



# Sweden/Clarkson Recreation



"Making a large community smaller through recreation!"



## Sweden/Clarkson Community Center

4927 Lake Rd S  
Brockport, NY 14420  
**(585) 431-0090**  
(585) 431-0052 (fax)

## Sweden Senior Center

133 State St  
Brockport, NY 14420  
**(585) 637-8161**  
(585) 637-0205 (fax)

[www.SwedenClarksonRec.com](http://www.SwedenClarksonRec.com)

# Information

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## Community Center

**March 17th-April 30th**

M-Th 6am-9pm

F-6am-8pm

Sat. 8am-6pm

Sun. 8am-3pm

CLOSED Easter 4/20

**May 1st - May 31st**

M-F 6am-8pm

Sat. 8am-3pm

Sun. 8am-12pm

CLOSED Mother's Day 5/11

CLOSED Memorial Day 5/25-5/26

## Senior Center

**March 17th - May 31st**

M-F 9am-4pm

CLOSED Good Friday 4/18

CLOSED Memorial Day 5/26

Check out our website at  
[www.SwedenClarksonRec.org](http://www.SwedenClarksonRec.org)

Now accepting online  
registrations!

## Registration Policy

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

## Non-Resident Policy

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

## Credit/Refund Policy

Refunds will be given upon request to anyone who cancels from a program at least one week (5 working days) prior to the start of the program, or in the case of sports programs, 3 weeks prior to the 1st practice. There will be no refunds given for a program once it has begun, unless it is cancelled by the Recreation Department. A refund may be allowed in the event of illness or injury if a doctor's note is provided. All refunds will be subject to a \$10.00 processing fee per person/per program. Certain programs, such as the fitness center are 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 registering for a program. Grant applications will be reviewed upon receipt of completed application, requested documentation and completed Registration Form.

## Videotaping

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

## Locker Rooms and Lockers

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

## Facebook

Find us on Facebook!

## Weather Cancellation Hotline for Programs

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

## Facility Closing Information

YNN NEWS

## Open Programs

### Walking/Running

Monday-Friday 9:00am-10:00pm FREE

### Open Basketball

Monday-Thursday 12:00pm-3:00pm

Cost: Residents \$1, Non-Residents \$2

### Open Pickleball

Monday-Friday 10:00am-12:00pm

Cost per person per day Residents \$1, Non-Residents \$2

### Toddler Gym

For ages 5 & under ONLY. (Children must be accompanied by an adult). Cost \$2.00 per child per day.

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



# 11th ANNUAL EASTER EVENT!

**Saturday, April 12th**

**9:00-11:00am**

7th Annual Pancake Brunch!

Presented by the Van Dusen, Ardieta &  
Wisnowski families to raise money  
for the local food shelf

Served from 9:00-10:30am \$3.00 per person

**Easter Egg Hunt at 10:15am in the gym!**  
**Please bring your own bag/basket**

Face painting, games, crafts, jelly  
bean contest and much more! Don't  
forget your camera to have your  
picture taken with the  
Easter Bunny!!



# Programs for All Ages and Tots

## Tae Kwon Do

### OPEN TAE KWON DO

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

Location: SCCC

Day	Date	Time	Price
Program# 3704-A			
Sat	3/29-6/14	9-10am	\$10

## Outdoor Adventure

### ARCHERY FOR FUN!

Come Mom's Dad's & children, learn the basics of archery and enjoy the company of family. This six week program provides all equipment and is taught by certified Creekwood Instructors.

Location: Creekwood Archery

Day	Date	Time	Price
Program#3705-A			
Fri	3/28-5/2	5:30-6:30pm	\$65

### BOWLING FOR PEOPLE WITH DIFFERING DISABILITIES

If you love to bowl bring a friend and join us at the Brockport bowling alley for some fun. Staff Tracy Crooks will be there to greet you! For All Ages

Day	Date	Time	Price
Program #3706-A			
Mon	4/7	6:30-8pm	\$8
Program #3706-B			
Mon	4/14	6:30-8pm	\$8
Program #3706-C			
Mon	4/21	6:30-8pm	\$8
Program #3706-D			
Mon	4/28	6:30-8pm	\$8
Program #3706-E			
Mon	5/5	6:30-8pm	\$8
Program #3706-F			
Mon	5/12	6:30-8pm	\$8

## Golf

### GOLF FITNESS CLUB

Gary Tatar PGA Professional will be instructing this program. It will run from March through May and will consist of 8 thirty minute private golf lessons and unlimited use of the Nautilus Facility located at Salmon Creek C.C.

Ages: ALL

Program#3707-A

Price: \$225

Scheduled by appointment!

### PRIVATE GOLF INSTRUCTION

This is a program offered with instructor Gary Tatar PGA Professional. It will consist of 1 hour of instruction. Lessons will run from March through May and be made by appointment!

Program#3707-B

Ages: ALL

Location: Salmon Creek C.C.

Price: \$55/Hr.

### SEASONED GOLFERS GROUP INSTRUCTION

This program covers all aspects of the golf swing and is designed to maintain and improve your swing in preparation for the 2014 season. It will consist of 90 minutes of instruction, and will run for 8 weeks. This includes one video lesson! Classes will be 6-12 students in size. Gary Tatar PGA Professional will be the instructor.

Ages: 55+

Location: Salmon Creek C.C.

Program#3707-C

Day	Date	Time	Price
Wed	3/26-5/14	2-3:30pm	\$125
Or			
Fri	3/28-5/16	12-1:30pm	\$125

## Homeschool

### RECREATIONAL PROGRAM

We meet weekly on Fridays in Brockport, where we get to know other homeschoolers in the area, have fun and make friends. We primarily involve the children in recreation, games and arts & crafts. This is an open group in that all are welcome and you may join at any time. We are non-denominational and we are friendly to any form of homeschooling/unschooling or curriculum. We normally have children ages 2 through 12 in attendance and for a nominal fee, we enjoy the use of the large equipped gymnasium, cafeteria, kitchen and toddler play gym. We organize off-site field trips as well as encourage education-based visitors to our facility.

