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**Spring  
2023**

**WEDEN  
LARKSON**



**Sweden Clarkson Community Center**  
4927 Lake Road South, Sweden  
Phone: 585-431-0090 Fax: 585-431-0052  
[www.swedenclarksonrec.recdesk.com](http://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.

**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**

**March 1st - May 31st**

M-Th 6am-8pm

F 6am-6pm

Sat 8am-3pm

Sun 8am-12pm

Closed Easter 4/9, Mother's Day 5/14, Memorial Day 5/29

**Directory**

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

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

Recreation Assistant Tim Manuszewski 431-0087  
timm@townofsweden.org

Staff: Ashley Hermance, Maranda Dobbertin, Amanda Kinney, Morgan Walsh, Caitlin Curley, Lakayla Herbert

Clerical Assistant Diane Samons 431-0090  
dianes@townofsweden.org

**Sweden Town Board**

Supervisor Kevin Johnson 637-7588

Councilperson Patricia Hayles

Councilperson Rhonda Humby

Councilperson Randy Hoke

Councilperson Gary Sullivan

**Clarkson Town Board**

Supervisor Christa Filipowicz 637-1131

Councilperson John Culhane

Councilperson Nick D'amuro

Councilperson Tom Guarino

Councilperson Leslie Zink

**Facebook**

Like us on Facebook at Sweden Clarkson Recreation

**Website**

www.swedenclarksonrec.recdesk.com





# Easter Event

**Saturday, April 1<sup>st</sup> @ 9-11am**

**Annual Pancake Brunch** – served from 9-10:30am

\$3 per person – help us raise money for a local food shelf.

**Easter Egg Hunt times:** Ages 0-3 @ 10:30am, Ages 4-6 @ 10:40am,  
Ages 7-10 @ 10:50am

Facepainting, crafts, games, jellybean guessing contest and more!

Get you picture taken with the Easter bunny!

Don't forget to bring your Easter basket!



# 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: \$10- Resident

\$15- 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 rental though. Everything will be on a first come, first serve basis (i.e. space, tables, etc.)

The garage sale will take place Sweden Clarkson Community Center

Saturday  
5/13/23

4927 Lake Rd.  
Brockport, NY 14420  
585-431-0090  
Program #4457-A

9:30am -  
2:30pm

## Little Steps Play & Learn

Have your child(ren) come join Miss. Ally and Miss. LaKayla for an hour and a half of learning and fun! During this time, kids will have the opportunity to learn some of the basics such as the alphabet and numbers/counting, get some of their energy out in our gym specifically designed and used for the little ones as well as do some arts and crafts that they can bring home to show off!!

Ages 2-4 Max: 8

Day	Date	Time	Price
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Session I Program #4458-A

MW	3/1 - 4/12	12:30-2pm	\$55R/\$60NR
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\*No Class 3/13 & 3/15

Session II Program #4458-B

Day	Date	Time	Price
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MW	4/24 - 5/24	12:30-2 pm	\$55R/\$60NR
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## Toddler/Parent Drop-In Toddler Gym

Playtime and socialization in the toddler gym for parents and children, 1-5 years (infants in arms permitted). Colorful equipment to climb on, riding toys, etc. for active fun.

Location: Toddler Gym Dates:

No charge for parent or guardian.

Day	Date	Time	Price
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T/Th	3/7 - 5/30	9:30-11am	\$2R/\$3NR
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## Instructional Tot Floor Hockey

Is your tot interested in learning the basics of floor hockey? Come join Coach Tim! We will learn stick handling, shooting, passing and more. This four-week class is designed to help your child gain a great foundation for the game of floor hockey.

