



SWEDEN CLARKSON SCOREBOARD



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

DIRECTORY

HOW TO REGISTER



ONLINE REGISTRATION

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



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



WALK-IN & DROP-OFF

Sweden Clarkson Community Center:
Mon-Thu 6:00am-8:00pm
Fridays 6:00am-6:00pm
Saturday 8:00am-12:00pm
Sunday CLOSED



CONTACT US

Questions? Call 585-431-0090

REGISTRATION INFORMATION

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

Credit/Refund Policy

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

Non-Resident Policy

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

Locker Rooms and Lockers

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

Community Center Hours

June

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

July

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

CLOSED July 4th

August

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

Recreation Staff

Recreation Director

Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Supervisor

Amanda Kinney 431-0088
amandak@townofsweden.org

Recreation Assistant Full-Time

Megan Lester 431-0087
meganl@townofsweden.org

Recreation Assistant Full-Time

Caitlin Curley 431-0086
caitlinc@townofsweden.org

Clerical Assistant

Diane Samons 431-0090
dianes@townofsweden.org

Part-time Recreation Staff

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

Media Specialist

Kate Bieler

Gift Certificates

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

Facebook/Instagram

Like us on Facebook and follow us on instagram at Sweden Clarkson Recreation

Weather Cancellation Hotline

Program status is updated on the 24-hour information at 585-431-0085. The hotline is updated by 3 pm daily. Facility Closing Info is sent to News Channel 13, 10, 8 & Spectrum News.

SWEDEN TOWN PARK

Nietopski Concession Stand/Pavilion#2



One of 3 Playgrounds



18 Hole Disc Golf Course



Skate Park



Splash Pad



Dog Park



Lodge



8 Baseball & 6 Soccer Fields



COMMUNITY EVENTS

JULY 3RD INDEPENDENCE DAY CELEBRATION

WEDNESDAY, JULY 3RD | 7 TO 9PM

Activities, games, food, and
FIREWORKS @ DUSK

Bring your chairs, blankets, and
enjoy!

TOT PROGRAMS

PRESCHOOL SUMMER CAMP

Come join Jessica & Brandt for a totally awesome preschool summer camp experience for your child(ren) ages 2-4 years old. This camp is designed for your child to be in a safe and enriching environment as they learn and enjoy adventures from each themed week. Students will enjoy crafts, books, time playing outside and in our toddler gym, water play and so much more! Please make sure to pack snacks, water, and a change of clothes.

Max: 5 Location: PS Room

*Tuesdays will feature story time with a librarian from the Seymour Library!

| Program # | Week T & Th | Time | Theme | Price |
|-----------|---|-----------|---------------|---------------|
| 4804-A | July 1st & 3rd | 9:30-11am | Welcome Week | \$30R/\$35-NR |
| 4804-B | July 8th & 10th | 9:30-11am | Disney | \$30R/\$35-NR |
| 4804-C | July 15 th & 17 th | 9:30-11am | Sports | \$30R/\$35-NR |
| 4804-D | July 22 nd & 24 th | 9:30-11am | Science Rules | \$30R/\$35-NR |
| 4804-E | July 29 th & 31 st | 9:30-11am | Luau | \$30R/\$35-NR |
| 4804-F | Aug 5th & Aug 7th | 9:30-11am | Gardening | \$30R/\$35-NR |
| 4804-G | Aug 12 th & Aug 14 th | 9:30-11am | Superhero's | \$30R/\$35-NR |
| 4804-H | Aug 19 th & 21 th | 9:30-11am | Tye Dye | \$30R/\$35-NR |

TOT PROGRAMS

Music and Movement with a Caregiver

In this lively class, caregivers will participate with their young children in activities designed to promote musical learning, movement skills, and connection. Miss Joanna will guide you & your child through songs, dances, and fingerplays utilizing different types of music, props, and instruments. Cost is per family and older siblings are welcome to join in the fun, as well! Location: Toddler Gym
Ages: 0-5 Min: 3 Max: 12

| Day | Date | Time | Price |
|----------------------------|-----------|-------------|--------------|
| Session I Program #4706-S | | | |
| Tue | 6/3-7/8 | 4:45-5:15pm | \$42R/\$47NR |
| Session II Program #4706-T | | | |
| Tue | 7/15-8/26 | 4:45-5:15pm | \$42R/\$47NR |

***No class 7/22**

Instructional Tot Tennis

Just learning how to play tennis or looking to refine your skills. This class will help you improve as an overall player. Come have fun with your Coach as she reviews the basics of the game while also teaching a series of drills that you can use on your own. Ages: 4-6 Max: 12
Location: SCCC Outside Tennis Courts

| Day | Date | Time | Price |
|------------------|----------|----------|--------------|
| Program # 4708-A | | | |
| Mon | 6/2-6/23 | 5-5:45pm | \$35R/\$40NR |

Instructional Tot Softball/ Baseball

Wanting to learn how to play softball or improve your softball and baseball skills. Come join Coach Troy as he teaches the basics of softball and baseball. Class will go over a set of drills and activities that can be used on your own.

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

| Day | Date | Time | Price |
|----------------------------|----------|----------|--------------|
| Session I Program #4708-B | | | |
| Tue | 7/1-7/22 | 5-5:45pm | \$35R/\$40NR |
| Session II Program #4708-C | | | |
| Tue | 8/5-8/26 | 5-5:45pm | \$35R/\$40NR |

Instructional Tot Football

This class will help your child refine their skills and improve as an overall player. We will review the basics of the game while also teaching a series of drills that your kids can do on their own! Ages: 4-6 Max: 6
Location: SCCC Gym

| Day | Date | Time | Price |
|----------------------------|-----------|----------|--------------|
| Session I Program #4705-V | | | |
| Thu | 6/5-6/26 | 5-5:45pm | \$35R/\$40NR |
| Session II Program #4705-W | | | |
| Thu | 7/10-7/31 | 5-5:45pm | \$35R/\$40NR |

Little Steps

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

Ages 2-4 Max: 5

Location: Preschool Rm

| Day | Date | Time | Price |
|-----------------|----------|-----------|--------------|
| Program #4803-Z | | | |
| M/W/F | 6/2-6/20 | 9:30-11am | \$62R/\$67NR |

Tot Summer Dance Sampler

Come try out different styles of dance for a month to see what you like best! Miss Joanna will cover the basics of ballet, jazz, acro, and creative movement through engaging instruction, lively music, interactive props, and creative prompts. The content will be different each month, so you can sign up for multiple sessions without getting bored! The last week of each session will conclude with a short demonstration to show families what we've learned.

