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SPRING 2018



Sweden Clarkson Community Center

4927 Lake Road South, Sweden

Phone: 585-431-0090

Fax: 585-431-0052

www.swedenclarksonrec.com

Registration Policy

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

Non-Resident Policy

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

Credit/Refund Policy

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

Gift Certificates

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

Financial Assistance/Scholarships

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

Videotaping

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

Locker Rooms and Lockers

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

Weather Cancellation Hotline

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

Payment Options

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

Community Center Hours

April 1 – May 31

M-F 6am-8pm

Sat 8am-3pm

Sun 8am-12pm

Closed 4/1 Easter Sunday

Closed 5/13 Mother's Day & 5/28 Memorial Day

Directory

Recreation Supervisor Jill Wisnowski 431-0050

jillw@townofsweden.org

Recreation Assistant Joe Kincaid 431-0088

joek@townofsweden.org

Recreation Assistant Andre Calzone 431-0087

andrec@townofsweden.org

Recreation Assistant George Kimball 431-0086

georgek@townofsweden.org

Recreation Assistant Tim Manuszewski 431-0087

tim@townofsweden.org

Staff: Ashley Hermance, Kyle Luce, Chrissy Dilal, Mia Harp, Shawn Maira

Clerical Assistant Diane Samons 431-0090

dianes@townofsweden.org

Sweden Town Board

Supervisor Kevin Johnson 637-7588

Councilperson Patricia Hayles

Councilperson Robert Muesebeck

Councilperson Mary Rich

Councilperson Lori Skoog

Clarkson Town Board

Supervisor Jerry Underwood 637-1131

Councilperson Patrick Didas

Councilperson Christa Filipowicz

Councilperson Allan Hoy

Councilperson Jackie Smith

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.com

A message from the Recreation Department

There's lots of exciting news to report in this brochure! First and foremost, the Sweden Park Lodge is now available for rental. A special thank you to the Sweden Community Foundation for making this project come true. The Foundation paid for the grant writer to secure funding for the Lodge and they have also raised the money to pay for the Lodge furnishings. Thanks also goes to Senator Rob Ortt for the SAM grant he provided.

Please check out facility rental information on page 19. The Town of Clarkson also has two outstanding lodges—one at Hafner Park and one at Kimball Park. Whether you're looking for a place to hold a graduation party, bridal or baby shower, birthday or anniversary party, business event or reunion—Sweden and Clarkson have the Lodge for you! The Town is hosting an open house for the community on April 14 at the Lodge—more info later.

New programming is a major feature of this brochure! Starting with youth- would you like to play *Minute to Win It*? Conduct some cool Science Experiments? Have ooey-goey fun at our Slime Night—where the mess isn't in your house? Check out these new youth programs on page 6.

We have a new Tae Kwon Do instructor, Master Kanous. He is offering both youth and adult Tae Kwon Do classes focusing on self-confidence, self-control and self-improvement. If you've never tried Tae Kwon Do, now is a good time to give it a whirl.

This spring we have tons of new adult programming featured on pages 14—15. Try your hand at a Kan-Jam Tournament. Sign-up with a partner for this popular backyard game and see if you have what it takes to win this bracket-style tournament!

Fitness is at the forefront in new adult programming. We have added Abs and Glues, HIIT and Harmony, Senior Yoga and Kickboxing to our already diverse adult fitness offerings.

How about Adult Pyrography? What is pyrography, you ask? It is artistic wood burning. Participants must be 18 years of age. Talk about a fun way to spend a few Monday evenings this spring and

maybe you'll discover a new hobby!

We have some new trips for adults: the Wonderful World of Oz at RIT and the Bridges of Madison County at the JCC. If you don't like to go to performances

alone or if you don't like to drive there, come with us! We take care of it all for you. The Sweden Senior Association Inc. (SSAI) is also offering a trip through us, Seneca Niagara Casino on June 8. Our last casino trip filled up quickly, so if you're interested, hop on board early! The SSAI is celebrating mothers with a pizza party on Friday, May 11. Mothers eat free—others pay \$1 or donate a non-perishable food item.

A couple of our favorite events are back this spring. Our annual pancake breakfast to benefit the Brockport Food Shelf is on March 24 and our community-wide garage sale is April 14. Please don't forget to sign up for soccer, softball and baseball—registrations will be closing soon!