Ages: 4-6 Max: 6 Location SCCC Gym

Day	Date	Time	Price
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Program #4458-C

Mon	4/24-5/22	5-5:45 pm	\$35R/\$40NR
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## Instructional Tot Soccer

Is your tot interested in learning the basics of soccer? Come join Coach Tim! 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. Ages: 4-6 Max 6

Location: SCCC Gym

Day	Date	Time	Price
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Program #4458-D

Mon	3/13-4/10	5-5:45 pm	\$35R/\$40NR
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## Tot Acro Dance

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of summersault/ forward roll, splits, bridge, and cartwheels. A showcase of your skills will be presented at the end of the session. Ages: 4-6 Min: 5 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program #4458-E

Sat	3/18-5/6	9-9:45am	\$50R/\$55NR
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## Instructional Youth Floor Hockey

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

Ages: 7-11 Max: 10 Location SCCC Gym

Day	Date	Time	Price
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Program #4459-A

Mon	4/24-5/22	6-6:45 pm	\$35R/\$40NR
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## Instructional Youth Soccer

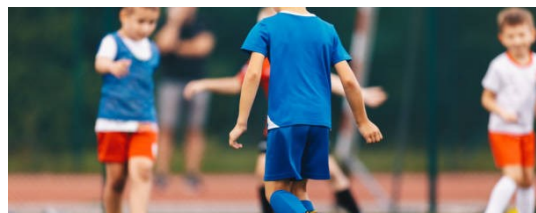
This class will help your child refine their skills and improve as an overall player. Coach Tim will review the basics of the game while also teaching a series of drills that the kids can use on their own.

Ages: 7-11 Max: 6 Location SCCC Gym

Day	Date	Time	Price
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Program #4459-B

Mon	3/13-4/10	6-6:45 pm	\$35R/\$40NR
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## 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 your kids can do on their own!

Ages: 8-11 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
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Program #4459-C

Tue	3/7-3/28	5-5:45pm	\$35R/\$40NR
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## Youth Acro and Hip-Hop Dance

In this class, you will explore rhythms and basic Hip-Hop dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of splits, bridges, cartwheels, back kick overs and elbow stands. A showcase of your skills will be presented at the end of the session. Ages: 7-10 Min: 5 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4460-A			
Sat	3/18-5/6	10-10:45am	\$50R/\$55NR

## 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: 7-10 Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4460-B			
Tue	4/4-5/9	6-6:45pm	\$50R/\$55NR

## First Aid for Kids/Scouts

Taught by EMT's/Paramedics; this course teaches 7-13 year old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat & cold emergencies. Also addressed are several common medical emergencies found in schools today such as: food allergies, diabetes, seizures and asthma. This course meets requirements for several boy/girl scout badges. Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4461-A			
Thu	4/6	9-10:30pm	\$25R/\$30NR

### SEYMOUR LIBRARY



161 East Avenue  
Brockport, NY 14420  
585-637-1050

Please visit [www.seymourlibraryweb.org](http://www.seymourlibraryweb.org).

## 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. Boys and girls ages 11+ are welcomed. Parents will be emailed a course packet that must be printed prior to the class. Also, please bring a bagged lunch and a self-addressed envelope.

Location: SCCC Conference Room

Min: 5 Max: 20

Day	Date	Time	Price
Program #4461-B			
Thu	4/6	12-5pm	\$50R/\$55NR

## Home Alone Safety

This 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. Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4461-C			
Thu	4/6	10:30 am-12 pm	\$28R/\$33NR

## \*NEW Variety Show

Do you have a talent, skill, or interest that you want to show to the world? Now's your chance! Come on up and join us for our Variety Show. At this show you will have the chance to show EVERYONE just what you can do! Whether it be sing, dance, paint a picture, comedy, juggling, almost anything works, and we would love to see you there!

Sign up by: April 8th, when signing up provide us with a little information. What you will be doing, how many people are in your act, roughly how long your act will take.

(Times may shift depending on number of participants.)