Ages: 4-7 Min: 4 Max: 12

| Day | Date | Time | Price |
|----------------------------|-----------|-------------|--------------|
| Session I Program # 4706-U | | | |
| Tue | 6/10-7/8 | 5:15-6:30pm | \$72R/\$77NR |
| Session II Program #4706-V | | | |
| Tue | 7/29-8/26 | 5:15-6:30pm | \$72R/\$77NR |

Instructional Tot Lacrosse

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

Location: SCCC Gym

| Day | Date | Time | Price |
|----------------------------|----------|----------|--------------|
| Session I Program #4708-D | | | |
| Mon | 7/7-7/28 | 5-5:45pm | \$35R/\$40NR |
| Session II Program #4708-E | | | |
| Mon | 8/4-8/25 | 5-5:45pm | \$35R/\$40NR |

Instructional Tot Soccer

This class will help your child refine their skills and improve as an overall player. We will review the basics of the game while also teaching a series of drills that your kids can do on their own! Ages: 4-6

Location: SCCC Gym

| Day | Date | Time | Price |
|-----------------------------|----------|----------|--------------|
| Session I Program #4705-X | | | |
| Mon | 6/2-6/23 | 5-5:45pm | \$35R/\$40NR |
| Session II Program # 4705-Y | | | |
| Mon | 7/7-7/28 | 5-5:45pm | \$35R/\$40NR |

YOUTH PROGRAMS

Registration Information:

Registration can be completed online or in-person.

COST:

Residents: \$35 daily without activity. \$50 on an activity day.

Non-Residents: \$40 daily without activity. \$55 on an activity day.

Regular Care Time 8:30am-4pm

Early/Late Care: 7-8:30am and 4:30-6pm

\$10 each and \$19 for both on the same day

Cash and checks accepted in person.

Credit/Debit Card accepted ONLINE ONLY.

●**Please make checks payable to "Town of Sweden".**

*If your child is going into 6th, 7th or 8th grade,
Please contact Amanda Kinney for CIT opportunities
at amandak@townofsweden.org or 585-431-0088

| WEEK | DATES | ACTIVITY (WEDNESDAY) | SCHEDULE (For activities) |
|--------|---|--|--|
| Week 1 | 6/30-7/3 No Camp 7/4 | Escape Room | 1:30PM-3PM At the community center |
| Week 2 | 7/7-7/11 | Clubhouse Play Center | Leave: 10AM Return: 1:30PM |
| Week 3 | 7/14-7/18 | Foam Dart Battle | Time 1-3PM At the community center |
| Week 4 | 7/21-7/25 | Carnival | 1-3PM At the community center |
| Week 5 | 7/28-8/1 | Seabreeze | Leave: 10:15AM Return: 4PM |
| Week 6 | 8/4-8/8 | Cookout at STP | Drop off and pick up: Lodge at Sweden Town Park |
| Week 7 | 8/11-8/15 | Altitude | Leave: 10:45AM Return: 2:15PM |
| Week 8 | 8/18-8/22 | Painting and Pizza | 12:30-3PM At the community center |
| Week 9 | 8/25-8/27 No Camp 8/28 & 8/29 | End of Summer Party (Regular Price \$35R/\$40NR) | At the community center |

YOUTH PROGRAMS

Hage-Hogan Basketball Camp

Celebrating 43 years of basketball for youth! We will work on all the different skills that make a great team and great players.

Instructors: Charlie Hage (former Brockport High School Boys Varsity Coach) and Jack Hogan (former Brockport High School Girls Coach).

Locations: SCCC & BCS Middle School.
The fee includes a T-shirt & a basketball!
Second Participant \$85.00

Grades K-2

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

Grades 3-6

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

Grades 7-12

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



Instructional Youth Football

This class will help your child refine their skills and improve as an overall player. We will review the basics of the game while also teaching a series of drills that your kids can do on their own! Ages- 7-11 Location: SCCC Gym

| Day | Date | Time | Price |
|----------------------------|-----------|----------|--------------|
| Session I Program #4705-Z | | | |
| Thu | 6/5-6/26 | 6-6:45pm | \$35R/\$40NR |
| Session II Program #4706-A | | | |
| Thu | 7/10-7/31 | 6-6:45pm | \$35R/\$40NR |

Instructional Youth Lacrosse

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

Ages: 7-11 Max: 6

Location: SCCC Gym

| Day | Date | Time | Price |
|----------------------------|----------|----------|--------------|
| Session I Program #4708-I | | | |
| Mon | 7/7-7/28 | 6-6:45pm | \$35R/\$40NR |
| Session II Program #4708-J | | | |
| Mon | 8/4-8/25 | 6-6:45pm | \$35R/\$40NR |

Instructional Youth Tennis

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

Ages: 7-11 Max: 12

Location: SCCC Outside Tennis Courts

| Day | Date | Time | Price |
|-----------------|----------|----------|--------------|
| Program #4708-F | | | |
| Mon | 6/2-6/23 | 6-6:45pm | \$35R/\$40NR |

Youth Instructional Volleyball

This class will help your child refine their skills And improve as an overall player. We will review The basics of the game while also teaching a series. Of drills that your kids can do on their own! Ages- 7-11 Max: 15

Location: SCCC Gym

| Day | Date | Time | Price |
|----------------------------|----------|----------|--------------|
| Session I Program #4705-T | | | |
| Tue | 7/8-7/29 | 5-5:45pm | \$40R/\$45NR |
| Session II Program #4705-U | | | |
| Tue | 8/5-8/26 | 5-5:45pm | \$40R/\$45NR |

Instructional Youth Soccer

This class will help your child refine their skills And improve as an overall player. We will review the basics of the game while also teaching a series of drills that your kids can do on their own! Ages- 7-11

Location: SCCC Gym

| Day | Date | Time | Price |
|-----------------------------|----------|----------|--------------|
| Session I Program #4706-B | | | |
| Mon | 6/2-6/23 | 6-6:45pm | \$35R/\$40NR |
| Session II Program # 4706-C | | | |
| Mon | 7/7-7/28 | 6-6:45pm | \$35R/\$40NR |

