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SPRING 2020



Sweden Clarkson Community Center

4927 Lake Road South, Sweden

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

www.swedenclarksonrec.recdesk.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 1st—May 31st	M-F	6am-8pm
	Sat	8am-3pm
	Sun	8am-12pm

Closed Easter

Closed Mother's Day

Closed Memorial Day

Directory

Recreation Director Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Assistant Joe Kincaid 431-0088
joek@townofsweden.org

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Sweden Town Board

Supervisor Kevin Johnson 637-7588
Councilperson Patricia Hayles
Councilperson Rhonda Humby
Councilperson Randy Hoke
Councilperson Robert Muesebeck

Clarkson Town Board

Supervisor Christa Filipowicz 637-1131
Councilperson Patrick Didas
Councilperson Allan Hoy
Councilperson Tom Guarino
Councilperson Leslie Zink

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.recdesk.com

“The longest journey begins with a single step.”

The year 2020 is in full swing. A new decade has begun and it's a chance to change the course of your life. Often the best way to achieve a goal is to make small gradual improvements. Our URM Health Living Classes are both at capacity. I'm glad to see our residents are interested in the knowledge provided by Sarah Merritt in these classes.

If you already use the Community Center and participate in the Sweden-Clarkson Recreation Programs, encourage a friend or family members to join you. We are truly dedicated to improving the health of all of our residents. Our numbers are growing. The door count at the Community Center increased by 3.5% for 2019 reflecting 115,554 visits.

On March 28th, we will be bringing a exciting

new event to our Community Center. Womba Africa, a traditional African drumming group from Ghana, West Africa is performing around America in hopes of appearing on the show 'America's Got Talent'. We were fortunate enough to be included on their touring schedule. Consider bringing your entire family. It is a show full of movement and dance and young people in the audience are invited to get up and move with them.

As always, great things are happening in our Recreation Programs. I hope you will join us for one or more programs. It is a good way to stay active during the Winter months or to become active as Spring unfolds.

Patricia Hayles

Town of Sweden Board Member & Liaison to the Sweden Clarkson Community

News from your Sweden Clarkson Rec Director

Welcome to our Spring Scoreboard!

Our Annual Easter Event and Pancake Breakfast is Saturday, April 4th from 9 to 11am. Kids will have a great time in our age-appropriate egg hunt, making Easter-themed crafts and meeting the Easter Bunny! The cost is \$3 per person and all donations go to the Brockport Food Shelf.

The popular Town-Wide Garage Sale is Saturday, May 2nd from 9 am to 2 pm in our gymnasium. It's a great way to shop several garage sales all in one spot and out of the weather. If you are a seller, it's a great way to capture eager buyers without having strangers come to your home. Make sure to reserve your space early.

Don't miss the opportunity to go to the Ontario Mall Antiques on April 9th and the Lilac Festival on May 16th. Transportation is provided. Save yourself the hassle of driving and parking! Seats fill up fast!

One of our new programs this spring is a Sensory Play for Children with Differing Abilities. This class is an opportunity for children ages 5-8 and 9-11 to enjoy simple sensory activities and crafts in a fun and welcoming environment.

Our summer soccer registration is deadline March 20th. Please remember a copy of your child's birth certificate. Recreation leagues are all about every child having the opportunity to play – everyone is welcome! We always need parent coaches so please let us know if you can help!

Pickleball has become so popular during our open

time slots that we have added two new evening leagues. Grab your paddle and a partner for Wednesday or Friday evenings. For those of you not familiar with Pickleball – it's a modified version of tennis with a smaller court. It's lots of fun and good exercise without all the joint stress and skill sets needed for tennis. Our programs are great for the novice or the experienced player.

With another month or so of snow ahead of us, we can feel pent up. Get outside at our park on Redman Road. If there's snow on the ground, it's a great place for snow shoeing or cross-country skiing. There are trails through the woods. We have two awesome playgrounds there – they can be fun even in the cold! Check out our walking club on page 15. If you haven't been to the Community Center in a long time or maybe never – give me a call, I'd love to give you a tour and tell you about all of our great programming!

