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**SWEDEN
CLARKSON**



SPRING 2019



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

“Life is like riding a bicycle. To keep your balance you must keep moving.”

We hope this quote, which was introduced in our last Scoreboard publication, inspired you to move just a little more this winter. Our goal for 2019 is to begin to create a Culture of Healthy Living in our communities. We are off to a good start with the introduction of the URMC Healthy Living Class offered on Wednesday mornings. The goal of the class is chronic disease prevention. The instructor, Sarah Merritt, brings very motivating information on both nutrition and exercise to the class. One simple bit of advice she stated is that losing even five pounds can have a positive impact on your health. Because registration for the class was so positive, we are working with URMC to offer the class on a continuing basis.

The Recreation staff has set the goals for 2019. The major goals include:

- o Create & implement 2 new programs for children with varying disabilities at the new accessible playground at the Sweden Town Park
- o Create rules and regulations to insure safety at the soon to be constructed Splash Pad.
- o Increase program and facility use through improved marketing using the redesigned town website and social media.
- o Introduce one Healthy Living Program each quarter at no cost to the taxpayers and in most cases no cost to participants. This will include the URMC Healthy Living Class, a Spring walking club and a Family Health Fair.

One of the greatest areas of concern regarding health trends is childhood obesity. The national statistics are alarming. The rate of children with obesity has tripled since the 1970's. The 2015-2016 data shows that 20% of children are currently obese. If overweight children are included the percentage jumps to 32%. We have reviewed the data collected by the local school district and find the trends to be similar. Why should we be concerned about this trend? Children with obesity are at higher risk of having other chronic health conditions and diseases that influence physical health. These include asthma, sleep apnea, bone and joint problems, type 2 diabetes, risk factors for heart disease and certain types of cancer. As a community we can counter this trend with programs offered at our community center. For example, there are after school activities offered in our gym each school day. Bus transportation is provided from Brockport Central School. Sign up for softball programs at the park, etc. Any activity that provides more movement is a good thing. As we mentioned previously, it is good for all of us both physically and mentally to make use of our natural resources and to take in some fresh air and sunshine. We are also reviewing a number of programs to implement to help educate all families on developing a healthy lifestyle.

We would like to thank our staff, the partnership between the Towns of Clarkson & Sweden and you the taxpayers for your continued support of our recreation programs. They are a valuable resource to our communities. Together we will can build a Culture of Healthy Living for all of our residents.

Patricia Hagles
Town of Sweden Board Member &
Liaison to the Sweden Clarkson Community Center

Jackie Smith
Town of Sweden Board Member &
Liaison to the Sweden Clarkson Community Center

Little Steps Play and 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 #4138-A			
M/W	4/22-5/15	12:15-1:30pm	\$44R/\$49NR

Tot Zumba and Stretch



Come join new instructor Maddie O'Mara in a fun class revolving around basic dance stretches and beginner Zumba. Be sure to sign your child up for this awesome beginner class! Min: 3 Max:8

Tot Ages: 3-5 Location: Large Activity Rm #3

Day	Date	Time	Price
Program # 4138-B			
Mon	5/6-6/3	4:30-5:15	\$25R/\$30NR

*NEW Mommy and Me Fitness



Children 0-4 years old. Baby wearing carriers welcome as well! Join fitness instructor and local mother, Aimee Gonzalez, for a 30-minute "Mommy and Me" full body sculpting class. In this class, we will create a friendly atmosphere where together we can bond with our children, while also working on strength and full body fitness. Children will be held or worn for many workouts! Individuals with no children, or multiple children, are welcome as well! Location: Large Activity Rm 1

Day	Date	Time	Price
Session 1 Program #4138-C			
Fri	3/29-4/19	10-10:30am	\$20R/\$25NR
Session 2 Program #4138-D			
Fri	4/26-5/17	10-10:30am	\$20R/\$25NR



Youth Arts and Crafts

Come join 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 pieces can be taken home that night! Be sure to wear an old shirt or a smock.

Ages: 5-9 Max: 6
Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4139-A			
Thu	4/4-4/25	6-6:45pm	\$13R/\$18NR

Muffins with Mom

Join us for an early Mother's Day treat by sharing muffins! Moms, if you can't make it, feel free to send dad, a grandparent/special friend or neighbor. Drinks will be provided as well. All ages are welcomed and we hope to see you there!

