



SWEDEN CLARKSON SCOREBOARD



SPRING 2025



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 (March)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

April

M-Th 6am-8pm, F-6am-6pm
Sat 8am-3pm, Sun 8am-12pm

CLOSED Easter Sunday

May

M-Th 6am-8pm, F-6am-6pm
Sat 8am-3pm, Sun 8am-12pm

CLOSED Mother's Day & Memorial Day

Recreation Staff

Recreation Director

Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Supervisor

Amanda Kinney 431-0088
amandak@townofsweden.org

Recreation Assistant Full-Time

Megan Lester 431-0087
meganl@townofsweden.org

Recreation Assistant Full-Time

Caitlin Curley 431-0086
caitlinc@townofsweden.org

Clerical Assistant

Diane Samons 431-0090
dianes@townofsweden.org

Part-time Recreation Staff

Ashley Hermance, Maranda Dobbertin,
Jessica DeFilippo, Alexandria Rood,
Angelina Brignoni, Claire VanDusen, Olivia Maxwell

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 and follow us on instagram 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 & Spectrum News.

COMMUNITY EVENTS

Sweden Clarkson Community Center

EASTER Event

Saturday April 13th from 9-11am

Annual Pancake Brunch: 9-10:30am
\$3 per person to raise money for a local food shelf

Easter Egg Hunt
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!



EXPERIENCE THE INTENSITY WITH THE RFDL! EACH WEEK PARTICIPANTS WILL EXPERIENCE A NEW NERF BATTLE GAME AS WELL AS STRATEGY AND TEAMWORK TO COMPLETE OBJECTIVES ON THE BATTLEFIELD. ALL EQUIPMENT IS PROVIDED AND PLAYERS MAY ALSO BRING THEIR FAVORITE BLASTER FROM HOME IF THEY CHOOSE. TEAMWORK, EXERCISE AND FUN ARE A BIG PART OF OUR WEEKLY EVENTS.

\$105R/\$110NR

AGES 7-12

MIN:14

PROGRAM #4704-W

TOT PROGRAMS

Little Steps

Have your child(ren) come join Miss Amanda and others 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: 5 Location: Preschool Rm

Day	Date	Time	Price
Program #4802-F			
Mon/Weds/Fri	3/3-3/28	9:30-11am	\$62R/\$67NR
Program #4802-G			
Mon/Weds/Fri	4/7-4/25	9:30-11am	\$62R/\$67NR
Program #4802-H			
Mon/Weds/Fri	4/28-5/16	9:30-11am	\$62R/\$67NR

Pre-Ballet Evening Session

In this class dancers will be introduced to the basics of the beautiful art of ballet through engaging exercises, fun props, and imaginative prompts. Miss Joanna will guide students to improve listening skills, confidence, musicality, body awareness, motor skills & self-expression. This 12 week session will prepare your child to participate in our 2nd Annual Twirl & Tumble Showcase on May 31 at 11 AM—details to follow.

Ages: 4-6 Min: 3 Max: 10

Location: Large Activity Room #1

Day	Date	Time	Price
Program # 4704-L			
Tue	3/4-5/27	5:15-6pm	\$122R/\$127NR

***No Class 4/15**

Tot Acro & Jazz Dance

This upbeat class will engage your child's brain and body as they learn the basics of jazz and acro dance techniques. Miss Joanna will utilize fun music, engaging activities, and developmentally appropriate teaching techniques to foster growth in body awareness, coordination, flexibility, strength, endurance, and teamwork. This 12 week session will prepare your child to participate in our 2nd Annual Twirl & Tumble Showcase on May 31 at 11 AM—details to follow.

Ages: 4-6 Min: 3 Max: 10

Location: Toddler Gym

Day	Date	Time	Price
Program # 4704-E			
Tue	3/4-5/27	6:15-7pm	\$122R/\$127NR

***No Class 4/15**

Storytime Ballet

Storytime Ballet in this delightful class, children and their caregiver will enjoy a story together, and then engage in imaginative ballet & creative dance activities inspired by the story. It's a beautiful way to bond with your child, introduce them to the art of dance, and dive into stories together. Ages: 2-3 Min:3 Max:10

Location: Large Activity Room #1

Day	Date	Time	Price
Session I Program # 4704-Q			
Fri	3/7-4/11	4:15-5:00pm	\$62R/\$67NR
Session II Program # 4704-R			
Fri	4/25-5/30	4:15-5:00pm	\$62R/\$67NR

Homeschool Pre-Ballet

In this class dancers will be introduced to the basics of the beautiful art of ballet through engaging exercises, fun props, and imaginative prompts. Miss Joanna will guide students to improve listening skills, confidence, musicality, body awareness, motor skills & self-expression. This 12 week session will prepare your child to participate in our 2nd Annual Twirl & Tumble Showcase on May 31 at 11 AM—details to follow. Ages: 4-6 Min: 3 Max: 10

