T H E



SUMMER 2018





S WEDEN CLARKSON

O R E B O A R



Sweden Clarkson Community Center

4927 Lake Road South, Sweden
Phone: 585-431-0090 Fax: 585-431-0052

www.swedenclarksonrec.com

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Registration Policy

To register for S/C Recreation Programs, payment must be submitted with a completed registration form for each participant and program. Please register early to avoid cancellation of programs. In the case of sports programs, participants/teams must meet registration deadline. Registrations accepted via mail, fax, e-mail or on-line.

Non-Resident Policy

Any person not residing in the Towns of Sweden or Clarkson may be charged an additional fee. Fees will be listed under program pricing.

Credit/Refund Policy

Refunds will be given upon request to anyone who cancels from a program at least one week (5 business days) prior to the start of the program or in the case of sports programs, 3 weeks prior to the 1st practice. There will be no refunds given for a program once it has begun, unless it is cancelled by the Recreation Department. A refund may be allowed in the event of illness or injury if a doctor's note is provided. All refunds are subject to a \$10 processing fee per person/per program. Certain programs, such as the fitness center are non-refundable.

Gift Certificates

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

Financial Assistance/Scholarships

Financial assistance and scholarships are available prior to registration for a program. Grant applications will be reviewed upon receipt of completed application, requested documentation and completed registration form.

Videotaping

No videotaping is permitted in the Comm Ctr without the advance written permission of the Recreation Director.

Locker Rooms and Lockers

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

Weather Cancellation Hotline

Program status is updated on the 24-hour Information at 585-431-0085. The hotline is updated by 4:30 pm daily. Facility Closing Information is sent to News Channel 13, 10, 8 & Spectrum News.

Payment Options

Payments for programs my be made by cash, check or if using our on-line system by credit card.

Community Center Hours

June 1st-June 30th M-Th 6am-8pm, Fri 6am-6pm Sat 8am-3pm, Sun Closed July 1st— August 31st M-Th 6am-8pm, Fri 6am-6pm Sat 8am-12pm, Sun Closed July 4th Closed

Directory

Recreation Supervisor Jill Wisnowski 431-0050 jillw@townofsweden.org Recreation Assistant Joe Kincaid 431-0088 joek@townofsweden.org Recreation Assistant Andre Calzone 431-0087 andrec@townofsweden.org Recreation Assistant George Kimball 431-0086 georgek@townofsweden.org Recreation Assistant Tim Manuszewski 431-0087 timm@townofsweden.org Staff: Ashley Hermance, Kyle Luce, Mia Harp,

Shawn Maira

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

Sweden Town Board

637-7588 Supervisor Kevin Johnson Councilperson Patricia Hayles Councilperson Robert Muesebeck Councilperson Mary Rich Councilperson Lori Skoog

Clarkson Town Board

Supervisor Jerry Underwood 637-1131 Councilperson Patrick Didas Councilperson Christa Filipowicz Councilperson Allan Hoy Councilperson Jackie Smith

Facebook

Like us on Facebook at Sweden Clarkson Recreation Website

www.swedenclarksonrec.recdesk.com

A message from the Recreation Department

Looking for outdoor fun this summer? We have you covered—from Rec Center programs to activities and events at the Sweden Town Park and Clarkson's Hafner, Sansouci and Kimball Parks—there is something for everyone.

First of all, school is soon to be out! No one wants the kids to be bored for the summer months, so bring them up to our Recreation Summer Camp. We play all day, no sitting in front of the television or computer screen here. There's a different field trip every week to fun places like Darien Lake, the Buffalo Zoo and Seabreeze (see full list on page 4).

Best of all our Summer Camp is tailored to your needs—come every day for the whole summer, come every day for one or two weeks, come one or two days per week for the summer—any frequency of participation works for us... and for you! See page 4 for more details on the camp or give us a call at 431-0090.

Next up, special events! We celebrate America's birthday on July 3 every year—yes, you all know about our fantastic firework show at dusk (rain date July 5), but do you know that we have outdoor entertainment, games, activities and food prior to the fireworks display? Come on up to the Rec Center at 7 pm, have fun and then stay for the fireworks from the best vantage point!

On August 24, be a Good Neighbor at Clarkson's Hafner Park. Starting at 5 pm there will be a cruise-in, bands, frog jumping contest, food, a movie and more fireworks! Visit clarksonny.org for more information.

In September, the Sweden Harvest Festival returns! Mark your calendar for September 15 from 9 am to 4 pm at the Sweden Farmers Museum, 4988 Lake Road. Vendors will be selling farm products and crafts; there will be games and activities; tours of the Museum and grounds.

Call 637-4895 for more information. We've lined up some senior trips. If you love baseball, come to the Red Wings day game with us on Tuesday, July 17. The bus ride and ticket costs only \$15 for seniors



Jill Wisnowski

(\$20 for non-seniors). Food at the ball game is your own purchase. On Friday, August 17 come with us to Ontario Beach Park for a Salute to Seniors. The cost is only \$5 for transportation—pack your lunch or buy something from a vendor there. We're having a Senior Picnic at our new Sweden Town Park Lodge on Friday, August 3. The \$5 cost includes a cook-out and activities. Join us for some sun and fun!

Finally, we have lots of our favorite programs on tap—swim lessons, adult fitness, instructional youth sports, horse back riding camp and the ever popular Hage Hogan Basketball Camp.