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4149-B			
Sat	5/11	9-11am	\$2 per person

*NEW Chicken Wing Dip Night

Sign your child up to assist staff member Tim Manuszewski in making a delicious batch of chicken wing dip! Your child will assist with making the dip by gathering and adding the correct measurement of each ingredient, mixing them together and then finally heating them up in a crockpot. Your child can take home a small batch of the finished project!

Ages: 8-12 Max: 6
Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4139-C			
Tues	4/16	5-6:30pm	\$13R/\$18NR

Painting for Young Beginners

This class will be fun, easy and colorful for the little artist inside you! Supplies will be included. *Please come to class 15 minutes early and bring an old shirt or apron with you* Instructor: Local Artist Erin Lawrenz Ages: 8 and up
Location: SCCC Lounge Min: 6 Max: 20

Days	Date	Time	Price
Program #4139-D			
Sat	4/13	12-2pm	\$25R/\$30NR

Before and After School Drop-in Program

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

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

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

Before and After School rates are as follows:

Daily Rates:

Before **OR** After School- **\$9.00**

Before **AND** After School- **\$18.00**

Weekly Rates:

Before **OR** After School- **\$40.00**

Before **AND** After School- **\$80.00**



*NEW School Recess Day Trips - Safe, Fun, Affordable!

Recess Activities

We are here for the coverage your needs over school breaks! We will be taking trips and hosting events in house so your kids are never bored on their breaks.

Below is a list of the trips/activities that we will be doing.

Grades: K-8th Location: SCCC Min: 10 Max: 35

Days	Dates	Time	Activity	Price
Program # 4140-A				
Mon	4/8/19	8am-4pm	Gym Games & Pizza	\$40
Program # 4140-B				
Fri	5/24/19	8 am-4pm	Learn Some Cooking!	\$40
(we will make breakfast, lunch and a dessert!)				

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
Program #4141-A			
Mon	3/25-4/15	5-5:45 pm	\$25R/30NR

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
Program # 4141-B			
Mon	3/25-4/15	6-6:45 pm	\$35R/

Judo (Juniors)

Join Janet Johnson in a program designed to teach basic techniques and understanding of Kodokan Judo philosophy and principles. Please bring a judo gi if you already have one. They will also be available through purchase from the instructor. Ages 6-16

Location: Cooper Hall at the College at Brockport

Day	Date	Time	Price
Program #4141-E			
Tue/Thu	3/26-5/9	6-7pm	\$105

Photography for Beginners

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? Do you not have hundreds of dollars to spend on a camera along with a computer to edit your work? 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! The Recreation staff Andre Calzone will bring his camera along with his computer and editing software to instruct the proper use of each. The class is intended for a novice who is interested in learning the fundamentals of how digital camera's work along with editing the work you create. At the end of the four-week session, participants will have 3 printed Pieces of work as well as homemade frames made in class to house the pictures you've decided to print off.

Youth (Ages 10-13)

Day	Date	Time	Price
Program #4141-G			
Mon	4/1-4/29	6-6:45pm	\$25R/\$30NR

Instructional Tot Soccer

Is your tot interested in learning the basics of soccer? 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 soccer. Instructor: George Kimball.

Ages: 4-6. Max 8

Location: SCCC Gym

Day	Date	Time	Price
Program #4141-C			
Mon	5/6-6/3	5-5:45 pm	\$35R/\$40NR

Youth Instructional Pickleball

Is your child interested in learning the basic skills to pickleball? Come Join us to get a grasp on this growing sport and learn how to serve, hit the ball with forehand and back hand, and all the other skills it takes to become familiar with the game!

Ages: 8-11 Max: 8 Location: SCCC Gym

Day	Date	Time	Price
Program #4141-D			
Tue	3/26-4/16	5-5:45 pm	\$20R/\$25NR

Youth Ultimate Frisbee

Is your child interested in learning ultimate frisbee? Come join Coach George as he teaches you the fundamentals That come along with ultimate frisbee. This four week class will help your child learn how to throw, catch and all the other skills it takes to be a great frisbee player.

Ages: 8-11. Max: 10

Location SCCC Gym

Day	Date	Time	Price
Program#4141-F			
Thurs	4/11-5/2	6-6:45	\$35R/\$40NR

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

Date	Time	Price
Program #4141-H		
Program Week #4141-I		
4/15-4/19	9am-3pm	\$47 per day \$235 for the week

***NEW**

Youth TeAshiKai Martial Arts

TeAshiKai Martial Arts is a program of Japanese origin which stresses proper breathing and balance for execution of Karate techniques. Taught by a 7th Degree Black Belt Master Instructor, TeAshi-Kai is a traditional program which teaches methods for any modern-day self-defense situation. Whether it be from a grab, choke, punch, club, knife or even gun, all circumstances are addressed.