Finally, a couple of sneak previews: we're planning to replace a couple of pieces of equipment in the fitness center in the near future; and if you play in our youth baseball leagues, you'll be happy to know the Town is planning on constructing a restroom facility in a convenient location.

As always, if you have a concern or a suggestion, give me a call at 431-0050. Happy Spring!



Jill Wisnowski

Lifetime is pleased to continue lunch program

Lifetime Assistance is pleased to offer the noon senior nutrition program as a partner with the Monroe County Office for the Aging, just as we have since 2008. Seniors will continue to be able to participate by purchasing a hot nutritious meal offered at a reasonable price. Lifetime Assistance employment specialist Jennifer Lapinski and her crew, including Andrew, Jessica, Michelle, Rici, Matt, Cristina, John and Renee will still be greeting the participants as they gather at The Lodge for a noon-time meal. For those seniors requiring transportation, Medical Motors will still be available to provide transportation as before. In addition, Life-

time Assistance will partner with the community to provide the following activities:

BINGO: Mondays & Fridays 11 am—12 noon

ELDERSOURCE: (part of the meal program with Monroe County Office of the Aging):

2nd Tuesday of the month 10:30 am—noon

BLOOD PRESSURE CHECKS: Wednesdays, 10:30—12 noon by Monroe Ambulance

Summer Soccer—the time is nearing!

Please fill out and return this ticket if you are interested in coaching.

Name _____ Sport _____
Phone number _____ email _____

Cut out and attach to your child's registration form.

GENERAL INFORMATION

What is MURSL? It is the Monroe United Recreation Soccer League, a recreational youth soccer league where the focus is fairness, character and good sportsmanship. Visit 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.

Important! U-4 to U-8 age as of August 1, 2017
U-10 & U-12 as of January 1, 2018 determines level of play! A copy of your child's birth certificate is required with registration.

Attention! Volunteer coaches and referees are needed for all levels of play!

Deadline! The registration deadline is March 23rd.

U-4 SOCCER (Ages 3 & 4)

Program #4073-A

Wednesdays at 6:30 pm June & July

Fee: \$33

All games are played at the Community Center,
4927 Lake Road Brockport, NY 14420

U-6 SOCCER (Ages 5 & 6)

Program # 4073-B

Mondays at 6:30 pm June & July

Fee: \$33

All games are played at the Community Center,
4927 Lake Road Brockport, NY 14420

U-8 GIRLS SOCCER (Ages 7 & 8)

Program #4073-C

Tuesdays/Thursdays June/July

Games at 6 pm and 7:15 pm

Fee: \$47

Home games played at TBD, away games travel to play at other local town facilities.

U-8 BOYS SOCCER (Ages 7 & 8)

Program #4073-D

Mondays/Wednesdays June/July

Games at 6 pm and 7:15 pm

Fee: \$47

Home games played at TBD, away games travel to play at other local town facilities.

U-10 GIRLS SOCCER (Ages 9 & 10)

Program # 4073-E

Tuesdays/Thursdays

End of May through July

Fee: \$67

Home games played at Hafner Park in Clarkson, away games travel to play at other local town facilities.

U-10 BOYS SOCCER (Ages 9 & 10)

Program #4073-F

Mondays/Wednesdays

End of May through July

Fee: \$67

Home games played at Hafner Park in Clarkson, away games travel to play at other local town facilities.

U-12 GIRLS SOCCER (Ages 11 & 12)

Program #4073-G

Tuesdays/Thursdays

End of May through July

Fee: \$72

Home games played at Sweden Town Park, away games travel to play at other local town facilities.

U-12 BOYS SOCCER (Ages 11 & 12)

Program #4073-H

Mondays/Wednesdays

End of May through July

Fee: \$72

Home games played at Sweden Town Park, away games travel to play at other local town facilities.

GENERAL INFORMATION

Our baseball/softball program requires travel to other towns. Our home games are played at the Sweden Town Park, Redman Road.

Important! Age as of May 1 determines level of play. A copy of your child's birth certificate is required with registration for all age groups

Attention! Volunteer coaches are needed for all levels of play.

Deadline! Pony level registration deadline is April 30.

ONY LEAGUE (Ages 13 & 14)

Program #4074-G
Tuesday/Thursday/Saturday
June– August
Fee: \$87
Registration deadline: April 30.

Instructional Tot-Multi Sports

Does your tot want to be a well-rounded athlete? Join coach George as he introduces a new sport every Monday. Your child will learn the basics and gain a great foundation to four new sports.