Location: Large Activity Room #1

Day	Date	Time	Price
Program # 4704-J			
Thu	3/6-5/29	12-12:45pm	\$122R/\$127NR

***No Class 4/17**

TOT PROGRAMS

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. Miss Joanna will guide you & your child through songs, dances, and fingerplays utilizing different types of music, props, and instruments. Cost is per family and older siblings are welcome to join in the fun, as well! Ages: 0-5 Min: 3 Max: 15 Location: Toddler Gym

Day	Date	Time	Price
Session I	Program # 4704-A		
Tue	3/4-4/8	4:45-5:15pm	\$42R/\$47NR
Session II	Program # 4704-B		
Tue	4/22-5/27	4:45-5:15pm	\$42R/\$47NR
Session III	Program # 4704-C		
Thu	3/6-4/10	3-3:30pm	\$42R/\$47NR
Session IV	Program # 4704-D		
Thu	4/24-5/29	3-3:30pm	\$42R/\$47NR

Instructional Tot Cheerleading

Just starting cheerleading or looking to refine your skills. This class will help your child improve as an overall cheerleader. Join Coach Katelynn as she reviews the basics of the cheerleading and a series of movements that they can use on their own. Max: 8 Ages: 4-6 Location: SCCC Gym

Day	Date	Time	Price
Session I	Program # 4704-S		
Thu	3/6-3/27	5-5:45pm	\$45R/\$50NR
Session II	Program # 4704-T		
Thu	4/24-5/15	5-5:45pm	\$45R/\$50NR

*NEW Tot Yoga Class

In this yoga class children will be led through poses and breathing techniques to help them calm down. This class will help children to develop an understanding of their physical selves, develop motor skills and build resilience. Location: Large Activity Room 3 Ages: 3-5 Min:5 Max:10

Day	Date	Time	Price
Session I	Program # 4705-Q		
Thu	3/13-4/3	5-5:30	\$40R/\$45NR
Session II	Program # 4705-R		
Thu	4/24-5/15	5-5:30	\$40R/\$45NR

YOUTH PROGRAMS

Instructional Youth Cheerleading

Just starting cheerleading or looking to refine your skills. This class will help your child improve as an overall cheerleader. Join Coach Katelynn as she reviews the basics of the cheerleading and a series of movements that they can use on their own. Max: 12 Ages: 7-12 Location: SCCC Gym

Day	Date	Time	Price
Session I	Program #4704-U		
Thu	3/6-3/27	6-6:45pm	\$45R/\$50NR
Session II	Program # 4704-V		
Thu	4/24-5/15	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- 7-12

Location: SCCC Gym

Day	Date	Time	Price
Session I	Program # 4704-X		
Sun	3/9-3/30	12:30-1:30pm	45R/\$50NR
Session II	Program # 4704-Y		
Sat	4/26-5/17	12:30-1:30pm	\$45R/\$50NR

Youth Cooking Class

Join Caitlin as Little Chefs learn how to prepare age-appropriate snacks and goodies! Don't miss out on this exciting opportunity to ignite your passion for cooking, let's cook up some delicious memories together! Please let us know of any dietary restrictions or allergies.

Ages: 5-10 Max: 6 Location: Cafeteria

Day	Date	Time	Price
Session I	Program #4602-V		
Mon	3/10	5-6pm	\$25R/\$30NR
Session II	Program #4602-W		
Mon	5/19	5-6pm	\$25R/\$30NR

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 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: SCCC Gym

Day	Date	Time	Price
MWF	3/10-5/30	1:15-2pm	\$1R/\$2NR

No open gym during School breaks.

YOUTH PROGRAMS

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 students 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. For any question please contact

Amanda at 585-431-0088 or amandak@townofsweden.org

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**

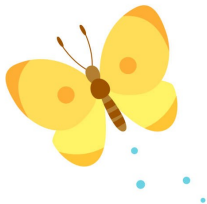
***When registering the week of, you will pay the daily rate (\$10/\$19)**



BREAK WEEKS

Sign your grades K-6 child up for our super fun days off at the community center! Children participate in crafts, play games, and have lots of fun!

Register online or in person.



Program #4802-A

APRIL RECESS DAYS OFF- 4/14-4/18

Program #4802-B

MARCH 28TH DAY OFF



Hours of Operation 8am-4:30pm (No Early or Late Care)

Daily Rate of Cost \$20R/\$25NR Location: SCCC Kids Lounge

YOUTH SPORTS LEAGUES

Last Call for Baseball & Softball

- **NEW REGISTRATION DEADLINE IS: March 20th**

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+**

Time for practices/games vary depending on field availability and team numbers

1 Base T-Ball 3-4 yrs. old

Program #4703-F
May/June (SATURDAYS)
Fee: \$45R/\$50NR

**NEW Orleans County Baseball League

Boys U-9 and U-12 will have home games at Sweden Town Park and away games will be played in local towns in Monroe and Orleans County.