Jill Wisnowski, Recreation Director



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.

*NEW 2-4 Year Old Program

Day	Date	Time	Price
Program #4202A			
M/W	4/20-5/20	12:15-1:30 pm	\$44R/\$49NR

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 #4202B			
Thurs	3/26-4/16	5-5:45 pm	\$20R/\$25NR

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	Dates	Time	Price
Session I Program #4202C			
Sat	4/4	12-2 pm	\$25R/\$30NR
Session II Program #4202D			
Sat	5/2	12-2 pm	\$25R/\$30NR

Youth Instructional Ping Pong

Bring your child to have them learn the basics of ping pong! They will learn how to serve, return using various styles. Also the proper way to keep score and the rules.

Ages: 8-11 Max:4
Location: SCCC

Day	Date	Time	Price
Program #4202D			
Tue	3/31-4/21	5-5:45 pm	\$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 #4203A			
Thu	4/2-4/30	6-6:45 pm	\$16R/\$21NR

Mommy and Me Dance

With Mommy close by, students (boy or girl) will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students learn to stretch and dance using exciting props such as dance scarves, rhythm sticks, musical instruments, beanbags, and other dance props.

Moms, Grandparents and Dads are welcome to partner with your little one.

Ages: 2-5 Min: 2 Max: 12

Location: Toddler Gym

Day	Date	Time	Price
Program #4203B			
Mon	3/23-4/27	10-10:45 am	\$35R/\$40NR

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 #4203C			
Mon	4/20	5-6 pm	\$13R/\$18NR

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 #4203D			
Fri	4/10	9 am-2 pm	\$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 Lounge

Day	Date	Time	Price
Program #4203E			
Fri	4/10	10 am-12 pm	\$29

Fortnite Battle Royale-PlayStation 4

Test your building skills and strategic decision making in our 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! *May end early depending on number of kids in tournament*

Ages: 10-13 Min: 4 Max: 6

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4203F			
Mon	4/6	5-9 pm	\$13R/\$18NR

Baking and a Craft

Come join recreation assistant Amanda Kinney on Wednesdays nights! We will be making delicious baked goods and doing a fun craft together. This class will teach you everything you need to know about baking and show you how much fun you can have while doing it! Each week you'll be able to take home the treats you made along with your craft. Just bring an apron or smock and we'll supply the rest! Ages: 7-12 Max: 6 Kids (with a parent)

Location: SCCC Café

Day	Date	Time	Price
Program #4203G			
Wed	3/25-4/22	6:00-7:15pm	\$35R/\$40NR

Youth Ballet/Jazz

Girls/Boys will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students will learn the proper ballet/jazz terminology and steps in an encouraging and positive environment.

Ages: 6-10 Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4204A			
Tue	3/24-5/12	4-5pm	\$40R/\$45NR

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 #4204B			
Tue/Thu	3/26-5/21	6-7pm	\$105R/\$110NR

Choose Health: Food, Fun, and Fitness

This program is best suited for youth in 3rd through 5th grades. The lessons include Interactive nutrition activities, food tasting, physical activity, a goal setting challenge, and a family newsletter. The following are the six lessons that the program will include:

- Lesson 1: Replace Sweetened Drinks
- Lesson 2: Eat More Vegetables and Fruits
- Lesson 3: Read it Before You Eat it
- Lesson 4: Make Half Your Grains Whole
- Lesson 5: Healthier Foods-Fast
- Lesson 6: Power Up Your Day

Ages: 3rd-5th graders

Location: SCCC lounge

Day	Date	Time	Price
Program #			
Thu	4/16-5/21	5:30-6:30pm	\$10R/\$15NR



Before & After School

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**

****When registering the week of, you will pay the daily rate (\$9/\$18)****

Sensory Play for Children with Differing Abilities

Do you want a little extra “me” time on Saturday mornings? Then come join Maranda and Amanda for simple sensory activities/crafts in a fun and welcoming environment. Sign up early to ensure that there will be no cancellations.