The ages for our classes range from 7 years old on up to adult, with separate times for each. Kid's classes incorporate all the basic stances, kicks, punches & blocks, along with the prearranged forms of the system. We have found that learning a martial art tremendously improves a child's sense of well-being & confidence. The training them not only gives them physical defense capabilities but teaches a sense of restraint as well.

We also encourage all to participate in local competitions throughout our area to have fun and put their skills to the test in a controlled (non-contact) situation. Many of our students have excelled in this area both youth and adult. Whether for the sporting aspect or for self-defense and fitness, the martial arts are an enjoyable activity for the entire family.

Registrations will be taken monthly, and you cannot register for a session that has already begun. Location: Large Activity Room #1

Day	Date	Time	Price
Junior (7-12)	Orientation	Program #4142-A	
Mon	4/1	4:30-5:15pm	\$59R/\$64NR per month
Junior (7-12)	Orientation	Program #4142-B	
Wed	5/1	4:30-5:15pm	\$59R/\$64NR per month
Junior (7-12)	Novice	Program #4142-C	
Wed	5/1	5:30-6:15pm	\$59R/\$64NR per month
Junior (7-12)	Orientation	Program #4142-D	
Mon	6/3	4:30-5:15pm	\$59R/\$64NR per month
Junior (7-12)	Novice	Program #4142-E	
Mon	6/3	5:30-6:15pm	\$59R/\$64NR per month

To register for the Novice class you MUST have already taken the Orientation class prior

For more information please contact head instructor Peter Manfredi at 585-645-2883

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 #4130-A			
Fri	3/22	9am-2pm	\$52



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 #4130-B			
Mon	4/8	9am-11am	\$29

Teens Homeschool Group

Homeschooled kids age 13-17 meet weekly, year round, for socialization and recreation. Contact Jamie for more information - 585-205-3393.

***NEW Beginner Drum Pad Lessons**

Is your child interested in learning the basic skills in the fundamentals of percussion? Come join our instructor as they will go over basic drum techniques going from how to hold the sticks to learning basic drum rudiments. We will provide a drum pad, stand, and sticks.

Ages:8-10

Max: 3

Location: SCCC Senior lounge

Day	Date	Time	Price
Program #4142-F			
Fri	5/3-5/24	7-8 pm	\$20R/\$25NR

Soccer Season 2019-think ahead to Spring!

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 - U-12 as of January 1, 2019 determines level of play! A copy of your child's birth certificate is required with registration.

Attention! Volunteer coaches and referees needed!

Deadline! The registration deadline is March 18th

U-4 SOCCER (Ages 3 & 4)

Program #4131-A

Wednesdays at 6:30 pm June & July

Fee: \$35R/\$40NR

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

U-6 SOCCER (Ages 5 & 6)

Program #4131-B

Mondays at 6:30 pm June & July

Fee: \$35R/\$40NR

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

U-8 GIRLS SOCCER (Ages 7 & 8)

Program #4131-C

Tuesdays/Thursdays June/July

Games at 6 pm and 7:15 pm

Fee: \$49R/\$54NR

Home games played at Community Center 4927 Lake Road, Brockport, NY 14420. ***Away games travel to play at other local town facilities.**

U-8 BOYS SOCCER (Ages 7 & 8)

Program #4131-D

Mondays/Wednesdays

June/July

Games at 6 pm and 7:15 pm

Fee: \$49R/\$54NR

Home games played at Community Center 4927 Lake Road, Brockport, NY 14420. ***Away games travel to play at other local town facilities.**

U-10 GIRLS SOCCER (Ages 9 & 10)

Program # 4131-E

Tuesdays/Thursdays

End of May through July

Fee: \$69R/\$74NR

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

U-10 BOYS SOCCER (Ages 9 & 10)

Program #4131-F

Mondays/Wednesdays

End of May through July

Fee: \$69R/\$74NR

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

U-13 GIRLS SOCCER (Ages 11-13)

Program #4131-G

Tuesdays/Thursdays

End of May through July

Fee: \$74R/\$79NR

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

U-13 BOYS SOCCER (Ages 11-13)

Program #4131-H

Mondays/Wednesdays

End of May through July

Fee: \$74R/\$79NR

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

Last Call for Pony Baseball!

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 for all levels of play.