Instructor: George Kimball

Week 1- Football, Week 2- Basketball,
Week 3- T-ball, Week 4- Soccer

Ages: 4-6 Max: 8

Location: SCCC Gym

Day	Date	Time	Price
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Program #4084-B

Mon	3/26-4/23	5-5:45 pm	\$25
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*No Class on 4/9

Instructional Tot Basketball

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

Ages: 4-6. Max 8

Location: SCCC Gym

Day	Date	Time	Price
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Program #4084-C

Mon	5/7-6/4	5-5:45 pm	\$25
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No Class 5/28

PRIVATE BASEBALL LESSONS

Program #4084-A

Does your child want to get serious about becoming a quality baseball player? Well we have the answer for you! Recreation Assistant Tim Manuszewski can help teach your child with one-on-one instruction about both the mental and physical aspects of the game. We can go over infield, outfield, pitching, catching, hitting, and even base running. Both recreation and travel players are welcome!

Location: SCCC Gym

Day: Date: Time: By appointment only

Contact Tim @ 431-0087

Fee: \$10/hour



Instructional Youth-Multi Sports

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

Week 1- Football, Week 2- Basketball, Week 3- Baseball,
Week 4- Soccer

Ages: 7-9 Max: 8

Location: SCCC Gym

Day	Date	Time	Price
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Program #4084-D

Mon	3/26-4/23	6-6:45 pm	\$30
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*No Class on 4/9

Instructional Youth Basketball

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

Ages: 8-11. Max: 10

Location SCCC Gym

Day	Date	Time	Price
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Program #4084-E

Mon	5/7-5/28	6-6:45 pm	\$30
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*NEW Unified Tae-Kwon Do

Develop self-confidence, self-control, and focus while working towards self-improvement. This program is taught by new instructor Master Kanous whom has over 18 years of training and started teaching TKD by age 11. Master Kanous has competed all over the east coast and has been a motivational speaker at numerous schools and events in the name of TKD.

Ages: 5-15 Max: 25

Location: Large Activity Room #1

Day	Date	Time	Price
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Session I Program # 4085-A

Wed/Fri	3/28-4/20	5-5:45pm	\$65
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Session II Program #4085-B

Wed/Fri	4/25-5/18	5-5:45pm	\$65
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*NEW Minute to Win It!!

6 challenges using household items. 60 seconds on the clock. A championship title on the line. Think you've got what it takes to win it all? We welcome children from ages 7-12 to come join us for a night of fun and competition! Snacks will be provided and prizes will be given out to the top three participants.

Location: Large Activity Room 3

Max: 10 - Min: 3

Day	Date	Time	Price
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Program #4085-C

Thu	3/ 29	4-6 pm	\$3
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Photography for Beginners! (youth)

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things?

This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed. Rec Assistant Andre Calzone will bring his camera, computer and editing software to instruct the proper use of each. The class is intended for the novice who is interested in learning the fundamentals of how digital cameras work along with editing your photos. At the end of the four-week session, participants will have three printed pieces of work as well as homemade frames made in class. Youth (Ages 10-13).

Day	Date	Time	Price
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Program#4085-D

Mon	4/5-5/3	6-7pm	\$35
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Youth Arts & Crafts

Come join recreation staff member Tim Manuszewski in creating a variety of different arts and crafts! We will work on a different project each week. Some of your finished pieces will include stained glass jars, craft kits, and flower pots. Some of your pieces can be taken home that night! Be sure to wear an old shirt or a smock.

Ages: 7-11 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4085-E

Tues	4/3-4/24	6-6:45pm	\$12
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*NEW Youth Science Experiments

Have you ever wanted to be like Bill Nye "The Science Guy"? Well this class is perfect for you! We will be creating different experiments each week and learning about the different reactions responsible for said experiments. Now we won't be working with laser beams, but our experiments can be recreated right at home afterwards. Come join us for nights full of fun, learning and excitement!

Ages: 7-11 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4085-F

Mon	4/2-4/23	6-6:45pm	\$12
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*NEW Slime Night

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

Ages: 5-11 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4085-G

Thu	4/12	6-6:45pm	\$12
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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
Program #4086-A			
Tue	4/3	1-3pm	\$25

Babysitters Training

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

Ages 11+

Day	Date	Time	Price
Program #4086-B			
Wed	4/4	9am-2pm	\$48

Little Steps Play & Learn

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop, meet a friend or workout? Then come join Miss Mary (NYS certified teacher) for simple routines, story time, arts and crafts and enriching games in a place where creativity encourages learning, caring encourages friendships and a loving environment encourages social and emotional growth.