Location: SCCC Gym

Instructors: Allyson Durkee & LaKayla Herbert

Day	Date	Time	Price
Program #4462-A			
Sat	4/22	6-7 pm	\$2R/\$3NR

# 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**

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

**\*NEW AFTERSCHOOL PROGRAM**

**Intro to Dungeons and Dragons**

With the introduction of nostalgia inducing shows like Stranger Things, the well-known roleplaying tabletop game, "Dungeons and Dragons," has gained new traction and popularity amongst the masses. Never played? No problem! Although getting started can be intimidating, to say the least, we are here to help! Learn the basics of gameplay and possibly go though a "One Shot" campaign with the Dungeon Master. Let's become, The Heroes of Brockport! With this being an afterschool program, contact BCS Transportation Department to arrange transportation for your child from school to the community center. Ages: 11+

Day	Date	Time	Price
Session I Program #4463-A			
Wed	3/8-4/12	2:30-3:30PM	\$20R/\$25NR
Session II Program #4463-B			
Wed	4/19-5/24	2:30-3:30PM	\$20R/\$25NR

**Teen Nights**

Middle School Students and Parents! We know teenagers love hanging out with their friends and here we are providing a safe and supervised environment where they can let loose and have fun while still being safe! During this time, you will be able to just relax with your friends without having to worry about doing schoolwork or your chores at home. You can play card/board games, shoot hoops in the gym or simply talk and eat with your friends. This is your free time to have fun with friends while still being safe! Please bring your students ID.

Instructors: Allyson Durkee & LaKayla Herbert

Day	Date	Time	Price
Program # 4463-C			
Fri	3/31	6-7:30 pm	\$5R/\$10NR

**Game Night**

Come on down and bring some friends and have fun with us at Game Nights! During this time you'll have an hour to hang out with your friends, talk, listen to music and play some board or card games! Several games will be provided but if you have something different that you want to share, bring it down and show us how! Take some time to relax and just play some games with your friends!

Instructors: Allyson Durkee & LaKayla Herbert

Day	Date	Time	Price
Wed	3/22,4/19,5/17	6:30-7:30pm	\$1R/\$2NR





# Sign Up for Summer Soccer

## Coed U-4 SOCCER (Ages 3 & 4)

Program #4446-A      Must be born in 2019 or 2020  
 Wednesdays at 6:30 pm      June & July  
 Fee: \$40R/\$45NR

## Coed U-6 SOCCER (Ages 5 & 6)

Program #4446-B      Must be born in 2017 or 2018  
 Mondays at 6:30 pm      June and July  
 Fee: \$40R/\$45NR

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

Program #4446-C      Must be born in 2015 or 2016  
 Tuesdays/Thursdays      June and July  
 Games at 6 pm      Fee: \$59R/\$64NR

## U8 BOYS SOCCER (Ages 7 & 8)

Program #4446-D      Must be born in 2015 or 2016  
 Mondays/Wednesdays      June and July  
 Games at 6 pm      Fee: \$59R/\$64NR

U-4 & U-6 play at the community center & U-8 will travel to local towns & home fields are at the community center

## U-10 GIRLS SOCCER (Ages 9 & 10)

Program #4446-E      Must be born in 2013 or 2014  
 Tuesdays/Thursdays      End of May through July  
 Fee: \$75R/\$80NR

## U-10 BOYS SOCCER (Ages 9 & 10)

Program #4446-F      Must be born in 2013 or 2014  
 Mondays/Wednesdays      End of May through July  
 Fee: \$75R/\$80NR

## U-13 GIRLS SOCCER (Ages 11-13)

Program #4446-G      Must be born in 2010 - 2012  
 Tuesdays/Thursdays      End of May through July  
 Fee: \$79R/\$84NR

## U-13 BOYS SOCCER (Ages 11-13)

Program 4446-H      Must be born in 2010 - 2012  
 Mondays/Wednesdays      End of May through July  
 Fee: \$79R/\$84NR

U-8,U-10 & U-13 will travel to other towns in Monroe County. Home fields are at Sweden Town Park

\*Volunteer Coaches Needed at all levels      \*Paid Position: Referees Needed Age 15+

**Deadline!** The registration deadline is April 3, 2023

# Last Call for Baseball & Softball

**\* NEW REGISTRATION DEADLINE IS: March 10th**

**\*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, your child's age as of May 1<sup>st</sup> will determine their level of play, Pricing is for Residents and Non-Residents\*