**\*\*\*Parental participation is necessary\*\***

Locate and join our Yahoo Group or call Jamie, the group coordinator, for more information. We hope to meet you soon!

Fee: \$2.00 per participant

Contact Jamie 585-205-3393 or groups.yahoo.com

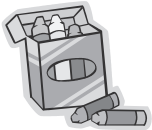
### MASSAGE THERAPY

Are you stressed? Do you need to relax? Come join Patty McKenna! She will make you feel refreshed and relief of any stress you have in your body. For All ages  
Location: Sweden Senior Center

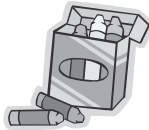
Day	Date	Time	Price
Fri	3/28-5/2	10-11:30am	\$12 for 15minutes

**\*\*\*Please indicate date and time of service requested when filling out registration form\*\*\***

## OPEN HOUSE



for



### Alphabet Soup Preschool

Tuesday March 25th at 7 pm in our classroom at  
the Sweden/Clarkson Recreation Center  
Come join us to find out more!

### Alphabet Soup Preschool



For **3 year-olds** who want to learn and have fun!  
September 2014-May 2015  
M/W/F 9:30-11:30 a.m.

Location: Our classroom at the SCCC  
Tuition: \$1200 + \$25 non-refundable reg. fee  
Teachers: Sarah Harradine & Eileen Huss

Must be potty trained, and must be 3 by Dec. 1, 2014  
Social, emotional, and academic development  
Field trips and daily snacks

Registration begins March 25, 2014  
For more information: SLHarradine@Hotmail.com



## Summer Preschool Camp at Alphabet Soup Preschool



For children ages 3-5 (must be potty trained)  
M/W/F 9:30-11:30 a.m.  
\$50/week (different themes each week)  
Snack provided, outside play  
SCCC (Alphabet Soup Preschool Classroom)  
Wear comfortable clothes and shoes for playtime!



- Week 1 (6/2-6/6): Under the Sea #3701-A
- Week 2 (6/9-6/13): Health & Safety #3701-B
- Week 3 (6/16-6/20): Fun With Food #3701-C
- Week 4 (6/23-6/27): Outer Space #3701-D  
(no camp week of 6/30-7/4)
- Week 5 (7/7-7/11): Dr. Seuss #3701-E
- Week 6 (7/14-7/18): Transportation #3701-F
- Week 7 (7/21-7/25): Dinosaurs #3701-G
- Week 8 (7/28-8/1): Zoo Animals #3701-H  
(no camp week of 8/4-8/8)
- Week 9 (8/11-8/15): Farm Fun #3701-I
- Week 10 (8/18-22): My Community #3701-J
- Week 11 (8/25-8/29): Pets #3701-K

Join teacher Sarah Harradine as we explore different themes each week during the summer. You can sign up for as many weeks as you'd like. Summer preschool camp is a great way for your child to remain engaged in a fun learning environment over the summer months. They will have a chance to interact with their peers and will keep up with their academics, so they will be ready to go back to school in the fall.  
For more information: SLHarradine@Hotmail.com

# Tot Programs

## Tot Programs

### S/C SOCCER STARS

Come learn the game of soccer with Coach Joe! We will learn all of the basic skills needed to play soccer. This class will run for 6 weeks and is offered to kids ages 4 & 5. Come out and show us how you kick it!

Location: S.C.C.C.

Program #3708-A

Day	Date	Time	Price
Thu	4/10-5/15	5-5:45pm	\$25

### TODDLER TUMBLING

Join instructor Courtney in this introduction to tumbling for toddlers and their parents. Participants will work on large motor development, listening skills and social interaction with children their age. Ages 3-5.

Day Date Time Price

Session I Program #3709-A

Tues 4/22-5/13 6:15-6:45pm \$22

Session II Program #3709-B

Tues 5/20-6/10 6:15-6:45pm \$22

### SPRINGTIME

#### DECORATION MAKING

Kids like to be creative and express their creativity. Join us as we make various decorations to help liven up your house for this fun time of year.

Ages 3 to 5.

Location: Sweden Senior Center

Instructor: Ashley Hermance

Day Date Time Price

Program #3710-A

Mon 3/24-4/28 5:45-6:45pm \$24

### EXPLORING SPRING

Spring time is fun isn't it? Join us as we read some fun stories about this engaging time of year. We will be coloring and having various puzzles and activities as well. Ages 3-5.

Instructor: Ashley Hermance

Location: Sweden Senior Center

Day Date Time Price

Program #3710-B

Wed 3/26-4/30 5:45-6:45pm \$24



### EASTER EGG DECORATING

Join us in this fun Easter tradition!

Location: Sweden Senior Center

Instructor: Ashley Hermance

Ages: 3-5

Day Date Time Price

Program #3710-C

Sat 4/19 9-10am \$12

### TWINKLE TOES DANCE

A great introductory dance class for your toddler! Learn the dance styles of ballet and tap with instructor Carley Nasca from the College at Brockport Dance Program. Tap shoes are recommended. Program is designed for children ages 3-5. Location: SCCC, Small Activity Room

Day Date Time Price

Program #3711-A

Sat 3/29-5/10 10-10:45am \$24

**\*\*No Class on 4/12\*\***



### POP-JAZZ DANCE *NEW!*

The dance programs continue to grow as we kick off our new Pop Jazz Dance Program! Join instructor Amy Prinzbach from the College at Brockport Dance Program. Get excited to learn jumps, turns, and new jazz and hip-hop techniques. This program is designed for children ages 3-5. A soft sole shoe is recommended.