Space is limited, sign up early.

*Need not be potty-trained.

Maximum 10 students per session.

Day	Date	Time	Price
Program #4086-C			
M/W	4/9-5/16	12:15-1:30 pm	\$44

Madden NFL 2018 Tournament-PlayStation

Think you're the best Madden player around? Come test your skills in a bracket style tournament. Everyone is guaranteed at least two games, pizza, and drinks!

Ages: 10-16 Max: 8

Location: Small Activity Rm I

Day	Date	Time	Price
Program #4086-D			
Thu	4/5	5-8 pm	\$10

Youth Horseback Riding

Horseback riding lessons are available this spring! Students in this class will learn basic riding skills in addition to

learning grooming and tacking the horse.

This session will include 4 lessons.

Max: 3

Location: Church Hills Stable, Hilton

Day	Date	Time	Price
TBD			\$100



Horse Camp!

What a great way to spend Spring Break!

You can sign up per day or for the whole week!

There will be riding, games, horsemanship and crafts! Bring a snack, drink and lunch and dress for the weather!

Max: 3

Location: Church Hills Stable, Hilton

Day	Date	Time	Price
TBD			\$47 per day
			\$235 for the week

ATTENTION All Horseback Riding

Participants must sign up at least 1 week ahead.

Tot Swim

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

Day	Date	Time	Price
Session I Program #4087-A			
Wed	4/11-5/16	6:30-7 pm	\$48
Session II Program #4087-B			
Sat	4/14-5/19	11-11:30 am	\$48

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 #4087-C			
Wed	4/11-5/16	6:30-7:15 pm	\$48
Session II Program #4087-D			
Sat	4/14-5/19	11-11:45 am	\$48

Level II Trout

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

Day	Date	Time	Price
Session I Program #4087-E			
Wed	4/11-5/16	6:30-7:15 pm	\$48
Session II Program #4087-F			
Sat	4/14-5/19	11-11:45 am	\$48

Level III Goldfish

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

Day	Date	Time	Price
Session I Program #4087-G			
Wed	4/11-5/16	7:15-8 pm	\$48
Session II Program #4087-H			
Sat	4/14-5/19	12-12:45pm	\$48

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.

Day	Date	Time	Price
Session I Program #4087-I			
Wed	4/11-5/16	7:15-8 pm	\$48
Session II Program #4087-J			
Sat	4/14-5/19	12-12:45 pm	\$48

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 #4087-K			
Wed	4/11-5/16	7:15-8 pm	\$48
Session II Program #4087-L			
Sat	4/14-5/19	12-12:45 pm	\$48

Before and After School Drop-in Program

It is our pleasure to offer a safe and secure drop-in before and after school program! Your child will participate in board games, arts & crafts, team sports, open play and use of our outdoor basketball courts, activity rooms, playground and full-size gymnasium.

This drop-in recreation program is designed for children kindergarten—6th grade. Children may be dropped off in the morning as early as 6:30 am; after school pick-up must be by 6 pm. Parents/guardians must arrange for bus transportation with the Brockport Central School District.

Either Before or After: \$9

Both: \$16

Per child



Before & After School Program—Safe, Fun, Affordable!

Tot Ballet

The community center is happy to offer ballet once again with dance instructor Anna Zavadski for this Spring. Perfect for beginners or those with some experience. Please wear a soft-sole shoe or ballet flats.

Ages: 3-5 Min: 3

Location: Large Activity Room #3

Day	Date	Time	Price
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Program # 4088-A

Fri	4/27-5/18	4:30-5:15pm	\$25
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Youth Ballet

Come join instructor Anna Zavadski in the artistic dance form that is ballet. This class is perfect for beginners or those wanting to learn a new step or two. Please wear a soft-sole shoe or ballet flats.

Ages: 6-8 Min: 3

Location: Large Activity Room #3

Day	Date	Time	Price
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Program # 4088-B

Fri	4/27-5/18	5:30-6:15pm	\$25
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Easter Event!

Saturday, March 24th 9-11am

11th Annual Pancake Breakfast

All proceeds raised will go to the local food shelf

Served from 9-10:30 am \$3 per person

Easter Egg Hunt at 10:15 am in the gym!

(starting with age 1-3yrs, 4-6yrs, 7-10yrs)

Face painting, crafts, games, jellybean contest, and more!

