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SUMMER 2019



**SWEDEN
LARKSON**



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

Registration Policy

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

Non-Resident Policy

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

Credit/Refund Policy

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

Gift Certificates

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

Financial Assistance/Scholarships

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

Videotaping

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

Locker Rooms and Lockers

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

Weather Cancellation Hotline

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

Payment Options

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

Community Center Hours

June 1st - June 30th M-F 6am-8pm
 Sat 8am-3pm
Closed Father's Day Sun 8am-12pm
 July 1st - August 31st M-Th 6am-8pm
 Fri 6am-6pm
Closed July 4th Sat 8am-12pm
 Sun CLOSED

Directory

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 jillw@townofsweden.org
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Sweden Town Board

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

Clarkson Town Board

Supervisor Christa Filipowicz 637-1131
 Councilperson Patrick Didas
 Councilperson Allan Hoy
 Councilperson Jackie Smith
 Councilperson Leslie Zink

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.recdesk.com

“Life is like riding a bicycle. To keep your balance you must keep moving.” Albert Einstein

Let’s all hope that the Spring & Summer weather arrives soon. As we write this letter, it is barely 60 degrees, rainy and windy. With the good weather just around the corner, we should think about getting outside and being more active, especially as a family. It is a good time to recharge your batteries after the long winter.

On that note, we can encourage you to take a good look at this brochure and pick one new thing for you and your family to try in living a healthier life. One new addition might interest you. Beginning June 8th at 9 am we will start a walking club. Walking is one of the best forms of physical exercise for every age group. It’s easy to do on a regular basis, can be done anywhere and doesn’t cost anything. Not all of us are athletic and this is a great way to get in shape and stay in shape. Details of the walking club can be found on page 13.

Many studies have found that 30% of all cancers are a result of being overweight. That is alarming to

say the least. In the last *Scoreboard* we shared the childhood obesity statistics. The trend lines for our young people are sad. Hopefully, we have encouraged you in some way to make a change in a child’s life; whether that is your child, your niece or nephew, a younger sibling or a grandchild. You could have a positive impact by helping them make small changes in their activity level or eating habits. Let’s reverse this trend for someone we love and care about.

Join us for the Back to School Youth Health Fair on August 17th (see page 7). It will be a great opportunity to learn about healthy living and have some fun! We hope to see you outside over the next few months.

Enjoy the Summer!

Patricia Hayles *Jackie Smith*
Sweden Councilperson *Clarkson Councilperson*
Liaisons to the Community Center

News from your Sweden Clarkson Rec Director

Before we get into the exciting and fun things happening at your Sweden Clarkson Community Center, I need to give you an update on some facility projects. You will have noticed the interesting camouflage spackling on the outside of the gymnasium. That is preparation for the new siding which will be installed mostly during June. Be aware that there are times our small playground may be closed to accommodate the construction.

It won’t be long before you’ll see highway trucks in the parking lot as we begin an extensive chip and sealing process. There will be times that parts of the parking lot will be blocked off. Please always proceed with caution while our highway crew is actively working!

Finally, during the last week of summer, we will be resealing the gymnasium floor. It is something that we must do every couple of years. We schedule that work for over a long weekend and the gym is

closed for a couple of days.

Now the fun! We all tend to be extra busy in the summer time with vacations, day trips and yard work, but there are a few events you won’t want to miss: the grand opening of the Sweden Splash Pad on June 8 with a free showing of Aquaman; our signature fireworks show on July 3, a senior picnic on July 26, a youth health fair on August 17, and Clarkson’s Bicentennial Celebration on August 24.



Jill Wisnowski, Rec Director

There is no place kids would rather be for the Summer than the Sweden Clarkson Rec Center.