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

NEW Deadline! *Pony level registration deadline is April 30.*

Umpires Needed - Paid position for 16+

Private Baseball Lessons

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!

Instructor: R.A. Tim Manuszewski

Location: SCCC Gym

Program #4143-A

Day/Date/Time: By appointment only

Oobleck 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-goey fun! Ages: 5-15 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4149-A			
Wed	4/24	6-6:45pm	\$13R/\$18NR

BOYS PONY LEAGUE (Ages 13 & 15)

Program #4132-G

Tuesday/Thursday/Saturday

June– August

Fee: \$90R/\$95NR

Registration deadline: April 30.

*There will be a \$10 additional fee for late registrations!



Youth Lacrosse



This class is designed to introduce children to the fundamental skills of lacrosse. Join coach George as we go over grounding balls, cradling, catching, passing and shooting. Feel free to bring your own lacrosse sticks. The community center will provide sticks for all participants. All skill levels welcome!

Ages: 8-11

Day	Date	Time	Price
Program #4143-B			
Wed	4/24-5/15	6-7pm	\$35R/\$40NR

Fortnite Battle

Royale-PlayStation 4

Test your building skills and strategic decision making in our first ever Fortnite competition! Players will be rewarded for their placement in Solo Battles as well as the number of eliminations they have. Pizza and drinks will be served. Be sure to sign up quickly!

Ages: 10-16 Min: 4 Max: 6

Location: SCCC Conference room

Day	Date	Time	Price
Program #4139-B			
Mon	4/15	5-9pm	\$13R/\$18NR

AQUATICS PROGRAMS

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. Parents are required to enter pool with child for participation & interaction.

Infant—4 years old. Max 8.

Day	Date	Time	Price
Session I Program #4144-A			
Wed	4/3-5/8	7-7:30pm	\$55R/\$60NR
Session II Program #4144-B			
Sat	4/6-5/11	11-11:30am	\$55R/\$60NR

***No Class 4/17 & 4/20**

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 #4144-C			
Wed	4/3-5/8	7-7:45pm	\$58R/\$63NR
Session II Program #4144-D			
Sat	4/6-5/11	11-11:45am	\$58R/\$63NR

***No Class 4/17 & 4/20**

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 #4144-E			
Wed	4/3-5/8	7-7:45pm	\$58R/\$63NR
Session II Program #4144-F			
Sat	4/6-5/11	11-11:45am	\$58R/\$63NR

***No Class 4/17 & 4/20**

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 #4144-G			
Wed	4/3-5/8	7:45-8:30pm	\$58R/\$63NR
Session II Program #4144-H			
Sat	4/6-5/11	12-12:45pm	\$58R/\$63NR

***No Class 4/17 & 4/20**

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 #4144-I			
Wed	4/3-5/8	7:45-8:30pm	\$58R/\$63NR
Session II Program #4144-J			
Sat	4/6-5/11	12-12:45pm	\$58R/\$63NR

***No Class 4/17 & 4/20**

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 #4144-K			
Wed	4/3-5/8	7:45-8:30pm	\$58R/\$63NR
Session II Program #4144-L			
Sat	4/6-5/11	12-12:45pm	\$58R/\$63NR

***No Class 4/17 & 4/20**



YOUTH REGISTRATION FORM

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

Web: swedenclarksonrec.recdesk.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.recdesk.com

Participant Information:

Name: _____

Email Address	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**

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:** _____

The Rochester Public Market

Ever been to the Rochester Public Market? It's a sight to behold!
You can grab local fresh produce and even grab lunch! Lunch will be on your own.



Day	Date	Time	Price
Sat	4/27/19	9 am-12:30 pm	\$5

****Please arrive 15 minutes prior to departure****

Program #4145-A

Don Newcomb Band

Come on out and dance with us!

The Don Newcomb Band plays popular songs from
the early days!

Enjoy rock and roll, country and swing hits from the 1940's!

We will have the dance floor ready, all you have to do is
bring you shoes!