Coed T-Ball 5-6 yrs. old

Program #4703-G
May/June (WED/SAT)
Fee: \$60R/\$65NR

****Boys Minor U-9** (7,8,9 yrs old) **(Kid Pitch)**
Program #4703-I
May/June/July (MON/WED/SAT)
Fee: \$80R/\$85NR

Girls Softball 10-12 yrs. old

Program #4703-K
May/June (MON/WED/SAT)
Fee: \$89R/\$94NR

Coed Juniors 7-8 yrs. old (Coach Pitch)

Program #4703-H
May/June/July
(TUE/THUR/SAT)
Fee: \$67R/\$72NR

****Boys Major U-12**
(10,11,12 yrs old)
Program #4703-J
May/June/July (TUE/THUR/SAT)
Fee: \$89R/\$94NR

PONY League Boys U-15

*New Registration Deadline is: April 7th
Boys 13-15 yrs. Old
Program #4701-S
June-August (TUE/THUR/SAT)
Fee: \$110R/\$115NR

Sign Up Early for Summer Soccer

A copy of your child's birth certificate is required upon registration for **ALL** age groups, your Child's age as of August 1st will determine their level of play *Birth Certificates Required*

Coed U-4 SOCCER (Ages 3 & 4)

Program #4601-F June/July (WED) 6pm
Fee: \$45R/\$50NR

Coed U-6 SOCCER (Ages 5 & 6)

Program #4601-G June/July (MON) 6pm
Fee: \$45R/\$50NR

U-8 GIRLS SOCCER (Ages 7 & 8)

Program #4601-H June/July (TUES/THURS),
Games at 6 pm Fee: \$64R/\$69NR

U-8 BOYS SOCCER (Ages 7 & 8)

Program #4601-I June/July (MON/WED),
Games at 6pm Fee: \$64R/\$69NR

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 #4601-J End of May through July (TUES/THUR)
Fee: \$80R/\$85NR

U-13 GIRLS SOCCER (Ages 11-13)

Program #4601-L
End of May through July (TUES/THUR)
Fee: \$84R/\$89NR

U-10 BOYS SOCCER (Ages 9 & 10)

Program #4601-K May through July (MON/WED)
Fee: \$80R/\$85NR

U-13 BOYS SOCCER (Ages 11-13)

Program #4601-M End of May through July (MON/WED)
Fee: \$84R/\$89NR

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, 2025

YOUTH PROGRAMS

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/II will be inside the gymnasium. Session III/IV will be on the outdoor tennis courts at SCCC, weather depending.

Ages: 7-12 Max: 4

Day	Date	Time	Price
Session I	Program # 4705-I		
Mon	3/3-3/24	5-5:45pm	\$45R/\$50NR
Session II	Program # 4705-J		
Mon	3/3-3/24	6-6:45pm	\$45R/\$50NR
Session III	Program # 4705-K		
Mon	4/21-5/12	5-5:45pm	\$45R/\$50NR
Session IV	Program # 4705-L		
Mon	4/21-5/12	6-6:45pm	\$45R/\$50NR

Youth Acro & Jazz Dance

This upbeat class will engage your child's brain and body as they learn the basics of jazz and acro dance techniques. Miss Joanna will utilize fun music, engaging activities, and developmentally appropriate teaching techniques to foster growth in body awareness, coordination, flexibility, strength, endurance, and teamwork. This 12-week session will prepare your child to participate in our 2nd Annual Twirl & Tumble Showcase on May 31 at 11 AM—details to follow.

Ages: 7-13 Min: 3 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Session I	Program # 4704-O		
Thu	3/6-5/29	1:45-2:45pm	\$142R/\$147NR
Session II	Program # 4704-P		
Fri	3/7-5/30	5:00-6:00pm	\$142R/\$147NR

***No Class 4/17 & 4/18**



Introduction to Fishing

Youth will be introduced to the lifelong fun of Fishing. Topics covered will include safety, equipment, bait, lures, fish habitats, fishing laws, etc. Local instructor is a five-time national champion and four-time New York State Angler of the Year (ABA). Students need to bring their own fishing rods and tackle to class. Participants will fish using what they learned that day.

Sign up early, space is limited!

Max: 12 Location: Sweden Town Lodge

Day	Date	Time	Price
Program #4602-X			
Wed	4/16	8:30-11:30am	\$30R/\$35NR

Hage-Hogan Basketball Camp

Celebrating 43 years of basketball for youth! We will work on all the different skills that make a great team and great players. Instructors: Charlie Hage (former Brockport High School Boys Varsity Coach) and Jack Hogan (former Brockport High School Girls Coach).

Locations: SCCC & BCS Middle School.

The fee includes a T-shirt & a basketball!

Second Participant \$85.00

Grades K-2

Day	Date	Time	Price
Program # 4703-U			
M-Th	6/30-7/3	8-9:15 am	\$45R/\$50NR

Grades 3-6

Day	Date	Time	Price
Program # 4703-V			
M-Th	6/30-7/3	8am-12pm	\$95R/\$99NR

Grades 7-12

Day	Date	Time	Price
Program # 4703-W			
M-Th	6/30-7/3	8am-12pm	\$95R/\$99NR

Homeschool Youth Ballet

In this class dancers will work on the basics of the art of ballet through barre, center, and traveling exercises. Miss Joanna will guide students to grow in coordination, musicality, body awareness & self-expression, in a supportive & fun environment. This 12 week session will prepare your child to participate in our 2nd Annual Twirl & Tumble Showcase on May 31 at 11 AM—details to follow.