Instructional Youth Softball/ Baseball

Wanting to learn how to play softball or improve your softball and baseball skills. Come join Coach Troy as she teaches the basics of softball and baseball. Class will go over a set of drills and activities that can be used on your own. Max: 6 Ages: 7-11

Location: SCCC Gym

| Day | Date | Time | Price |
|-----------------------------|----------|-------------|--------------|
| Session I Program #4708-G | | | |
| Tue | 7/1-7/22 | 6:00-6:45pm | \$35R/\$40NR |
| Session II Program # 4708-H | | | |
| Tue | 8/5-8/26 | 6:00-6:45pm | \$35R/\$40NR |

YOUTH PROGRAMS

Introduction to Fishing

Youth will be introduced to the lifelong fun of Fishing. Topics covered will include safety, equipment, bait, lures, fish habitats, fishing laws, etc. Local instructor is a five-time national champion and four-time New York State Angler of the Year (ABA). Students need to bring their own fishing rods and tackle to class. Participants will fish using what they learned that day. Sign up early, space is limited! Max: 12

Location: Sweden Town Lodge

| Day | Date | Time | Price |
|-----------------|------|--------------|--------------|
| Program #4604-M | | | |
| Wed | 7/23 | 8:30-11:30am | \$30R/\$35NR |

Train and Play with Basketball+

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

| Day | Date | Time | Price |
|-----------------------------|-----------|-------|--------------|
| Session I Program #4708-M | | | |
| Grades 3-6 | | | |
| Wed | 6/4-6/25 | 6-7pm | \$52R/\$57NR |
| Session II Program #4708-N | | | |
| Grades 3-6 | | | |
| Wed | 7/30-8/20 | 6-7pm | \$52R/\$57NR |
| Session III Program #4708-O | | | |
| Grades 7-12 | | | |
| Wed | 6/4-6/25 | 7-8pm | \$52R/\$57NR |
| Session IV Program #4708-P | | | |
| Grades 7-12 | | | |
| Wed | 7/30-8/20 | 7-8pm | \$52R/\$57NR |

Volleyball Skills and Drills

Get ready for the upcoming school or club volleyball season. This program will help you refresh and work on skills before try-outs. Focusing on passing, setting and serving.

| Day | Date | Time | Price |
|-----------------|-----------|-------|--------------|
| Program #4708-X | | | |
| Thu | 7/31-8/28 | 6-7pm | \$45R/\$50NR |

Youth Cooking Class

Join Caitlin as Little Chefs learn how to prepare age-appropriate snacks and goodies! Don't miss out on this exciting opportunity to ignite your passion for cooking, let's cook up some delicious memories together! Please let us know of any dietary restrictions or allergies. Ages: 5-10 Max: 6 Location: Café

| Day | Date | Time | Price |
|----------------------------|------|-------------|--------------|
| Session I Program #4604-K | | | |
| Tues | 7/1 | 5:30-6:15pm | \$25R/\$30NR |
| Session II Program #4604-L | | | |
| Tues | 8/5 | 5:30-6:15pm | \$25R/\$30NR |

Pickleball Power Kids

Get your child moving and having fun while learning the exciting sport of pickleball! Our Kids Pickleball Class is perfect for children of all skill levels, offering a fun and friendly environment where they can build confidence, improve coordination, and develop important social skills. No experience required! Whether they're brand new to pickleball or looking to improve their skills, this class provides a positive, high-energy experience that promotes physical fitness and teamwork.

Location: Outside Pickleball Courts

| Day | Date | Time | Price |
|----------------------------|----------|------------|--------------|
| Session I Program # 4708-K | | | |
| Sat | 6/7-6/28 | 12-12:45pm | \$45R/\$50NR |
| Session II Program #4708-L | | | |
| Sat | 8/2-8/23 | 12-12:45pm | \$45R/\$50NR |

Learn to Skateboard

Our Learn to Skateboard class is a structured, hands-on learning experience designed to introduce participants to skateboarding in a fun and engaging way. This class will focus not only on teaching the basics of skateboarding but also on creating an enjoyable environment for people of all ages to learn, practice, and develop their skills. Location: SCCC Outdoor Courts Instructor: Francisco Martinez

| Day | Date | Time | Price |
|------------------------|----------|---------------|--------------|
| Session I Ages: 7-11 | | | |
| Program # 4706-N | | | |
| Sun | 7/13-8/3 | 10:30-11:30am | \$40R/\$45NR |
| Session II Ages: 12-16 | | | |
| Program #4706-O | | | |
| Sun | 7/13-8/3 | 12:30-1:30pm | \$40R/\$45NR |

YOUTH PROGRAMS

Flag Football League

Our Youth Flag Football League offers a structured environment where children can participate in flag football games and practice their skills in a fun, safe, and supportive setting. The program is designed to teach the fundamentals of football—such as passing, catching, running routes, and basic defensive strategies—while keeping the focus on having fun and staying active. Games will be held at Sweden Town Park. COED Teams. Volunteer coaches are needed. Contact meganl@townofsweden.org

*No Games 8/30

| Day | Date | Time | Age | Price |
|------------------|-----------|------|-----------|--------------|
| Program # 4706-J | | | | |
| W/S | 8/20-10/4 | TBD | 5-6yrs. | \$30R/\$35NR |
| Program # 4706-H | | | | |
| W/S | 8/20-10/4 | TBD | 7-9yrs. | \$55R/\$60NR |
| Program #4706-I | | | | |
| W/S | 8/20-10/4 | TBD | 10-12yrs. | \$55R/\$60NR |



Youth Summer Dance Sampler

Come try out different styles of dance for a month to see what you like best! Miss Joanna will cover the basics of ballet, jazz, acro, and creative movement through engaging instruction, lively music, interactive props, and creative prompts. The content will be different each month, so you can sign up for multiple sessions without getting bored! The last week of each session will conclude with a short demonstration to show families what we've learned.