Get your picture taken with the Easter bunny!

Don't forget to bring your Easter baskets & cameras!



**Saturday
4/14/18**

**9am-2pm
Set-Up
at 8am**

Town Wide Sale

Have a bunch of stuff that you want to sell? Don't want to go through the hassle of advertising and setting up for your own garage sale? We are here to help! You bring the items you want to sell, and we will bring the people here to buy it from you.

Cost: \$15- Resident \$20- Non-resident Table Rental: \$5

Location: SCCC Gymnasium 4927 Lake Road Brockport, NY 14420

Sellers must bring their own tables and chairs for the sale. We will have a limited number of tables available rental though. Everything will be on a first come, first serve basis (i.e. space, tables, etc.)

For more information contact Joe @ joek@townofsweden.org

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: _____

Mother's Day Pizza Party! Presented by S.S.A.I.

SSAI will be hosting a Mother's Day Pizza Party to celebrate moms! All mothers will eat free!
Come out and help us celebrate all of our moms! **Must sign up before May 4th, 2018**

Day	Date	Time	Price	Program#
Fri	May 11th	12-2pm	Free for Moms	4088-C

(all others- \$1.00 & 1 non-perishable food item)

*NEW Senior Trip – Wonderful World of Oz at RIT

We will be taking a trip to see "The Wonderful World of OZ" performed at RIT at 2:00 pm on April 22nd. Transportation by school bus will be provided. A pizza lunch will also be provided before the play as well. **Must register prior to April 15th, 2018**

Maximum Number of People: 40

Day	Date	Price	Program #
Sunday	4/22/18	\$10	4088-D

Depart- 1:00 pm (please arrive at least 20 minutes prior) Return- 5:00 pm

*NEW Senior Trip – The Bridges of Madison County, The Musical at the J.C.C.

We will be taking a trip to see "The Bridges of Madison County" at the Louis S. Wolk Jewish Community Center in Rochester. Transportation by school bus will be provided. A pizza lunch will also be provided before the play as well. **Must register prior to May 13th, 2018**

Maximum Number of People: 40

Day	Date	Price	Program #
Sunday	5/20/18	\$25	4088-E

Pizza lunch at 11:30am

Depart- 1:00 pm (please arrive at least 20 minutes prior) Return- Around 5:00 pm

*NEW Senior Trip – Seneca Niagara Casino - By S.S.A.I.

Star Tours will be taking you via coach bus to the Seneca Niagara Casino! If enough people go, everyone will receive a \$25 free play and a \$5 food voucher. If you know someone who's not a senior that wants to go, please bring them! Please mail in (or drop off) note with **check** payment to:

S.S.A.I 4927 Lake Rd. Brockport, NY 14420 **Must register prior to May 25th, 2018**

Maximum Number of People: 56

Day	Date	Price
Friday	6/8/18	\$20

Depart- 9:00 am (please arrive at least 20 minutes prior) Return- Around 5:00 pm

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: Large Activity Room 3.

Day	Date	Time	Price
Program #4089-A			
Wed	4/18-5/30	6-6:45 pm	\$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: Large Activity Room 3.

Day	Date	Time	Price
Program #4089-B			
Wed	4/18-5/30	7-8 pm	\$49

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 blanket. Instructor: Barb Whited. Ages 16+. Location: Large Activity Rm 3

Day	Date	Time	Price
Session I Program #4089-C			
Mon	4/16-5/21	6-6:45 pm	\$36
Session II Program #4089-D			
Mon	4/16-5/21	7-8 pm	\$42

*No Class on 5/28

Tops & Bottoms

Join instructor Barb for her brand new fitness class! This class will define our shoulders, biceps, triceps, along with lifting and shaping our glutes!

Location: Large activity room 3.

Day	Date	Time	Price
Program #4089-E			
Mon	4/16-5/21	5:15-5:45pm	\$33

Total Body Workout

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

Location: Large Activity Room 1. Optional \$5 per class

Day	Date	Time	Price
Program #4089-F			
M/W	3/26-5/16	12:15-1pm	\$65

2018 Fitness Center Memberships

Membership	1 month	3 month	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?

Call 431-0090 to set up appointment. * Please Note: Fitness

Center closes 15 minutes before community center.