Ages: 7-13 Min: 3 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program # 4704-M			
Thu	3/6-5/29	12:45-1:45pm	\$142R/\$147NR

***No Class 4/17**

Youth Ballet Evening Session

In this class dancers will work on the basics of the art of ballet through barre, center, and traveling exercises. Miss Joanna will guide students to grow in coordination, musicality, body awareness & self-expression, in a supportive & fun environment. This 12 week session will prepare your child to participate in our 2nd Annual Twirl & Tumble Showcase on May 31 at 11 AM—details to follow.

Ages: 7-13 Min: 3 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program # 4704-N			
Tue	3/4-5/27	7-8pm	\$142R/\$147NR

***No Class 4/15**

YOUTH PROGRAMS

Home Alone Safety

This 90-minute class is designed to teach children 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 miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child. Ages: 8-12 Min: 5 Max: 20 Location: SCCC Conference Rm

Day	Date	Time	Price
Program #4602-Y			
Fri	3/28	9-11:15am	\$32R/\$37NR

First Aid for Kids

Taught by EMT's and Paramedics; this 90-minute course teaches 8-14-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. Instructor: EPIC Training

Age: 8-14 Min:5 Max: 20

Location: SCCC Conference Rm

Day	Date	Time	Price
Program # 4602-Z			
Fri	3/28	10 -11:15am	\$25R/\$30NR

*NEW SOAP MAKING

Calling all young creators! In this fun-filled workshop, kids ages 6-9 will dive into the colorful world of soap making. They'll get to design their own soap bars, mix vibrant colors, and add exciting scents while learning the basics of how soap is made. This hands-on activity sparks creativity, promotes sensory exploration, and leaves everyone with their own custom soap to take home! Perfect for budding artists and future scientists alike, this program is a bubbly blend of fun, learning, and creativity.

Program # 4802-J

Day	Date	Time	Price
Thu	3/6	5-6:00pm	\$20R/\$25NR

Babysitters Training

Taught through classroom discussion, instructor lead lecture and supplemented by an interactive video presentation; this 5 hour class for boys/girls ages 11-15, teaches participants the roles and responsibilities of a babysitter including skills in: accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a certification card upon completion. Students are asked to bring a SASE (self-addressed stamped envelope) to class along with a peanut free bagged lunch and drink.

Ages: 11+ Min: 5 Max: 20

Location: Conference Rm

Day	Date	Time	Price
Program #4603-A			
Fri	3/28	11:30am -3:30pm	\$50R/\$55NR

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 #4603-B			
Fri	3/7	5pm-7pm	\$27R/\$32NR
Session II Program #4603-C			
Fri	4/18	5pm-7pm	\$27R/\$32NR

Open Programs

Activity	Day	Time	Fee
Toddler Gym	M-Th Fri	8am-7:45pm 8am-5:45pm <i>W & F Closed</i> 9:30-11:15am	\$2.00
Basketball	M-F	2-4pm	\$2R/\$3NR
Home School Gym	M,W,F	1:15-2pm	\$1R/\$2NR
Pickleball	Check Adult	section for	details
Walking	M-F	8:45-9:45am	Free
Tai Chi, Euchre, Mahjogg	Check Senior	section for	details

YOUTH PROGRAMS

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!

Program #	Ages	Max:	Day	Date	Time	Price
4802-I	8-12	5	Thu	4/10-4/17	5:30-6pm	\$25R/\$30NR

*NEW Youth Yoga Class

In this yoga class children will learn important skills for managing stress and anxiety. Through movement, breathing, games, and activities children will improve strength, balance, attention, and coordination. This class will help children to develop self-love and self-confidence.

Location: Large Activity Room 3

Ages: 6-11 Min: 5 Max: 15 Participants

Day	Date	Time	Price
Session I	Program # 4705-O		
Thu	3/13-4/3	5:45-6:15	\$40R/\$45NR
Session II	Program # 4705-P		
Thu	4/24-5/15	5:45-6:15	\$40R/\$45NR

Paint your Own Mason Jar

Discover your inner artist at our exciting Paint Your Own Mason Jar event! This night is designed for everyone to unwind, create, and connect. Grab your friends, unleash your creativity, and enjoy a fun-filled evening of painting and socializing.