There are some new programs on the schedule. Have you heard of Essential Oils? Come check it out this summer. We're offering a new unified Tae Kwon Do program and Kickboxing. Everything you need for fun and fitness this summer is here!

Lifetime is pleased to continue lunch program

Lifetime Assistance is pleased to offer the noon senior nutrition program as a partner with the Monroe County Office for the Aging, just as we have since 2008. Seniors will continue to be able to participate by purchasing a hot nutritious meal offered at a reasonable price. Lifetime Assistance employment specialist Jennifer Lapinski and her crew, including Andrew, Jessica, Michelle, Rici, Matt, Cristina, John and Renee will still be greeting the participants as they gather at The Lodge for a noon-time meal. For those seniors requiring transportation, Medical Motors will still be available to provide transportation as before. In addition, Life-

time Assistance will partner with the community to provide the following activities:

BINGO: Mondays & Fridays II am—I2 noon **ELDERSOURCE:** (part of the meal program with Monroe County Office of the Aging): 2nd Tuesday of the month 10:30 am—noon

BLOOD PRESSURE CHECKS: Wednesdays, 10:30—12 noon by Monroe Ambulance

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SUMMER CAMP 2018











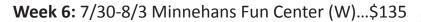
Week 1: 6/25-6/29 Sky Zone (W)...\$135



Week 3: 7/9-7/13 Darien Lake (W)...\$135

Week 4: 7/16-7/20 Adventure Landing (W)...\$135

Week 5: 7/23-7/27 Cook Out STP (W)...\$135



Week 7: 8/6-8/10 Seabreeze (W)...\$135

Week 8: 8/13-8/17 Buffalo Zoo (W)...\$135

Week 9: 8/20-8/24 Altitude (W)...\$135







Camp runs daily Monday-Friday 8:30am-4:30pm Early/Late Care: 7-8:30am and 4:30-6pm \$7 for either or \$12 for both, \$50 entire week for both

Daily rate for residents: \$25, (\$35 on fieldtrip day) Non-residents: \$30, (\$40 on fieldtrip day)

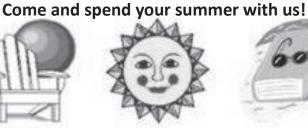


CIT's (completed 7th grade-starting 9th grade) Jr. Counselor's (completed 9th grade-starting 11th grade) CIT's and Jr. Counselors are required to register and pay the daily or weekly rate as above.













Private Baseball Lessons

Does your child want to get serious about becoming a quality baseball player? Well we have the answer for you! Recreation Assistant Tim Manuszewski can help teach your child with one-on-one instruction about both the mental and physical aspects of the game. We can go over infield, outfield, pitching, catching, hitting, and even base running. Both recreation and travel players are welcome!

Instructor: R.A. Tim Manuszewski

Location: SCCC Gym

Day Date Time Price
Program # 4096A

Ry appointment \$10 per hour

By appointment \$10 per hour

Instructional Tot Football

Is your tot interested in learning the basics of football? Come join Coach George! We will learn passing, catching, and running. This four-week class is designed to help your child gain a great foundation for the game of football.

Instructor: George Kimball.

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

Day Date Time Price

Program #4096B

Mon 6/25-7/16 5-5:45 pm \$25

Instructional Tot Floor Hockey

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

Instructor: George Kimball

Ages: 4-6 Max 8 Location SCCC Gym

Day Date Time Price

Program #4096C

Mon 7/30-8/20 5-5:45 pm \$25

Youth Ultimate Frisbee

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

Ages: 8-11 Max: 10 Location SCCC Gym

 Day
 Date
 Time
 Price

 Program #4096D

 Wed
 6/13-7/11
 6-6:45 pm
 \$35

*No Class 7/4

Youth Tennis

Tennis is back for another season! Join Coach George for a class on all the basics. Never played before? no problem! Learn the basics or build on what you already know. Rackets will be provided if needed.

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Location: Corbett Park Max: 10

<u>Day Date Time Price</u> Session I Program #4097A Ages 8-1 I

Tue 6/12-7/10 6-6:45 pm \$35

Session II Program #4097B

Ages 12-14

Tue 7/24-8/14 6-6:45 pm \$35

*No Class 7/3

Instructional Youth football

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

Ages: 8-11 Max: 10 Location SCCC Gym

<u>Day Date Time Price</u> Program #4097C

Mon 6/25-7/16 6-6:45 pm \$30

Instructional Youth Floor Hockey

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

Ages: 8-11 Max: 10 Location SCCC Gym

<u>Day Date Time Price</u> Program #4097D

Mon 7/30-8/20 6-6:45 pm \$30

Indoor Soccer Tournament

Do you have the best team around? Test your skills against other teams in an indoor soccer tournament! It will be 4 v 4 and all teams can be co-ed.

Ages: 12-14 Location: SCCC gym

Must register as a complete team

Day Date Time Price
Program #4097E
Sat 6/16 12pm \$20 per team

D)

Home Alone Safety

This two-hour class is designed to teach children ages 7-12, who are home alone, the importance of behaving responsibly. Topics include, but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of emergencies such as power outages and fires. Location: SCCC conference room.