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 # 4156A			
Mon	6/10-7/2	5-5:45 pm	\$25R/\$30NR



Tot Zumba and Stretch 

Come join instructor Maddie O'Mara in a fun class revolving around basic dance stretches and beginner Zumba. Be sure to sign your child up for this awesome beginner class! Ages: 3-5
Min: 3 Max:8
Location: Large Activity Room #3

Day	Date	Time	Price
Program # 4156B			
Mon	7/8-7/29	4:30-5:15pm	\$25R/\$30NR

Donuts with Dad

Join us for an early Father's Day treat by enjoying some Donuts! Dads, if you can't make it, feel free to send mom, a grandparent/special friend or neighbor. Drinks will be provided as well. All ages are welcomed and we hope to see you there!
Location: SCCC Cafeteria

Day	Date	Time	Price
Sat	6/15	1-3pm	\$2 per person

Instructional Tot T-ball

Is your tot interested in learning the basics of T-ball? Come join Coach George! We will learn hitting, throwing, catching and more. This four-week class is designed to help your child gain a great foundation for the game of t-ball.
Instructor: George Kimball.
Ages: 4-6 Max: 8
Location: SCCC Gym

Day	Date	Time	Price
Program #4156C			
Mon	7/15-8/5	5-5:45 pm	\$25R/\$30NR

Youth Arts and Crafts

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

Day	Date	Time	Price
Program #4156D			
Thu	8/8-8/29	6-6:45pm	\$16/\$21NR

Paint-A-Piggy Bank Night

Sign your child up to paint their very own piggy bank! We provide all the materials so don't fret about bringing your own supplies. This is an excellent way for them to start saving up for college tuition! Be sure to wear an old shirt or a smock.

Day	Date	Time	Price
Program #4156E			
Wed	7/10	6-6:45pm	\$13R/\$18NR



Babysitters Training

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

Ages 11+

Day	Date	Time	Price
Program #4157A			
Wed	7/17	9am-2pm	\$52

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-gooley fun!

*Kids will get messy! Ages: 5-15 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4157D			
Wed	7/31	6-6:45pm	\$13R/\$18NR



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.

Day	Date	Time	Price
Program #4157B			
Wed	8/21	9am-11am	\$29



Fortnite Battle Royale-PlayStation 4

Test your building skills and strategic decision making in our first ever Fortnite competition! Players will be rewarded for their placement in Solo Battles as well as the number of eliminations they have. Pizza and drinks will be served. Be sure to sign up quickly!

*May end early depending on number of participants.

Ages: 10-16 Min: 4 Max: 6

Location: SCCC Conference room

Day	Date	Time	Price
Session I Program #4157E			
Wed	6/26	5-9pm	\$13R/\$18NR
Session II Program #4157F			
Wed	7/24	5-9pm	\$13R/\$18NR
Session III Program #4157G			
Wed	8/7	5-9pm	\$13R/\$18NR

Painting for Young Beginners

This class will be fun, easy and colorful for the little artist inside you! Supplies will be included. *Please come to class 15 minutes early and bring an old shirt or apron with you*

Instructor: Local Artist Erin Lawrenz

Ages: 8 and up Min: 6 Max: 20

Location: SCCC Lounge *Must register one week in advance in order to avoid cancellations*

Days	Date	Time	Price
Program #4157C			
Sat	6/29 & 8/3	3-5pm	\$35R/\$40NR

Summer Camp 2019

Program #4155A **Week 1:** 6/24-6/28 Clubhouse Greece (W)...\$130 (4-day week)

Program #4155B **Week 2:** 7/1-7/3 Hamlin Beach (Tu)...\$100 (3-day week)

Program #4155C **Week 3:** 7/8-7/12 Sky Zone (W)...\$160

Program #4155D **Week 4:** 7/15-7/21 Minnehans Fun Center (W)...\$160

Program #4155E **Week 5:** 7/22-7/26 Darien Lake (W)...\$160

Program #4155F **Week 6:** 7/29-8/2 Sweden Town Park BBQ (W)...\$160

Program #4155G **Week 7:** 8/5-8/9 Seabreeze (W)...\$160

Program #4155H **Week 8:** 8/12-8/16 Foam Dart Battles (W)...\$160

Program #4155I **Week 9:** 8/19-8/23 Buffalo Zoo (W)...\$160

Camp runs daily Monday-Friday 8:30am-4:30pm Early/Late Care: 7-8:30am and 4:30-6pm

\$8 for either or \$14 for both, \$60 entire week for both

Daily rate for residents: \$30, (\$40 on fieldtrip day) Non-residents: \$35, (\$45 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. They must apply and interview for the position and only attain this title if appointed by the camp director.

