



SWEDEN CLARKSON SCOREBOARD



SPRING 2024



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

DIRECTORY

HOW TO REGISTER



ONLINE REGISTRATION

Log on to:
www.swedenclarksonrec.recdesk.com
Go to "Register Now"
You will need to set up an account



CREDIT CARDS-Online Only
Mastercard and Visa are accepted. Online registrations requires payment at check out.



WALK-IN & DROP-OFF

Sweden Clarkson Community Center:
Mon-Thu 6:00am-8:00pm
Fridays 6:00am-6:00pm
Saturday 8:00am-3:00pm
Sunday Mar 8:00am-3:00pm
April/May 8:00am-12:00pm



CONTACT US

Questions? Call 585-431-0090

REGISTRATION INFORMATION

- Pre-registration is required for all classes! Register early so our instructors can plan and we don't cancel class due to low enrollment.
- All registrations are taken on a first come first serve basis.
- Waiting lists will be established if a program that is full. If a space becomes available we will contact you. You will not be charged for the class unless you are enrolled.

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.

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.

Locker Rooms and Lockers

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

Community Center Hours

March

M-Th 6am-8pm, F 6am-6pm
Sat & Sun 8am-3pm
Closed 3/31 Easter Sunday

April

M-Th 6am-8pm, F 6am-6pm
Sat & Sun 8am-12pm

May

M-Th 6am-8pm, F 6am-6pm
Sat & Sun 8am-12pm
Closed 5/12 Mother's Day

Recreation Staff

Recreation Director

Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Assistant

Amanda Kinney 431-0088
amandak@townofsweden.org

Recreation Assistant

Megan Lester 431-0087
meganl@townofsweden.org

Recreation Assistant

Caitlin Curley 431-0086
caitlinc@townofsweden.org

Clerical Assistant

Diane Samons 431-0090
dianes@townofsweden.org

Part-time Recreation Staff

Ashley Hermance, Maranda Dobbertin,
Morgan Walsh, Lakayla Herbert

Media Specialist

Kate Bieler

Gift Certificates

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

Facebook/Instagram

Like us on Facebook at Sweden Clarkson Recreation

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 Info is sent to News Channel 13, 10, 8

COMMUNITY EVENTS

Easter Event!

Saturday, March 23rd @ 9-11am

Annual Pancake Breakfast – 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 your picture taken with the Easter bunny!
Don't forget to bring your Easter basket!

Don't forget each
age group has its
own hidden
GOLDEN EGG!



Town Wide Garage Sale

Program #4523-A

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.

Saturday 4/20/24 9:30am-2:30pm

Set-up starts @ 8am

Cost: \$12- Resident \$17- 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 at the
Sweden Clarkson Community Center
4927 Lake Rd. Brockport, NY 14420
585-431-0090

FAMILY PROGRAMS

CPR/First Aid for Teens

Geared to prepare Young Adults for all Basic First Aid emergencies along with those plaguing high schoolers today such as:

Opioid use, performance enhancement drugs, supplements, yo-yo diets, suicide warning signs and resources and more. Successful students will receive a 2 year CPR/First Aid Certification Card.

Instructor: EPIC Training Location: Conference Rm

Day	Date	Time	Price
Program #4545-A			
Sat	4/27	10am-2pm	\$57R/\$62NR

Seniors Adult First Aid/CPR/AED

This informative Adult First Aid/CPR/AED course is designed to help seniors recognize and care for emergencies they are more likely to experience such as:

Heart Attacks, Strokes, slips and falls along with in-depth coverage of a variety of other first aid topics.

Instructor: EPIC Training

Location: SCCC Conference

Day	Date	Time	Price
Program #4524-B			
Tue	4/16	10am-2pm	\$57R/\$62NR

Youth/Adult Judo

Renshinkan Judo's program will teach participants the techniques of Kodokan Judo philosophies, principles and techniques as both a martial art and an Olympic Sport. Judo means the way of gentleness and the techniques learned include how to fall, throw and pin partners. Classes are taught by Sensi Janet Johnson, a 6th degree black belt and international IJF-Class A referee. Please bring a judo gi if you already have one; they will also be available by purchase through the instructor. All abilities welcome, no experience required.

Ages: 18+ (Note that children between 13-18 work with one or the other class based on their skill and comfort level with Judo).

Location: Cooper Hall @ SUNY Brockport.

Parking @ N. Tuttle \$1 per visit.

Day	Date	Time	Price
Youth Program #4525-A			
Tue/Thu	1/30-5/16	6-7pm	\$107
Adult Program #4525-B			
Tue/Thu	1/30-5/16	7-9pm	\$167
\$10 off for each additional family member.			

First Aid for Kids

This course teaches participants the skills and techniques necessary to respond to a variety of first aid-related emergencies including: bleeding control, choking, burns, care of sprains, strains and breaks, and treatment for heat and cold emergencies. Also addressed are several common medical emergencies found in many schools today such as: food allergies, diabetes, seizures and asthma.