<u>Day</u>	Date	Time	Price
Program #40	098A		
Thu	8/9	9-11am	\$29

*NEW Unified Tae-Kwon Do

This beginner class will help develop self-confidence, self-control, and focus while working towards self-improvement. This program is taught by new instructor Master Kanous who has over 18 years of training and started teaching TKD by age 11. Master Kanous has competed all over the east coast and has been a motivational speaker at numerous schools and

events in the	he name c	of IKD.		Ages: 5
-15	Max: 25			Lo-
cation: Large Activity Room #1				<u>Day</u>
Date -	Time	<u>Price</u>	Sessio	on I Program
#4098C			We	ed/Fri
6/20-7/20	5-5	5:45pm	\$65	*No Class
7/4 or 7/6				Ses-
sion II Program #4098D				
Wed/Fri	7/25-8	/17 5-	5:45pm	\$65

Photography for Beginners! (Youth)

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? Do you not have hundreds of dollars to spend on a camera along with a computer to edit your work? This class is the perfect opportunity to

explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed! The Recreation staff Andre Calzone will bring his camera along with his computer and editing software to instruct the proper use of each. The class is intended for a novice who is interested in learning the fundamentals of how digital camera's work along with editing the work you create. At the end of the four-week session, participants with will have 3 printed Pieces of work as well as homemade frames made in class to house the pictures you've decided to print off. Youth (Ages 10-13).

<u>Day</u>	Date	Time	Price
Progra	m #4098F		
Tue	7/31-8/28	6-6:55pm	\$40

Babysitters Training

This class teaches participants the roles and responsibilities of a babysitter and includes skills in: accident prevention, first aid and abdominal thrusts for choking victims. Participants receive a workbook and a certification card upon completion. Please bring a bagged lunch and a self-addressed envelope. Location: SCCC conference room. Ages 11+

Day	Date	Time	Price
Program	#4098B		
Thu	8/9	I Iam-4pm	\$52

Paint-A-Pot Night

Join us for a night of creativity and fun as we decorate flower pots to show off those beautiful tulips back home. You will have a wide range of materials to work with such as paint, rhinestones, buttons, and tissue paper. We hope to see you here! Be sure to wear an old shirt or a smock.

Ages: 5-15 Max: 8 Location: SCCC Cafeteria

<u>Day</u>	Date	Time	Price
Program	#4098E		
Wed	6/13	6-6:45pm	\$13

Hage-Hogan Boys & Girls Basketball Camp

Celebrating 36 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. Fee includes t-shirt & a basketball! Grades K-2

Day	<u>Date</u>	<u>l ime</u>	<u>Price</u>
Progra	m # <mark>4094A</mark>		
M-F	7/9-7/13	8-9:15 am	\$35/\$40res/non-res
Grades	3-6		
Day	Date	Time	<u>Price</u>
Progra	m #4094B		
M-F	7/9-7/13	8am-12pm	\$90/\$95res/non-res
Grades	7-12		
Day	Date	Time	Price Price
Progra	m #4094C		
M-F	7/9-7/13	8am-12pm	\$90/\$95res/non-res

Youth Science Experiments

Have you ever wanted to be like Bill Nye "The Science Guy"? Well this class is perfect for you! We will be creating different experiments each week and learning about the different reactions responsible for said 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: 7-11 Max: 8 Location: SCCC Cafeteria

 Day
 Date
 Time
 Price

 Session I Program #4099A

 Mon
 6/18-7/16
 6-6:45pm
 \$13

*No Class on 7/2

Session II Program #4099B

Mon 7/23-8/13 6-6:45pm \$13

*Both Session will have the same experiments



Horse Camp!

What a great way to spend a week in your summer! You can sign up per day or for the whole week! There will be riding, games, horsemanship and crafts! Bring a snack, drink and lunch and dress for the weather! Max: 3

Location: Church Hills Stable, Hilton

Date Time Day Session I Program #4099D M-F 7/9 -7/13 9am-3pm Session 2 Program #4099E M-F 7/23-7/27 9am-3pm Session 3 Program #4099F M-F 8/6-8/10 9am-3pm Session 4 Program #4099G M-F 8/20-8/24 9am-3pm \$50 per day

ATTENTION All Horseback Riding

Participants must sign up at least I week ahead.

Youth Arts & Crafts

\$235 for the week

Come join recreation staff member Tim Manuszewski in creating a variety of different arts and crafts! We will work on a different project each week. Some of your pieces can be taken home that night! Be sure to wear an old shirt or a smock.

Ages: 7-11 Max: 8 Location: SCCC Cafeteria

 Day
 Date
 Time
 Price

 Program #4100A

 Tues
 7/10-7/31
 6-6:45pm
 \$13

Oobleck Night

Want to help your child with this fun project but don't want to worry about the mess? Then we have the perfect solution for you. Stay and assist your child for a nice bonding experience or pick up your child and their masterpiece afterwards. Join us for a night of ooey-gooey fun!

Ages: 5-15 Max: 8 Location: SCCC Cafeteria

<u>Day</u>	Date	Time	<u>Price</u>
Program	n #4099C		
Thur	7/19	6-6:45pm	\$13

Stained Glass Jar Night

Come join staff member Tim Manuszewski in creating a beautiful jar to show off to family and friends. Use it as a flower vase, put a scented candle in it to relax or just use it to store other Knick-knacks! Be sure to wear an old shirt or a smock.

Ages: 5-15 Max: 8 Location: SCCC Cafeteria

Day	Date	Time	Price
Progra	m #4100B		
Thur	8/16	6-7pm	\$13

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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. Parent is required to enter pool with child. Infant—4 years old. Max 8.

Day	Date	Time	<u>Price</u>	
Session I Pr	ogram #410	IA		
M-Th	7/9-7/12	11-11:30 am	\$45	
Session II Program #4101B				
M-Th	7/16-7/19	11-11:30 am	\$45	
Session III Program #4101C				
M-Th	7/23-7/26	11-11:30 am	\$45	

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.