Come and spend your summer with us!

Back to School - Youth Health Fair

Saturday, August 17th 11am-1pm

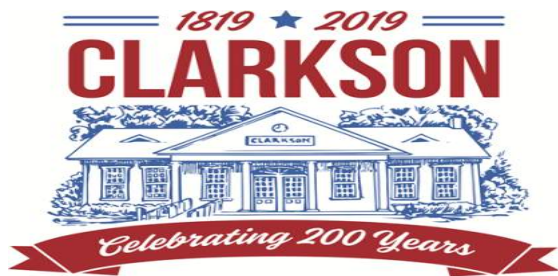
We are offering our first youth family health fair!

For children K-5th grade.

There will be an array of activities and vendors to offer information as well as various goodies on how to be happy healthy children that make healthy choices!

- * We will be donating 15 back-packs to the first 15 participants.
- * Participate in an obstacle course
- * Participate in 15-minute youth exercise program
- * Watch a TKD Demonstration

Some of the vendors will include: Bright Raven Gymnastics, Kids Wellness Club, Master Liam's TKD, Bert's Box, URMCC, Weinstein Dental Group, Wegmans, M&T Bank and more



2019 BICENTENNIAL SCHEDULE OF EVENTS

Christa Filipowicz, Supervisor & Chair
 Jackie Smith, Town Council & Co-chair
 Patrick Didas, Town Council
 Alan Hoy, Town Council

MAY

Thursday, 5/23 - **Dedication of Veterans Park** and bronze plaque. 7PM

June

Saturday, 6/15 - **Clarkson History** visit our display in the Seymour Library History Room through the end of July.

JULY

Thursday, 7/18 - **Dedication of Trees** at Kimball Park. Trees gifted to the park by residents honoring friends and relatives. 6PM

AUGUST

Saturday, 8/24 - **Bicentennial Good Neighbor Day at Hafner Park**

8AM **Swift Comet 5K Race** - Start (registration 7AM) and finish at the park.

8-11AM **Pancakes in the Park** - Pancakes breakfast with Boy Scout Troop 86.

10:30AM **Walking Tour of Clarkson** - Clarkson Historian Leanna Hale will lead the tour. Meet at Clarkson Schoolhouse.

12PM **Quilt Show** - at Stanley Pogroszewski Justice Courthouse.

Hudson Magic Midway - 40 feet of fun inside!

58 Main Food Truck - parking lot near the playground.

12-4PM **Tractor Pull** - Loads of fun for the motorsport enthusiast!

1PM **Kids Field Day Races** - Three-legged race, sack race, crab walk obstacle course, and more.

3PM **Learn to Play Pickleball** - at the new Hafner pickle ball courts.

Learn Cursive Writing - Taught by the Clarkson Historical Society.

Cornhole Tournament - Kids and adults grab a friend and join the fun!

Plant a Mum - our friends at Sara's Farm Market will teach the kids about planting and caring for their new plants!

Pickle Daze - Kirby's Farm Market will have samples of their delicious pickles and show you how it's done!

4:30PM **Grandstand Activities Begin...**

Children's Procession and Play - Play written and directed by Debbie Preston and Patty Galinski.

Honorary Grand Marshall - Introducing the person who has lived in Clarkson the longest!

German Dancers - entertainment on the stage!

Beard Contest - Let's see who has the most creative, longest, or whitest beard!