Saturdays 3/28– 5/2


Program #4205A Ages 5-8 10:00-10:45 am

Programs #4205B Ages 9-11 11:00-11:45 am

Max: 6 (in each class)

Location: SCCC Large Activity Room #3

Resident \$45.00 Non-Resident \$50.00



Youth Instructional Sports

Instructional Tot T-ball

Is your tot interested in learning the basics of T-ball? Instructor will teach hitting, throwing, catching and more. This four-week class is designed to help your child gain a great foundation for the game of t-ball.

Location: SCCC Gym Ages: 4-6 Max: 8

Day	Date	Time	Price
Program #4205C			
Mon	3/23-4/13	5-5:45 pm	\$30R/\$35NR

Instructional Youth Baseball

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

Location: SCCC Gym Ages: 8-11 Max: 10

Day	Date	Time	Price
Program #4205D			
Mon	3/23-4/13	6-6:45 pm	\$35R/\$40NR

Youth Instructional Golf

Is your child interested in learning the basics of golf? The instructor will teach the class techniques with gripping, and basic swing. As well as work on driving and chipping. Classes will be held indoors using turf matts. All clubs and balls will be supplied. We will use practice foam balls instead of real golf balls.

Location: SCCC Gym Ages: 7-10 Max: 3

Day	Date	Time	Price
Program #4205E			
Tue	4/14-5/5	6-6:45 pm	\$35R/\$40NR

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! Day/Date/Time: By appointment only Instructor: Tim Manuszewski Location: SCCC Gym

Price: \$10/hour Program #4205E

Instructional Youth Volleyball

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

Location: SCCC Gym Ages: 8-11 Max: 10

Day	Date	Time	Price
Program #4205F			
Tues	3/31-4/21	5-5:45 pm	\$35R/\$40NR

Instructional Tot Soccer

Is your tot interested in learning the basics of soccer? Instructor will teach dribbling, shooting, passing, and more. This four-week class is designed to help your child gain a great foundation for the game of soccer.

Location: SCCC Gym Ages: 4-6 Max 8

Day	Date	Time	Price
Program #4206A			
Mon	4/27-5/18	5-5:45 pm	\$30R/\$35NR

Instructional Youth Soccer

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

Location SCCC Gym Ages: 8-11 Max: 10

Day	Date	Time	Price
Program #4206B			
Mon	4/27-5/18	6-6:45 pm	\$35R/\$40NR

Youth Lacrosse

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

Location: SCCC Gym Ages: 8-11

Day	Date	Time	Price
Program #4206C			
Wed	4/22-5/13	6-6:45 pm	\$35R/\$40NR

Youth Ultimate Frisbee

Is your child interested in learning ultimate frisbee? The instructor will teaches 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.

Location SCCC Gym Ages: 8-11 Max: 10

Day	Date	Time	Price
Program #4206D			
Thu	3/26-4/16	6-6:45 pm	\$35R/\$40NR

Last Call for Pony Baseball & Softball

Youth Softball League

Registration Deadline is: March 22nd

Players need to be born between 9/1/2009 and 8/31/2011

- This is a competitive program for girls wishing to develop softball skills as well as game play
- This will be coach as well as kid pitch
- Players will receive instruction and play in game settings
- Practices will be a maximum of two times per week and games will be Saturday mornings
- Games will be May 9th-June 20th *No Games Memorial Day Weekend*
- Practices and home games at Sweden Town Park; some travel will be required for games

Try-outs will be Wednesday April 1st from 6-7:30 at the SCCC Gym

Program #4207A Price: \$50R/\$55NR

Important Information

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

A copy of your child's birth certificate is required upon registration for ALL age groups