**\*\*Volunteer Coaches Needed\*\*      \*\*Paid Position: Umpires Needed Age 15+\*\***

### I Base T-Ball 3-4 yrs. old

Program #4445-A  
 May/June (SATURDAYS)  
 Fee: \$40R/\$45NR

### Coed Minor 9-10 yrs. old

Program #4445-D  
 May/June/July (TUE/THUR/SAT)  
 Mandatory Evaluation Day (If needed):  
 Sat March 18th 10am-11:30am  
 Location: SCCC Gym Fee: \$75R/\$80NR

### Girls Softball 10-12 yrs. old

Program #4445-F  
 May/June (MON/WED/SAT)  
 Mandatory Evaluation Day (If needed):  
 Sat March 18th 1-2:30pm  
 Location: SCCC Gym  
 Fee: \$84R/\$89NR

### Coed T-Ball 5-6 yrs. old

Program #4445-B  
 May/June (WED/SAT)  
 Fee: \$54R/\$59NR

### Boys Major 11-12 yrs. Old

Program #4445-E  
 May/June/July (TUE/THUR/SAT)  
 Mandatory Evaluation Day (If needed):  
 Sat March 18th 11:30am-1:00pm  
 Location: SCCC Gym Fee: \$84R/\$89NR

### PONY League Boys U-15

\*New Registration Deadline is: April 7th  
 Boys 13-15 yrs. Old  
 Program #4445-G  
 June-August (TUE/THUR/SAT)  
 Fee: \$100R/\$105NR

### Coed Juniors 7-8 yrs. old

Program #4445-C  
 May/June/July (TUE/THUR/SAT)  
 Fee: \$62R/\$67NR

### Tot Open Swim

A swim class for those wee little ones who are not very familiar with the water. In this class, you will be working with your child on entering the pool safely, getting their face completely wet, blowing bubbles with their mouth and nose, feeling comfortable floating on their backs/fronts and holding onto the side of the pool independently. A parent is required to enter the pool with each child. Infant—4 years old. Max: 8

Day	Date	Time	Price
Session I Program #4464-A			
Wed	3/15-4/19	6:30-7pm	\$48R/\$53NR
*No Class 4/5			
Session II Program #4464-B			
Sat	3/18-4/22	12:30-1pm	\$48R/\$53NR
*No Class 4/8			

### 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 #4464-C			
Wed	3/15-4/19	6:30-7:15 pm	\$48R/\$53NR
*No Class 4/5			
Session II Program #4464-D			
Wed	3/15-4/19	7:30-8:15 pm	\$48R/\$53NR
*No Class 4/5			
Session III Program #4464-E			
Sat	3/18-4/22	12:30-1:15 pm	\$48R/\$53NR
*No Class 4/8			
Session IV Program #4464-F			
Sat	3/18-4/22	1:30-2:15 pm	\$48R/\$53NR
*No Class 4/8			

\*Classes will be held at the Brockport High School pool. Park in Lot D and use the side entrance closet to the pool. If you have any questions regarding our swim program, please contact Tim Manuszewski at 585-431-0087 for more information.

### 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 #4464-G			
Wed	3/15-4/19	6:30-7:15 pm	\$48R/\$53NR
*No Class 4/5			
Session II Program #4464-H			
Sat	3/18-4/22	12:30-1:15 pm	\$48R/\$53NR
*No Class 4/8			

### 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 #4464-I			
Wed	3/15-4/19	7:30-8:15 pm	\$48R/\$53NR
*No Class 4/5			
Session II Program #4464-J			
Sat	3/18-4/22	1:30-2:15 pm	\$48R/\$53NR
*No Class 4/8			



### Open Programs

**Toddler Gym** \$2.00 per participant

M-F 8 –7:45 pm

Sat 8:30 am- 2:30 pm

Sun 8:30 -11:30 am

**Basketball** M-F 2-4pm \$2.00R/\$3.00NR

Check Adult Programs for Pickleball Information



## 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: 8 Location: Cafe  

Day	Date	Time	Price
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Program #4465-A

Thu	3/16-4/13	6-6:45pm	\$20R/\$25NR
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## Random Craft Night

Love doing arts and crafts but don't know what to pick out sometimes? Like the feeling of not knowing which craft you'll end up doing on any given day? Well, I got news for you, partner. This class is for you. In it you will have a choice between all different kinds of projects that includes coloring, decorating, painting, etc. The only thing that we need from you is...you!