5PM **Kids Frog Jumping Contest** - We're pretty sure you'll only do this in Clarkson! Bring your a frog and watch them race across the finish line.

5PM **Zuper Bounce** - a favorite for the kiddos!

Lions Grilling Dinner - Have dinner with us and support our Lions!

Abbotts Ice Cream ...and be sure to save room for dessert or a snack before the movie!

2019 Classic Car Cruise-In - All vehicles welcome— motorcycles, trucks and customs. Dash plaques to first 100!

NY State Police Display - Clarkson has hosted three NYSP Barracks over the years. Come learn more!

Monroe County Sheriffs Display - MCDO will be present!

First Responders Demo - informative and educational.

6:30-8:30PM **Ruby Shooz** - You won't be able to sit still with this fabulous band!

8:30PM **Childrens Movie After Dark** - Featuring Lego Movie 2 family entertainment under the stars!

10PM **Bicentennial Fireworks** - End the night with the best fireworks around!

December

Friday, 12/13 **Umpteenth Annual Children's Christmas Party & Tree Lighting**

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Youth in Action

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

Day	Date	Time	Price
Program #4158A			
Mon	6/10-7/2	6-6:45pm	\$30R/\$35NR

Instructional Youth Baseball

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

Day	Date	Time	Price
Program #4158B			
Mon	7/15-8/5	6-6:45pm	\$30R/\$35NR

Flag Football League (7-9 years old)

This six-week league will prepare kids 7-9 for playing organized football. The first two weeks are practice with The remaining four weeks games. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponents' home park. Volunteer coaches are needed.

Contact George Kimball
For information @ georgek@townofsweden.org

Day	Date	Time	Price
Program #4158C			
Sat	8/10-10/12	10am	\$45R/\$50NR



Youth Lawn Games

Does your child enjoy lawn games at family picnics? Come join coach George as he teaches your child a new lawn game each week.

Week 1: Kan Jam
Week 2: Baggo
Week 3: Horse shoes
Ages: 8-11 Max: 5

Location: SCCC

Day	Date	Time	Price
Program #4158D			
Wed	7/31-8/21	5-5:45	\$20R/\$25NR

Youth Instructional Pickleball

Is your child interested in learning the basic skills to pickleball? Come Join us to get a grasp on this growing sport and learn how to serve, hit the ball with forehand and back hand, and all the other skills it takes to become familiar with the game!

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

Day	Date	Time	Price
Program #4158E			
Tue	8/6-8/27	5-5:45 pm	\$20R/\$25NR

Flag Football League (10-12 years old)

This six-week league will prepare kids 10-12 for playing organized football. The first two weeks are practice with The remaining four weeks games. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponents' home park.

Volunteer coaches are needed.
Contact George Kimball
For information @ georgek@townofsweden.org

Day	Date	Time	Price
Program #4158F			
Sat	8/10-10/12	10am	\$45R/\$50NR

Teens Homeschool Group

Homeschooled kids age 13-17 meet weekly, year round, for socialization and recreation. Contact Jamie for more information - 585-205-3393.

Youth in Action

Hage-Hogan Boys & Girls



Basketball Camp Celebrating 37 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	Date	Time	Price
Program #41161			
M-F	7/8-7/12	8-9:15am	\$35R/\$40NR

Grades 3-6

Day	Date	Time	Price
Program #4116j			
M-F	7/8-7/12	8am-12pm	\$90R/\$95NR

Grades 7-12

Day	Date	Time	Price
Program #4116K			
M-F	7/8-7/12	8am-12pm	\$90R/\$95NR



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 #4159A			
Wed	6/12-5/2	6-6:45pm	\$30R/\$35NR

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.