****Volunteer Coaches Needed** **Paid Position: Umpires Needed Age 16+****

ONY League Boys U-15

***New Registration Deadline is: April 1st**

Participants age as of May 1st will determine their level of play

Program #4189-G Boys 13-15 yrs. Old

June-August (TUE/THUR/SAT) Fee: \$90R/\$95NR

House Soccer

Coed U-4 SOCCER (Ages 3 & 4)

Program #4190-A

Wednesdays at 6:30 pm June & July

Fee: \$35R/\$40NR

Coed U-6 SOCCER (Ages 5 & 6)

Program #4190-B

Mondays at 6:30 pm June and July

Fee: \$35R/\$40NR

U8 BOYS SOCCER (Ages 7 & 8)

Will travel to local towns

Program #4190-C

Mondays/Wednesdays June and July

Games at 6 pm and 7:15 pm

Fee: \$54R/\$59NR

U-8 GIRLS SOCCER (Ages 7 & 8)

Will travel to local towns

Program #4190-D

Tuesdays/Thursdays June and July

Games at 6 pm and 7:15 pm

Fee: \$54R/\$59NR

U-4 & U-6 always play at the community center & U-8 Home Fields are at the community center

Division	Ages	Birth Year
U-4	3	2017
	4	2016
U-6	5	2015
	6	2014
U-8	7	2013
	8	2012

Summer Soccer

Summer Soccer 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 to travel to other towns for games.

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

Deadline! The registration deadline is March 20, 2020

MURSL Age matrix: U-10 and up

U-10 GIRLS SOCCER (Ages 9 & 10)

*Will travel to other towns
 Program #4190-E
 Tuesdays/Thursdays
 End of May through July
 Fee: \$70R/\$75NR

U-10 BOYS SOCCER (Ages 9 & 10)

*Will travel to other towns
 Program #4190-F
 Mondays/Wednesdays
 End of May through July
 Fee: \$70R/\$75NR

U-13 GIRLS SOCCER (Ages 11-13)

*Will travel to other towns
 Program #4190-G
 Tuesdays/Thursdays
 End of May through July
 Fee: \$74R/\$79NR

U-13 BOYS SOCCER (Ages 11-13)

*Will travel to other towns
 Program #4190-H
 Mondays/Wednesdays
 End of May through July
 Fee: \$74R/\$79NR

U-16 GIRLS SOCCER (Ages 14-16)

*Will travel to other towns
 Program #4190-I
 Tuesdays/Thursdays
 End of May through July
 Fee: TBD

U-16 BOYS SOCCER (Ages 14-16)

*Will travel to other towns
 Program #4190-J
 Mondays/Wednesdays
 End of May through July
 Fee: TBD

Division	Ages	Birth Year
U-10	9	2011
	10	2010
U-13	11	2009
	12	2008
	13	2007
U-16	14	2006
	15	2005
	16	2004

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 #4207B			
Wed	3/25-5/6	7-7:30 pm	\$53R/\$58NR
Session II Program #4207C			
Sat	3/28-5/9	12:30-1:00 pm	\$45R/\$50NR
No Class 4/4, 4/8 & 4/11			

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 #4207D			
Wed	3/25-5/6	7-7:45pm	\$53R/\$58NR
Session II Program #4207E			
Sat	3/28-5/9	12:30-1:15pm	\$45R/\$50NR
No Class 4/4, 4/8 & 4/11			

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 #4207F			
Wed	3/25-5/6	7-7:45 pm	\$53R/\$58NR
Session II Program #4207G			
Sat	3/28-5/9	12:30-1:15 pm	\$45R/\$50NR
No Class 4/4, 4/8 & 4/11			

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 #4207H			
Wed	3/25-5/6	7:45-8:30 pm	\$53R/\$58NR
Session II Program #4207I			
Sat	3/28-5/9	1:15-2:00 pm	\$45R/\$50NR
No Class 4/4, 4/8 & 4/11			