Ages: 8-13 Min: 4 Max: 12

| Day | Date | Time | Price |
|-----------------------------|-----------|-------------|--------------|
| Session I Program # 4706-W | | | |
| Tue | 6/10-7/8 | 6:30-7:45pm | \$82R/\$87NR |
| Session II Program # 4706-X | | | |
| Tue | 7/29-8/26 | 6:30-7:45pm | \$82R/\$87NR |

Babysitters Training

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

Ages: 8-12 Min: 5 Max: 20

Location: Conference Rm

| Day | Date | Time | Price |
|-----------------|------|-----------------|--------------|
| Program #4604-I | | | |
| Tue | 7/15 | 10:30am -2:30pm | \$52R/\$57NR |
| Program #4604-J | | | |
| Tue | 8/5 | 10:30am -2:30pm | \$52R/\$57NR |

Home Alone Safety

This 90-minute class is designed to teach children who are home alone the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child. Ages: 8-12 Min: 5 Max: 20

Location: SCCC Conference Rm

| Day | Date | Time | Price |
|-----------------|------|-----------|--------------|
| Program #4604 | | | |
| | | 12:30-2pm | \$32R/\$37NR |
| Program #4604-H | | | |
| Mon | 8/25 | 1-2:30pm | \$32R/\$37NR |

Painting for Young Beginners

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

Instructor: Local Artist Erin Lawrenz

Ages: 8 and up

Location: SCCC Lounge

| Day | Date | Time | Price |
|----------------------------|------|----------|--------------|
| Session I Program #4604-P | | | |
| Fri | 6/20 | 5-6:30pm | \$27R/\$32NR |
| Session II Program #4604-Q | | | |
| Fri | 7/25 | 5-6:30pm | \$27R/\$32NR |

YOUTH AQUATICS

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.

| Day | Date | Time | Price |
|------------------------------|-----------|------------|--------------|
| Session I Program #4605-P | | | |
| Mon-Thu | 7/14-7/17 | 9-9:45am | \$55R/\$60NR |
| Session II Program #4605-Q | | | |
| Mon-Thu | 7/14-7/17 | 10-10:45am | \$55R/\$60NR |
| Session III Program #4606-E | | | |
| Mon-Thu | 7/14-7/17 | 11-11:45am | \$55R/\$60NR |
| Session IV Program #4605-R | | | |
| Mon-Thu | 7/21-7/24 | 9-9:45am | \$55R/\$60NR |
| Session V Program #4605-S | | | |
| Mon-Thu | 7/21-7/24 | 10-10:45am | \$55R/\$60NR |
| Session VI Program #4606-F | | | |
| Mon-Thu | 7/21-7/24 | 11-11:45am | \$55R/\$60NR |
| Session VII Program #4605-T | | | |
| Mon-Thu | 7/28-7/31 | 9-9:45am | \$55R/\$60NR |
| Session VIII Program #4605-U | | | |
| Mon-Thu | 7/28-7/31 | 10-10:45am | \$55R/\$60NR |
| Session IX Program #4606-G | | | |
| Mon-Thu | 7/28-7/31 | 11-11:45am | \$55R/\$60NR |

*It is at the descension of the instructors if a participant needs to moved to a different skill level.

Tot Swim

Our Parent & Child Leisure Pool Class is a relaxing and enjoyable way for parents and their little ones to connect in the water. This class focuses on gentle, leisurely activities that encourage bonding while promoting comfort and confidence in the pool. Parents and children will enjoy a variety of fun, age-appropriate water games, floating exercises, and splashing activities, all designed to foster a sense of relaxation and trust in the water. There are no structured lessons or instruction—just a calm, supportive environment where families can explore and enjoy the water together at their own pace. It's the perfect way to unwind, create lasting memories, and introduce your child to the joys of swimming in a laid-back, stress-free setting. Max: 8 Ages: 6 Months-4 years old

| | Day | Date | Time | Price |
|-----------------------------|---------|-----------|------------|--------------|
| Session I Program #4605-Y | Mon-Thu | 7/14-7/17 | 9-9:30am | \$50R/\$55NR |
| Session II Program #4605-Z | Mon-Thu | 7/14-7/17 | 10-10:30am | \$50R/\$55NR |
| Session III Program #4606-A | Mon-Thu | 7/21-7/24 | 9-9:30am | \$50R/\$55NR |
| Session IV Program #4606-B | Mon-Thu | 7/21-7/24 | 10-10:30am | \$50R/\$55NR |
| Session V Program #4606-C | Mon-Thu | 7/28-7/31 | 9-9:30am | \$50R/\$55NR |
| Session VI Program #4606-D | Mon-Thu | 7/28-7/31 | 10-10:30am | \$50R/\$55NR |

Youth Camp Lucas

Give your kids the gift of fitness with this energetic workout! We focus on making exercise fun and engaging, helping kids develop a love for movement and a healthy Lifestyle.

| Day | Date | Time | Price |
|-----------------|-----------|----------|--------------|
| Program #4604-S | | | |
| Thurs | 7/10-7/31 | 6-6:45pm | \$15R/\$20NR |

Paint your Own Mason Jar

Discover your inner artist at our exciting Paint Your Own Mason Jar event! This night is designed for everyone to unwind, create, and connect. Grab your friends, unleash your creativity, and enjoy a fun-filled evening of painting and socializing. Location: Sm Act Rm #4 Age: 7-14yr

| Day | Date | Time | Price |
|-----------------|------|-------|--------------|
| Program #4604-R | | | |
| Mon | 6/16 | 5-6pm | \$10R/\$15NR |

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.

| Day | Date | Time | Price |
|-----------------------------|-----------|------------|--------------|
| Session I Program #4605-V | | | |
| Mon-Thu | 7/14-7/17 | 11-11:45am | \$55R/\$60NR |
| Session II Program #4605-W | | | |
| Mon-Thu | 7/21-7/24 | 11-11:45am | \$55R/\$60NR |
| Session III Program #4605-X | | | |
| Mon-Thu | 7/28-7/31 | 11-11:45am | \$55R/\$60NR |

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



Beginner Allergy Friendly Cupcake Decorating

This cupcake decorating class is a fun, hands on experience where you will learn basic decorating skills to create beautiful cupcakes with buttercream frosting. All supplies included in pricing and all supplies are top 9 allergens free!

| Day | Date | Time | Price |
|----------------------------|------|----------|--------------|
| Session I Program #4604-T | | | |
| Mon | 7/21 | 4-4:45pm | \$25R/\$30NR |
| Session II Program #4604-U | | | |
| Mon | 8/18 | 4-4:45pm | \$25R/\$30NR |

YOUTH PROGRAMS

Soap Making

Calling all young creators! In this fun-filled workshop, kids ages 7-10 will dive into the colorful world of soap making. They'll get to design their own soap bars, mix vibrant colors, and add exciting scents while learning the basics of how soap is made. This hands-on activity sparks creativity, promotes sensory exploration, and leaves everyone with their own custom soap to take home! Perfect for budding artists and future scientists alike, this program is a bubbly blend of fun, learning, and creativity.