Age: 7-13

Instructor: EPIC Training

Location: SCCC Conference Rm

Day	Date	Time	Price
Program #4524-C			
Fri	4/26	2-3:30pm	\$35R/\$40NR

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 #4524-D			
Fri	4/26	8:30-10am	\$41R/\$46NR

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 #4524-E			
Fri	4/26	10am-2pm	\$57R/\$62NR

Tot/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

Day	Time	Price
T/Th	9:30-11am	\$2R/\$3NR
T/Th	6-7:30pm	\$2R/\$3NR

TOT PROGRAMS

Little Steps Play & Learn

Have your child(ren) come join Miss Amanda 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 Location: Preschool Rm

Day	Date	Time	Price
Session I Program #4525-C			
M/W	3/6-3/25	9:30-11am	\$57R/\$62NR
Session II Program #4525-D *No Class 4/10			
M/W	4/1-4/29	9:30-11am	\$57R/\$62NR
Session III Program #4525-E *No Class 5/20			
M/W	5/6-5/29	9:30-11am	\$57R/\$62NR

Tot Beginning Acro Dance

Join Miss Joanna to improve your acrobatic skills! Dancers will work on forward & backward rolls, bridges, cartwheels, and handstands and more. Students will grow in coordination, flexibility, listening skills, confidence, and musicality. A demonstration of their acro skills will be presented during the last class of the session.

Ages: 3-6 Min: 4 Max: 10 Location: LA Rm #1

Day	Date	Time	Price
Session I Program #4525-F			
Tue	3/5-4/16	5:15-6:00pm	\$62R/\$67NR
No Class 4/2			
Session II Program #4525-G			
Tue	4/23-5/28	5:15-6:00pm	\$62R/\$67NR

Music and Movement with a Caregiver

In this lively class, caregivers will participate with their young children in activities designed to promote musical learning, movement skills, and connection. Class will include singing, dancing, finger plays, instruments, and interacting with different types of music, adapted to your child's developmental stage. Ages: 0-5

Location: Large Activity Room #3

Day	Date	Time	Price
Session I Program #4525-H			
Tue	3/5-4/16	4:45-5:15pm	\$42R/\$47NR
*No Class 4/2			
Session II Program #4525-I			
Tue	4/23-5/28	4:45-5:15pm	\$42R/\$47NR

Tot Mother's Day Craft

It is almost Mother's Day! Come join us in making a special craft for those who make this day so special. Ages: 2-4 Max: 6 Location: Lounge

Day	Date	Time	Price
Program #4525-J			
Thu	5/9	5:30-6pm	\$12R/\$17NR

Instructional Tot Football

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: 4-6 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4525-K			
Thu	3/7-3/28	5-5:45pm	\$35R/\$40NR
Session II Program #4525-L			
Thu	4/18-5/9	5-5:45pm	\$35R/\$40NR

Instructional Tot Tennis

Just learning how to play tennis or looking to refine your skills. This class will help you improve as an overall player. Come have fun with your Coach as she reviews the basics of the game while also teaching a series of drills that you can use on your own. Session I will be inside the gymnasium. Session II will be on the outdoor tennis courts at SCCC. (weather permitting)

Ages: 4-6 Max: 4

Day	Date	Time	Price
Session I Program #4525-M			
Mon	3/4-3/25	5-5:45pm	\$35R/\$40NR
Session II Program #4525-N			
Mon	4/29-5/20	5-5:45pm	\$33R/\$40NR

Instructional Tot Soccer

Just learning how to play soccer or looking to refine your skills. This class will help you improve as an overall player. Come have fun with your Coach as he reviews the basics of the game while also teaching a series of drills that you can use on your own. Ages: 4-6 Max: 6 Location: Gym

Day	Date	Time	Price
Session I Program #4525-O			
Thu	3/7-3/28	6-6:45pm	\$35R/\$40NR
Session II Program #4525-P			
Thu	4/18-5/9	6-6:45pm	\$35R/\$40NR

Tot Ballet

Dancers will be introduced to the basics of Ballet through rhyming exercises, action songs, props, and imaginative prompts. The class will be conducted to facilitate listening skills, confidence, musicality, body awareness, motor skills, self-expression, and fun!

Ages: 3-5 Min: 4 Max: 10
Location: LA Rm #1

Day	Date	Time	Price
Session I Program #4525-Q			
Thu	3/7-4/18	4:45-5:30 pm	\$62R/\$67NR
*No Class 4/4			
Session II Program #4525-R			
Thu	4/25-5/30	4:45-5:30 pm	\$52R/\$57NR
*No Class 5/23			

TOT/YOUTH PROGRAMS

Tot Fam-tastic Bowling

Are you interested in getting your little one into bowling? Come join us for a 5-week program at Brockport Bowl! Parents will be required to bowl with their kids.

Location: Brockport Bowl Ages: 3 and up

Day	Date	Time	Price
Session I	Program #4525-S		
Tue	3/5-4/2	11am-12:30pm	\$42R/\$47NR
Session II	Program # 4525-T		
Tue	4/16-5/14	11am-12:30pm	\$42R/\$47NR

Youth Beginning Acro Dance

Join Miss Joanna to improve your acrobatic skills! Dancers will work on forward & backward rolls, bridges, cartwheels, and handstands and more. Students will grow in coordination, flexibility, listening skills, confidence, and musicality. A demonstration of their acro skills will be presented during the last class of the session.

Ages: 7-12 Min: 4 Max: 12

Location: Large Activity Room #3

Day	Date	Time	Price
Session I	Program #4526-A		
Tue	3/5-4/16	6-7pm	\$72R/\$77NR
*No Class 4/2			
Session II	Program #4526-B		
Tue	4/23-5/28	6-7pm	\$72R/\$77NR

Youth Ballet

Dancers will be introduced to the basics of Ballet through barre, center, and travelling exercises. Miss Joanna will guide students to grow in diligence, confidence, musicality, body awareness, motor skills & self-expression.