Level IV Yellow Fins

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

Date	Date	Time	Price
Session I Program #4207J			
Wed	3/25-5/6	7:45-8:30 pm	\$53R/\$58NR
Session II Program #4207K			
Sat	3/28-5/9	1:15-2:00 pm	\$45R/\$50NR
No Class 4/4, 4/8 & 4/11			

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 #4207L			
Wed	3/25-5/6	7:45pm-8:30pm	\$53R/\$58NR
Session II Program #4207M			
Sat	3/28-5/9	1:15-2:00pm	\$45R/\$50NR
No Class 4/4, 4/8 & 4/11			

Youth Aquatics

Classes will be held at the Brockport High School pool. If you have any questions regarding our swim program, please contact Tim Manuszewski at 585-431-0087 for more information.

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:** _____

NEW! Senior Trip – Ontario Mall Antiques/Mead Square Restaurant

Let's go on the hunt for some treasure! We will be checking out the huge Ontario Mall Antiques in Farmington, NY to find some new/old flare! We will stop at Park Place Restaurant on the way back for lunch which will be on your own. Transportation provided by school bus.



****Must register prior to March 31st, 2020**** Maximum Number of People: 20

	<u>Day</u>	<u>Date</u>	<u>Price</u>
Program #4208A	Thursday	4/9/20	\$10

Depart- 9 am (please arrive at least 15 minutes prior)

Return- Around 3:00 pm

NEW! Senior Trip – Lilac Festival

Come with us to the famous Lilac festival this spring! You can get some great food and purchase some really nice items along the way! Transportation provided by school bus, and lunch will be on your own.

****Must register prior to May 1st, 2020****

Maximum Number of People: 40

	<u>Day</u>	<u>Date</u>	<u>Price</u>
Program #4208B	Saturday	5/16/20	\$10

Depart- 10 am (please arrive at least 15 minutes prior)

Return- Around 3:30 pm



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 #4209A			
Wed	4/15-5/27	5:30-6:15 pm	\$43R/\$48NR

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 #4209B			
Wed	1/8-2/12	6:30-7:30 pm	\$43R/\$48NR

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.

Instructor: Barb Whited. Ages 16+.

Location: Large Activity Rm 3

Day	Date	Time	Price
Program #4209C			
Mon	4/13-5/18	6:30-7:30 pm	\$43R/\$48NR

Arts and 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: Local Artist Erin Lawrenz

Ages: 21 and up Min: 6 Max: 24

Location: SCCC Lounge

Days	Dates	Time	Price
Session I Program #4209D			
Thu	3/26	5:30-7:30 pm	\$25R/\$30NR
Session II Program #4209E			
Thu	4/23	5:30-7:30 pm	\$25R/\$30NR
Session III Program #4209F			
Thu	5/21	5:30-7:30 pm	\$25R/\$30NR

2020 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 Carla Davy for more information and to schedule a session. Call 585-355-9816 or email kglove3@hotmail.com

On The Ball



Using the versatile fitness ball, we can strengthen our muscles and do aerobic training. We'll also have fun with our rhythmic sticks, as we work our whole body! Location: Large activity room 3.

Day	Date	Time	Price
Program #4209G			
Mon	4/13-5/18	5:45-6:15 pm	\$31R/\$36NR

Adult Ballet/Jazz

Have you danced growing up and want to get back into it? Have you never danced before and want to gain the flexibility, strength, emotional benefits that dance can offer you? Come join us as we stretch, learn ballet/jazz techniques and learn fun to dance combinations.

Perfect for beginners or intermediates.