Ages: 5-13 Max: 8 Location: SCCC Cafe

Day	Date	Time	Price
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Program #4465-B

Mon	3/13	6-6:45pm	\$13R/\$18NR
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## \*NEW Paint By Numbers

Have you ever wanted to paint but you're not sure what you want to paint or how exactly to do it? Come join us for our paint by numbers painting classes. In this class I'll show you step by step how to paint our picture of the day by numbers and you get to take your piece of artwork home to display! Make sure to wear clothes you aren't afraid to get messy!!

Location: Lounge

Instructors: LaKayla Herbert & Natalie Ventura

Day	Dates	Time	Price
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Session I Program #4465-C

Mon	3/6 & 3/20	6:30-7:30 pm	\$15R/\$20NR
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Session II Program #4465-D

Mon	4/3 & 4/17	6:30-7:30 pm	\$15R/\$20NR
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Session III Program #4465-E

Mon	5/1 & 5/15	6:30-7:30 pm	\$15R/\$20NR
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## 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 Day/Date/Time: By appointment only

Price: \$10/hour

Program #

## \* NEW Self Defense

This class is all about learning how to defend yourself and learn how to be safe! This class will take your children through certain moves to use when in danger, words to use, and attitude! This class gives your children the confidence to know what to do when they need! Keeping yourself safe is so important and we want to help you feel safe no matter where you may be! Ages: 6 – 16 Location: Large Activity Rm I  
 Instructors: Allyson Durkee & LaKayla Herbert

Day	Dates	Time	Price
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Program #4465-F

Wed/Fri	4/5-4/28	6:30-7:15	\$35R/\$40NR
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## 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

Min: 6 Max: 10 Location: Lounge

Day	Dates	Time	Price
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Session I Program #4465-G

Fri	3/3	5-7 pm	\$25R/\$30NR
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Session II Program #4465-H

Fri	3/31	5-7 pm	\$25R/\$30NR
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## \*NEW Paint-A-Robot-Piggy Bank Night

Sign your child up to paint their very own piggy bank! These are not just any old piggy banks either. They'll be painting a robot version of one! We provide all the materials so don't fret about bringing your own supplies. This is an excellent way for them to start saving up for college tuition! Be sure to wear an old-shirt or a smock. Ages: 5-9 Max: 5  
 Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4465-I

Mon	3/27	6-6:45pm	\$13R/\$18NR
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## Instructional Youth 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: 8-12 Max: 4 Location: SCCC Café

Day	Date	Time	Price
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Program #4466-A

Thu	3/16-4/6	5-5:45pm	\$25R/\$30NR
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### 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

Day	Date	Time	Price
Max 10	Ages: 16+	Location: LA Rm #3	
Program #4467-A			
Tue	4/11-5/23	6:30-7:30 pm	\$42R/\$47NR

### 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\* Ages: 21 and up Location: Lounge

Instructor: Local Artist Erin Lawrenz  
Min: 6 Max: 24

Days	Dates	Time	Price
Session I Program #4467-B			
Fri	3/24	6-8 pm	\$35R/\$40NR
Session II Program #4467-C			
Fri	4/21	6-8 pm	\$35R/\$40NR

### Adult Beginner 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.  
Ages 18+ Min: 2 Max: 12  
Location: Large Activity Room #1

Day	Date	Time	Price
Program #4467-D			
Tue	4/4-5/9	6:45-7:45pm	\$50R/\$55NR

### 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! Max 8

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

Day	Date	Time	Price
Program #4467-E			
Tue	3/7	11:30 am-12:30 pm	\$5R/\$6NR
Program #4467-F			
Tue	5/2	11:30 am-12:30 pm	\$5R/\$6NR

### Vinyasa Flow Yoga

When life gets in the way and you are feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat. Instructor: Barb Whited Max: 10 Ages: 16 Location: L A Room #3

Day	Date	Time	Price
Program #4467-G			
Mon	4/10-5/22	6:30-7:30 pm	\$42R/\$47NR

### Taiji & Qigong for Health

Taiji (Tai Chi) and Qigong are performed slowly with relaxed flowing movements using gentle exercise, deep breathing, and relaxed awareness. It strengthens legs, improves balance, increases flexibility, and relieves stress. In later stages, it calms the mind to become a "Meditation in Motion".