| Day | Date | Time | Price |
|----------------------------|------|--------|--------------|
| Session I Program #4706-Y | | | |
| Thu | 7/10 | 5-6 pm | \$35R/\$45NR |
| Session II Program #4706-Z | | | |
| Thu | 8/7 | 5-6 pm | \$35R/\$45NR |

Charm Bracelet Making

Embark on a magical adventure in our Charm Bracelet program designed just for kids! Let your imagination soar as you design and create your very own charm bracelet masterpiece. Join us for a fun-filled session of creativity and laughter, and leave with a one-of-a-kind accessory that is as unique as you are!

| Ages 7-12 Max: 8 | | | |
|------------------|------|-----------|--------------|
| Day | Date | Time | Price |
| Program #4707-B | | | |
| Mon | 8/4 | 5-5:30 pm | \$20R/\$25NR |

Bath Bomb Creations!

Join us for a hands-on, bubbly adventure in bath bomb making! Kids ages 7-11 will mix, mold, and create their own colorful, scented bath bombs while learning about simple science concepts like fizzing reactions. With a variety of colors and fragrances to choose from, each child will take home their custom-made bath bombs to enjoy. Get ready for creativity, fun, and a little bit of magic in every fizz! Ages 7-11 Max: 5

| Day | Date | Time | Price |
|------------------|------|--------|--------------|
| Program # 4707-A | | | |
| Mon | 7/21 | 5-6 pm | \$25R/\$30NR |

Pokémon GO Adventure Quest!

Calling all Trainers age 11 & 12! Join us for an exciting Pokémon GO adventure as we explore the PokéStops at the Community Center, battle in gyms, and hunt for rare Pokémon together. Whether you're a beginner or a seasoned player, this program is a great way to get outside, make new friends, and level up your Pokémon-catching skills. Bring your device, wear comfortable shoes, and get ready to catch 'em all!

| Day | Date | Time | Price |
|------------------|------|------------|------------|
| Program # 4707-C | | | |
| Sat | 8/16 | 10-10:45am | \$2R/\$3NR |

OPEN PROGRAMS

| PROGRAM | DAYS | TIMES | PRICE | AGE |
|---------------------|-----------|---|------------|-----------|
| TODDLER GYM | M-TH F | 8AM-7:45 8AM-5:45 | \$2 | 5 & UNDER |
| BASKETBALL | NONE | FOR | THE | SUMMER |
| HOMESCHOOL OPEN GYM | NONE | FOR | THE | SUMMER |
| PICKLEBALL | M, W, F | 10AM-1:15PM *SOME KNOWLEDGE OF THE GAME REQUIRED* | \$1R/\$2NR | OPEN |
| PICKLEBALL | T, TH | 10-11:30AM ADVANCED 11:45AM- 1:15PM BEGINNERS | \$1R/\$2NR | OPEN |
| PICKLEBALL | SUN | NONE FOR | THE | SUMMER |
| WALKING | M-F | 8:45-9:45 | FREE | OPEN |
| TAI CHI | M & F | 1-2PM | \$1 | 55+ |
| EUCHRE | M | 12-2PM | \$1 | 55+ |
| MAHJONGG | TH | 9AM-12PM | \$1R/\$2NR | 55+ |
| COFFEE CLUB | M | 8:45-10AM | \$1 | 55+ |

ADULT PROGRAMS

Next Level Pickleball

Ready to take your pickleball skills to the next level? Our Intermediate Pickleball Class is designed for players who already have a basic understanding of the game and want to enhance their skills and strategies. Whether you're looking to play more confidently in competitive games or just elevate your recreational play, this class will provide the tools to do so.

| Location: Outside Courts | | Ages: 16+ | |
|----------------------------|----------|------------|--------------|
| Day | Date | Time | Price |
| Session I Program # 4708-S | | | |
| Sat | 6/7-6/28 | 11-11:45pm | \$45R/\$50NR |
| Session II Program #4708-T | | | |
| Sat | 8/2-8/23 | 11-11:45pm | \$45R/\$50NR |

Weightlifting for Beginners

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

| Location: Large Activity Rm #1 | | | |
|--------------------------------|----------|---------|--------------|
| Day | Date | Time | Price |
| Program #4606-A | | | |
| Fri | 6/6-6/27 | 9-10 am | \$20R/\$25NR |

Navigating the Sale of a Parents' Home:

Estate & Transition Guide Selling a parent's home due to an estate or transition to assisted living can be overwhelming. This informative class will walk you through the process, covering key steps such as preparing the property, understanding legal and financial considerations, and navigating the real estate market. Learn practical tips, avoid common pitfalls, and gain confidence to make informed decisions during this challenging time

| Day | Date | Time | Price |
|-----------------|------|----------|--------------|
| Program #4605-B | | | |
| Wed | 6/18 | 5:30-7pm | \$10R/\$15NR |

Cornhole Nights!

Ready to toss some bags and have a blast? Join us for Cornhole Nights: Open Play! Whether you're a seasoned pro or just looking to try something new, this casual event is perfect for anyone looking to have fun and meet new people. *Please register a week prior to the start date*

| Location: SCCC | | Ages: 18 and up | |
|-----------------|----------|-----------------|------------|
| Day | Date | Time | Price |
| Program #4604-V | | | |
| Tu | 7/1-8/26 | 5-7pm | \$5R/\$7NR |

Open Pickleball

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

Ages: 18+ Location: Gym

*Schedule listed under open programs on Pg 11



Instructional Beginner Pickleball

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

| | | | |
|----------------------------|----------|------------|--------------|
| Ages: 16+ | | | |
| Day | Date | Time | Price |
| Session I Program # 4708-Q | | | |
| Sat | 6/7-6/28 | 10-10:45am | \$45R/\$50NR |
| Session II Program #4708-R | | | |
| Sat | 8/2-8/23 | 10-10:45pm | \$45R/\$50NR |

Arts and Carafes

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

Instructor: Local Artist Erin Lawrenz

Ages: 21 and up Min: 6 Max: 24

Location: Small Activity Room 4

| Day | Date | Time | Price |
|-----------------|------|-------|--------------|
| Program #4604-W | | | |
| Fri | 7/11 | 6-8pm | \$37R/\$42NR |