Ages: 7-12 Min: 4 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Session I	Program #4526-C		
Thu	3/7-4/18	5:30-6:30pm	\$72R/\$77NR
*No Class 4/4			
Session II	Program #4526-D		
Thu	4/25-5/30	5:30-6:30pm	\$62R/\$67NR
*No Class 5/23			

Mother's Day Youth Craft

It is almost Mother's Day! Come join us in making a special craft for those who make this day so special. Ages: 5-9 Max: 8

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4526-E			
Th	5/9	6-6:30pm	\$12R/\$17NR

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

Day	Date	Time	Price
Session I	Program #4526-F		
Fri	3/29	5-7pm	\$27R/\$32NR
Session II	Program #4526-G		
Fri	4/26	5p-7pm	\$27R/\$32NR



*NEW St. Patrick's Day Leprechaun Trap Craft

Do you try to catch that Leprechaun every year?!

Come join recreation assistant Maranda Dobbertin in creating a trap that is SURE to catch a leprechaun. All supplies included.

Ages 8-13 Max: 8

Day	Date	Time	Price
Program #4526-H			
Thu	3/14	5:00-5:45	\$17R/\$22NR

*NEW Basic Horseback Riding and Horse Care

This course will teach the basics of riding a horse and the care that goes into the proper preparation of the horse in order to ride. Participants will be taught to catch, lead, groom, tack, and untack, as well as the basics of riding a horse. Required equipment--boots with a 1/2"--1" heel and pants. Helmets are provided by the facility. Dress according to the weather and be willing to get dirty. We ride inside, however, the arena is not heated! Classes will be rescheduled if temperatures are lower than 20* or higher than 90*. For the safety and well-being of the horses, there is a 200 pound weight limit. Age: 7+ Min: 2 Max: 4

Day	Date	Time	Price
Session I	Program #4526-I		
Fri	5/3	11-12:30pm	\$52R/\$57NR
Session II	Program #4526-J		
Fri	5/10	11-12:30pm	\$52R/\$57NR
Session III	Program #4526-K		
Fri	5/17	11-12:30pm	\$52R/\$57NR

YOUTH PROGRAMS

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! Register in person only!

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- **\$10.00**

Before **AND** After School- **\$19.00**

Weekly Rates: Before **OR** After School- **\$45.00**

Before **AND** After School- **\$90.00**

***When registering the week of, you will pay the daily rate (\$10/\$19)**



DAY OFF AND BREAK WEEKS

***REGISTRATION FORMS LOCATED AT THE
COMMUNITY CENTER OR ONLINE**

Regular Care

Early/Late Care

9am-4pm

6:30-9am/4-6pm

COST (Per Day):

REGULAR CARE: Residents: \$20 Non-Residents: \$25

Early Care: \$4 Late Care: \$4 Both: \$7

APRIL 1st - 5TH

SPRING BREAK WEEK

APRIL 26TH **STAFF DEVELOPMENT DAY**

***No Care for 4/8, 5/24 & 5/27**

YOUTH PROGRAMS

Basketball+ Skill Development 3 Day Clinic

Looking for something for your child to do over Spring Break. Come join Coach Jake Russell, owner of Basketball+, and his highly-quality basketball+ trainers for three days of fun. Sessions will include 30 minutes of training and 30 minutes of small sided games such as 1 v 1 and 3 v 3.

Day	Date	Time	Price
Grades 3-6 Program #4527-A			
T/W/Th	4/2,3,4	5:00-6:00pm	\$52R/\$57NR
Grades 7-12 Program #4527-B			
T/W/Th	4/2,3,4	6:00-7:30pm	\$52R/\$57NR

Instructional Youth Tennis

Just learning how to play tennis or looking to refine your skills. This class will help you improve as an overall player. Come have fun with your Coach as she reviews the basics of the game while also teaching a series of drills that you can use on your own. Session I will be inside the gymnasium. Session II will be on the outdoor tennis courts at SCCC. Ages: 7-11 Max: 4

Day	Date	Time	Price
Session I Program #4527-C			
Mon	3/4-3/25	6-6:45pm	\$45R/\$50NR
Session II Program #4527-D			
Mon	4/29-5/20	6-6:45pm	\$45R/\$50NR

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 kid can do on their own!

Ages- 7-11 Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4527-E			
Sat	3/9-4/13	12-1:00pm	\$45R/\$50NR
Session II Program #4527-F			
Sat	5/4-5/25	12-1:00pm	\$45R/\$50NR

***No Class 4/6**

Instructional Youth Soccer

Just learning how to play soccer or looking to refine your skills. This class will help you improve as an overall player. Come have fun with your Coach as he reviews the basics of the game while also teaching a series of drills that you can use on your own. Ages: 7-11

Day	Date	Time	Price
Session I Program #4527-G			
Thu	3/7-3/28	7-7:45pm	\$45R/\$50NR
Session II Program #4527-H			
Thu	4/18-5/9	7-7:45pm	\$45R/\$50NR

Instructional Youth Football

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- 7-11 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4527-I			
Thu	3/7-3/28	6-6:45pm	\$45R/\$50NR
Session II Program #4527-J			
Thu	4/18-5/9	6-6:45pm	\$45R/\$50NR

Train and Play with Basketball+

Come join Coach Jake Russell, owner of Basketball+, and his high-quality Basketball+ trainers for this 4 week class where you will be working on skill development which includes footwork, ballhandling and shooting. Sessions will include 30 minutes of training and 30 minutes of small sided games such as 1 v 1 and 3 v 3.

Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4528-A Grades K-2			
Wed	3/6-3/27	5-5:45pm	\$52R/\$57NR
Session II Program #4528-B Grades K-2			
Wed	4/10-5/1	5-5:45pm	\$52R/\$57NR
Session I Program #4528-C Grades 3-6			
Wed	3/6-3/27	6-7:00pm	\$52R/\$57NR
Session II Program #4528-D Grades 3-6			
Wed	4/10-5/1	6-7:00pm	\$52R/\$57NR
Session I Program #4528-E Grades 7-12			
Wed	3/6-3/27	7-8:00pm	\$52R/\$57NR
Session II Program #4528-F Grades 7-12			
Wed	4/10-5/1	7-8:00pm	\$52R/\$57NR

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 Cafeteria

Day	Date	Time	Price
Program #4528-G			
Th	5/23	6-6:30pm	\$12R/\$17NR

YOUTH PROGRAMS

*NEW Home School Open Gym

Need something to do with your home school children during the day? Looking for free play time where your kids and their friends can get together? Then this is the open program for you! No pre-registration required! Just bring your children and your daily fee, which will allow you access to our equipment closet and gymnasium! All children must be supervised and we ask that all equipment gets treated with respect and put away after each use! Location: Gym

Day	Date	Time	Price
MWF	3/1-5/29	1:15-2pm	\$1R/\$2NR

*NEW DIY Ceramic Watering Can & DIY Watch it Grow Seed Pots

Come join recreation assistant Maranda Dobbertin and decorate a ceramic watering can to your liking as well as plant your very own Marigold Flower! Ages 8-12 Max: 6 Location: Lounge

Day	Date	Time	Price
Thu	4/11	5-6:00pm	\$27R/\$32NR

Youth Science Experiments!

Have you ever wanted to be like Bill Nye "The Science Guy"? Come join recreation assistant Maranda Dobbertin in creating different science experiments each week while learning about the reactions that cause these experiments. Now we won't be working with laser beams, but our experiments can be recreated right at home afterwards. Come join us for nights full of fun, learning, and excitement!

Ages 8-12 Max: 5

Day	Date	Time	Price
Mon	4/15-4/29	6-6:30pm	\$27R/\$32NR

DIY Ceramic Fairy House Painting & Gnome Sign

Come join recreation assistant Maranda Dobbertin and Paint/decorate your very own fairy house as well as create a gnome sign for your bedroom door!

Ages 8-12 Max: 6 Location: Lounge

Day	Date	Time	Price
Thu	5/20	5-6:00pm	\$27R/\$32NR

Youth Arts and Crafts

Come join staff member Caitlin Curley in creating a variety of different arts and crafts! Each project in that month will represent that time of year. We will work on a different project each week. Some of your pieces can be taken home that night!

Ages: 5-9 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
Mon	4/8-4/29	6-6:30pm	\$22R/\$27NR

*NEW Easter Chick Craft

Come join recreation assistant Maranda Dobbertin and create wonderful Easter Chick craft to celebrate the holiday!

Ages 8-13 Max: 8

Day	Date	Time	Price
Wed	3/27	5-5:45pm	\$17R/\$22NR

Mother's Day Pillow Craft

Come join recreation assistant Maranda Dobbertin and make your very own fleece tied pillow for your mom/parental guardian! Guaranteed softness that will make you want to nap all day! All supplies included. Ages 8-13 Max: 5

Day	Date	Time	Price
Thu	5/9	5-6:00pm	\$22R/ \$27NR

Color Your Own Eclipse Glasses

On April 8, 2024, a total solar eclipse will cross through the country, right over Brockport. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. Step into a world of vibrant wonder and make the upcoming eclipse an experience like no other with the Halo Eclipse Glasses designed by the Artist: Caleb Screpnek. It's Not just about witnessing the celestial marvel, it's about immersing yourself in a colorful journey. You can color it in and make it your own!

Location: SCCC Lounge

MAX per age group: 10

Day	Date	Age	Time	Price
Thu	3/21	4-6	5-5:30pm	\$5R/\$7NR
Thu	3/21	7-9	5:30-6pm	\$5R/\$7NR
Thu	3/21	10-12	6-6:30pm	\$5R/\$7NR

YOUTH SPORTS LEAGUES

Last Call for Baseball & Softball

*** REGISTRATION DEADLINE IS: February 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 1st will determine their level of play, Pricing is for Residents and Non-Residents*
Volunteer Coaches Needed **Paid Position: Umpires Needed Age 15+**

1 Base T-Ball 3-4 yrs. old

Program #4513-A
May/June (SATURDAYS)
Fee: \$45R/\$50NR

Coed T-Ball 5-6 yrs. old

Program #4513-B
May/June (WED/SAT)
Fee: \$59R/\$64NR

Coed Juniors 7-8 yrs. old

Program #4513-C
May/June/July (TUE/THU/SAT)
Fee: \$67R/\$72NR

New this year Minors, Majors and Boys 7th/8th Grade and 9th-12th Grade level players will be part of the GLOW League baseball/softball league. Practices will be held at Sweden Town Park and teams will travel to other towns for games that will be held during the week.