<u>Day</u>	Date	Time	<u>Price</u>
Session I	Program #410	ID	
M-Th	7/9-7/12	11-11:45 am	\$45
Session II	Program #410	OIE	
M-Th	7/16-7/19	11-11:45 am	\$45
Session III	Program #41	OIF	
M-Th	7/23-7/26	11-11:45 am	\$45

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.

<u>Day</u>	Date	Time	<u>Price</u>
Session I	Program #410	IG	
M-Th	7/9-7/12	11-11:45 am	\$45
Session II	Program #410	ΙΗ	
M-Th	7/16-7/19	11-11:45 am	\$45
Session III Program #4101			
M-Th	7/23-7/26	11-11:45 am	\$45

Level III Goldfish

Children will work on jumping into deep water from the side, submerging and picking up an object in chest deep water, floating in deep water, treading water using hand and leg motions and front and back crawl. Max. 6.

Day	Date	Time	Price
Session I	Program #410	OIJ	
M-Th	7/9-7/12	12-12:45 pm	\$45
Session I	l Program #41	01K	
M-Th	7/16-7/19	12-12:45 pm	\$45
Session I			
M-Th	7/23-7/26	12-12:45 pm	\$45

Level IV Yellow Fins

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

Date	Date	Time	<u>Price</u>			
Session I P	Session I Program #4101M					
M-Th	7/9-7/12	12-12:45 pm	\$45			
Session II P	Session II Program #4101N					
M-Th	7/16-7/19	12-12:45 pm	\$45			
Session II Program #41010						
M-Th	7/23-7/26	12-12:45 pm	\$45			

Level V Barracuda

Children in this group will work on standing dive, shallow dive, surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breast-stroke, elementary backstroke, sidestroke, treading water with two different kicks and survival swimming. Max. 6.

Day	Date	Time	Price
Session I Pr	ogram #410	IP	
M-Th	7/9-7/12	12-12:45 pm	\$45
Session II P	rogram #410)IQ	
M-Th	7/16-7/19	12-12:45 pm	\$45
Session II P	rogram #410)IR	
M-Th	7/23-7/26	12-12:45 pm	\$45

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Painting for Young Beginners

This class will be fun, easy and colorful for the little artist inside you. Supplies will be included.

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

Instructor: Local Artist Erin Lawrenz Ages: 8 and up

Location: SCCC Lounge

Min: 6 Max: 24

Days	Dates	Time	Price	
Session I Pro	ogram #4102A			
Thu	7/12	3-5pm	\$25	
Session II Pro	ogram #4102B			
Thu	7/26	3-5 pm	\$25	
Session III Pr	ogram #4102C			
Thu	8/9	3-5pm	\$25	
Session IV Program #4102D				
Thu	8/23	3-5pm	\$25	



7/12



7/26

8/9

8/23





CLARKSON GOOD NEIGHBOR DAY Friday, August 24, 2018 5pm - till?

Cruise-in (5pm-dusk)



Food Vendors

Kids Activities

Music by Sky Band - 4-6pm

Josey Waverly - 6:30-8:30pm

Frog Jumping Contest - 7pm



Movie at Dusk

Fireworks following movie

For More Information: Clarksonny.org



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JULY 3rd Independence Celebration





Tuesday, July 3rd from 7:00-9:00pm Entertainment, activities, games, food, and fireworks at dusk!



Sweden Farmers Museum Harvest Festival Saturday, September 15, 2018 from 9am-4pm Location: Lakeview Cemetery

- If you would like to participate in the Harvest Festival, fill out the registration form below and return it along with a check payable to: The Town of Sweden mail completed form to 18 State Street Brockport, NY 14420. Please return this registration form & payment no later than August 24, 2018, Att: Karen Sweeting
- Upon receipt of your registration form & payment, a confirmation letter with festival details will be mailed to you. Please keep a copy of your completed form for your records.
- Any questions please contact Chris at whitefarm@frontiernet.net or call (585) 637-4895.

I would like to rent: _____ One open air booth (\$20) (10X10)

PLEASE NOTE: Tents & tables will not be provided by Sweden Harvest Festival. You must make arrangements to being you own. No electrical on premises.

VENDOR NAME: _____ CONTACT NAME: _____ ADDRESS: _____ PHONE: ____ EMAIL: _____ EMAIL: _____ DETAILED DESCRIPTION OF ITEMS TO BE SOLD*:

*Approval of items to be sold will be at the discretion of Sweden Farmers Museum Festival Committee

<u>SCHEDULE OF EVENTS</u> - Vendor Arrival & Set-up 7 am to 8am, Town of Sweden is not responsible for stolen or damaged items, Festival Open to the Public: 9am-4pm, Vendors must be off premises no later than 5pm.

SEE YOU AT THE FESTIVAL!!