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

Personal Training

If you need individual attention and a workout program designed for you, our personal training program is the right fit. Do you need help familiarizing yourself with the equipment? Sign up for a lesson with a personal trainer. A trainer will provide you with information, feedback, testing and a workout designed to meet your needs. Location: SCCC gym/fitness center. Ages 16+. Rates starting at \$10! 1 Session = \$30.00, 6 Sessions = \$150.00 Please contact Andre for more information and to schedule a session. Call 431-0087/ andrec@townofsweden.org

*NEW Kanjam Tournament

Do you think you and a teammate have what it takes to be named the best Kanjam players around? Sign up for this bracket style tournament and show us if you've got what it takes to bring home the trophy! Pizza and drinks will be provided. Registration closes March 22. Come join us for an afternoon of fun!

Location: SCCC Gym Ages: 18+

Min: 4 teams - Max: 10 teams

Day	Date	Time	Price
Program #4089-G			
Sat	4/14	11am-2pm	\$10 per team

*NEW Abs & Glutes

This class is designed to focus on strength training and balance for the lower body. These workouts will include Barre (ballet inspired exercises) that are designed to focus on lean muscle development. Balance is also a strong part of the class focus. All fitness skill levels welcome!

Adult(18+)

Day	Date	Time	Price
Program #4089-H			
Thu	4/5-5/24	6-6:50pm	\$48

*NEW Adult Pyrography

Ever finding yourself wanting to unleash your creative side but pens and pencils just aren't cutting it for you? Then come learn about pyrography, also known as wood burning! This class will go over safety guidelines, how to use the tool as well as what the different tips are used for. Once we start making art you will be able to take your pieces home that night!

Instructor: Tim Manuszewski

Ages: 18+ Max: 5

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4090-A			
Mon	4/30-5/21	6-6:45pm	\$25

Arts & Carafe's

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

Instructor: Erin Uetz. Ages: 21 and up.

Location: Large Activity Room 3.

Min: 6 Max: 24

Day	Dates	Time	Price
Program #4090-B			
Thu	4/19, 5/17	6-8 pm	\$25/each class

Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yeager. Location: BCS Pool

Day	Date	Time	Price
Program #4090-C			
Wednesday	4/11-5/16	8-8:45 pm	\$58

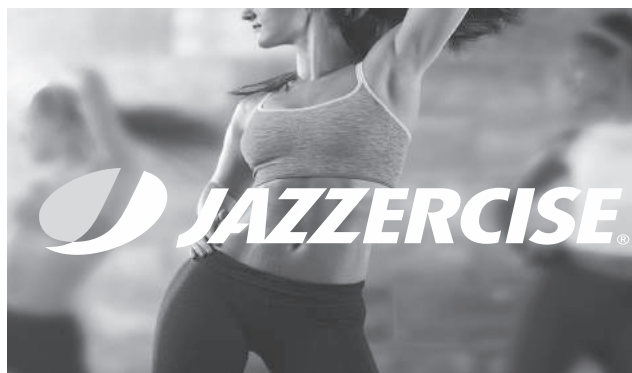
*NEW HIIT & Harmony

This class is a great combination of interval training And stretching, which will leave you with a full Body workout! The first half of the class uses timed intervals to work through 10 different workouts involving core, cardio and Strength training. "Harmony" is where we incorporate Yoga into a 20 minute cool down focusing on breathing, flexibility and balance. This class is perfect for all fitness levels!

Adult (18+)

Location: Large Activity Rm I

Day	Date	Time	Price
Program #4090-D			
Tue	4/3-5/22	6-6:50pm	\$48



Jazzercise

Register by calling 585-738-3555 or email:

bkpt_spen_jazz@yahoo.com

brockportjazzercise@gmail.com

M, T, W, Th, F*	6am
T, Th, Sat, Sun	7:30 am
Sat, Sun*	8:30 am
M, T*, W, Th*, F	9am
M, W, Th* F,	4:45pm
M, T*, W, Th	6pm

Location: SCCC Large Activity Room. *Strength 45

Brockport Jazzercise Only

50% OFF JOINING FEE

*NEW Senior Yoga

Interested in a yoga class to sharpen your mind, body and soul? Chrisa Yeager our trusted silver sneakers instructor has created a class to improve flexibility, strength and mindfulness!

Day	Date	Time	Price
Program #4090-E			
Tue	3/27-5/15	12:00	\$25

*NEW Kickboxing

This is an instructor led group fitness routine which utilizes martial arts techniques, in addition to a combination of strength building and face paced for all levels! Come build stamina flexibility and coordination in a group fitness atmosphere!