*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 1st will determine their level of play, *Pricing is for Residents and Non-Residents, *Volunteer Coaches Needed

REGISTRATION DEADLINE IS: February 10th

Coed Minor 9-10 yrs. old

Program #4513-D
May/June/July (MON/WED/SAT)
Mandatory Evaluation Day
(If needed):
Sat 3/23 10-11:30am
Fee: \$80R/\$85NR

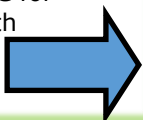
Boys Major 11-12 yrs. Old

Program #4513-E
May/June/July (TUE/THUR/SAT)
Mandatory Evaluation Day
(If needed):
Sat 3/23 11:30am-1:00pm
Fee: \$89R/\$94NR

Girls Softball 10-12 yrs. old

Program #4513-F
May/June (TUE/WED/SAT)
Mandatory Evaluation Day
(If needed):
Sat 3/23 1-2:30pm
Fee: \$89R/\$94NR

Registration Deadline for
Boys 7th/8th & 9th-12th
Grade is
February 16th



Boys 7th/8th Grade

Program #4513-H
June-August (TUE/THU/SAT)
Fee: \$105R/\$110NR

Boys 9th-12th Grade

Program #4513-G
June-August (TUE/THU/SAT)
Fee: \$105R/\$110NR

Sign Up Early for Summer Soccer

Coed U-4 SOCCER (Ages 3 & 4)

Program #4514-A Age of May 1, 2024
Wednesdays at 6:30 pm June & July
Fee: \$40R/\$45NR

Coed U-6 SOCCER (Ages 5 & 6)

Program #4514-B Age of May 1, 2024
Mondays at 6:30 pm June and July
Fee: \$40R/\$45NR

U-8 GIRLS SOCCER (Ages 7 & 8)

Program #4514-C Age of May 1, 2024
Tuesdays/Thursdays June and July
Games at 6 pm Fee: \$59R/\$64NR

U8 BOYS SOCCER (Ages 7 & 8)

Program #4514-D Age of May 1, 2024
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 #4514-E Age of May 1, 2024
Tuesdays/Thursdays End of May through July
Fee: \$75R/\$80NR

U-10 BOYS SOCCER (Ages 9 & 10)

Program #4514-F Age of May 1, 2024
Mondays/Wednesdays End of May through July
Fee: \$75R/\$80NR

U-13 GIRLS SOCCER (Ages 11-13)

Program # 4514-G Age of May 1, 2024
Tuesdays/Thursdays End of May through July
Fee: \$79R/\$84NR

U-13 BOYS SOCCER (Ages 11-13)

Program # 4514-H Age of May 1, 2024
Mondays/Wednesdays End of May through July
Fee: \$79R/\$84NR

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 March 31, 2024

YOUTH AQUATICS

Tot (OPEN) Swim

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

Infant—4 years old. Max: 8

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4530-A			
Sat	4/20-5/18	12:30-1pm	\$48R/\$53NR
Session II Program #4530-B			
Sat	4/20-5/18	1:15-1:45pm	\$48R/\$53NR

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 #4530-C			
Wed	2/28-3/20	6:30-7:15pm	\$39R/\$44NR
Session II Program #4530-D			
Wed	2/28-3/20	6:30-7:15pm	\$39R/\$44NR
Session III Program #4530-E			
Wed	4/10-5/1	6:30-7:15pm	\$39R/\$44NR
Session IV Program #4530-F			
Wed	4/10-5/1	6:30-7:15pm	\$39R/\$44NR
Session V Program #4530-G			
Wed	4/20-5/11	12:30-1:15pm	\$39R/\$44NR

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 #4530-H			
Wed	2/28-3/20	7:15-8pm	\$39R/\$44NR
Session II Program #4530-I			
Wed	4/10-5/1	7:15-8pm	\$39R/\$44NR
Session III Program #4530-J			
Sat	4/20-5/11	1:15-2pm	\$39R/\$44NR

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 deep water, treading water using hand and leg motions and front and back crawl. Max. 6.

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4530-K			
Wed	2/28-3/20	7:15-8pm	\$43R/\$48NR
Session II Program #4530-L			
Wed	4/10-5/1	7:15-8pm	\$43R/\$48NR

*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 Caitlin Curley at 585-431-0086 for more information.



Open Programs

Activity	Day	Time	Fee
Toddler Gym	M-Th Fri Sat/Sun	8am-7:45pm 8am-5:45pm Seasonal	\$2.00
Basketball	M-F	2-4pm	\$2R/\$3NR
Pickleball	Check Adult	section for	details
Walking	M-F	8:45-9:45am	Free
Tai Chi, Euchre, Mahjonn	Check Senior	section for	details

ADULT PROGRAMS

Beginners Doubles Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed pickleball tournament!

Sign up Deadline** 4/13

Min: 6 teams Max: 16 Teams

Lunch will be provided!

For a complete set of rules and tournament - style information, contact Caitlin Curley

caitlinc@townofsweden.org

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Program #4531-A			
Sun	4/21	11:30-4:30pm	\$37 per team

Intermediate/Advanced Doubles Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed pickleball tournament!

Sign up Deadline** 4/28

Min: 6 teams Max: 16 Teams

Lunch will be provided!

For a complete set of rules and tournament - style information, contact Caitlin Curley

caitlinc@townofsweden.org

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Program #4531-B			
Sun	5/5	11:30-4:30 pm	\$37 per team



Gentle Movement for Self-Care

Join dancer & mom Joanna Rodriguez for a 90-minute workshop utilizing healing movement, gentle stretching, and guided visualizations regulate your nervous system & nourish your soul. You will leave empowered with tools to prevent & recover from burnout and live your life to the fullest.