Location:	SM activity RM 4	Age:	7-14yr
Day	Date	Time	Price
Program #4604-C			
Tue	3/25	5-6pm	\$15R/\$20NR

Youth St Patrick's Day Craft

Get ready for a fun and festive time at our St. Patrick's Day Craft Class for Kids! This hands-on class is perfect for young artists who want to celebrate the spirit of St. Patrick's Day through creative projects. Sign up now and get ready for a night full of laughter, craft, and Irish-inspired magic. Location: SM activity RM 4 Age: 7-14yr

Day	Date	Time	Price
Program #4604-D			
Tue	3/11	5:30-6pm	\$10R/\$15NR

YOUTH AQUATICS

Swim Lessons

****MANDATORY** Assessment Day takes place on the first day of each new session of lessons** to determine the correct placement level for the child. Max: 6 per class

Day	Date	Time	Price
Session I	Program # 4603-D		
Wed	3/12-4/2	6:30-7:15pm	\$55R/60NR
Session II	Program # 4603-E		
Sat	3/15-4/5	9:45-10:30am	\$55R/60NR
Session III	Program # 4603-F		
Wed	4/23-5/14	6:30-7:15pm	\$55R/60NR
Session IV	Program # 4603-G		
Sat	4/26-5/17	9:45-10:30am	\$55R/60NR

Classes will be held at the Brockport High School pool. Park in Lot D and use the side entrance closest to the pool. If you have any questions regarding our swim program, please contact Caitlin Curley at caitlinc@townofsweden.org or 585-431-0086 for more information.

Level 1 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.

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.

Tot Swim

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

Day	Date	Time	Price
Max: 8			Ages: 6 Months-4 years old.
Sat	3/15-4/2	10:45-11:15pm	\$50R/\$55NR
Sat	4/26-5/17	10:45-11:15pm	\$50R/\$55NR

ADULT PROGRAMS

Move Well with Agape

Move Well with Agape Physical Therapy is led by Doctors of Physical Therapy. This class combines invigorating stretches, targeted strengthening exercises, and balance challenges to improve your overall mobility and confidence.

Location: Large Activity Rm #1

Day	Date	Time	Price
Session I Program # 4705-G			
Wed	3/19-4/9	9-9:45am	\$2R/\$3NR
Session II Program # 4705-H			
Wed	4/16-5/7	9-9:45am	\$2R/\$3NR

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. Instructor: Local Artist Erin Lawrenz
Ages: 21 and up Min: 6 Max: 24

Location: Small Activity Room 4

Day	Date	Time	Price
Session I Program #4603-L			
Fri	3/28	6-8pm	\$37R/\$42NR
Session II Program #4603-M			
Fri	5/2	6-8pm	\$37R/\$42NR

Instructional Pickleball

Welcome to our Beginner Pickleball Class for Adults! This class is designed for those who are new to pickleball and looking to learn the basics. Our instructor will guide you through the fundamental rules, techniques, and strategies of the game. You will learn how to serve, volley, and score while gaining confidence on the court. This is a great opportunity to meet new people, get active, and have fun in a supportive environment.

Location: SCCC Gym Ages: 18+

Day	Date	Time	Price
Session I Program # 4705-M			
Sat	3/29-4/26	10-11am	\$45R/\$50NR
Session II Program #4705-N			
Sat	5/10-5/31	10-11am	\$45R/\$50NR

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: 18

Location: LA Rm #3

Day	Date	Time	Price
Session I Program # 4705-A			
Mon	3/24-4/21	6:30-7:30pm	\$50R/\$55NR
Session II Program # 4705-B			
Mon	4/28-5/19	6:30-7:30pm	\$40R/\$45NR

Weightlifting for Beginners

Whether you're completely new to weightlifting or looking to refine your technique, this class is for you! We will guide you through the fundamentals of weightlifting, ensuring you learn the right form and build a solid foundation.

Location: Large Activity Rm #1

Day	Date	Time	Price
Program #4603-J			
Sat	3/15-4/5	12-1PM	\$20R/\$25NR

Adult Open Cornhole

This program is for people looking for a place to play some fun games of ping pong.

This is a drop-in program.

Location: SCCC Ages: 18 and up

Day	Date	Time	Price
Program #4603-K			
Tue	3/4-4/15	6-7:30pm	\$2R/\$3NR

Walking Club

Do you enjoy walking as well as being outside and getting some fresh air? Come join us Friday mornings to walk in a variety of different locations!

Day	Date	Time	Price
Program #4603-N			
Wed	4/23-5/14	5pm	\$10R/\$15NR

Total Body Conditioning

We'll utilize bodyweight exercises and dumbbells to target all major muscle groups through compound movements, enhancing overall strength, balance, flexibility, and endurance. Expect a challenging yet rewarding workout that incorporates elements of Pilates, strength training, and aerobics for a well-rounded fitness experience. This class is suitable for all levels, with modifications provided to ensure everyone can participate effectively.

Min: 5 Max: 20

Day	Date	Time	Price
Program #4603-O			
Thu	3/6-3/27	5:30-6:15pm	\$20R/\$25NR

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. Max: 18

Instructor: Barb Whited Location: LA Rm #3

Day	Date	Time	Price
Session I Program # 4705-C			
Tue	3/25-4/22	6:30-7:30pm	\$50R/\$55NR
Session II Program # 4705-D			
Tue	4/29-5/20	6:30-7:30pm	\$40R/\$45NR

ADULT PROGRAMS

Adult Beginner Jazz

Join our lively and upbeat Beginner Jazz class! Improve strength, flexibility, balance, coordination, and rhythm while boosting cardiovascular health and emotional well-being. No previous dance experience required. Let's stretch, learn jazz techniques, and dance fun combinations together in a positive and inclusive atmosphere! * For your success and safety, I kindly ask that you please have a pair of Jazz shoes for class.