YOUTH REGISTRATION FORM

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

Name		Birthdate	Gender	Pant/Shirt Size	Program Name	Program #	Cost	
	<u>_</u>	Make Che	cks Pavah	le To: * Town	of Sweden*	Total		
Medical Inform	nation:	make one	iono i ayas		0.00000	1000	l	
Name	Please list any a	_		ical issues your o		ould be aware of	to make	
Household Info	ormation:							
Em	ail	Hon	Home Phone		Cell Phone		Work Phone	
Address			City		State Zip)	
Emergency Cor	ntact Name:							
Relationsh		Hor	ne Phone	Ce	ell Phone	Work P	hone	
Add	ress		City		State	Zip)	
Vaiver of Participation/R Vaiver/Refund Policy must be r ome recreational programs, I hereby, fi d its representatives, successors, and ese groups or at any recreation facility hild for whatever reason with the activity weden Clarkson Recreation Departme ants during the activity. These photos	read and signed before re or my child, my heirs, executors d assigns and/or Town of Clark, i, including the skate park. I als ties stated, I do hereby authoriz int Refund Policy. Refunds are	gistration is accept s, and administrators, we son and its representative of fully realize that I muste the Town of Sweden subject to processing fe	aive and release a ves, successors, a t provide proper m to execute a refun e. Refund Policy : F	ny and all rights and clain nd assigns for any and a edical and hospital cover d voucher on my behalf a lease refer to our brochu	ns for damages I or my Il injuries suffered by my age. Furthermore, in the and submit for payment und re. Photo Release: I unde	child may have against the reelf or my child at any act e event a refund is granted under the terms and condi irstand that photos may be	e Town of Swede ivity sponsored b I for myself or my tions set forth in	
ignature:					Date:			
	Ple	ase be sure to	have entir	e form complete	ed.			
Incompl	ete payment or info	ormation will ca	ause a prod	cessing delay fo	or your child's r	registration.		
Received By:						Date:		

ADULT REGISTRATION FORM

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

Participant Information:

Name	Birthdate	Gender	Phone
Address	City	State	Zip

Program Information: (Use Y-S, Y-M, Y-L, A-S, A-M, A-L, A-XL for sizing)

Program Name	Program #	Shirt Size	Pant Size	Program Cost
Make C				

Medical Information:

Allergy/Condition	Please list any information we should be aware of to make your participation as enjoyable and safe as possible.

Emergency Contact:

Name	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Waiver of Participation/Refund Policy/Photo Release:

Waiver/Refund Policy must be read and signed before registration is accepted. In consideration of your accepting my entry, and understanding that a certain amount of risk is inherent in some recreational programs, I hereby, for my child, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child may have against the Town of Sweden and its representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups or at any recreation facility, including the skate park. I also fully realize that I must provide proper medical and hospital coverage. Furthermore, in the event a refund is granted for myself or my child for whatever reason with the activities stated, I do hereby authorize the Town of Sweden to execute a refund voucher on my behalf and submit for payment under the terms and conditions set forth in the Sweden Clarkson Recreation Department Refund Policy. Refunds are subject to processing fee. Refund Policy: Please refer to our brochure. Photo Release: I understand that photos may be taken of participants during the activity. These photos will become the property of the Town of Sweden and Recreation Department and may be used to promote the program and department.

Signature:		Date:
	Please be sure to have entire form completed	d.
	Incomplete payment or information will cause a processing delay	for your registration.
Received By: _		Date:

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Red Wings Trip - New!

Come enjoy a wonderful day filled with baseball at a Red Wings day game.

Transportation and tickets are included for this trip. Everything else will be on your own.

Must register prior to July 6th, 2018
Maximum Number of People: 40

Day Date Price

Tuesday

7/17/18 \$15 (Youth under 16 and Seniors 55+)

\$20 (Adults 16-54 yrs)

Depart- 9:30 am (please arrive at least 20 minutes prior)

Program #4103A



Join us for a day at Ontario Beach Park to salute seniors! There will be music and entertainment as well! Please pack a lunch or bring money to purchase lunch from a local establishment.

Must register prior to August 10th, 2018

Maximum Number of People: 40

Day Date Price
Friday 8/17/18 \$5

Depart- 9:15 am (please arrive at least 20 minutes prior) Return- Around 3:00 pm Program #4103B



Senior Picnic - New!

Calling all seniors! We will be enjoying great cookout food, games and the new lodge at Sweden Town Park! Come on out and enjoy the sunshine with good food and good friends!

Location: Lodge at Sweden Town Park

DayDateTimePriceFridayAugust 3rdI I:00 am\$5

Program #4103C

G

Body Sculpting

With upper and lower body working at the same time, you will get a complete body workout. This class will also work on balance, core and a bit of yoga for good measure. Instructor: Barb Whited. Ages: 16+.

Location: Large Activity Room 3.

<u>Day</u>	Date	Time	<u>Price</u>	
Session	I Program #4104	1A		
Wed	6/13-8/1	5:30-6:15 pm	\$36	
Session	I Program #4104	4B		
Wed	8/8-8/29	5:30-6:15 pm	\$24	
*No Class June 20th & July 4th				

Yoga Stretch

This class will incorporate yoga poses with the emphasis on stretching. Gentle guidance into breathing awareness will lead you into deep relaxation. Please bring a yoga mat. Instructor: Barb Whited. Ages: 16+. Location: Large Activity Room 3.

Day	Date	Time	<u>Price</u>	
Session	I Program #41	04C		
Wed	6/13-8/1	6:30-7:30 pm	\$42	
Session II Program #4104D				
Wed	8/8-8/29	6:30-7:30 pm	\$28	
*No Class June 20th & July 4th				

Vinyasa Flow Yoga

When life gets in the way and you're feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat and blanket. Instructor: Barb Whited. Ages 16+. Location: Large Activity Rm 3

<u>Day</u>	Date	Time	<u>Price</u>		
Session I Program #4104E					
Mon	6/11-7/30	6:30-7:30 pm	\$49		
Session II Program #4104F					
Mon	8/6-8/27	6:30-7:30 pm	\$28		

*No Class on June 25th

Tops & Bottoms

Join instructor Barb for her brand new fitness class! This class will define our shoulders, biceps, triceps, along with lifting and shaping our glutes!