Location: SCCC, Small Activity Room

Day Date Time Price

Program #3711-B

Sat 3/29-5/10 1-1:45pm \$24

**\*\*No Class on 4/12\*\***



# Youth & Teen Programs

## EPIC Safety Trainings

### BABYSITTER'S TRAINING

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

Location: SCCC

Day	Date	Time	Price
Program #3712-A			
Mon	4/14	9:30am-2:30pm	\$50

### HOME ALONE SAFTEY

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

Location: SCCC

Day	Date	Time	Price
Session I Program #3712-B			
Mon	4/14	2:30-4:30pm	\$25

Session II Program #3712-C			
Mon	6/4	6-8pm	\$25

### FIRST AID FOR KIDS

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 for sprains, strains and breaks and treatment for heat & 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

Day	Date	Time	Price
Program #3712-D			
Mon	4/14	1-2:30pm	\$23

**\*\*\$5.00 discount if taking both First Aid & Home Alone\*\***

## Crafts

### SPRINGTIME STORIES IN THE MAKING

Every child loves the new life and warmer weather of spring. Why not put that feeling and energy to life? Join us as we let kids express themselves by writing their own springtime story. Instructor: Ashley Hermance Ages 6-9.

Location: Sweden Senior Center.

Day	Date	Time	Price
Program #3713-A			
Mon	3/24-4/28	6-7pm	\$19

### SPRINGTIME DECORATION MAKING

Creativity in our youth is so important. Join us as we make various decorations to help liven up your house for this lively time of year. Ages 6-9. Location: Sweden Senior Center

Instructor: Ashley Hermance

Day	Date	Time	Price
Program #3713-B			
Wed	3/26-4/30	6-7pm	\$19



### EASTER EGG DECORATING

Join us in this fun Easter tradition!

Location: Sweden Senior Center

Instructor: Ashley Hermance Ages: 6-9

Day	Date	Time	Price
Program #3713-C			
Sat	4/19	9-10am	\$12

### TWINKLE TOES DANCE

A continuation of our Tot Program! Carley Nasca from the College at Brockport Dance Program will instruct children ages 6-10 on tap and ballet styles of dance. A great choice for past Tot-Twinkle Toes dancers! Tap shoes are recommended.

Location: Small Activity Room SCCC

Day	Date	Time	Price
Program #3714-A			
Sat	3/29-5/10	11-11:45am	\$24

**\*\*No Class on 4/12\*\***

## POP-JAZZ DANCE NEW!

Experience the combination of jazz and hip-hop dance styles with instructor Amy Prinzbach from the College at Brockport Dance Program. This new dance style and program is sure to get all participants moving to the beat! This program is designed for children ages 6-10. A soft sole shoe is recommended.

Location: Small Activity Room SCCC

Day	Date	Time	Price
Program #3714-B			
Sat	3/29-5/10	2-2:45pm	\$24

**\*\*No Class on 4/12\*\***

## Tae Kwon Do

### YOUTH TAE KWON DO

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

Location SCCC.

Day	Date	Time	Price
Program #3704-B			
M/Th	3/24-6/12	7-8pm	\$30

## TUMBLING

### LET'S FLIP AROUND

Join instructor Courtney in this class that builds on the basic skills learned in toddler tumbling. Participants will work on large motor skill development while learning basic skills and safety in a fun and structured environment. Students will also learn basic fundamentals that will assist them in future skills and more advanced tumbling.

Day	Date	Time	Price
Session I Program #3715-A			
Tues	4/22-5/13	7-7:45pm	\$22
Session II Program #3715-B			
Tues	5/20-6/10	7-7:45pm	\$22

# Youth & Teen Programs

## Youth Sports

### SUMMER SOCCER

REGISTRATION DEADLINE IS:  
MARCH 22<sup>nd</sup>

#### U-4 SOCCER (AGES 3&4)

Program #3605-A  
Wednesdays  
June/July  
Games at 6:30 pm  
Fee: \$32.00

#### U-6 SOCCER (AGES 5&6)

Program #3605-B  
Mondays  
June/July  
Games at 6:30 pm  
Fee: \$32.00

\*\*\*U-4 and U-6 Games Are  
Played at  
Sweden Clarkson Community  
Center\*\*\*

#### U-8 GIRLS SOCCER (AGES 7&8)

Program #3605-C  
Tuesdays/Thursdays  
June/July  
Games at 6:30pm  
Fee: \$45.00

#### U-8 BOYS SOCCER (AGES 7&8)

Program #3605-D  
Mondays/Wednesdays  
June/July  
Games at 6:30pm  
Fee: \$45.00

#### U-10 GIRLS (AGES 9&10)

Program #3605-E  
Tuesdays/Thursdays  
End of May through July  
Fee: \$65.00

#### U-10 BOYS (AGES 9&10)

Program #3605-F  
Mondays/Wednesdays  
End of May through July  
Fee: \$65.00

#### U-12 GIRLS (AGES 11&12)

Program #3605-G  
Tuesdays/Thursdays  
End of May through July  
Fee: \$70.00

#### U-12 BOYS (AGES 11&12)

Program #3605-H  
Mondays/Wednesdays  
End of May through July  
Fee: \$70.00

#### U-15 GIRLS (AGES 13-15)

Program # 3605-I  
Tuesdays/Thursdays  
End of May through July  
Fee: \$70.00

#### U-15 BOYS (AGES 13-15)

Program #3605-J  
Mondays/Wednesdays  
End of May through July  
Fee: \$70.00

**\*\*AGE AS OF AUGUST 1<sup>ST</sup>, 2013 DETERMINES LEVEL OF PLAY\*\***

#### What is M.U.R.S.L.?

Monroe United Recreation Soccer League recreational youth soccer league where the focus is fairness, character and good sportsmanship.