Session 1: Ages 8-11 Max: 10

Program #4159B

Day	Date	Time	Price
Tue	6/11-7/9	6-6:45	\$35R/\$40NR

Session 2: Ages 12-14 Max: 10

Program# 4159C

Day	Date	Time	Price
Tue	7/23-8/13	6-6:45	\$35R/\$40NR

Location: TBA

Horse Camp

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	Price
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Session 1 Program #4159D

7/8-7/12	9am-3pm	\$50per day
\$235 for the week		

Session 2 Program #4159E

7/22-7/26	9am-3pm	\$50 per day
\$235 for the week		

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 Program #4159F

Day/Date/Time: By appointment only

AQUATICS PROGRAMS

Tot Swim

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

Infant—4 years old. Max 8.

Day	Date	Time	Price
Session I Program #4160A			
M-Th	7/8-7/11	11-11:30pm	\$52R/\$57NR
Session II Program #4160B			
M-Th	7/16-7/18	11-11:30am	\$52R/\$57NR

Level I Tetras

Children in this group will work on entering and exiting the pool safely, submerging, changing direction while walking or swimming, floating on front & back and swimming on front & back with support. Ages 5+. Max 6.

Day	Date	Time	Price
Session I Program #4160C			
M-Th	7/8-7/11	11-11:45pm	\$55R/\$60NR
Session II Program #4160D			
M-Th	7/16-7/18	11-11:45am	\$55R/\$60NR

Level II Trout

Children in this group will learn to enter water by stepping or jumping from the side, exit water safely using ladder or side, submerging, rhythmic breathing, opening eyes underwater, picking up objects in shallow water, front and back glide, treading water and swimming on front, back and side using arm and leg motions. Ages 5+. Max 6.

Day	Date	Time	Price
Session I Program #4160E			
M-Th	7/8-7/11	11-11:45pm	\$55R/\$60NR
Session II Program #4160F			
M-Th	7/16-7/18	11-11:45am	\$55R/\$60NR

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 #4160G			
M-Th	7/8-7/11	12-12:45pm	\$55R/\$60NR
Session II Program #4160H			
M-Th	7/16-7/18	12-12:45am	\$55R/\$60NR

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.

Day	Date	Time	Price
Session I Program #4160I			
M-Th	7/8-7/11	12-12:45pm	\$55R/\$60NR
Session II Program #4160J			
M-Th	7/16-7/18	12-12:45am	\$55R/\$60NR



Level V Barracuda

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

Day	Date	Time	Price
Session I Program #4160K			
M-Th	7/8-7/11	12-12:45pm	\$55R/\$60NR
Session II Program #4160L			
M-Th	7/16-7/18	12-12:45am	\$55R/\$60NR

YOUTH REGISTRATION FORM

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

Web: swedenclarksonrec.recdesk.com

Name	Birthdate	Gender	Pant/Shirt Size	Program Name	Program #	Cost	
Make Checks Payable To: *Town of Sweden*						Total	

Medical Information:

Name	Please list any allergies, behavioral or medical issues your child's coach should be aware of to make your child's experience as positive as possible.

Household Information:

Email	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Emergency Contact Name:

Relationship to Child	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____ **Date:** _____

Please be sure to have entire form completed.

Incomplete payment or information will cause a processing delay for your child's registration.

Received By: _____ **Date:** _____

ADULT REGISTRATION FORM

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

Web: swedenclarksonrec.recdesk.com

Participant Information:

Name: _____

Email Address	Birthdate	Gender	Phone
Address	City	State	Zip

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

Program Name	Program #	Shirt Size	Pant Size	Program Cost

Make Checks Payable To: **Town of Sweden**

Medical Information:

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

Emergency Contact:

Name	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____ **Date:** _____

Please be sure to have entire form completed.
Incomplete payment or information will cause a processing delay for your registration.

Received By: _____ **Date:** _____

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! Program #4161A

Location: Lodge at Sweden Town Park

Day	Date	Time	Price
Friday	7/26/19	11:00am	\$10

Get outside with Fido at the Sweden Dog Park

Our four legged friends are not the only ones who enjoy the interaction at the Sweden Dog Park. It's a great place for people to get fresh air and make new friends.