Age: 13+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4209H			
Tue	3/24-5/12	5:15-6:15 pm	\$40R/\$45NR

Adult Pickleball League



Grab a partner and enter our doubles mixed league. It will be 10 week leagues, all games are played Wednesday or Friday evenings. Players will keep score and officiate. Playoffs will follow the regular season. All skill levels are welcome. Sign up as a team. Prizes for the winning team! Ages: 18+

Location: SCCC Gym

Day	Date	Time	Price
Program #4210A			
Wed	4/15-6/17	6 pm	\$60per Team
Program # 4210B			
Fri	4/17-6/18	6 pm	\$60per Team

Judo Intermediate/Advanced (Adult)



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 #4210C			
Tue/Thu	3/26-5/23	7-9 pm	\$165

Chakra Energy Balancing



This class focuses on balancing the body's energy centers called chakras, in relationship to the imbalances that we all experience in life-physical, mental (thought loops), emotional and spiritual situations, which may arise in our lives. The class objectives focus on mind, body and spirit healing through mentorship and community support through fun chakra dance, gentle stretching, muscle strengthening, relaxation and meditation modalities using music, singing bowls and vibrational sound tuning forks. Ages: 15+

*Wear comfortable active wear *Must bring yoga mat

Day	Date	Time	Price
Program #4210D			
Tue	3/24-5/26	6:15-7:30 pm	\$75R/\$80NR

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Mon-Fri 1-4pm \$1/\$2 All Ages

Please call for availability and to confirm open gym times.

Toddler Gym

For ages 5 & under ONLY. \$2

Children must be accompanied by an adult.

Open Adult Pickleball



Get fit, socialize and participate in Pickleball. All skill levels welcome for a variety of games. Basic knowledge of the rules & game play is helpful. Please bring your own paddle. Ages: 18+

Location: SCCC Gym

Day	Time	Price
M-F	10:00am-1:00pm	\$1R/\$2NR
Sun	8:30-11:30am	\$1R/\$2NR

* One court is designated for Advance Players each weekday

*Open gym times may be altered to accommodate special events or facility use

New Gravid Prenatal Energy Class

This is a prenatal class which teaches the gravid women how the energy of their body affects their own health and mind as well as the baby's energetic health. Come learn about energy breathing modalities, body movements to alleviate pregnancy discomforts, gentle stretching and meditation techniques for optimal relaxation techniques and wellness throughout the natal periods. This is a women's circle for support. No yoga experience is necessary. This holistic natal energy class prepares the women for optimal prenatal, labor, delivery and postpartum wellness. Please bring yoga matt. Ages: 18+

Instructor: Patricia Kendall

Day	Date	Time	Price
Program #4210E			
Thu	3/26-5/28	6:15-7:30 pm	\$175R/\$200NR

Sweden~Clarkson Walking Group



The Walking Group continues through the Winter and into the Spring. This is a great way to get some fresh air, meet new people and get some exercise. Some of our group have lost from a few pounds to twenty-five pounds by combining his what with other healthy living choices.

We walk Monday & Thursday @ 6pm by meeting at the Southeast corner of the Tuttle gym parking lot. In addition, we are currently walking on Saturday morning @ 9am at the same location. When conditions improve, we will resume our walks at other locations including Hamlin Beach State Park, Lakeview Cemetery and the Erie Canal.

Everyone walks at their own pace for 45-60 minutes. It's a great way to keep your New Year's Resolution to live a happier, healthier life.

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
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Beginner Course Session I Program #4211A

Monday	3/23-5/11	2-3 pm	\$40/\$33
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Advanced Course Prior instruction recommended

Advanced Course Session II Program #4211B

Friday	3/27-5/15	2-3 pm	\$40/\$33
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Senior Yoga Stretch



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

Day	Date	Time	Price
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Program #4211C

Tue	3/31-5/19	12-12:35pm	\$35R/\$40NR
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Weekly Open Senior Cards

Euchre: Mondays - 12-2 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.

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. Not offering an intermediate class as well!

*Must sign up at least one week prior to class

Day	Date	Time	Price
Tue	4/14		Free

Session I Program #4211D Beg class: 11:30-12:30pm

Session II Program #4211E Adv class: 12:30-1:30pm

Getting to Know Your Tablet

Looking to really master your fancy tablet? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a tablet guru!