#### M.U.R.S.L.

Visit [MURSL.org](http://MURSL.org) to find league rules and information, Coaches and contact lists, Field Information and Schedules.

Participation in this league requires travel to other towns for games

**\*\*Please bring a copy of participants birth certificate\*\***

**\*\*ATTENTION\*\*  
VOLUNTEER COACHES  
AND REFEREES ARE  
NEEDED FOR ALL  
LEVELS OF PLAY**

## POONY BASEBALL/ SOFTBALL LEAGUES

#### Boys U-14

Program #3716-A  
June-August (TUE/THU/SAT)  
Fee: \$84.00

#### Boys U-17

Program #3716-B  
June-August (MON/WED/FRI)  
Fee: \$84.00

#### Girls U-17

Program #3716-C  
June-August (WED)  
Fee: \$74.00

### Participant Information

*\*REGISTRATION DEADLINE IS  
APRIL 30TH, 2014\**

Home games will be played at the Brockport Central School District or Sweden Town Park

Travel to local towns is required

Ages as of **May 1st, 2014** will determine the proper level of play

There is a full uniform included and a copy of each player's birth certificate will be needed upon registration in order for them to play.

**\*\*Please bring a copy of participants birth certificate\*\***



# Aquatic Programs

## 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 10

Day	Date	Time	Price
Session I Program #3717-A			
Wed	3/26-5/7	6:15-6:45pm	\$40
Session II Program #3717-B			
Sat	3/29-5/10	11-11:30pm	\$40

**\*\*No Class 4/16 & 4/19\*\***

## LEVEL I TETRAS

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

Day	Date	Time	Price
Session I Program #3717-C			
Wed	3/26-5/7	6:15-7:00pm	\$40
Session II Program #3717-D			
Sat	3/29-5/10	11-11:45am	\$40

**\*\*No Class 4/16 & 4/19\*\***

## 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 #3717-E			
Wed	3/26-5/7	6:15-7:00pm	\$40
Session II Program #3717-F			
Sat	3/29-5/10	11-11:45am	\$40

**\*\*No Class 4/16 & 4/19\*\***

## 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 #3717-G			
Wed	3/26-5/7	7:15-8:00pm	\$40
Session II Program #3717-H			
Sat	3/29-5/10	12:00-12:45pm	\$40

**\*\*No Class 4/16 & 4/19\*\***

## LEVEL IV YELLOW FINNS

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

Day	Date	Time	Price
Session I Program #3717-I			
Wed	3/26-5/7	7:15-8:00pm	\$40
Session II Program #3717-J			
Sat	3/29-5/10	12:00-12:45pm	\$40

**\*\*No Class 4/16 & 4/19\*\***

## LEVEL V BARRACUDA

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

Day	Date	Time	Price
Session I Program #3717-K			
Wed	3/26-5/7	7:15-8:00pm	\$40
Session II Program #3717-L			
Sat	3/29-5/10	12:00-12:45pm	\$40

**\*\*No Class 4/16 & 4/19\*\***

## LEVEL VI SHARKS

Children in this group will refine all the strokes so they become better overall swimmers. The purpose of this level is to prepare children for more advanced courses like Water Safety Instructor and Lifeguard Training Courses. Max 6

Day	Date	Time	Price
Session I Program #3717-M			
Wed	3/26-5/7	7:15-8:00pm	\$40
Session II Program #3717-N			
Sat	3/29-5/10	12:00-12:45pm	\$40

**\*\*No Class 4/16 & 4/19\*\***



## ADULT WATER FITNESS

Challenge yourself in a fun workout with instructor Chrisa Yaeger.

Day	Date	Time	Price
Program #3717-O			
Wed	3/26-5/7	8-8:45pm	\$42

**\*\*No Class 4/16\*\***

*\*All Swim Programs take place at Brockport High School Pool\**

**Open Swim Dates**

**Fridays  
4/11 & 5/9**

**\$2.00 per person**

# Youth Programs

## ZUMBA KIDS!!

Kids love to crank up the music, shake, wiggle and have a blast with their friends, so why not get fit while they're at it? Designed for kids age 4-10, Zumba Kids is an exciting Zumba program that fuses dance fitness with the psychology and physiology relevant to teaching kids. Zumba Kids is set to various dance styles such as hip-hop, salsa, reggaeton, cumbia and more. The music is amazing and the dance moves are cleverly choreographed so that kids can easily "learn the whole dance" in a short time frame.

\*Make sure to bring a water bottle and wear sneakers.

\* Drop in rates are available for \$8/class!

Day	Date	Time	Price
	Program #3718-A		
Thurs	4/24-6/12	5:30-6:30pm	\$40
	Min: 5	Max: 15	

\*This class takes place the same time as adult Zumba so moms, get your Zumba on while your child does too!

**\*\*\*If registering more than one sibling receive \$5 off the second child!**

**\*\*Zumba Kids birthday party packages also available!!!!**

Call licensed Zumba Kids Instructor Melissa Mutter at 478-4451 or [melissamutter.zumba.com](http://melissamutter.zumba.com)\*\*

## Croc Rocs Before/After School Drop-In Program

It is our pleasure to offer a safe and secure drop-in before and after school recreation program serving the Brockport School District and surrounding areas. Children are under the supervision of our trained staff and will enjoy gym games, arts & crafts, board games, a playground etc. that will help keep your child(ren) active and social. We look forward to meeting your child(ren) and having a great school year!

### Hours of Operation

#### Monday-Friday

**Before School: 6:30-8:45am**

**After School: 3:30-6:00pm**

Rate if paid prior to the 25th of the prior month  
\$8.00 for before or after school, \$15.00 for both  
Drop-in rate after the 25th of the prior month  
\$10.00 for before or after school, \$19.00 for both

### Transportation

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

## Spring Break April 18th Full Day

Come and spend a fun filled day at the community center with games, crafts and much more!