Ages: 16+ Min: 4 Max: 15

Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program #4531-C			
Sat	3/16	10-11:30am	\$27R/\$32NR
Session II Program #4531-D			
Thu	4/18	6:30-8:00pm	\$27R/\$32NR

Adult Beginner Modern Dance

For adults of all ages, body types and fitness levels! No dance experience necessary! We will explore different qualities of movement, musicality, artistry, momentum, and control, through the art of modern dance. Class will include floorwork, standing exercises, traveling combinations, and gentle stretching, all taught in a supportive and fun environment.

Ages: 18+ Location: LA Rm #1

Day	Date	Time	Price
Session I Program #4531-F			
Tue	3/5-4/16	7-8pm	\$72R/\$77NR
*No Class 4/2			
Session I Program #4531-G			
Tue	4/23-5/28	7-8pm	\$72R/\$77NR



Volleyball Tournament

Want to show off your volleyball skills? Come join us for a coed volleyball tournament! Teams must consist of at least 6 players. Each team must have at least one male/female on a team. *You must register a complete team.

***Sign up deadline 4/14**

Min 6 teams Ages: 18+

Location: SCCC Gym

Day	Date	Time	Price
Program #4531-G			
Sun	4/21	11:30-4:30 pm	\$42 per team

Open Cornhole

Cornhole fun does not need to be limited to just back yard barbecues. Join our adult recreational open corn hole and play more often! All skill levels welcome. The program will be Tuesdays in Dec., Jan. & Feb. Play 2 games a night. Teams will consist of 2 players. Ages: 18+

Location: SCCC

Day	Date	Time	Price
Tue	3/5-5/7	6-7:45pm	\$2R/\$3NR pp

Open Volleyball

Come on in and join our adult recreational open volleyball and play more often! All skill levels welcome. The program will be on Saturdays Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Sat	3/9-5/4	9:30-11:30pm	\$2R/\$3NR
*NO OPEN GYM 3/23			

ADULT PROGRAMS

Vinyasa Flow

This stress reducing hour of yoga integrates the mind and body. It combines the breath with flowing movement, strength, and flexibility; along with balance and Pilates core work. For all levels. Please bring a yoga mat. Instructor: Barb Whited

Max: 16 Location: LA Rm #3

Day	Date	Time	Price
-----	------	------	-------

Program #4531-Q

Mon	4/8-5/20	6:30-7:30pm	\$66R/\$72NR
-----	----------	-------------	--------------

Zumba

Zumba is Latin-based dance exercise and a great workout for all ages and levels! It includes cardio, flexibility, coordination, and body weight conditioning. The dances are suitable for beginner to advanced dancers. It's so much fun you won't even feel like you're exercising!

Location: LA Rm #1

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4531-H

Sat	3/2-3/30	11:30-12:30pm	\$52R/\$57NR
-----	----------	---------------	--------------

Session II Program #4531-I

Sat	4/6-5/4	11:30-12:30pm	\$42R/\$47NR
-----	---------	---------------	--------------

***No class 4/20**

Arts and Carafes

Come and enjoy a relaxing evening with your favorite bottle of wine while discovering your inner artist! No experience is required. Step-by-step instructions will be given by our fun and local artist, Erin!

Please come to class 15 minutes early and bring an old shirt or apron with you

Ages: 21+ Min: 6 Max: 24

Location: Lounge

Instructor: Local Artist Erin Lawrenz

Days	Dates	Time	Price
------	-------	------	-------

Session I Program #4531-J

Fri	3/8	6-8 pm	\$37R/\$42NR
-----	-----	--------	--------------

Session II Program #4531-K

Fri	4/5	6-8 pm	\$37R/\$42NR
-----	-----	--------	--------------

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 #4531-L

Tue	4/9-5/14	6-7pm	\$62R/\$67NR
-----	----------	-------	--------------

Yoga Stretch

The focus of this practice is to help improve your range of motion and mobility. Using breath and longer holds to increase free range of movement, while enhancing the relaxation response for stress relief and resilience.

Instructor: Barb Whited Max: 16

Location: Large Activity Rm #3

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4531-M

Tue	2/27-3/26	6:30-7:30pm	\$47R/\$52NR
-----	-----------	-------------	--------------

Session II Program #4531-N

Tue	4/9-5/21	6:30-7:30pm	\$66R/\$71NR
-----	----------	-------------	--------------

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 #4531-O

Wed	3/13-5/1	11am-12pm	\$52R/\$57NR
-----	----------	-----------	--------------

Adult Intermediate/Advanced Ballet/Jazz

This is a fun and recreational Intermediate level dance class that is well suited for dancers with previous experience and individuals that would like to continue developing their current dance related skills. Dancers will learn new steps/combinations in a positive and supportive manner and can experience the multiple benefits of dancing including: improvements in their cardiovascular health, physique, mood, agility, strength, stamina, flexibility and technique/expression. Dancers will gain social connectedness and inclusion within their community by becoming part of a group that shares their appreciation and love for dance.

Ages 18+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
-----	------	------	-------

Program #4531-P

Th	4/11-5/16	12-1pm	\$62R/\$67NR
----	-----------	--------	--------------

ADULT PROGRAMS

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.