Join the Monroe County Dog Park System for only \$24 per year and you and your pet can use all four parks in the system. Visit <https://www2.monroecounty.gov/parks-DogParks.php> for information on how to register. The next registration session to be held at Sweden Town Park is Wednesday, June 19 from 5—7 pm.



Join the Sweden Clarkson Walking Club!



Join us on Saturday, June 8th at 9 am at the Main Street, Brockport bridge for a nice walk and some fun. This is for everyone of any age and especially to participate as a family.

The Club will walk together every Monday & Thursday at 6 pm and Saturdays at 9 am. Locations will vary. A schedule will be available on the first day. Participants will receive a passport to be stamped each day of participation with a prize to all children who walk 3 times per week for the 12 weeks. The culmination of the Club will be to walk together in the 5K at the Clarkson Bicentennial Celebration on August 24. There is no fee for the Walking Club. Call 431-0090 for more information.

ADULT PROGRAMS

Body Sculpting



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

Ages: 16+.

Location: Large Activity Room 3.

Day	Date	Time	Price
Session I Program #4161B			
Wed	6/26-7/31	5:30-6:15pm	\$30R/\$35NR
Session II Program #4161C			
Wed	8/7-8/28	5:30-6:15pm	\$24R/\$29NR

*No Class July 3rd

Yoga Stretch



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

Location: Large Activity Room 3

Day	Date	Time	Price
Session I Program #4161D			
Wed	6/26-7/31	6:30-7:30pm	\$35R/\$40NR
Session II Program #4161E			
Wed	8/7-8/28	6:30-7:30pm	\$28R/\$33NR

*No Class July 3rd

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

Day	Date	Time	Price
Session II Program #4161F			
Mon	6/24-7/29	6:30-7:30pm	\$42R/\$47NR
Session II Program #4161G			
Mon	8/5-8/26	6:30-7:30pm	\$28/\$33NR

Tops & Bottoms



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

Location: Large activity room 3.

Day	Date	Time	Price
Session I Program #4161H			
Mon	6/24-7/29	5:45-6:15pm	\$30R/\$35NR
Session II Program #4161I			
Mon	8/5-8/26	5:45-6:15pm	\$20R/\$25NR

2019 Fitness Center Memberships

Membership	1 month	3 month	1 year
Youth (16-18)	\$25	\$55	\$180
Senior (55+)	\$25	\$55	\$180
Adult (18-54)	\$30	\$70	\$240
Family (16+)*	\$80	\$190	\$645
Each add'l family	\$15	\$35	\$115

*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment?

Call 431-0090 to set up appointment. * Please Note: Fitness Center closes 15 minutes before community center.

Daily Rates for out-of-town guests: \$10 adult; \$8 senior

Personal Training

If you need individual attention and a workout program designed for you, our personal training program is the right fit. Do you need help familiarizing yourself with the equipment? Sign up for a lesson with a personal trainer.

A trainer will provide you with information, feedback, testing and a workout designed to meet your needs.

Location: SCCC gym/fitness center. Ages 16+. Rates

starting at \$10! 1 Session = \$30.00, 6 Sessions =

\$150.00 Please contact Andre for more information and

to schedule a session. Call 431-0087

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! Instructor: Aimee Gonzalez

Adult(18+) Location: Large Activity Rm I

Day Date Time Price

Program #4161J

Thu 6/13-8/15 6-6:50pm \$42R/\$47NR

*No Class June 27th & July 4th

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! Instructor: Aimee Gonzalez

Adult (18+) Location: Large Activity Rm I

Day Date Time Price

Program #4161K

Tue 6/11-5/21 6-6:50pm \$42R/\$47NR

*No Class June 25th & July 2nd

*NEW Intro to Kickboxing



This is an instructor-led group fitness routine which utilizes basic martial arts techniques, in addition to a combination of strength building and beginner paced moves with modifications for intermediate levels! Come build stamina, flexibility, and coordination in a group fitness atmosphere!