Learn large movement Yang style postures from the standardized, 24 posture Taiji Form, and active stretching Qigong breathing exercises using a wide range of motion.

Instructor Brian Bruning has been practicing Taiji and Qigong since 1978, studying Yang and Chen Pan-ling styles. He is an instructor for the Rochester T'ai Chi Ch'uan Venter and has taught locally since 1997.

Location: Large Activity #1

Days	Date	Time	Price
Program #4467-H			
Wed	3/1-4/19	11 am-12 pm	\$50R/\$55NR



### Rochester Public Market

Come and check out the famous Rochester Public Market. With tons of vendors, and lots to eat, it should make for a great outing!

**\*\*Must register one week prior\*\*** Max 20

Day	Date	Price
Program #4467-I		
Sat	4/29	\$15N/\$20NR
Depart- 9 am (please arrive at least 15 minutes prior to departure) Return- around 3 pm		

## Open 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: Gym

Day	Time	Price
MWF Session I	10-1:15pm	\$1R/\$2NR
T, TH Session I	10-11:30am	\$1R/\$2NR
T, TH Session II	11:45am -1:15pm	\$1R/\$2NR
Sun	9 - 11am	\$1R/\$2NR

Please Note: weekend availability maybe affected by facility use of the gymnasium.

\* T & TH 10-11:30am is Advance Play

\* T & TH 11:45am-1:15pm Beginner Play

\* Sun Advance Play (Not in July & August)



### JAZZERCISE BROCKPORT

4927 Lake Rd S \* Brockport, NY

585.233.6376 \* jazzercisebrockport@gmail.com

6:00 AM M, T, W, TH, F+

7:30 AM T, TH, SA, SU

7:45 AM W+++

8:15 AM M+, W+, F+

8:30 AM SA+++ , SU+

9:00 AM M, T++, W, TH++, F

4:45 PM T, TH

6:00 PM M, W

+ STRENGTH ++ LO +++STRETCH

**TRY A CLASS  
FOR FREE**

## Open Walking

Each morning Monday - Friday from 8:45-9:45 am each day. Please bring dry shoes and walk the gym to avoid the cold, rainy, snowy, icy days outdoors.

Thirteen laps is a mile!

## 2023 Fitness Center Membership

Membership	1 month	3 month	1 year
Youth (16-18)	\$20	\$45	\$185
Senior (55+)	\$20	\$45	\$185
Adult (18-54)	\$40	\$65	\$250
Family (16+)*	\$60	\$85	\$360
Each addt'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. Fitness Center is closed from 11:15am-12pm for cleaning M-F.**

Daily Rates: \$5 adult; \$3 senior

## Personal Training

Are you looking for a personal trainer? Give one of our two personal trainers a call!

Karla Davy: 585-355-9816 kglove3@hotmail.com

Terri Steigelman-Johnson: 414-559-4992

steigelwomanfitness@yahoo.com

A single session is \$30 or you can pay for a pack of six sessions for \$150.



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
Mon	10-10:45am	Classic
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Yoga
Fri	10-10:45 am	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!



**\*NEW Introductory MahJongg**

Have you wanted to learn how to play this tile-based game? Now is your chance! It's relatively easy to learn and just requires a bit of skill, calculation, and some luck! This introduction will provide an overview of how to read the card and basic game play using the National MahJongg League rules. A current MahJongg card is required.

It can be ordered at [nationalmahjonggleague.org](http://nationalmahjonggleague.org).