Fitness Center Membership

Membership	1month	3month	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.**

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

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

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

Day	Time	Price
MWF	10am-1:15pm *All levels of Play (Basic knowledge of rules of pickleball required)	\$1R/\$2NR
T,Th	10-11:30am *Advance Play	\$1R/\$2NR
T,Th	11:45am -1:15pm *Beginner Play	\$1R/\$2NR
Sun	8-9:45am *Advance Play	\$1R/\$2NR
Sun	10-11:45am *Beginner Play	\$1R/\$2NR

JAZZERCISE BROCKPORT



4927 Lake Rd S * Brockport, NY
 513-218-0468

* jazzercisebrockport@gmail.com

6am	M	T	W	TH	F+
7:30am			SA	SU	
7:45am			W+++		
8:15am	M+	T+	W+	TH+	F+
8:30am	SA+++	SU+			
9am	M	T++	W	TH++	F
4:45pm	T	TH			
6pm	M	W			

+ Sculpt 45, ++ LO, +++STRETCH

Come try a class for free!



Learn to Play Euchre

Want to learn how to play euchre. This class will help teach you basic gameplay and rules. Sign up as an individual! Min: 4 Max: 8

Location: Small Activity Room #4 Lounge

Day Date Time Price

Program #4534-A

Thu 3/7-3/28 11-11:45am \$7R/\$10NR

Open Adult Ping Pong

Need a fun activity to do? Whether it is just to practice or play a game, grab a friend and come play ping pong at the rec center! All equipment will be provided.

Ages: 18+ Location: SCCC

Day Date Time Price

Tue 3/5-5/7 6-7pm \$2R/\$3NR

55+ SENIOR PROGRAMS

Trivia

Come join recreation assistant Amanda Kinney for an afternoon of trivia! A question is asked, the first person to ring their bell with the correct answer, wins the round. Score will be kept and the winner will receive a \$15 gift certificate to use right here at the Sweden Clarkson Community Center! Topics will consist of general knowledge, geography, history, food, etc.! Snacks and drinks will be provided. Pre-Register Required! Min:5
Location: Senior Rm

Day	Date	Time	Price
Program #4532-A			
Wed	3/6	1-2:30pm	\$3R/\$4NR
Program # 4532-B			
Wed	3/20	1-2:30pm	\$3R/\$4NR
Program #4532-C			
Wed	4/3	1-2:30pm	\$3R/\$4NR
Program #4532-D			
Wed	4/17	1-2:30pm	\$3R/\$4NR
Program #4532-E			
Wed	5/8	1-2:30pm	\$3R/\$4NR
Program #4532-F			
Wed	5/22	1-2:30pm	\$3R/\$4NR

Senior's Open Cornhole

Need a little friendly competition in you life? Come join us for Senior Cornhole and put your skills to the test! Boards and bags will be provided as well as an instructor to keep score and keep games fair and moving along!
Location: Senior Rm

Day	Time	Price
Fri	2pm-3pm	\$1R/\$2NR

*NEW Tell Me Your Story

Come join recreation assistant Amanda for an opportunity to share your life story. As you talk, she will fill in prompts with you. This class will give you a place to keep remember and document all your special memories from throughout your life. Pre-Register 1 week prior! MAX: 10
Location: Conference Rm

Day	Date	Time	Price
Program #4532-G			
Tues	5/28	11am-1:30pm	\$8R/\$10NR

*NEW Candle Making Class

Come join us in creating your very own scented candle! Recreation assistant Amanda Kinney will walk you through all the steps on how to make a candle. You will get to pick your color and scent to create the custom candle of your dreams.
Pre-Register 1 week prior!

Day	Date	Time	Price
Program #4532-H			
Tue	3/19	1-2:30pm	\$10R/\$15NR

Seniors Baking

Come join recreation assistant Amanda for a chance to learn the basics of baking! This 4-week program will include supplies and instruction to help introduce you to the joys of baking! Pre-Register 1 week prior! We will be making chocolate chip cookies, brownies, cupcakes, and muffins. MAX: 10
Location: Kitchen

Day	Date	Time	Price
Program #4532-I			
Thu	4/4-4/25	12-1:30pm	\$12R/\$17NR

Open Chess Club

Chess club is a place where different players with varying strengths and experience can interact together, this way they can learn, compete, and make each other better every single session. Location: Senior Rm

Day	Date	Time	Price
Th	3/7-5/30	1:30-3pm	\$1R/\$2NR

Coffee Club

Looking for some quality time with friends? Looking To make some new friends? Need to get out of the House? Come join us on Monday mornings this winter for our Coffee Club! This program will give everyone a chance to socialize and relax while enjoying delicious fresh brewed coffee! We will provide coffee with our "brew your own" Keurigs! Location: Senior Rm

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

*NEW Paint a Birdhouse

Come join us in creating a custom bird house! Recreation assistant Amanda Kinney will assist in painting a birdhouse that can be used all season long. You will get to pick your paint colors and design to make it exactly what you envision.
Pre-Register 1 week prior!

Day	Date	Time	Price
Program #4532-K			
Tue	4/16	1-2:30pm	\$12R/\$17NR

Open Senior Chair Volleyball

Looking for something new to do with friends Or a new way to meet great people? Come join our chair volleyball program! We will play with a smaller net, a beach ball and chairs will be set up! Pick up games will be held weekly!

Day	Time	Price
Location: Large Activity Rm #3		
Wed	1:30-2:30pm	\$1

St. Patrick's Day Potluck

Get in the Holiday Spirit with our St. Patrick's Day Potluck! Bring your friends and a dish to pass, while enjoying fellowship and delicious food! We will provide drinks and utensils. To Register: There will be a sign up sheet at the front desk. Provide name, how many are coming, what food you're planning to bring and pay your fee.

Location: Senior Rm Program #4532-L

Day	Date	Time	Price
Fri	3/15	11am-1pm	\$3R/\$4NR



Come join us for a lovely lunch to celebrate Spring time! Enjoy a delicious sub, snacks, desserts and drinks! To register: Tickets will be sold at the front desk, which you will redeem to receive your meal!