Ages: 18+. Location: Large Activity Room 1
Instructor: Aimee Gonzalez.

Day	Date	Time	Price
Program #4162A			
Sat	6/15-8/17	9:30-10:15am	\$40R/\$45NR

*No Class June 29th, July 6th, August 10th

Kickboxing



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 stretching and restorative yoga into a 20-minute cool down focusing on breathing, flexibility and balance. This class is perfect for all fitness levels!

Ages: 18+ Location: SCCC Large Activity Room 1
Instructor: Aimee Gonzalez

Day	Date	Time	Price
Program #4162B			
Sat	6/15-8/25	8:30-9:20am	\$48R/\$53NR

**No Class June 29th, July 6th, August 10th

NEW Adult Pickleball League



Coming this Fall!

Grab a partner and enter out doubles mixed league. It will be a 10 week league all games are played on Wednesdays evenings. Players will keep score and officiate. Playoffs will follow the regular season. All skill levels are welcome. Prizes for the winning team!

Ages: 18+

Location: SCCC Gym

Open Adult Pickleball



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

Location: SCCC Gym

Day	Time	Price
M-F	10:00am-12:00pm	\$1R/\$2NR

* One court is designated for Advance Players each weekday



Arts & 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: Erin Lawrenz Ages: 21 and up

Location: Large Activity Room 3

Min: 6 Max: 24

Day	Date	Time	Price
Program #4162C			
Thu	6/13 & 7/18	5:30-7:30pm	\$25R/\$30NR

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Thursday 12pm—3pm \$1/\$2

Toddler Gym

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 been reserved for private use.

Open Tai Chi



Tai Chi is primarily practiced today to improve health, increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury. Instructor: Jane Harr
Location: Large Activity Room 1

Day	Time	Price
Mon & Fri	1pm	\$1/class

Tai Chi Beginner & Advanced 8-Week Course



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

Location: Large Activity Room 1
Price per session is \$40 for 18-59 years; \$33 for 60+.

Day	Date	Time	Price
Beginner Course Program #4162D			
Monday	6/17-8/5	2-3 pm	\$40/\$33
Advanced Course Prior instruction recommended			
Advanced Course Program #4162E			
Friday	6/21-8/9	2-3 pm	\$40/\$33

Stretch & Tone



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

Instructor: MSPT Agape Physical Therapy
Location: Large Activity Room 3

*** Will return on Thursdays in the Fall**

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.

*NEW Getting to Know Your Smartphone

Looking to really master that smartphone you're carrying around? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a smartphone master. Now offering an intermediate class as well!

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

Location: SCCC Senior Lounge

Day	Dates	Time	Price
Beginner Class Program #4162F			
Tues	8/6	11:30-12:30pm	Free
Intermediate Class Program #4162G			
Tues	8/6/19	12:30-1:30pm	Free

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! Ages: 55+

Location: Small Activity Rm 4

Dates: July 24th & August 21st

AARP Driver Safety Program

Come take the AARP Smart Driver Course and gain valuable knowledge for when you're on the road! Please call 585-431-0090 ahead of time in order to reserve your spot. You will also need to bring a check with you payable to AARP the 1st day of the program. Location: SCCC

Day	Date	Time	Price
Tue & Wed	8/20 & 8/21	10 am-1 pm	\$20 for members /25 for non-members

Senior Chair Volleyball

Looking for a new and fun way to get some exercise? Chair volleyball is a great way to do just that! We will play with a smaller net and a beach ball, all while sitting in our chairs. Pick-up games will be held weekly. Location: SCCC Gymnasium

Day	Time	Price
Fridays	1-3 pm	\$1



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

Day	Time	Type
Monday	10 am-11 am	Classic
Monday	11 am-12pm	Classic
Tuesday	10am-11 am	Cardio
Tuesday	11 am-12pm	Yoga
Wednesday	11 am-12pm	Classic
Thursday	10am-11 am	Cardio
Thursday	11 am-12pm	Yoga
Friday	11 am-12pm	Classic