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

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

Program # 4703-X

Tue	3/4 - 3/25	6-6:45pm	\$40R/\$45NR
-----	------------	----------	--------------

Adult Beginner Ballet

Unlock the joy of Dance in this fun and recreational all inclusive Ballet class! No previous dance experience needed! You can boost your cardiovascular health, elevate your mood, enhance your agility, strength and stamina, and improve your flexibility. Dancers will stretch, learn technique at the barre, and then progress to center-work and traveling combinations across the floor. Come join our vibrant dance community and connect with fellow dancers that share your passion! *For your success and safety, I kindly ask you please have a pair of Ballet slippers for class.

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

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

Program # 4704-Z

Thu	3/6-3/27	6:30-7:30pm	\$40R/\$45NR
-----	----------	-------------	--------------



American Sign Language Introduction/Advanced

Always wanted to learn how to do American Sign Language then come join this class with non-licensed instructor John Naugle who has 40 years' experience in American Sign Language. This class will help teach you the basics of American Sign Language or help advance your skills in ASL.

Location: Senior Room Side B

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

Program # 4705-F

Sat	3/1-5/31	11-12pm	\$12R/\$17NR
-----	----------	---------	--------------

***No Class 4/19 or 5/24**

*NEW Adult Beginner Pilates

Elevate your well-being by joining our invigorating Evening Beginner Pilates class! Experience the transformative power of Pilates as it enhances your balance and flexibility, fosters body alignment awareness, and strengthens your core. By harmonizing breath with movement, Pilates creates a seamless flow and rhythm, activating your deep core muscles to improve precision, focus, and control. This exceptional mind-body exercise also aids in posture, stress management, and offers countless other benefits. Don't miss out on this opportunity to rejuvenate your body and mind! *You are welcome to bring your own mat for Pilates, or you can use one of the mats provided in class.

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

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

Program # 4703-Y

Wed	4/9-5/14	6-6:45pm	\$60R/\$65NR
-----	----------	----------	--------------

*NEW UpBeat Barre

Join us for a dynamic Fitness class that is inspired by Barre and combines Strength, Cardio, Pilates and Yoga into a fun and upbeat, low-impact/high-energy workout. You'll build strength, flexibility, agility, and range of motion while enjoying high-tempo popular songs. Experience improved cardiovascular fitness, increased endorphin levels, reduced stress, and enhanced emotional health. Finish your day on a high note with this invigorating experience!

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

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

Program # 4703-Z

Mon	4/7-5/12	6:00-7:00pm	\$60R/\$65NR
-----	----------	-------------	--------------

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: LA Rm #1

Days	Date	Time	Price
------	------	------	-------

Program #4603-W

Wed	3/12-4/30	11am-12pm	\$52R/\$57NR
-----	-----------	-----------	--------------

ADULT PROGRAMS



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
 We except SilverSneakers, Silver & Fit, Optum and Renew Active

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 might be 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	8-10am *Advance Play	\$1R/\$2NR
Sun	10:15am-12:15pm *Beginner Play	\$1R/\$2NR

PERSONAL TRAINING

Are you looking for a personal trainer? Give our personal trainer a call or email to set up a time.

Shannon Brett: (585) 953-2611

email: sbrett121@yahoo.com A single session is \$43 or you can pay for a pack of 5 sessions for \$208 or a pack of 10 sessions

JAZZERCISE BROCKPORT



As the leaves change and the air crisp, it's time to reignite your fitness routine! Jazzercise blends dance, cardio and strength training to keep you moving, growing and feeling fantastic. Our classes are designed for all fitness levels, and ensuring a fun effective workout every time.



Scan here for days, time and more information.



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 Side B

Day	Time	Price
Mon	8:45-10am	\$1

55+ SENIOR EVENTS

SENIOR TRIP

JOIN US FOR AN EXCITING DAY TRIP TO NIAGARA FALLS STATE PARK, INCLUDING A DELIGHTFUL LUNCH AT THE HARD ROCK CAFE! THIS TRIP IS DESIGNED FOR SENIORS TO EXPERIENCE THE BREATHTAKING BEAUTY OF THE FALLS AND ENJOY A FUN, SOCIAL OUTING.

Program #4801-V Date: 5/5/25 Price: \$55R/\$60NR

LEAVE REC CENTER: 9:00 AM

ARRIVE AT NIAGARA FALLS STATE PARK: 10:30AM

LEAVE NIAGARA FALLS STATE PARK: 12:00PM

ARRIVE AT HARD ROCK CAFÉ: 12:05PM

LEAVE HARD ROCK CAFÉ: 2:30PM

RETURN TO REC CENTER: 4:00PM

SPRING FLING

Come join us for a lovely lunch to celebrate Spring time!
Enjoy delicious food and spend time with friends as we
Welcome the new season!