Location: Senior Rm

Day	Date	Time	Price
Program#4532-M			
Fri	4/26	12-1:30pm	\$10R/\$12NR

Tea Party

Come join us for a tea party! Recreation assistant Amanda Kinney will provide you with different types of teas, mini sandwiches and other fancy snacks to make your afternoon something special. Pre-Register 1 week prior!

Location: Senior Rm

Day	Date	Time	Price
Program #4532-N			
Tue	5/14	11am-12:30pm	\$8R/\$10NR

55+ SENIOR PROGRAMS

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.

Not sure how to play or need a refresher course? Feel free to come watch or sit in at the learning table. Location: Senior Room

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

May 9th Learning Table 9-10am Update

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	10-11:30am

*NEW Card Making Class

Come join us in creating your very own greeting cards! Recreation assistant Amanda Kinney will walk you through all the steps on how to make a special greeting card. You will get to pick your color and decorate it just how you want it.

Pre-Register 1 week prior!

Location: Senior Rm

Day	Date	Time	Price
Program #4533-A			
Fri	4/12	2pm-3pm	\$10R/\$15NR



*NEW Create your Own Floral Arrangement

Come join us in creating your very floral arrangement! Recreation assistant Amanda Kinney will walk you through all the steps on how to create a beautiful bouquet. You will get to choose from a variety of flowers in order to create a lovely spring centerpiece for anywhere in the house. Pre-Register 1 week prior!

Location: Senior Rm

Day	Date	Time	Price
Program #4533-B			
Tues	4/23	1pm-2:30pm	\$10R/\$15NR

SilverSneakers® Empowering active aging

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. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes are as follows:

Day	Time	Class Type
Mon	10-10:45 am	Classic
*Mon	11-11:45 am	Chair Yoga
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Chair Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Chair Yoga
Fri	10-10:45 am	Classic
*Sat	9-9:45 am	Classic

*Is for new class times.

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!

Description of SilverSneakers Classes

Classic is low-impact training suitable for all fitness levels. It focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

Chair Yoga participants complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints. It provides an opportunity for deep stretching and modifications are provided for those who would like to stay seated for the entire class.

Cardio is a primarily standing class that will bring heart-healthy aerobics to your workout using low-impact movements. The class focuses on building overall strength with added cardio endurance.

55+ SENIOR PROGRAMS

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. Lunch & Drinks ***Donations for prizes excepted.** ***Pre-Registration as individual is required the Friday before a tournament.** ***Register as a single not as a team!**

Ages: 45+ Max: 20

Location: Senior Room

Day	Date	Time	Price
Program #4533-C			
Mon	3/25	11:30am	\$8 per person
Program #4533-D			
Mon	4/15	11:30am	\$8 per person
Program #4533-E			
Mon	5/20	11:30am	\$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: SCCC Café

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

Book Discussion Club

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

Medicare 101

Join Theresa Seil to learn the basics of Medicare! Learn about the eligibility requirements of Medicare, Medicare Parts A, B, C and D, and Medicare costs and benefits. We discuss Part D prescription drug coverage, Medigap and Medicare Advantage Plans. This is an educational session for people turning age 65 or anyone already participating in Medicare! Theresa is a Licensed Insurance Agent affiliated with Maust & Leone.

Wednesday, April 17, 2024 6:30-7:30pm
FREE, FREE, FREE!

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

Join us for senior bingo. Each session will include three rounds of bingo, a sub tray/pizza for a lite lunch and prizes will be awarded!

Max of 3 Rounds will be played.

***Donations for prizes excepted.**

Location: Senior Rm

Day	Date	Time	Price
Tue	3/19	11:15am	\$2 per card
Tue	4/10	11:15am	\$2 per card
Tue	5/14	11:15am	\$2 per card

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
2nd & 4th 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	10am-12pm

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: LA Rm #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 Amanda Kinney at 431-0088 or email @ amank@townofsweden.org 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!**

REGISTRATION

Sweden/Clarkson Community

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

Registration Form

Do NOT use this form for Before/After School Registration, School Age Summer Camp.

These forms are available at the Sweden/Clarkson Community Center or online at www.swedenclarksonrec.recdesk.com

Registration Procedure: Please complete ALL information below or set up an account at www.swedenclarksonrec.recdesk.com and pay online or in our office.

We accept: Cash, Check, Money Order, Credit -online only (VISA, MasterCard, Discover *additional processing fee applies).

Make checks payable to: Town of Sweden.

Return Form with Payment to: Sweden Clarkson Community Center, 4927 Lake Road S, Brockport, NY, 14420

Participant Info.

Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
						TOTAL \$	

Household Information

First: _____ Last: _____ D.O.B. _____

(If different from registrant(s))

Address: _____

City: _____ Zip: _____

Home Phone: _____ Cell: _____ /Carrier: _____ Work: _____

Text Alerts: Yes No

Email (add us to your contact list to prevent going into junk folder): _____

Town of Sweden/Clarkson Resident (circle): Yes No

Emergency Contact/Pick-up: _____ Phone Number: _____

Note

Please list any special needs /limitations/allergies/etc:

Would you like to Volunteer Coach? Yes No

Waiver of Participation

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:** _____

Staff Signature: _____ **Date:** _____

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 Security deposit needs to be a check	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day		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 needs to be a check or mon- ey order	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090
Splash Pad	For information please visit www.swedenclarkson				Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
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
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
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130