Must sign up at least one week prior to class

Day	Date	Time	Price
Program #4211F			
Tue	3/31	11:30am-12:30pm	Free

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! Ages: 55+

Location: Small Activity Rm 4

Dates: 4/22 & 5/20

Senior Chair Volleyball *NEW DAY

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
Tuesdays	1-3 pm	\$1

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
Wednesdays	9-10:45 am	\$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-11 am	Cardio
Tuesday	11 am-12pm	Yoga
Wednesday	11 am-12pm	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

Stretch & Tone

Looking for an easy and low-key class to get some deep stretches and feel better? This is for you!
Instructor: MSPT Agape Physical Therapy

Location: Large Activity Room 3

Day	Time	Price
Th	12 pm	FREE



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
4th Monday of each month	12-3pm	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



SENIOR PROGRAMS 55+

Euchre Tournaments

Love playing euchre? We do too! We will be hosting a progressive euchre tournament! This means that you will play with different partners all day. At the end of the tournament, one person will be crowned euchre champion! Are you the best euchre player in the area? Come find out! *Prizes awarded to first and second place

*Register as individual. Not as a team!

+ Pizza Lunch Ages: 21+

Location: SCCC Lounge

Day	Date	Time	Price
Program #4212A			
Mon	3/23	12 pm	\$5 per person
Program #4212B			
Mon	4/17	12 pm	\$5 per person
Program #4212C			
Mon	5/18	12 pm	\$5 per person



Jazzercise Brockport
 4927 Lake Road S Brockport, NY 14420
 (585) 233-6376
 jazzercisebrockport@gmail.com

6:00 am M, T, W, Th, F*
 7:30 am T, Th, Sat, Sun
 8:30 am Sat, Sun*
 9:00 am M, T*, W, Th*, F
 4:45 pm M, T, W, Th*, F
 6:00 pm M, W

***Strength 45**

**First Class Free
 Jazzercise Brockport**



Town Wide Garage Sale

Saturday, May 2nd

9 am—2pm (set up @ 7:30)

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. 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.)

Location: SCCC Gym

Community Center

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

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$75/field 3 hour block	\$100/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession w/ Pavilion	\$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
SPLASH PAD	For information please visit www.swedenclarksonrec.recdesk.com				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 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

WOMBA AFRICA DRUMMING & DANCE

Saturday, March 28th @ 1pm location: SCCC Gym

This a group founded by Fredrick Quaye Odai who has a vision to promote West African music and culture and to empower indigenous cultural groups to also share their heritage through the performing arts. Fredrick Quaye Odai is a native of Nungua from the Southern Part of Ghana. His career began in his mother’s village called Amamoley in Accra where he experienced group performing at occasions.

Womba was formed in 2010 and was officially registered as a NGO in 2016 by way of incorporation by the Registrar Generals Department in Accra, (Ghana) and later affiliated with the Musician Union of Ghana (MUSIGA). The group is not just a cultural group but also a well known NGO that supports such community initiatives as health and sanitation, cultural and environmental awareness programs. Womba also supports natural building enterprises and often teaches their songs and dances to school children.

Womba means ‘we are coming’ in the Ga language and indeed, Womba Africa is ready to collaborate with local indigenous groups, musicians, DJs and councils in order to both promote traditional and indigenous music and to empower marginalized and historically authentic stories to take their spot on the stage of music and culture. All of the members of Womba are ‘culture keepers’ who believe that it is their mission to keep their ancestral stories and dances alive and to bring happiness and joy to all people.



**Free Event
for the
Community!**



Easter Event!

Saturday, April 4th 9-11am

13th Annual Pancake Brunch

Served from 9-10:30 am \$3 per person (All money raised goes to the local food shelf)

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

Age groups for Easter egg hunt include: 0-3, 4-7, 8-10

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

Get your picture taken with the Easter bunny!