Location:

Day Date Time Price

Program # 4802-C

Mon 4/28 12pm-1pm \$10R/\$12NR

Location: Senior Room Side B

ST. PATRICK'S DAY LUNCHEON

THE ST. PATRICK'S DAY LUNCHEON IS A JOYFUL GATHERING THAT CELEBRATES THE IRISH HERITAGE WITH GOOD FOOD, DRINK, AND COMPANY IN A CHEERFUL AND WELCOMING ATMOSPHERE.

LOCATION: SENIOR ROOM SIDE B
PROGRAM # 4802-D

MON 3/17 12PM-1PM \$8R/\$10NR

55+ SENIOR EVENTS/PROGRAMS

MEMORIAL DAY LUNCHEON

A Memorial Day Luncheon is a solemn yet community-focused event that honors and remembers the brave men and women who have sacrificed their lives in service to the country. The luncheon provides an opportunity for guests to come together, reflect on the significance of the holiday, and express gratitude for the sacrifices made by military personnel. Location: Senior Room Side B

Program # 4802-E

Day	Date	Time	Price
Tues	5/27	12pm-1pm	\$8R/\$10NR

Create your own Floral Arrangement

Come join us in creating your very own floral arrangement! Recreation assistant Caitlin Curley will walk you through all the steps on how to create a beautiful bouquet. You will get to choose from a variety of flowers to create a lovely spring centerpiece for anywhere in the house.

Pre-register 1 week prior!

Location: Senior Room

Day	Date	Time	Price
Program #	4603-Y		
Thu	5/15	1-2pm	\$20R/\$25NR

Healthy Snack Making

Looking for fun, easy, and nutritious ways to satisfy your snack cravings? Our Healthy Snack-Making Class is the perfect opportunity to learn how to create delicious and wholesome snacks that will fuel your day! Transform your snack routine and nourish your body with snacks you'll love.

Day	Date	Time	Price
Program #	4604-B		
Tue	4/15	2-3pm	\$10R/\$15NR

Comfort Bird Carving

This is a short course on carving comfort birds. Each novice carving student will learn basic knife carving techniques and produce one or more comfort bird(s). Comfort birds produced will be easily held in one hand and offer some comfort for those facing stress from medical, or other problems. Essentially, the tactile stimuli from handling the bird, thought of birds, the grain and feel of the wood all combine to offer non-stressful sensations. You could think of them as worry beads with a more natural foundation. The carving tradition is to make them to give them away to people in need. Items provided: carving knife, strop, and a cut out blank. Students should bring a pencil with an eraser and cut-resistant glove. Instructor: John Gardner, long time woodworker. Min: 4 Max: 12 Location: LA Rm #3

Day	Date	Time	Price
Program #	4705-E		
Wed	3/12-4/2	6-8pm	\$25R/\$30NR

Paint a Bird House

Join us for a fun, hands-on art class where you'll create a one-of-a-kind birdhouse to brighten your garden or make a perfect gift! Whether you're a seasoned artist or a beginner, this workshop is for you. Don't miss out on this creative opportunity to make a beautiful birdhouse you can proudly display!

Day	Date	Time	Price
Program #	4603-Z		
Wed	4/2	2-3pm	\$15R/\$20NR

Paint your Own Plant Holder

Introducing the Paint Your Own Ceramic Plant Holder let your creativity bloom! Transform an ordinary ceramic holder into a personalized masterpiece and give your plants a beautiful new home.

Day	Date	Time	Price
Program #	4604-A		
Wed	4/9	2-3pm	\$15/\$20NR

Senior Chair Volleyball League

The Senior Chair Volleyball League, played with a beach ball, offers a fun and engaging way for older adults to stay active and socialize. This modified version of traditional volleyball is designed to be played while seated, making it accessible and enjoyable for seniors with varying levels of mobility. Participants use lightweight beach balls instead of standard volleyballs, allowing for easier handling and reducing the risk of injury. The rules are adapted to accommodate seated players, focusing on teamwork, coordination, and gentle movement. The league emphasizes inclusivity and encourages seniors to maintain physical activity and social connections, which are essential for overall well-being. Beyond the physical benefits, the Senior Chair Volleyball League promotes camaraderie and a sense of belonging among participants. It provides an opportunity for seniors to engage in friendly competition, laughter, and shared experiences, fostering a positive and supportive community environment. Location: Large Activity Rm #3

Day	Date	Time	Price
Program #	4603-V		
Wed	3/5-5/28	1:30-2:30pm	\$10R/\$15NR

55+ SENIOR PROGRAMS

*NEW AAA Defensive Driving

Course *All ages welcome!*

Sharpen your driving skills, qualify for up to 10% off portions of your auto insurance, and reduce up to four points off of your license with the AAA Defensive Driving course – N.Y. Available to members and nonmembers, the program is New York Department of Motor Vehicle approved and conveniently offered in the classroom. Learn tips and techniques to reduce the risk through the proper management of visibility, time and space, driver and passenger safety, and how to handle emergencies. This instructor-led classroom course is provided in a traditional classroom setting.