Location: Large activity room 3.

Day	Date	Time	Price
Session	l Program #41	04G	
Mon	6/11-7/30	5:45-6:15pm	\$35
Session	II Program #41	104H	
Mon	8/6-8/27	5:45-6:15pm	\$20
* No Class June 25th			

2018 Fitness Center Memberships

Membership	Imonth	3month	l year
Youth (16-18)	\$20	\$50	\$175
Senior (55+)	\$20	\$50	\$175
Adult (18-54)	\$25	\$65	\$235
Family (16+)*	\$75	\$185	\$640
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 for out-of-town guests: \$10 adult; \$8 senior

Personal Training

If you need individual attention and a workout program designed for you, our personal training program is the right fit. Do you need help familiarizing yourself with the equipment? Sign up for a lesson with a personal trainer. A trainer will provide you with information, feedback, testing and a workout designed to meet your needs. Location: SCCC gym/fitness center. Ages 16+. Rates starting at \$10! I Session = \$30.00, 6 Sessions = \$150.00 Please contact Andre for more information and to schedule a session. Call 431-0087/ andrec@townofsweden.org

*NEW Abs & Glutes

This class is designed to focus on strength training and balance for the lower body. These workouts will include Barre (ballet inspired exercises) that are designed to focus on lean muscle development. Balance is also a strong part of the class focus. All fitness skill levels welcome!

Adult(16+)

Day	Date	Time	Price
Progran	n #4104I		
Thu	6/14-8/23	6-6:50pm	\$48

*No Class July 5th & 12th

*NEW HIIT & Harmony

This class is a great combination of interval training And stretching, which will leave you with a full Body workout! The first half of the class uses timed intervals to work through 10 different workouts involving core, cardio and Strength training. "Harmony" is where we incorporate Yoga into a 20 minute cool down focusing on breathing, flexibility and balance. This class is perfect for all fitness levels!

Adult (16+)

Location: Large Activity Rm I

Day	Date	Time	<u>Price</u>
Progran	n#4104J		
Mon	6/11-8/13	6pm	\$48

*No Class July 9th

& G

*NEW Kickboxing

This is an instructor led group fitness routine which utilizes martial arts techniques, in addition to a combination of strength building and face paced for all levels! Come build stamina flexibility and coordination in a group fitness atmosphere!

Adult(16+)

 Day
 Date
 Time
 Price

 Program #4104K

 Sat
 6/16-8/25
 8:30-9:20am
 \$48

 *No Class July 7th & 14th, August 8th & 11th

*NEW Essential Oils Series: Detoxing Your Life

This six-class series will help you to learn about the harmful toxins in your life and what you can do to replace the everyday products we use with cleaner options. It is suggested that students take the basic course, "What are Essential Oils?", before beginning this series. The classes are as follows:

DYL-01: Personal Products- Shampoo, conditioner, body wash, etc. (Participants will make DIY facial wash)

DYL-02: Detoxifying Your Home- Explore toxins in cleaners and find safer alternatives (Participants will make DIY glass cleaner)

DYL-03: Saving Your Face- Learn how to improve your skin care routine (Participants will make DIY facial toner)

DYL-04: Supplements for Healthier Living- Learn about oil infused products to support active life (Participants will sample Ningxia Red, Ningxia Nitro & Zyng, Slique Shake and protein powder smoothies)

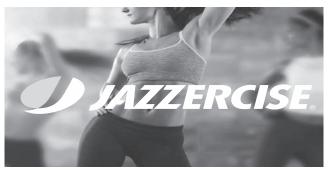
DYL-05: Essential Oils 102- More amazing oils beyond the basics to boost spirit, energize, etc. (Participants will make roller bottle to take home)

DYL-06: Finding Solutions- You will learn where to go for advice, how to research answers for problems and how to combine oils for maximum effect (Participants will make roller bottle to take home)

Sign up for one or sign up for them all. If you do sign up for them all, you will receive a 25% discount!

Instructor: Linda St. George Location: Large Activity Room 3

<u>Days</u>	Dates	Time	<u>Price</u>
Progra	m # 4105A		
Sat	7/1-8/25	I-2:30 pm	\$10/class
			\$45 for all



VALID FOR ONE WEEK FREE

Unlimited Jazzercise Classes

Brockport Jazzercise 4927 Lake Rd. Bkpt, NY Register by calling Sue Westcott 585-738-3555 or email: brockportjazzercise@gmail.com

bkpt_spen_jazz@yahoo.com

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

Expires: 12/31/18

*NEW What are Essential Oils?

This core class introduces Essential Oils in layman's terms. Participants will learn how essential oils are distilled, some of the chemical constituents of the oils, their therapeutic properties, and what they can do to improve overall health and well-being.