Adult(18+)

Day	Date	Time	Price
Program #4090-F			
Sat	4/8-5/26	8:30-9:20am	\$48

Open Tai Chi

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

Location: Large Activity Room 1

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

Tai Chi Beginner & Advanced 8-Week Course

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

Location: Large Activity Room 1

Price per session is \$40 for 18-59 years; \$33 for 60+.

Day	Date	Time	Price
Beginner Course Program #4091-A			
Monday	3/26-5/14	2-3 pm	\$40/\$33
Advanced Course Prior instruction recommended			
Advanced Course Program #4091-B			
Friday	3/30-5/18	2-3 pm	\$40/\$33

Stretch & Tone

Looking for an easy and low-key class to get some deep stretches and feel better? This is for you!

Instructors:

(Mon) Joyce Henion

(Thu) Jason Wambold- MSPT Agape Physical Therapy

Location: Large Activity Room 3

Day	Time	Price
Mondays	1-2pm	\$1
Thursdays	12-1pm	\$1

Weekly Open Senior Cards

Euchre: Monday's - 12:30-2:30 pm

Fee: \$1 per visit

Location: Small Activity Room 4

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

Learn to Paint a Masterpiece

Have you always wanted to paint but not sure where to begin? Then this class is for you! Each class will focus on creating your own Master painting. Join artist, Sheilagh McGreal, and learn basic painting techniques from master artists using acrylic paint and take home a complete painting!

Session 1: Van Gogh- Sunflowers Session 2: Monet- San Giorgio Maggiore at Dusk (pretty sunset!) Session 3: Cézanne- Still life, jug and fruits

Please be sure to wear comfortable clothes that you don't mind getting any paint on. No prior art experience necessary. Ages: 18+

Instructor: Sheilagh McGreal

Day	Date	Time	Price
Program #4091-C			
Session 1	4/17	6-8 pm	\$25
Program #4091-D			
Session 11	5/1	6-8 pm	\$25
Program #4091-E			
Session 111	5/15	6-8 pm	\$25

Drawing 101

Come join this beginner class where you will learn basic techniques for drawing. The class will include learning about drawing materials, line, shape, and shading. Learn to train your "artist eyes"- to help develop your drawing skills and practice with a still-life. Everyone can be an artist so let's get started! Paper will be supplied. Please bring the following materials with you to class: drawing pencils- "HB" and "B"; small pencil sharpener; kneaded artist eraser- (supplies found at local arts and crafts stores).

Ages: 18+

Instructor: Sheilagh McGreal

Day	Date	Time	Price
Program#4091-F			
Mon	3/27-4/10	6-8 pm	\$55

Senior Bingo

One Wednesday per month in the Winter Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Location: SCCC Dates: April 18th, May 16th

Elderberries

Elderberries is a social group for Seniors. They have been meeting for 51 years.

Activities include: day trips, lunches, baking for fundraising sales, games and basket raffles. Elderberries is moving to the Sweden/Clarkson Rec Center on Lake Rd S. behind Aldis.

Location: SCCC Small Activity Rm 4

Day	Time	Price
1 st & 3 rd Thu of the month	10:30am	Free



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

Day	Time	Type
Monday	10 am-11 am	Classic
Monday	11 am-12pm	Classic
Tuesday	10am-11 am	Cardio
Tuesday	11 am-12pm	Yoga
Wednesday	11 am-12pm	Classic
Wednesday	1:15-2pm	Classic
Thursday	10am-11 am	Cardio
Thursday	11 am-12pm	Yoga
Friday	11 am-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!

Blood Pressure Checks

Monroe Ambulance Deputy Chief Mike Bove will be conducting blood pressure checks each week!

Location: SCCC Main Hallway

Day	Time	Price
Wednesdays	11:30-12:30pm	Free

Sweden Senior Singers

Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community. Call 431-0090.

Day	Date	Time
Wed	Sept-May	10:15-11:45

Location: Large Activity Room 1

Book Discussion Club

Day	Time	Price
1st Monday of the month	11-12:30 pm	FREE

Location: Small Activity Room 4

Beginner Line Dancing

Have you been interested in learning to Line Dance but never took the time or wanted to spend the money to do it? Well now is your opportunity! All you need is an hour of time to learn the basics of line dancing in a comfortable, friendly environment. All ages are welcome and all you need to bring is a willingness to learn and some comfortable shoes.

Location: Large Activity Room 3.