Location: Conference Room

Min: 18 Max: 40

Day	Date	Time	Price
Program #	4603-S		
Sat	5/17	8:30am-2:30pm	\$39R/\$44NR

Craft Class

This 4-Week DIY Crafts Class for Seniors is a structured and engaging program designed to introduce older adults to a variety of hands-on crafting projects. Each week focuses on a different craft, providing participants with the opportunity to learn new skills, express their creativity, and socialize with peers. Overall this class aims to provide a stimulating and enjoyable experience, promoting mental agility, social engagement, and a sense of achievement through the joy of crafting.

Location: Senior Room Side B

Day	Date	Time	Price
Program #	4603-X		
Thu	4/3-4/24	1-2pm	\$20R/\$25NR



Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under the age of 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may "contribute"?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is \$3.50 per meal.
- All contributions are confidential and voluntary.

Who must "pay"?

- Staff • Staff under 60 years of age must pay \$7.50 per person.
 Guests • Guests under age 60 must pay \$7.50 per person.

- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. Of HS/Office for the Aging.

Monthly Food Menu will be available at the community center.

Lunch will be served Tuesday –Friday each week.

For further information Contact Kyle Preston - kyle.preston@lifetimeassistance.org

55+ SENIOR PROGRAMS

Open MahJongg

MahJongg is 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 nationalmahjongg-league.org. Not sure how to play or need a refresher course? Feel free to come watch or sit in at the learning table.

Day	Time	Price
Thu	9am-12pm	\$1R/\$2NR

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

Candle Making Class

The Senior Candle Making Class offers a creative and engaging experience tailored for older adults who are interested in crafting unique candles. The class provides a relaxed and supportive environment where participants can learn the basics of candle-making techniques. Participants have the opportunity to create personalized candles, experimenting with different shapes, sizes, and scents to suit their preferences. Beyond the hands-on crafting, the class fosters social interaction and community building among seniors who share a passion for crafting and creativity. Location: Senior Room

Pre-Register 1 week prior!

Day	Date	Time	Price
Program #4603-T			
Tue	4/22	2-3:30pm	\$10R/\$15NR
Program #4603-U			
Tue	5/27	2-3:30pm	\$10R/\$15NR

CPR/ First Aid for Seniors

This informative Senior 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 Room

Day	Date	Time	Price
Program # 4603-Q			
Tue	5/13	10am-2pm	\$50R/\$55NR



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

***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 Tournament

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 accepted.**

***Pre-Registration as individual is required the Friday before a tournament.**

***Register as a single not as a team!**

Ages: 55+ Min:16 Max: 24

Location: Senior Room

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

Program #4603-P

Mon	5/19	11:30am	\$10 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: Lounge

Day	Time
-----	------

As Needed

Book Discussion Club

Day	Time
-----	------

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

Knit & Crochet Circle

Join us for our cozy Knit & Crochet Circle, where yarn enthusiasts of all skill levels come together to create, share, and inspire! Whether you're a beginner learning the basics or an experienced crafter looking to tackle new projects, our group is the perfect place for you. Gather with fellow crafters to work on your current projects, swap tips, and share your latest creations. Get involved in charitable initiatives by contributing to local causes through your crafting. Enjoy a relaxed and friendly atmosphere while making new friends who share your passion for knitting and crocheting. Come join us today!

Location: Senior Room

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

Fri	10am-12pm	FREE
-----	-----------	------

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, March 19, 2025 6:30-7:30pm FREE, FREE, FREE! Please register: thersas@maustandleone.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

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

***Donations for prizes accepted**

Location: Senior Rm

Day	Date	Time	Price
Tue	3/11	11:15am	\$2 per card
Tue	4/15	11:15am	\$2 per card
Tue	5/13	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
-----	------

Mon	9am-12 pm
-----	-----------

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. Please give one week notice to allow a ride to be found. Anyone over the age of 18 qualifies to use Give-A-Lift. Call **Caren Scott at 585-681-0574** 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	<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 www.swedenclarksonrec.recdesk.com</p> <p>Registration Procedure: Please complete ALL information below or set up an account at www.swedenclarksonrec.recdesk.com 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>
--------------------------	--

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>
------------------------------	--

Note	<p>Please list any special needs /limitations/allergies/etc:</p> <p>Would you like to Volunteer Coach? Yes No</p>
-------------	---

Waiver of Participation	<p>Waiver of Participation/Refund Policy/Photo Release:</p> <p>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.</p> <p>Signature: _____ Date: _____</p> <p>Staff Signature: _____ Date: _____</p>
--------------------------------	---

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	\$80/\$50	\$155/\$80	\$55/\$25	Large Activity Room	\$35	\$45	\$15
Cafeteria Only	\$40	\$50	\$15	Small Activity Room	\$30	\$40	\$15

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$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	\$50/day	\$65/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-	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace,	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