### After School Tutoring and Homework Help

M - TH 4-5pm 45.00 per week

M-TH 4-5pm Only \$15.00 per week for children attending Croc Roc's program

Private tutoring available \$25.00 per session.

Program will follow school calendar with no sessions on breaks or holidays.



# Adult Programs

## Tae Kwon Do

### 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 Chin-na Kung Fu specifically designed for adults. Join Rob Slocum in this class for ages 12+. Location: SCCC

Day	Date	Time	Price
Program #3704-C			
Tues/Fri	3/29-6/14	7-8pm	\$30



## Classes

### BEGINNER BELLYDANCE

If you have wondered what bellydance is all about, come find out! Bellydance is one of the oldest forms of dance. This is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles 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 w no heels or sneakers). Don't forget to bring water! Ages 18+ Instructor: Kathy Keady Location: SCCC Activity Room

Day	Date	Time	Price
Session I Program #3719-A			
Thu	4/3-4/24	6-7pm	\$22
Session II Program #3719-B			
Thu	5/1-5/22	6-7pm	\$22

### BEYOND BEGINNER BELLYDANCE

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

Instructor: Kathy Keady Location: SCCC Activity Room #2

Day	Date	Time	Price
Session I Program #3719-C			
Thu	4/3-4/24	7-8pm	\$22
Session II Program #3719-D			
Thu	5/1-5/22	7-8pm	\$22

### PIANO LESSONS

Mr. Washington would like to share his talents with you every Saturday at the Senior center All Ages Min. 6 Max 8

Day	Date	Time	Price
Program #3719-E			
Sat.	3/29-5/3	9-10:30am	\$40

### KUNDALINI YOGA FOR CANCER SURVIVORS & PEOPLE CURRENTLY UNDERGOING TREATMENT FOR CANCER

Kundalini Yoga causes a greater flow of energy to clear blockages which may help rejuvenate the body and help increase energy levels. Through meditation, one can decrease stress and anxiety and improve mindfulness and sleep patterns. This class will be geared toward cancer survivors and people with cancer who are currently undergoing treatment. It will incorporate stretching, breathing exercises, strengthening, balance and meditation. Dana Farber Cancer Institute incorporates yoga in every patient's treatment and through studies, have shown that yoga can decrease symptoms of chemotherapy by 50% and increase a person's energy level and assist in sleeping. Please understand that everyone is different, and everyone's results will be different. This is a very laid back class who likes to have fun. Our instructor, Jennifer Beideck, looks forward to meeting you. Please bring a yoga mat.

**\*Location: Sweden Senior Center\***

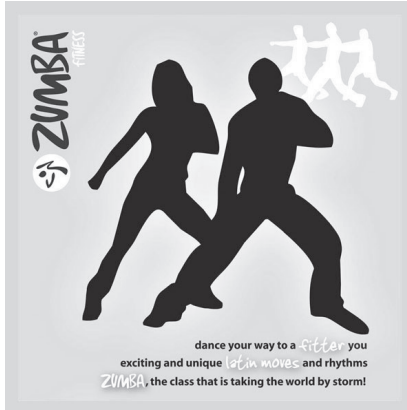
Day	Date	Time	Price
Program # 3719-F			
Sat	4/12-5/17	9-10am	\$30

**\*Per session or \$5 per class**





# Adult Programs



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

## ZUMBA

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

Offered Wednesdays from 6-7pm  
 and Thursday from 6:30-7:30pm

**\*\*Childcare is available during the Mon 7-8, Tues 6-7 and Wed 6-7 classes for \$1.50/child. Kids will enjoy guided play & games in the toddler gym as well as a healthy snack!\*\***

Come try any of our adult Zumba classes today! Your first class is always free!

## ZUMBA TONING

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

Offered on Mondays from 7-8pm

## \*NEW STUDENT SPECIAL!!!!\*

Have you tried a Zumba class yet?? Not sure if it's for you?? Try our mini session! You get 4 weeks of unlimited Zumba and Zumba Toning classes without the commitment of a gym! April 7th-April 28th 4 week session for only \$30! New students only!



60 minutes of ME time

## Jazzercise • Brockport, NY

4927 Lake Road • SC Community Center  
 585.738.3555 • bkpt\_spen\_jazz@yahoo.com

6:00 a.m.	M, T, W, Th, F
7:30 a.m.	T, Th
8:30 a.m.	Sat, Sun
9:00 a.m.	M, W, F
9:00 a.m.	T**, Th**
4:45 p.m.	T, Th, F
6:00 p.m.	M, T, W**

# Adult Programs

## Adult Leagues

### Softball Leagues (Spring)

Leagues are forming at the Sweden Clarkson Community Center! All leagues are for adults ages 18 and up. Games will be played at Clarkson Recreation Park, formerly know as Ridgewood Park, on Rt. 104 in Clarkson. There will be later games this year under the lights, so come out and show us how you swing it!

**\*Sweden/Clarkson Recreation will be holding a captains meeting before the season on April 16th, 2014 from 7-9 pm at the community center. Teams will need to have their captain or a representative from their team at this meeting. League fees will also be due at this time\***

**\*Both registration and FULL payment must be receive to secure a spot in each league!\***

Day	Date	Time	Price
<b>Monday Coed (A/B Division)</b>			
	Program #3722-A		
Mon	May-August	6-9pm	\$500
<b>Tuesday Men's (A/B Divisions)</b>			
	Program #3722-B		
Tue	May-August	6-9pm	\$500
<b>Wednesday 40+ Men's League</b>			
	Program #3722-C		
Wed	May-August	6-9pm	\$500



### TOTAL BODY WORKOUT

Join instructor Chrisa Yaeger in a 45-minute class combining cardio, strength training and core work to get you into great shape. All fitness levels welcome.