ADULT PROGRAMS



Fitness Center Membership

| Membership | 1month | 3month | 1 year |
|--------------------|--------|--------|--------|
| Youth (16-18) | \$20 | \$45 | \$185 |
| Senior (55+) | \$20 | \$45 | \$185 |
| Adult (18-54) | \$40 | \$65 | \$250 |
| Family (16+) | \$60 | \$85 | \$360 |
| Each addt'l family | \$15 | \$35 | \$115 |

*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Call 431-0090 to set up appointment. *** Please Note: Fitness Center closes 15 minutes before community center.**
Daily Rates: \$5 adult; \$3 senior
We except SilverSneakers, Silver & Fit, Fit On, Optum and Renew Active

American Sign Language Introduction/Advanced

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

Location: Senior Room Side B

| Day | Date | Time | Price |
|-----------|-----------|---------|--------------|
| Program # | 4706-R | | |
| Wed | 6/11-8/27 | 11-12pm | \$12R/\$17NR |

Taiji & Qigong for Health

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

Learn large movement Yang style postures from the standardized, 24 posture Taiji Form, and active stretching Qigong breathing exercises using a wide range of motion. Instructor Brian Bruning has been practicing Taiji and Qigong since 1978, studying Yang and Chen Pan-ling styles. He is an instructor for the Rochester T'ai Chi Ch'uan Center and has taught locally since 1997. Location: LA Rm #1

| Days | Date | Time | Price |
|-----------|----------|--------|--------------|
| Program # | 4604-Z | | |
| Mon | 6/2-7/21 | 12-1pm | \$52R/\$57NR |

PERSONAL TRAINING

Are you looking for a personal trainer? Give our personal trainer a call or email to set up a time.
Shannon Brett: (585) 953-2611
email: sbrett121@yahoo.com A single session is \$43 or you can pay for a pack of 5 sessions for \$208 or a pack of 10 sessions

JAZZERCISE BROCKPORT



Get ready to sizzle this summer with Jazzercise! Join us for fun, high-energy dance fitness classes that'll keep you moving and grooving all season long. Whether you're looking to tone up, burn calories, or just have a blast, Jazzercise is the perfect way to stay active and energized. Dance to the hottest beats, feel the rhythm, and enjoy a workout that doesn't feel like work! Come sweat, smile, and sparkle with us—your summer body (and spirit) will thank you! Join now and dance your way into a fabulous summer!



Scan here for days, time and more information.

Barre Fitness

Join us for a refreshing and engaging fitness class that brings together Ballet, Pilates, Yoga, and strength training into a low-impact, energizing workout. Move to the rhythm of popular tunes as you improve your strength, flexibility, and agility at your own pace. This class is designed to uplift your mood, ease stress, and promote emotional well-being—all while boosting your fitness. Perfect for beginners and adaptable for all levels, it's a great way to end your day feeling balanced and revitalized. Why not treat yourself to this enjoyable experience!

Location: Large Activity Room #1

Ages: 18+ Min: 3, Max: 15

| Day | Date | Time | Price |
|-----------|----------|-------|--------------|
| Program # | 4706-M | | |
| Tue | 7/1-7/22 | 6-7pm | \$40R/\$45NR |

ADULT PROGRAMS

Adult Beginner Ballet

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

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

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

Program # 4706-L

| | | | |
|-----|----------|--------|--------------|
| Thu | 8/7-8/28 | 6-7 pm | \$40R/\$45NR |
|-----|----------|--------|--------------|



Total Body Conditioning

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

Min: 5 Max: 20

Location: Large Activity Rm #1

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

Session I Program #4604-X

| | | | |
|-----|-----------|-------------|--------------|
| Thu | 5/29-6/19 | 5:30-6:15pm | \$20R/\$25NR |
|-----|-----------|-------------|--------------|

Session II Program #4604-Y

| | | | |
|-----|-----------|-------------|--------------|
| Thu | 7/10-7/31 | 5:30-6:15pm | \$20R/\$25NR |
|-----|-----------|-------------|--------------|

Adult Camp Lucas

Embark on a fitness journey that meets you where you are. This plan offers a flexible framework, with options for all levels. We'll guide you through each exercise, providing clear instructions and variations to ensure you progress safely and effectively. Whether you're a beginner, intermediate, or advanced athlete, you'll find challenges and achieve results tailored to your individual needs.

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

Program #4605-C

| | | | |
|-----|-----------|----------|--------------|
| Thu | 7/10-7/31 | 7-7:45pm | \$15R/\$20NR |
|-----|-----------|----------|--------------|

Adult Beginner Jazz

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

Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

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

Program # 4706-K

| | | | |
|-----|------------|--------|--------------|
| Tue | 6/3 - 6/24 | 6-7 pm | \$40R/\$45NR |
|-----|------------|--------|--------------|

Yoga Stretch

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

Max: 18 Instructor: Barb Whited

Location: LA Rm #3 *No Class 6/11

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

Session I Program # 4706-G

| | | | |
|-----|----------|-------------|--------------|
| Tue | 6/3-6/17 | 6:30-7:30pm | \$30R/\$35NR |
|-----|----------|-------------|--------------|

Session II Program # 4706-P

| | | | |
|-----|----------|-------------|--------------|
| Tue | 7/8-7/29 | 6:30-7:30pm | \$40R/\$45NR |
|-----|----------|-------------|--------------|

Session III Program # 4706-Q

| | | | |
|-----|----------|-------------|--------------|
| Tue | 8/5-8/26 | 6:30-7:30pm | \$40R/\$45NR |
|-----|----------|-------------|--------------|

Vinyasa Flow

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

Instructor: Barb Whited Max: 18

Location: LA Rm #3

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

Session I Program # 4706- D

| | | | |
|-----|----------|-------------|--------------|
| Mon | 6/2-6/16 | 6:30-7:30pm | \$30R/\$35NR |
|-----|----------|-------------|--------------|

Session II Program # 4706-E

| | | | |
|-----|----------|-------------|--------------|
| Mon | 7/7-7/28 | 6:30-7:30pm | \$40R/\$45NR |
|-----|----------|-------------|--------------|

Session III Program # 4706-F

| | | | |
|-----|----------|-------------|--------------|
| Mon | 8/4-8/25 | 6:30-7:30pm | \$40R/\$45NR |
|-----|----------|-------------|--------------|



55+ SENIOR EVENTS/PROGRAMS

KICK OFF SUMMER SENIOR LUNCHEON

TUESDAY 6/17/25

12:30PM-2PM

PROGRAM # 4804-J

\$10R/\$12NR

SENIOR ROOM

MIN: 8

REGISTRATION DEADLINE: 6/10/25

THE KICK-OFF SUMMER SENIOR LUNCHEON IS A VIBRANT AND ENGAGING EVENT DESIGNED TO CELEBRATE THE START OF THE SUMMER SEASON WITH SENIOR COMMUNITY MEMBERS. THIS LUNCHEON OFFERS AN OPPORTUNITY FOR SENIORS TO GATHER, ENJOY A DELICIOUS MEAL, AND SOCIALIZE WITH FRIENDS AND NEIGHBORS. THE KICK-OFF SUMMER SENIOR LUNCHEON PROVIDES AN ENRICHING EXPERIENCE TO KICKSTART THE WARMER MONTHS.