Location: Senior Room

Day	Time	Price
Tue	1:30-4pm	\$1R/\$2NR

**\*NEW MahJongg**

MahJongg is a fun and entertaining rummy-like game played with tiles instead of playing cards. You play as an individual (no partners) against one to three other opponents, making runs, pairs and even- and odd-numbered combinations. It's interesting, engaging, challenging and FUN!

We play using the National MahJongg League rules. A current league card is required. It can be ordered at [nationalmahjonggleague.org](http://nationalmahjonggleague.org).

Not sure how to play or need a refresher course? Feel free to come watch, sit in at the learning table, or attend the Introductory MahJongg class.

Location: Senior Room

Day	Time	Price
Thu	10am-1pm	\$1R/\$2NR

**\*NEW - Meal and a Show**

In the mood to get some dancing in, or just want to get out of the house? Come on out to listen to some music and have a nice little lunch! Local band "She Sings" will be providing the entertainment for the afternoon. Price is per person.

\*\*Must register one week prior\*\*

Location: Senior Room

Day	Time	Date	Price
Tue	11:30-1 pm	5/9	\$5/R\$6NR

**Open Dominos**

Interested in playing dominos with others? Dominos is a fun tile-based game played with gaming pieces, commonly known as dominoes. Each domino is a rectangular tile with a line dividing its face into two square ends. There are a variety of games can be played with a set. Location: Senior Room

Day	Time	Price
Fri	2:30-4 pm	\$1

**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.

Location: Senior Room

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

**Learn to Play Euchre!**

Have you ever seen people at the party playing euchre and just couldn't quite figure it out? Come learn with instructor Joe Kincaid! You will be taught basic game-play, strategy, situational play and how to implement it all. Come learn how to make those loners and minimize those euchres!

\*\*Must register at least one week prior to class\*\*

Day	Date	Time	Price
Program #4468-B			
Fri	3/31	1-2pm	\$5R/\$8NR

**\*NEW - Silver Screen Movie Club**

Have fun with peers watching some nostalgic and some newer movies that we think you will enjoy!

Popcorn included! Max Number of People: 25

\*\*Must register one week prior\*\*

Day	Date	Time	Price
Program # 4469-A			
<b>The Greatest Showman (2017)</b>			
Thu	3/16	1:30 pm	\$3R/\$4/NR
Program # 4469-B			
<b>West Side Story (1961)</b>			
Thu	4/20	1:30 pm	\$3R/\$4NR
Program #4469-C			
<b>Elvis (2022)</b>			
Thu	5/18	1:30 pm	\$3R/\$4NR

**\*NEW Officer Jonathan Payne**

Will come once a month to discuss topics of concern regarding safety in our homes, crime prevention tips, elderly victimization, technology scams etc. Each month with be a different topic.

Location: Senior Room

Day	Date	Time	Price
Fri	3/17	11 am-12 pm	Free
Fri	4/14	11 am-12 pm	Free
Fri	5/12	11 am-12 pm	Free

# Spring Fling!

Friday, April  
28th, 2023  
4pm-6pm

Join us for our first ever senior dance!  
Enjoy music, dancing, a spaghetti dinner, desert & more!



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## Nutrition Class Schedule

From 11am - 12pm in the Senior Room

March 20th

### Fuel for the Future

March is National Nutrition month. This lesson will be focused on making time for healthier food choices and developing better eating habits to help get you through the day!



April 17th

### Parts of the plant

Plants are made up of many parts that are packed with nutrients and vitamins. During this lesson learn the different parts of the plant and ways we can include them in meals and snacks.

May 15th

### Healthy Habits

What you eat each day effects how you feel now and in the future. During this lesson learn what healthy food shifts are and how to include them in your routine.



**Cornell Cooperative Extension | Monroe County**

Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.



**Nutrition Educator Ally Miller will present classes on nutrition.  
Please call 585-431-0090 to give your name & phone number to reserve your spot.**

## 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! + Lunch & Drinks Ages: 21+  
Location: Senior Room

Day	Date	Time	Price
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### \*Pre-Registration Required!