Participants will make a roller bottle to take with them as part of this class. Location: Large Activity Rm 3 Instructor: Linda St. George

<u>Days</u>	Dates	Time	<u>Price</u>
Session	I Program #4105E	3	
Tues	7/19	II am	\$8/class
Session	II Program #4105	С	
Tues	7/19	6:15 pm	\$8/class
Session	III Program #4105	5D	
Tues	8/2	II am	\$8/class
Session	IV Program #410!	5E	
Tues	8/2	6:15 pm	\$8/class
Session	V Program #4105	F	
Tues	8/9	II am	\$8/class
Session	VI Program #410	5G	
Tues	8/ 9	6:15 pm	\$8/class
Session	VII Program #410	5H	
Tues	8/23	II am	\$8/class
Session	VIII Program #410	051	

6:15 pm \$8/class

8/23

Tues

8 G

Open Tai Chi

Tai Chi is primarily practiced today to improve increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury. Instructor: Jane Harr

Location: Large Activity Room I

Day	Time	<u>Price</u>
Mon & Fri	lpm	\$1/class

Tai Chi Beginner & Advanced **8-Week Course**

Tai Chi is primarily practiced today to improve health and increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury. Instructor: Jane Harr. Location:

Large Activity Room I

Price per session is \$40 for 18-59 years; \$33 for 60+.

<u>Day</u>	Date	Time	<u>Price</u>	
Beginner	Course Progr	am #4106A		
Monday	6/11-8/6	2-3 pm	\$40/\$33	
Advanced Course Prior instruction recommended				
Advanced	l Course Prog	ram #4106B		
Friday	6/15-8/11	2-3 pm	\$40/\$33	

*No Classes the week of July 4th

Stretch & Tone

Looking for an easy and low-key class to get some deep stretches and feel better? This is for you! Instructors:

(Mon) Joyce Henion

(Thu) Jason Wambold- MSPT Agape Physical Therapy Location: Large Activity Room 3

Day	Time	Price
Mondays	1-2pm	\$1
Thursdays	12-1pm	\$1

Give-A-Lift Program The Give-A-Lift Program offers transportation to individuals needing a way to and from appointments and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Bob at 455-1126 between 8am-4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

Learn to Paint a Masterpiece

Have you always wanted to paint but not sure where to begin? Then this class is for you! Each class will focus on creating your own Master painting. Join artist, Sheilagh McGreal, and learn basic painting techniques from master artists using acrylic paint and take home a complete painting! Please be sure to wear comfortable clothes that you don't mind getting any paint on.

Session I: Monet- San Giorgio Maggiore at Dusk (pretty

sunset!)

Session 2: Gustav Klimt- Tree of Life

Minimum: 3

Location: Small Activity Rm 4

Day	Date	Time	Price
Session	I Program #4	106C	
Tue	6/26	6-8 pm	\$25
Session	II Program #4	1106D	
Tue	7/24	6-8 pm	\$25

Arts & Carafe's

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

Instructor: Erin Uetz. Ages: 21 and up. Location: Large Activity Room 3.

Min: 6 Max: 24

Day	Dates	Time	<u>Price</u>
Program #4	4106E		
Thu	6/14	5:30-7:30 pm	\$25

Weekly Open Senior Cards

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

Fee: \$1 per visit

Location: Small Activity Room 4

Senior Bingo

One Wednesday per month in the Winter Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded!

Location: Small Activity Rm 4

Dates: June 20th, July 18th, August 15

Elderberries

Elderberries is a social group for Seniors. They have been meeting for 51 years.

Activities include: day trips, lunches, baking for fundraising sales, games and basket raffles.

Location: Small Activity Rm 4

Day	ay Time		Price
2nd & 4th	Wed of the month	lpm	\$1

SilverSneakers® programs are designed for older adults to increase energy, improve balance, increase strength and flexibility and to meet new people. When you enroll in SilverSneakers® you receive fitness center membership and class opportunities at the Sweden/Clarkson Community Center. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes are as follows:

<u>Day</u>	Time	Туре
Monday	10 am-11 am	Classic
Monday	11am-12pm	Classic
Tuesday	10am-11am	Cardio
Tuesday	11am-12pm	Yoga
Wednesday	11am-12pm	Classic
Wednesday	1:15-2pm	Classic
Thursday	10am-11am	Cardio
Thursday	11am-12pm	Yoga
Friday	11am-12pm	Classic

Silver & Fit participants will receive a fitness center membership covered by your insurance company. Stop in and fill out a registration packet so you can get started!

Blood Pressure Checks

Monroe Ambulance Deputy Chief Mike Bove will be conducting blood pressure checks each week!

Location: SCCC Main Hallway

Time	
11·30-12·30pm	Free
	Time 11:30-12:30pm

Sweden Senior Singers

Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community. Call 431-0090.

Day	Date	Time
Wed	Sept-May	10:15-11:45
Location:	Large Activity	Room I

Book Discussion Club

Day	Time	Price
1st Monday of the month	11-12:30 pm	FREE
Location: Small Activity Ro	om 4	

Beginner Line Dancing

Have you been interested in learning to Line Dance but never took the time or wanted to spend the money to do it? Well now is your opportunity! All you need is an hour of time to learn the basics of line dancing in a comfortable, friendly environment. All ages are welcome and all you need to bring is a willingness to learn and some comfortable shoes.

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Location: Large Activity Room 3.

Day	Time	Price
Thursdays	9:30—11 am	\$1

Line Dancing

Different dances each week. All Ages.

Location: Large Activity Room 3

Day Time Price

Wednesdays 9:00-10:30 am \$1

The Sweden Comfort Quilters

Can you tie a knot? That's all the expertise you need to help us make quilts for homeless, battered and needy families in our area. All ages welcome.

