serves lunch at The Center through Monroe County Office of the Aging. Photo by Courtney Webster.



Kids love basketball at the **Hage Hogan Camp**. (Above & right photos by Courtney Webster).

Line dancing is great fun & exercise at The Center!



Let's learn together at **Little Steps!**



We're strong and fit at the Community Center!



Summer Camp at SCCC is the place to make all kinds of new friends!