Location SCCC

Day	Date	Time	Price
<b>Session I</b> Program #3720-I			
M/W	3/3-4/9	12:15-1pm	\$45
(6 weeks)			
<b>Session II</b> Program #3720-J			
M/W	4/21-6/4	12:15-1pm	\$52
(7 weeks)			

## Yoga

### 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 Whited

Ages 16+

**Location: Sweden Senior Center**

Day	Date	Time	Price
<b>Session I</b> Program #3720-A			
(7 weeks)			
Mon	4/21-6/9	7-8pm	\$42
<b>**No class 5/27**</b>			
<b>Session II</b> Program #3720-B			
Mon	6/16-7/28	7-8pm	\$42

### YOGA STRETCH

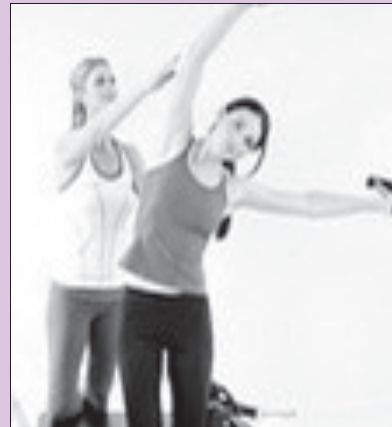
This class will incorporate yoga poses with the emphasis on stretching. Gentle guidance into breathing awareness will lead you into deep relaxation. Please bring a yoga mat.

Instructor: Barb Whited

Ages 16+

**Location: Sweden Senior Center**

Day	Date	Time	Price
<b>Session I</b> Program # 3720-C			
(8 weeks)			
Wed	4/23-6/11	7-8pm	\$48
<b>Session II</b> Program # 3720-D			
(7 weeks)			
Wed	6/18-7/30	7-8pm	\$42



## BODY SCULPTING

With upper and lower body working at the same time, you will get a complete body workout. This class will also work on balance, core and a bit of yoga for good measure.

Instructor: Barb Whited.

Ages 16+

**Location: Sweden Senior Center**

Day	Date	Time	Price
<b>Sess I</b> Program # 3720-E			
(7 weeks)			
Mon	4/21-6/9	6-7pm	\$35
<b>*No class 5/26*</b>			
<b>Sess II</b> Program # 3720-F			
(7 weeks)			
Mon	6/16-7/28	6-7pm	\$35
<b>Sess III</b> Program #3720-G			
(8 weeks)			
Wed	4/23-6/11	6-7pm	\$40
<b>Sess IV</b> Program #3720-H			
(7 weeks)			
Wed	6/18-7/30	7-8pm	\$35

**\*\*Receive \$8 off if registering for more than one of the above three programs!\***

## Trainings/Certifications

### ADULT, INFANT, & CHILD CPR/FIRST AID

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

**Location: SCCC**

Day	Date	Time	Price
<b>Program #3721-A</b> CPR ONLY			
Sat	4/5	9am-12pm	\$55
<b>Program #3721-B</b> First Aid ONLY			
Sat	4/5	12-2pm	\$45
<b>Program #3721-C</b> BOTH			
Sat	4/5	9am-2pm	\$80

# Active Older Adults

## Bingo

### SENIOR BINGO AT THE COMMUNITY CENTER

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

Location: SCCC Conference Room

Day	Date	Time	Price
Wed	4/16	12 pm	\$2
Wed	5/21	12 pm	\$2
Wed	6/18	12 pm	\$2

## Sweden Senior Center

Do you want to enjoy good company, and a friendly atmosphere? Join us at the Sweden Senior Center. Activities include: Quilting, Silver-Sneakers®, Open Tai Chi, Euchre, Ceramics, Crafts, Chorus, Line Dancing, Bridge, Pinochle, Stretch and Tone, and various short term classes. Check our monthly calendar for the most up-to-date information. WHO: All Active Older Adults WHERE: 133 State St.

COST: Suggested donation for lunch is \$3.00

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

## LINE DANCING

Different dances each day. Location: Octagon Room at Senior Center

Day	Time
Wed & Thurs	9am

## STRETCH & TONE

Stretch & Tone is a stretching class with bands that helps keep you limber and strong. Designed by Agape Physical Therapy. Location: Octagon Room

Day	Time
Mon & Thurs	1:15pm

## CARDS

Tuesday: Euchre	12:30 pm
Wednesday: Pinochle	12:45 pm
Wednesday: Bridge	1 pm

## Arts & Crafts

### 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.

Day	Time
Mondays	9am-12pm

### CERAMICS AND/OR CRAFTS

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

Instructor: Carol Passaniti

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

\*plus material costs

### CHEMO CAP GROUP

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

Lounge

Day	Time	Price
Wed	10am	FREE

### TOWPATH BUTTON CLUB

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

Day	Date	Time
4th	Tue of month	10 am

### PAINTING

This loosely structured art class is for beginners as well as for those who have done some painting or drawing. If you've always wanted to be creative, this class is just right for you. Your choice of watercolor, oil or colored pencils. Instructor: Nancy Breslawski. Sr. Center upstairs

Day	Date	Time	Price
Tues	4/8-5/27	1-3 p.m.	\$40

### MATTER OF BALANCE

is an award winning program designed to reduce the fear of falling and increase the activity levels of older adults (60+) who have concerns about falls. Classes help you set realistic goals for increasing activity, change your environment to reduce fall risk factors, and promote exercise to increase strength and balance.

Instructor: Ginger & Elaine

Sweden Senior Center Dining Room

Day	Date	Time	Price
Program #3723-B			

Wed.	4/2-5/21	1-3 pm	\$7
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### Chorus Concert @ Baptist Church

Day	Date	Time	Price
Fri	5/16	7 pm	Donation-

**NEEDED:** material for quilters, either cotton or heavy drapery material, and batting; yarn, regular and baby, for our knitters and crocheters. We make a variety of quilts, bedrolls, lap robes, hats and mittens for the needy and ill in our surrounding area. We have the time and talent, but need the raw materials. Items may be dropped off at the Sr. Center between 9am & 4pm.