Program #4471-A			
Mon	3/20	11:30 am	\$8 per person
Program #4471-B			
Mon	4/24	11:30 am	\$8 per person
Program #4471-C			
Mon	5/22	11:30 am	\$8 per person

## Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm Fee: \$1 per visit

Location: Senior Room

## 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. Any questions or need more information please call Andrea Perry 637-5648

Location: Large Activity Room 3

Day	Time
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2nd Tue of the month 9am-12pm

## Book Discussion Club

Day	Time
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1st Wed of the month 10:30-12pm

## Medicare 101

Join Theresa Seil to learn the basics of Medicare! This session covers the eligibility requirements of Medicare, explains Medicare Parts A, B, C and D, and reviews Medicare costs and benefits. Learn about prescription drug coverage, Medigap and Medicare Advantage Plans! This is an educational session for people turning age 65 or anyone already participating in Medicare! Location: SCCC Conference

Day	Date	Time	Price
Wed	3/22	6:30 - 7:30pm	Free
Wed	5/17	6:30 - 7:30pm	Free

RSVP please to TheresaSeil.Medicare@gmail.com or call/text 585-507-6316, TTY 711.

## 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
Wed	9:30-11am	\$1

## Bingo

One Wednesday per month in the Winter season is senior bingo! 11:15 am- 1 pm. Cost is \$2/card. A sub tray/pizza lunch is included. Prizes awarded!

Location: Lounge

Dates: Mar 15th, Apr 19th & May 17th

## 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 Rm 3

Day	Time
Mon	9am-12 pm

## Knitting Club

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

Location: Senior Room

Day	Time
Fri	9am-11pm

## 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

## Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from **MEDICAL** appointments only and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Community Center at 431-0090 between 8am-4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver. **Drivers needed—please contact Life Span to help!**



# Sweden/Clarkson Community Center

4927 Lake Road South, Brockport, NY, 14420 (585) 431-0090

www.swedenclarksonrec.recdesk.com

REGISTRATION FORM

Registration Form	<p>Do NOT use this form for Before/After School Registration, School Age Summer Camp.</p> <p>These forms are available at the Sweden/Clarkson Community Center or online at <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a></p> <p>Registration Procedure: Please complete ALL information below or set up an account at <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a> and pay online or in our office.</p> <p>We accept: Cash, Check, Money Order, Credit -online only (VISA, MasterCard, Discover *additional processing fee applies).</p> <p>Make checks payable to: Town of Sweden.</p> <p>Return Form with Payment to: Sweden Clarkson Community Center, 4927 Lake Road S, Brockport, NY, 14420</p>
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Participant Info.	Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
							TOTAL \$	

Household Information	<p>First: _____ Last: _____ D.O.B. _____</p> <p>(If different from registrant(s))</p> <p>Address: _____</p> <p style="text-align: center;">City: _____ Zip: _____</p> <p>Home Phone: _____ Cell: _____ /Carrier: _____ Work: _____</p> <p style="text-align: center;">Text Alerts: Yes No</p> <p>Email (add us to your contact list to prevent going into junk folder): _____</p> <p>Town of Sweden/Clarkson Resident (circle): Yes No</p> <p>Emergency Contact/Pick-up: _____ Phone Number: _____</p>
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Note	<p>Please list any special needs /limitations/allergies/etc:</p> <p>Would you like to Volunteer Coach? Yes No</p>
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Waiver of Participation	<p><b>Waiver of Participation/Refund Policy/Photo Release:</b></p> <p><b>Waiver/Refund Policy must be read and signed before registration is accepted.</b> 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. <b>Refund Policy:</b> Please refer to our brochure. <b>Photo Release:</b> 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.</p> <p><b>Signature:</b> _____ <b>Date:</b> _____</p> <p><b>Staff Signature:</b> _____ <b>Date:</b> _____</p>
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## 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 #2	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
Lodge	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace,	Rec. Dept. 431-0090
Splash Pad	For information please visit <a href="http://www.swedenclarkson">www.swedenclarkson</a>				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	N/A	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	N/A	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