Location: Large Activity Room 3

<u>Day</u>	Time	<u>Price</u>
Mondays	9am-12 pm	FREE

Dresses for Girls Around the World

Help us make dresses for needy and underprivileged girls in our own country and around the globe. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just for an hour or two. Location: Large Activity Room 3

Day	Time	Price
4th Tuesday	9am-12pm	FREE

Community Sewing Group

Help us make quilts for homeless, battered and needy families in our area. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just an hour or two. Location: Large Activity Rm3

Day	Time	Price
2nd Tuesday of each month	9am-11pm	FREE

Knitting Club

Meet to knit and crochet items for area cancer patients. We provide the yarn, donations gratefully accepted. Location: Small Activity Room 4

Day	Time	Price	
Wednesday	10am-12pm	FREE	

*NEW Unified Tae-Kwon Do

This beginner class will help develop self-confidence, self-control, and focus while working towards self-improvement. This program is taught by new instructor Master Kanous and he has over 18 years of training and started teaching TKD by age 11. Master Kanous has competed all over the east coast and has been a motivational speaker at numerous schools and events in the name of TKD.

Ages: 16+ Max: 25
Location: Large Activity Room #I

 Day
 Date
 Time
 Price

 Session I Program #4107A

 Wed/Fri
 6/20-7/20
 5:50-6:35pm
 \$65 *

No Class 7/4 or 7/6
Session II Program #4107B

Wed/Fri 7/25-8/17 5:50-6:35pm \$65

Men's Flag Football League

Pick up your blank roster form at the S/C Community Center. The league will be 8 weeks (8 games), plus playoffs. **You

must register a complete team**

Ages: 18+

Location: Sweden Town park-Football field Day

Dates Time Price

Program #4107C

Thu 6/14-8/16 6 pm \$150 per team

\$20 per week for Referee fees

*No games on July 5th

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Thursday 12pm—3pm \$1/\$2 Sunday (5-13yrs Only) 10am-11:45pm resident/non-

Open Pickleball

Monday—Friday 10am-12noon \$1/\$2 **Tuesdays** *Ladies Only*

Fridays *Men Only*

Saturday 9-11:30pm res/non-resident

Toddler Gym

been reserved for private use.

For ages 5 & under ONLY. \$2

Children must be accompanied by an adult.

Please call for availability and to confirm open gym times. Any open gym/play times may be altered to accommodate special events or times that have

Adult Softball Leagues (Fall)

Leagues are forming at the Sweden Clarkson Community Center! All leagues are for adults ages 18 and up. Games will be played a Clarkson Recreation Park, formerly know as Ridgewood Park, on Rt. 104 in Clarkson. There will be later games this year under the lights, so come out and show us how you swing it!

Sweden/Clarkson Recreation will be holding a captains meeting before the season on August 30th, 2017 from 6-8 pm at the community center. Teams will need to have their captain or a representative from their team at this meeting. League fees will also be due at this time

*Both registration and FULL payment must be receive to secure a spot in each league!**

<u>Day</u>	<u>Date</u>	Time	<u>Price</u>
Monday Coe	d Program #41	07D	
Mon	Sept-Oct	6-9pm	\$160
Tuesday Men	's Program #4	107E	
Tue	Sept-Oct	6-9pm	\$160

Adult Fall Soccer League

In the fall we will be offering a coed adult soccer league! Get your team together join us in the fall! Pick up a blank roster form At the S/C community center. The league will be 6 weeks (6 games) Plus playoffs. *You must register a complete team*

Max: 6 teams Ages: 18+ Location: Sweden Town Park

Day Dates Time Price

Program #4107F

Wed 9/9-10/14 6 pm \$100 per team

\$40 per week for Referee fees

*NEW Make and Take Essential Oils

Come and relax while learning about essential oils and how they can benefit your lives! Not only will you be making 6 different kinds of essential oils, but you will get to take them home as well!

Instructor: Margaret Schultz Location: SCCC Lounge

 Days
 Dates
 Time
 Price

 Program #4107G

 Tues
 6/12-7/25
 5:30-7:30 pm
 \$60

*No Class 7/3

Community Center

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

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$125/field 3 hour block	\$175/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
NEW LODGE	\$175/day		\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field	Football \$75/field All others \$50/field per 3 hour block	Football \$50 All Others \$20	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Ridge Road Park	\$30/field for 3 hours 8 am- 10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Ridgewood Lodge Ridge Road 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
Goodwin Lodge Hafner Park	\$150/day 8 am—10 pm	\$150/day 8 am– 10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

Your Sweden Town Park—a family destination in the making



Playground at the Lodge

The new Lodge at the Sweden Town Park wouldn't be complete without a playground to keep young children engaged during events at the Lodge. The playground is part of the \$446,145 EPA/NYS Parks and Recreation grant that built the Lodge and will help fund a pathway from the park to the canal. This playground has been ordered and will arrive at the end of June—it should be installed and in use by July 2018. The grant was written by the Sweden Community Foundation.

Inclusive Playground

The Town has received a \$250,000 grant through Senator Robert Ortt's office to construct a playground that will be fully inclusive of children in wheelchairs. The ground material makes it possible for wheelchairs to move easily among the stations and two wheelchair ramps will give children full access to all the activities on the equipment. The grant funds will be released soon, with installation of the playground in the fall.



Splash Pad

An \$80,000 Monroe County CDBG grant and a matching \$80,000 from a donor will make this Splash Pad a reality in Summer 2019. The Sweden Community Foundation is raising additional funds towards the project. Donations may be sent to Sweden Community Foundation, 18 State Street, Brockport, NY 14420. Donations are tax deductible.