### TAI CHI FORM 24 PART I

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 Sweden Senior Center upstairs

Day	Date	Time	Price
Program #3724-A			

Fri	4/25-5/20	2:15 pm	\$40
			Sr. Price (60+) \$33

### FORM 24 Part II

A continuation of the forms.

Day	Date	Time	Price
Program #3724-B			

Fri	6/13-7/25	2:15 pm	\$40
<b>No class 7/4</b> Sr. Price (60+) \$33			

**Give a Lift:** A volunteer transportation program for those 55+. A 5 day a week program. Reservations must be made 5 days in advance for trips to Dr., pharmacy, friends. Call 637-1097 between the hours of 9-noon or to leave a message.



# Active Older Adult Programs

## QIGONG SHIBASHI

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

Day	Date	Time	Price
Program #3725-A			
Mon	4/21-6/2	2:15 pm	\$40
Sr. Price (60+) \$33			
<b>**No Class 5/26**</b>			

## QIGONG SHIBASHI Part II

A continuation of the forms

Day	Date	Time	Price
Program #3725-B			
Mon	6/9-7/14	2:15 pm	Fee: \$40
Sr. Price (60+) \$33			

## The Geriactors

Rochester's Traveling Senior Theatre Troupe. They will perform "About Time" In scenes and songs, they take a wryly humorous look at the phenomenon of time-its passing, its effects, its use and misuse. Price includes lunch of Oven Browned Chicken served at noon. Senior Center dining room. Deadline to sign for April 10th

Day	Date	Time	Price
Program # 3725-C			
Mon	4/25	11 am	\$6

## Transportation

### Medical Motors:

Van is available for those who come for lunch. We have scheduled trips to Wegmans, Wal-Mart. Call 637-8161 for more information.

### SSAI Spring Garage Sale

Lunch available cloths & flea market items

Day	Date	Time
Sat	5/17	9am-3pm

## Trips:

### The Odd Couple @ GEVA

One of Neil Simon's most recognizable and timeless comedies. Fastidious Felix is thrown out by his wife. His only refuge is with best friend, Oscar, a recently divorced sportswriter whose apartment is a study in slovenly chaos. Friends, yes, but with decidedly different approaches to life, to love, and yes, to housework-the results are side-splitting laughter and classic comedy. The trials and tribulations of this peculiar pair trying to create their new, unmarried lives have been entertaining audience for nearly 50 years. Deadline to register April 16

Day	Date	Time	Price
Program # 3616-E			
Wed	5/7	12:15-4:30pm	\$35 Res \$40 Non-Residents

### Old Library

#### Chocolate Extravaganza

Lunch and chocolate making at the Old Library. Choose Chicken and Biscuits or Roast Beef. Stop at Made in America store on the way home. We will be leaving & returning to Ogden Sr. Center. Deadline to sign April 15.

#### Pick-up Ogden Senior Center

Day	Date	Time	Price
Tue	5/6	8:15am - 6pm	\$67 res \$72 non-res

### Twist & Shout on Seneca Lake

Captain Bill's twist and shout around Seneca Lake with Lunch. Choose Sage stuffed Chicken Breast, Scallop & rap Stuffed Flounder, Host Roast Beef & Gravy or Vegetable Lasagna. for your lunch.

Day	Date	Time	Price
Afternoon stop at Farmer's Market. Deadline to sign June 1			
Wed.	6/18	8:15am- 6pm	\$85 res. \$90 non-res

## GROUP THERAPY

### Country Grass Band

Join in the fun of Bluegrass music and lunch. The ever popular group will perform. Lunch served at noon. Deadline to sign: April 10 Senior Center Dining Room

Day	Date	Time	Price
Thur	5/1	11 am	\$5

## SPRING BREAKFAST

Come and join your friends for a wonderful breakfast. Scrambled eggs w/cheese, sausage, potatoes, warm biscuit w/butter and a special treat. Includes your choice of coffee, tea or juice.

Deadline to sign Mon. April 14 Senior Center Dining Room

Day	Date	Time	Price
Thur	4/17	8 am	\$5

### SSAI Chicken BBQ

A fun morning of entertainment TBA and a chicken BBQ dinner prepared by 58 Main. MMM Good. Deadline to sign: May 21

Day	Date	Time	Price
Wed.	5/28	11 am	\$5

### AARP Smart Driver Course

A lot has changed since AARP Driver Safety first began. The roads, cars and the technology inside them have changed. As drivers, if we don't keep up with those changes we put others and ourselves at risk.

As a result of evidence-based research findings, the course has been adjusted to include a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, red-light running, safety issues such as speeding, and seatbelt and turn-signal use. The course is open to anyone of any age. Call 637-8161 to register. Bring your driver's license and AARP card with you to class. Checks made payable to AARP.