Day	Date	Time	Price
Wed	5/15/19	2-3pm	FREE



A D U L T P R O G R A M S

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 #4145-B			
Wed	4/24-6/12	5:30-6:15pm	\$48R/\$53NR

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 #4145-C			
Wed	4/24-6/12	6:30-7:30pm	\$56R/\$61NR

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
Program #4145-D			
Mon	4/22-6/10	6:30-7:30pm	\$49R/\$54NR
*No Class 5/27			

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 #4145-E			
Mon	4/22-6/10	5:45-6:15pm	\$35R/\$40NR
*No Class 5/27			

2019 Fitness Center Memberships

Membership	1 month	3 month	1 year
Youth (16-18)	\$25	\$55	\$180
Senior (55+)	\$25	\$55	\$180
Adult (18-54)	\$30	\$70	\$240
Family (16+)*	\$80	\$190	\$645
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

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! Instructor: Aimee Gonzalez Adult(18+)

Day	Date	Time	Price
Program #4145-F			
Thu	3/28-5/16	6-6:50pm	\$42R/\$47NR

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! Instructor: Aimee Gonzalez Adult (18+)

Day	Date	Time	Price
Location: Large Activity Rm 1			
Program #4145-G			
Tue	3/26-5/21	6-6:50pm	\$42R/\$47NR

Kickboxing



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 stretching and restorative yoga into a 20-minute cool down focusing on breathing, flexibility and balance. This class is perfect for all fitness levels!

Ages: 18+ Location: SCCC Large Activity Room 1
Instructor: Aimee Gonzalez

Day	Date	Time	Price
Program #4146-A			
Sat	3/30-5/18	8:30-9:20am	\$42R/\$47NR
*No Class 5/4			

Judo Intermediate/Advanced



Join Janet Johnson in a program designed to teach basic techniques and understanding of Kodokan Judo philosophy and principles. Please bring a judo gi if you already have one. They will also be available through purchase from the instructor.

Ages 16+
Location: Cooper Hall at the College at Brockport

Day	Date	Time	Price
Program #4146-B			
Tue/Thu	3/26-5/23	7-9pm	\$165

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. Optional *\$5 per class.

Location SCCC Large activity room #1

Day	Date	Time	Price
Program #4146-C			
Mon & Wed	3/25-5/22	12:15-1pm	\$70R/\$75NR

*NEW Gardening for Monarchs

Do you wish you could invite pollinators like butterflies, bees and hummingbirds to your yard? Believe it or not it's easy to do! Courtney Webster, creator of ROC! Monarchs, is sharing her knowledge and experiences with the class. Some things you might learn include what types of plants pollinators need and why, how to provide it and when the Monarchs would arrive to your yard. Max: 15

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4146-D			
Wed	5/8	5:30-7pm	\$35R/\$40NR

*NEW Adult /Teen TeAshiKai Martial Arts



TeAshiKai Martial Arts is a program of Japanese origin which stresses proper breathing and balance for execution of Karate techniques. Taught by a 7th Degree Black Belt Master Instructor, TeAshiKai is a traditional program which teaches methods for any modern-day self-defense situation. Whether it be from a grab, choke, punch, club, knife or even gun, all circumstances are addressed.

The ages for our classes range from 7 years old on up to adult, with separate times for each. Kid's classes incorporate all the basic stances, kicks, punches & blocks, along with the prearranged forms of the system. We have found that learning a martial art tremendously improves a child's sense of well-being & confidence. The training them not only gives them physical defense capabilities but teaches a sense of restraint as well.

We also encourage all to participate in local competitions throughout our area to have fun and put their skills to the test in a controlled (non-contact) situation. Many of our students have excelled in this area both youth and adult. Whether for the sporting aspect or for self-defense and fitness, the martial arts are an enjoyable activity for the entire family.

Registrations will be taken monthly, and you cannot register for a session that has already begun.

Location: Large Activity Room #1

Day	Date	Time	Price
Teen/Adult (13 & Up) Orientation Program #4146-E			
Mon	4/1	5:30-6:30pm	\$59R/\$64NR per month
Teen/Adult (13 & Up) Orientation Program #4146-F			
Wed	5/1	6:30-7:15pm	\$59R/\$64NR per month
Teen/Adult (13 & Up) Novice Program #4146-G			
Wed	5/1	7:30-8:15pm	\$59R/\$64NR per month
Teen/Adult (13 & Up) Orientation Program #4146-H			
Mon	6/3	6:30-7:15pm	\$59R/\$64NR per month
Teen/Adult (13 & Up) Novice Program #4146-I			
Mon	6/3	7:30-8:15pm	\$59R/\$64NR per month

***To register for the Novice class you
MUST have already taken the
Orientation class prior***

For more information please contact head instructor
Peter Manfredi at 585-645-2883

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 #4147-A			
Monday	3/25-5/13	2-3 pm	\$40/\$33
Advanced Course Prior instruction recommended			
Advanced Course Program #4147-B			
Friday	3/29-5/17	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) Natalia Farnsworth - MSPT Agape Physical Therapy

Location: Large Activity Room 3

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

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.