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

Blood Pressure Checks

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

Location: SCCC Main Hallway

Day	Time	Price
Wednesdays	11:30-12:30pm	Free

Sweden Senior Singers

Committed Engagement Through Singing

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

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

Location: Large Activity Room 1

Book Discussion Club

Day	Time	Price
1st Monday of the month	11-12:30 pm	FREE

Location: Small Activity Room 4

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
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

Day	Time	Price
Mondays	9am-12 pm	FREE

Dresses for Girls Around the World

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

Location: Large Activity Room 3

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

Community Sewing Group

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

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

Knitting Club

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

Location: Small Activity Room 4

Day	Time	Price
Wednesday	10am-12pm	FREE

SENIOR PROGRAMS 55+

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NEW! Vidler's 5 & 10 –

It started in 1930, when Robert S. Vidler, Sr. opened “The Fair Store” in the village of East Aurora. Family legend has it that his mother-in-law complained of having to go all the way to Buffalo (16 miles) to buy a spool of thread – and Robert saw the opportunity for a new, local business.

Established, neighboring merchants took bets he wouldn't last more than 6 weeks as it was the height of the Great Depression. With a great deal of hard work and financial sacrifice, the store survived and business grew. Robert waited 15 years to rename it as “Vidler's 5 & 10” -- confident now of his success and no longer worried about 'besmirching' the family name should he fail!

With the third generation of the Vidler family running the store, it has become a landmark and destination point for shoppers near and far. Vidler's 4 connected buildings are recognized by their red and white awnings, ginger bread trim, hand painted gold leaf sign on the front, and hard to miss - the original and colossal 'Vidler on the Roof! You could spend a whole day in the store. There are also neighboring stores to check out. Lunch is on your own. Arrive 15 minutes before departure.

Day	Date	Time	Price
Friday	8/23	9:00am- 3:00pm	\$10R/\$15NR



Brockport Jazzercise
 4927 Lake Road, Brockport, NY 14420
 (585) 738-3555
 bkpt_spen_jazz@yahoo.com
 jazzercisebrockport@gmail.com

- 6:00 a.m. M, T, W, Th, F*
- 7:30 a.m. T, Th, Sat, Sun
- 8:30 a.m. Sat, Sun*
- 9:00 a.m. M, T*, W, Th*, F
- 4:45 p.m. M, T, W, Th*, F
- 6:00 p.m. M, W

* Strength 45

1 WEEK FREE

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 award to first and second place **Register as individual. Not as a team! Ages: 21+
 Location: SCCC Lounge

Day	Date	Time	Price	Program #4163A
Monday	6/17	12:00pm	\$5 per person	

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 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	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

Splash Pad Grand Opening—Saturday, June 8 at 2 pm

Don't miss the most anticipated event of the summer—the Grand Opening of the Splash Pad at Sweden Town Park, 4745 Redman Road. A ribbon cutting ceremony will be held at 2 pm at the Splash Pad. The water will begin to flow at the conclusion of the official remarks. Families should bring lawn chairs and towels and plan to stay for the entire afternoon!

In addition to the Splash Pad and new playground, the Recreation staff will have an obstacle course and

games set up. A free picnic will be provided from 3 pm untilwe run out. And then at 5 pm, make your way to the Lodge for a free showing of Aquaman! We'll have popcorn for everyone who is still hungry after a full afternoon of fun! (the Lodge can accommodate about 100 people for the movie).

The day's fun ends at 7 pm, but starting the next day, the Splash Pad will be open from 10 am—7 pm daily. Call 637-7588 or 431-0090 for more information.



Independence Day Celebration
Wednesday, July 3rd from 7:00-9:00 pm
Fireworks at dusk!

Join the Recreation Department
for fun, activities, games, food,
entertainment and more!

For more information, please call (585)431-0090