Day	Time	Price
Thursdays	9:30—11 am	\$1

Line Dancing

Different dances each week. All Ages.

Location: Large Activity Room 3

Day	Time	Price
Wednesdays	9:00-10:30 am	\$1

The Sweden Comfort Quilters

Can you tie a knot? That's all the expertise you need to help us make quilts for homeless, battered and needy families in our area. All ages welcome.

Location: Large Activity Room 3

Day	Time	Price
Mondays	9am-12 pm	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: Large Activity Room 3

Day	Time	Price
4th Tuesday	9am-12pm	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: Large Activity Rm3

Day	Time	Price
2nd Tuesday of each month	9am-11 pm	FREE

Knitting Club

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

Location: Small Activity Room 4

Day	Time	Price
Wednesday	10am-12pm	FREE

*NEW Unified Tae-Kwon Do

Develop self-confidence, self-control, and focus while working towards self-improvement. This program is taught by new instructor Master Kanous whom has over 18 years of training and started teaching TKD by age 11. Master Kanous has competed all over the east coast and has been a motivational speaker at numerous schools and events in the name of TKD. Ages: 16+ Max: 25

Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program # 4092-A			
Wed/Fri	3/28-4/20	5:50-6:35pm	\$65

Session II Program #4092-B

Day	Date	Time	Price
Wed/Fri	4/25-5/18	5:50-6:35pm	\$65

Doubles Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed bracket style double elimination pickleball tournament! *Must sign up as a team* Everyone must sign up by 4/14 Minimum of 4 teams For a complete set of rules and tournament-style information, contact George Kimball at georgek@townofsweden.org Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Program # 4092-C			
Sat	4/28	11 am	\$20 per team

Open Programs

Walking/Running

Monday—Friday	9 am—10 am	FREE
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Open Basketball

Monday—Thursday	12pm—3pm	\$1/\$2
Sunday (5-13yrs Only)	10am-11:45pm	resident/non-res

Open Pickleball

Monday—Friday	10am-12noon	\$1/\$2
Tuesdays	*Ladies Only*	
Fridays	*Men Only*	
Saturday	12-3pm	resident/non-resident

*Gym Unavailable Saturday's 4/7 & 4/28

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.

Adult Softball Leagues (Spring/Summer)

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 known 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 May 17th, 2018 from 6-8 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 received to secure a spot in each league!**

Day	Date	Time	Price
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Monday Coed Program #4092-D

Mon May-August 6-9pm \$500 per team

Tuesday Men's Program #4092-E

Tue May-August 6-9pm \$500 per team



Lifetime Assistance At Lodge on the Canal 133 State Street

Monday—Friday Lunch at Noon
(please call ahead for reservations)

Mondays & Fridays—Bingo 11 am-12 pm

2nd **Tuesday** of month—Eldersource 10:30-12 pm

Together with Monroe County Office of Aging Medical Motors will continue to provide transportation associated with the meal program.

Please call 637-8161.

Community Center

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

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$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
NEW LODGE	\$175/day		\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field	Football \$75/field All others \$50/field per 3 hour block	Football \$50 All Others \$20	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Ridge Road Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Ridgewood Lodge Ridge Road Park	\$175/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$150/day 8 am—10 pm	\$150/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

Lodge at Sweden Town Park - available to rent March 1, 2018

Take a look inside the new Lodge at the Sweden Town Park! Inside there is room for 99 guests (bottom right photo) with a beautiful gas fireplace to add a little ambience. We have a full working kitchen with range/oven, refrigerator/freezer, microwave and plenty of workspace (center right). Men and women's restrooms are handicapped accessible.

The outdoor portico features six picnic tables under a roof—expanding the capacity for your special event (center photo). Indoor chairs and tables to seat 99 persons are provided although not shown in these photos. In the spring we plan to install charcoal grills.

Registration is simple, stop in at the Community Center, 4927 Lake Road, to fill out a form and make payment. Fees are listed on page 19 of this brochure. Dates are filling up fast!

On Saturday, April 14 (time to be determined), the Town of Sweden and Sweden Community Foundation will host an open house event for the public to have a tour. The Foundation was instrumental in securing the NYS Parks and Recreation grant that provided the majority of the funding for the Lodge. The Foundation has also provided the funding for the furnishings for the Lodge.

In the very near future we hope to have a virtual tour on our website of the Lodge so you can see the facility up close. In the meantime, if you have any questions about Lodge rentals, or would like to take a look, give us a call at 431-0090.