Arts & Carafes

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

Instructor: Erin Uetz. Ages: 21 and up.

Location: Large Activity Room 3

Min: 6 Max: 24

Day	Date	Time	Price
Program #4147-C			
Thu	5/16	6-8 pm	\$25R/\$30NR

Senior Yoga Stretch



Join our instructor Chrisa for a gentle yoga class that is intended for seniors who are looking to become more flexible, functional, energetic in their every day living. The class requirements are just to bring a yoga mat and a bottle of water!

Day	Date	Time	Price
Program #4147-D			
Tue	3/26-5/14	12-12:45pm	\$34R/\$39NR

*NEW Getting to Know Your Smartphone

Looking to really master that smartphone you're carrying around? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a smartphone master. Now offering an intermediate class as well!

****Must sign up at least one week prior to class****

Location: SCCC Senior Lounge

Day	Dates	Time	Price
Beginner Class Program #4147-E			
Tues	4/2 & 5/14	11:30-12:30pm	Free
Intermediate Class Program #4147-F			
Tues	4/2 & 5/14	12:30-1:30pm	Free

*NEW Senior Chair Volleyball

Looking for a new and fun way to get some exercise? Chair volleyball is a great way to do just that! We will play with a smaller net and a beach ball, all while sitting in our chairs. Pick-up games will be held weekly. Location: SCCC Gymnasium

Day	Time	Price
Fridays	1-3 pm	\$1



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-11am	Cardio
Tuesday	11 am-12pm	Yoga
Wednesday	11 am-12pm	Classic
Wednesday	1:15-2pm	Classic
Thursday	10am-11am	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

Notary Public License Law

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures.

When: Monday April 29th and Monday May 6th from 6:00-8:30pm **Where:** Fred W. Hill School, 40 Allen St., Brockport in the Library **Hosted by:** Hilton Community Education **Price:** \$50

Program #4148-A

Small Business Start-up and Survival - Sweden Clarkson Recreation Center- Presented by SCORE

Are you thinking of starting a business and need some guidance? Have you just started a small business and need some help? If you answered YES, this workshop series has been designed especially for you. It will provide key information to all the basic components of running a small business and allow you to tap into the knowledge of experienced professionals.

Topics include: business planning, funding your business, accounting, legal, insurance, and marketing considerations.

Day	Date	Time	Price
	Program #4148-B		
Wed	3/27-4/24	6:30-8:30pm	\$59

For more information:

<https://greaterrochester.score.org/greater-rochester-local-workshops>



Weekly Open Senior Cards

Euchre: Mondays - 12:30-2:30 pm

Fee: \$1 per visit

Location: Small Activity Room 4

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: Small Activity Rm 4

Dates: Apr 17th, May 15th, Jun 19th



Brockport Jazzercise
 4927 Lake Road, Brockport, NY 14420
 (585) 738-3555
bkpt_spen_jazz@yahoo.com
jazzercisebrockport@gmail.com

6:00 a.m. M, T, W, Th, F*

7:30 a.m. T, Th, Sat, Sun

8:30 a.m. Sat, Sun*

9:00 a.m. M, T*, W, Th*, F

4:45 p.m. M, T, W, Th*, F

6:00 p.m. M, W

* Strength 45

1 WEEK FREE

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Thursday 12pm—3pm \$1/\$2

Open Pickleball

Monday—Friday 10am-12noon \$1/\$2

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.

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	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/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 for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am— 10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130



Easter Event



**Saturday, April 13th 9-11am
12th Annual Pancake Brunch**

All money raised goes to the Brockport Food Shelf
Served from 9-10:30 am \$3 per person

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

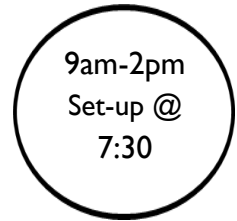
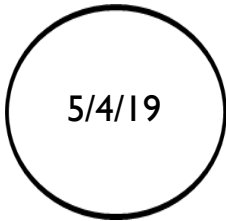
Groups for Easter egg hunt include:

Ages: 0-3, 4-7, 8-10

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

Get your picture taken with the Easter bunny!

Don't forget your Easter baskets and cameras!



Town Wide Garage 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

Sellers must bring their own tables and chairs for the sale. Sale takes place in SCCC gym. We will have a limited number of tables available for rental though.

Everything will be on a first come, first serve basis (i.e. space, tables, etc.)