SENIOR PICNIC AT THE PARK

THURSDAY 8/14/25

12:30PM-2PM

PROGRAM # 4804-I

\$10R/\$12NR

LODGE AT SWEDEN TOWN PARK

MIN: 8

REGISTRATION DEADLINE: 8/7/25

Create your own Floral Arrangement

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

Pre-register 1 week prior! Location: Senior Rm

| Day | Date | Time | Price |
|-----------------|------|-------|--------------|
| Program #4605-H | | | |
| Fri | 6/13 | 1-2pm | \$15R/\$20NR |

Card Game Fun

Join us for a lively and relaxing Card Game Class designed especially for seniors! Whether you're a seasoned pro or a complete beginner, this class is a great way to enjoy classic card games, sharpen your memory, and socialize with others in a friendly atmosphere.

| Day | Date | Time | Price |
|------------------|----------|-------|------------|
| Program # 4605-L | | | |
| Wed | 8/6-8/27 | 1-2PM | \$2R/\$3NR |

Paint a Bird House

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

| Day | Date | Time | Price |
|------------------|------|-------|--------------|
| Program # 4605-I | | | |
| Wed | 6/18 | 1-2pm | \$15R/\$20NR |

Allergy Friendly Cupcake Decorating

This cupcake decorating class is fun, hands on experience where you will learn basic decorating skills to create beautiful cupcakes with buttercream frosting. All supplies included in pricing and all supplies are top 9 allergens free!

| Day | Date | Time | Price |
|----------------------------|------|----------|--------------|
| Session I Program #4605-N | | | |
| Mon | 7/21 | 3-3:45pm | \$25R/\$30NR |
| Session II Program #4605-O | | | |
| Mon | 8/18 | 3-3:45pm | \$25R/\$30NR |

55+ SENIOR PROGRAMS

AAA Defensive Driving Course

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

Location: Conference Room Min: 18 Max: 40

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

Program #4605-M

| | | | |
|-----|------|---------|--------------|
| Fri | 7/18 | 8am-2pm | \$39R/\$44NR |
|-----|------|---------|--------------|



Move Well with Agape

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

Instructor: Gianna Cavalier PT, DPT

Location: Large Activity Rm 1 Min: 5

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

Session I Program #4708-U

| | | | |
|-----|----------|-------------|------------|
| Wed | 6/4-6/25 | 9:00-9:45am | \$2R/\$3NR |
|-----|----------|-------------|------------|

Session II Program #4708-V

| | | | |
|-----|----------|-------------|------------|
| Wed | 7/2-7/23 | 9:00-9:45am | \$2R/\$3NR |
|-----|----------|-------------|------------|

Session III Program #4708-W

| | | | |
|-----|----------|-------------|------------|
| Wed | 8/6-8/27 | 9:00-9:45am | \$2R/\$3NR |
|-----|----------|-------------|------------|



Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

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

Who may "contribute"?

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

Who must "pay"?

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

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

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

Monthly Food Menu will be available at the community center.

Lunch will be served Tuesday –Friday each week.

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

55+ SENIOR PROGRAMS

Open MahJongg

MahJongg is played with tiles instead of playing cards. You play as an individual (no partners) against one to three other opponents, making runs, pairs and even and odd numbered combinations. It's interesting, engaging, challenging and FUN! We play using the National Mahjongg League rules. A current league card is required. It can be ordered nationalmahjonggleague.org. Not sure how to play or need a refresher course? Feel free to come watch or sit in at the learning table.

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

Sweden Senior Singers Committed Engagement Through Singing

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

| Day | Date | Time |
|-----|----------|------------|
| Wed | Sept-May | 10-11:30am |

Senior Chair Volleyball League

Stay active, have fun, and enjoy friendly competition in our Senior Chair Volleyball League! Designed specifically for older adults, this class offers a fun and safe way to engage in light physical activity while improving coordination, flexibility, and team spirit. All players remain seated in sturdy chairs while playing, ensuring a low-impact workout that's accessible for all mobility levels. A member of the recreation staff will be on hand to act as referee, ensuring fair play and a supportive environment. Team rotations will be utilized to keep things fresh and give everyone a chance to play in different positions. Whether you're a seasoned player or trying it for the first time, you're sure to enjoy the laughs, camaraderie, and energy this class brings!

****SIGN UP DEADLINE 7/30**

| Location: Gymnasium | | Max: 12 | |
|---------------------|----------|-------------|--------------|
| Day | Date | Time | Price |
| Program #4605-F | | | |
| Wed | 8/6-8/27 | 1:30-2:30pm | \$12R/\$17NR |

Healthy Snack Making

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

| Day | Date | Time | Price |
|------------------|------|-------------|--------------|
| Program # 4605-K | | | |
| Tue | 6/17 | 2:30-3:15pm | \$10R/\$15NR |

SilverSneakers®

Empowering active aging

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

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

*Is for new class times.