Day	Date	Time	Price
Program #			
T & Th	5/20 & 5/22	12:30-3:30	\$20AARP Member \$25 Non-member

### WRITING AEROBICS

Is exercise for the creative spirit. In this class we'll try different prompts and techniques to inspire stories, poems, memoirs or whatever emerges. Sometimes you'll leave the class with the beginning of a longer piece...other times the exercises will help with new ideas. Sr. Center Game Room. Instructor: Judy DeCrocce

Day	Date	Time	Price
Thur	4/24-5/22	10:30-11:30am	\$29

# Active Older Adults/Fitness Center Programs



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

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

**Have more energy, Improve balance, Increase strength, Increase flexibility  
Meet new people**

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

<u>Sweden/Clarkson Community Center</u>	<u>4927 Lake Road</u>	
MONDAY, WEDNESDAY, FRIDAY	CLASSIC	11 AM
TUESDAY & THURSDAY	CARDIO	10 AM
<u>Sweden Senior Center</u>	<u>133 State Street</u>	
TUESDAY & FRIDAY	CLASSIC	9:45 AM
TUESDAY	YOGA	11 AM
(except the second Tuesday of each month)		

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

## FITNESS CENTER PARTICIPANTS MUST BE 16+

<u>YOUTH/SENIOR (16-18) (55+)</u>	3 month \$75.00	1 year -\$175.00
<u>ADULT (18-55)</u>	3 month \$100.00	1 year - \$250.00
<u>FAMILY (16+)</u>	3 month \$150.00	1 year -\$400.00

(All members must live at same address)

<u>DAILY RATE</u>	<u>SENIOR CENTER</u>
Adult \$8.00	1 year resident - \$35.00
Senior \$6.00	1 year non-resident- \$60.00

## PERSONAL TRAINING

Tami Mungenast will help with any and all questions regarding getting your individual goals on track.

**\*Must have an active fitness membership.\***

One Session	\$30.00
Six Sessions	\$150.00



## Sweden Clarkson Recreation

*"Making a large community smaller through recreation"*

4927 Lake Road Brockport, NY 14420 ♦ (585) 431-0090 ♦ Fax 431-0052 ♦ www.swedenclarksonrec.com

### Registration Form

- **Registration Procedure:** Please complete all applicable information. Check for registration deadlines. Registrations received after 10:00am will be processed on the next business day. Registration received on the weekends will be processed on the next business day. **A \$5.00 charge will apply to residents who don't live in the Towns of Sweden or Clarkson. Accepting registrations online or onsite.**
- **Make Checks Payable To:** Town of Sweden
- **Return Form with Payment To:** Sweden Clarkson Recreation, 4927 Lake Road, Brockport, NY 14420
- **When signing up for a sports league would you be Interested in Coaching?** Y N Name \_\_\_\_\_
- **Requests** (all requests may not be able to be honored) \_\_\_\_\_

### Incomplete Forms and Incorrect Payments will be Returned

#### 1 Participant(s) Information (same family):

First and Last Name	Gen-der	Grade	Birthdate	Age	Programs Registering For:	Program Number	Fee
1.							
2.							
3.							
4.							

**Non-Resident Fee: \$5.00 Total** \_\_\_\_\_

Shirt Size: **Youth:** Sm Md Lg **Adult:** Sm Md Lg Xlg 2Xlg 3Xlg    Pants Size: **Youth:** Sm Md Lg

#### 2 Household Information:

Participant/Parent Contact Name:	First:	Last
Work Phone:	Phone:	Email:
Address:	City:	Zip:
Secondary Parent Contact Name: :	First:	Last:
Work Phone:	Phone:	Email:
Emergency Contact Name:	Phone:	

#### 3 Special Needs/Limitations/Allergies/Notes:

No    Yes (explain)

#### 4 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:** \_\_\_\_\_

**Received By:** \_\_\_\_\_



# Recreation & Park Facilities

## Community Center

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

## Senior Center

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

## Farmers Museum

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

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

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

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

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

› All checks made payable to the **Town of Sweden**.

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

# Recreation & Park Facilities

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

- › All field rentals and reservations are made through the Sweden/Clarkson Recreation Department at 4927 Lake Rd South, Brockport, NY 14420.
- › Checks for rental fees for Clarkson Recreation Park and Hafner Park, need to be made payable to Town of Clarkson.
- › Checks for rental fees for Sweden Town Park, need to be made payable to Town of Sweden.
- › At the discretion of the Recreation Director, a \$25/hr security fee may be charged for large group activities and tournaments.



# Thank You!

The Sweden/Clarkson Community Center and the Sweden Senior Center would like to thank the following individuals, local businesses and organizations for their continued support.

Nancy & Dan Brewlawski  
Michelle Baker  
Beverly Lewis  
Alma Schultz  
Joyce Henion  
Wegmans of Brockport  
Dr. Lynda Cochran  
JoLynne Corsi

College at Brockport Recreation Students  
College at Brockport Circle K  
Kevin Head, Jamie Auburn, Mike  
Peworchick and John Himmelsbach  
Kyle Carman  
Gary Wandel  
Wayne Martin

Barb Speed, Ed Forsys, Jane Harr  
Jona & Jim Smith, Millie Wiegand  
Natalie Turner, Carol Passiniti  
Beverly Lewis, Kathy Booth, Lynn  
Rawleigh, Priscilla Baglio, Helen Estrada,  
Alma Schultz and PJ Benedetti

**\*\*To avoid program cancellations, please sign up early for programs !**

The Sweden/Clarkson Recreation Staff are members of the following professional organizations:

- National Recreation & Park Association*
- Genesee Valley Recreation and Parks Society*
- New York State Recreation & Park Society*
- National Alliance for Youth Sports*

The Sweden Clarkson Recreation Department has made every effort to prepare this brochure as accurately as possible. However, due to circumstances beyond our control, if there are adjustments that may need to be made to program dates, times, locations or fees. The Sweden Clarkson Recreation Department reserves the right to make these adjustments after the brochure has been mailed out to residents. We promise to communicate these adjustments and/or offer refunds/credits if the changes make it necessary for you to withdraw from a program.

### Sweden Town Board

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

### Clarkson Town Board

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

### Recreation Department Staff

**Recreation Supervisor**  
Jill Wisnowski

**Recreation Leader**  
Ricki DeBaun

**Recreation Assistants, Full Time**  
Joe Kincaid  
Carrie Graham  
Megan DeMarco  
Tracy Crooks

**Recreation Assistants, Part Time**  
Dottie Coia  
Kadeem Parks  
Grant Holupko  
Ashley Hermance

**Clerical Assistant**  
Diane Samons