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

Description of SilverSneakers Classes

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

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

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

55+ SENIOR PROGRAMS

Euchre Tournament

Love playing euchre? We do too! We will be hosting a progressive euchre tournament! This means that you will play with different partners all day. At the end of the tournament, one person will be crowned euchre champion! Are you the best euchre player in the area? Come find out! Prizes awarded to first and second place. Lunch & Drinks

***Donations for prizes accepted.**

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

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

Ages: 55+ Min:16 Max: 24

Location: Senior Room

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

Program #4605-E

| | | | |
|-----|------|---------|-----------------|
| Mon | 8/18 | 11:30am | \$10 per person |
|-----|------|---------|-----------------|

Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm

Fee: \$1 per visit Location: Senior Room

Dresses for Girls Around the World

Help us make dresses for needy and underprivileged girls in our own country and around the globe. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just for an hour or two. Any questions or need more information please call Andrea Perry 637-5648 Location: Lounge

| Day | Time |
|-----|------|
|-----|------|

As Needed

Book Discussion Club

| Day | Time |
|-----|------|
|-----|------|

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

Knit & Crochet Circle

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

Location: Senior Room

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

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

Medicare 101

Join Theresa Seil to learn the basics of Medicare! Learn about the eligibility requirements of Medicare, Medicare Parts A, B, C and D, and Medicare costs and benefits. We discuss Part D prescription drug coverage, Medigap and Medicare Advantage Plans. This is an educational session for people turning age 65 or anyone already participating in Medicare! Theresa is a Licensed Insurance Agent affiliated with Maust & Leone. **Tuesday, June 24, 2025 6:30-7:30pm** FREE, FREE, FREE! Please register: thersas@maustandleone.com or call/text 585-507-6316, TTY 711.

Beginner Line Dancing

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

Location: Large Activity Room #3.

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

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

Bingo

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

***Donations for prizes accepted**

Location: Senior Rm

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

| | | | |
|-----|------|---------|--------------|
| Tue | 6/10 | 11:15am | \$2 per card |
|-----|------|---------|--------------|

| | | | |
|-----|-----|---------|--------------|
| Tue | 7/8 | 11:15am | \$2 per card |
|-----|-----|---------|--------------|

| | | | |
|-----|------|---------|--------------|
| Tue | 8/12 | 11:15am | \$2 per card |
|-----|------|---------|--------------|

The Sweden Comfort Quilters

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

Location: Large Activity Rm #3

| Day | Time |
|-----|------|
|-----|------|

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

Open Tai Chi

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

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

| | | |
|-----------|-----|-----------|
| Mon & Fri | 1pm | \$1/class |
|-----------|-----|-----------|

Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from **MEDICAL** appointments only and who are unable to secure a ride for themselves. Please give one week notice to allow a ride to be found. Anyone over the age of 18 qualifies to use Give-A-Lift. Call **Caren Scott at 585-681-0574** between 8am-4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

Drivers needed—please contact Life Span to help!

REGISTRATION

Sweden/Clarkson Community

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

Registration Form

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

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

Registration Procedure: Please complete ALL information below or set up an account at

www.swedenclarksonrec.recdesk.com and pay online or in our office.

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

Make checks payable to: Town of Sweden.

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

Participant Info.

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

Household Information

First: Last: D.O.B.

(If different from registrant(s))

Address:

City:

Zip:

Home Phone:

Cell:

/Carrier:

Work:

Text Alerts: Yes No

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

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

Emergency Contact/Pick-up:

Phone Number:

Note

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

Would you like to Volunteer Coach? Yes No

Waiver of Participation

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____ Date: _____

Staff Signature: _____ Date: _____

Community Center

| Space Available | 1st Hour Resident | 1st Hour Non-Resident | Additional Hour | Space Available | 1st Hour Resident | 1st Hour Non-Resident | Additional Hour |
|-----------------|-------------------|-----------------------|-----------------|---------------------|-------------------|-----------------------|-----------------|
| Full /Half Gym | \$80/\$50 | \$155/\$80 | \$55/\$25 | Large Activity Room | \$35 | \$45 | \$15 |
| Cafeteria Only | \$40 | \$50 | \$15 | Small Activity Room | \$30 | \$40 | \$15 |

Sweden Town Park—Redman Road

| Park Available | Resident Fees | Non-Resident | Field Preparation Security Deposit | Amenities | Whom to Call |
|-------------------------------------|---|---|--|---|------------------------|
| Sweden Park Redman Rd | Football \$50/field Other \$30/field 3 hour block | Football \$75/field Other \$50/field 3 hour block | Football \$50 All Others \$20 Per Field Per Day | Football, soccer Lacrosse, softball baseball fields | Rec Dept. 431-0090 |
| Sweden Park Lighted Field | \$75/field 3 hour block | \$100/field 3 hour block | \$20/field Per day | Lighted multi-purpose field | Rec Dept. 431-0090 |
| Nietopski Field | \$50/3 hours | \$75/3 hours | \$50/day | Showcase Baseball field | Rec Dept. 431-0090 |
| Nietopski Concession w/ Pavilion #2 | \$50/day | \$65/day | \$25 Security deposit needs to be a check | Grill, sink, coolers fridge/freezer/ restrooms | Rec Dept. 431-0090 |
| Covered Pavilion #1 | \$25/day | \$35/day | | Grill/picnic tables | Rec Dept. 431-0090 |
| Lodge | Mon-Thu \$150/day Fri-Sun \$200/day | Mon-Thu \$175/day Fri-Sun \$250.00/day | \$175 refundable Security deposit needs to be a check or mon-ey order | Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms | Rec. Dept. 431-0090 |
| Splash Pad | For information please visit www.swedenclarksonrec.recdesk.com | | | | Rec. Dept. 431-0090 |

Clarkson Parks

| Park Available | Resident Fees | Non-Resident | Field Prep/ Security Deposit | Amenities | Whom to Call |
|------------------------------------|---|--|------------------------------|---|---------------------------------|
| Clarkson The Lodge at Kimball Park | \$225/day 10am—10 pm | \$225/day 10am—10 pm | N/A | Kitchen, restrooms playground, tables chairs, accessible | Clarkson Town Clerk 637-1130 |
| Goodwin Lodge Hafner Park | \$200/day 10 am—10 pm | \$200/day 10 am— 10 pm | N/A | Kitchen, restrooms playground, tables chairs, accessible | Clarkson Town Clerk 637-1130 |
| Clarkson Hafner Park | Football \$50/field Other \$30/field for 3 hour block | Football \$75/field All others \$50/field for 3 hour block | N/A | Football, soccer Lacrosse, softball, baseball fields | Rec Dept. 431-0090 |
| Clarkson Kimball Park | \$30/field for 3 hours 8 am-10 pm | \$50/field for 3 hours 8 am—10 pm | N/A | Softball fields, lacrosse | Rec Dept. 431-0090 |
| San Soucie Park | FREE No reservations available | FREE No reservations available | N/A | Located on Erie Canal, Clarkson | Clarkson Town Clerk 637-1130 |