

THE SCOREBOARD



Summer 2023



SWEDEN CLARKSON



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.

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

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

Closed Father's Day

July

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

Closed July 4th

August

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

Directory

Recreation Director Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Assistant Amanda Kinney 431-0088
amanadak@townofsweden.org

Recreation Assistant Megan Lester 431-0087
meganl@townofsweden.org

Recreation Assistant Cara Peterson 431-0086
carap@townofsweden.org

Staff: Ashley Hermance, Maranda Dobbertin,
Morgan Walsh, Lakayla Herbert

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

Sweden Town Board

Supervisor Kevin Johnson 637-7588

Councilperson Patricia Hayles

Councilperson Rhonda Humby

Councilperson Randy Hoke

Councilperson Gary Sullivan

Clarkson Town Board

Supervisor Christa Filipowicz 637-1131

Councilperson John Culhane

Councilperson Nick D'amuro

Councilperson Tom Guarino

Councilperson Leslie Zink

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.recdesk.com

July 3rd Event

Independence Day Celebration

Sunday, July 3rd from 7:00-9:00pm

Activities, games, food, and
Fireworks @ DUSK—bring your
chairs, blankets and enjoy!

FREE OUTDOOR MOVIE NIGHT



Join us
Friday, August 11th
for a showing of
Hotel Transylvania
outside on the hill.
Bring chairs, blankets,
snacks and enjoy the
show.

Arrive between
7:45-8:00pm
Presented by
ZuperEventZ

PRESCHOOL SUMMER CAMP

Come join Ms. Lakayla & Miss Ally 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, just in case :)

Max 10 Location: PS Room

Program #	Week T & F	Dates	Time	Price
4475-A	1- Welcome	June 27th & 30th	1-2:30pm	\$30R/\$35-NR
4475-B	2-Dr. Suess	July 3rd (M) & 7th	1-2:30pm	\$30R/\$35-NR
4475-C	3-Tie Dye	July 11th & 14th	1-2:30pm	\$30R/\$35-NR
4475-D	4-90's Week	July 18th & 21st	1-2:30pm	\$30R/\$35-NR
4475-E	5-Superheroes	July 25th & 28th	1-2:30pm	\$30R/\$35-NR
4475-F	6-Camping	Aug 1st & 4th	1-2:30pm	\$30R/\$35-NR
4475-G	7-Luau	Aug 8th & 11th	1-2:30pm	\$30R/\$35-NR
4475-H	8- Sports	Aug 15th & 18th	1-2:30pm	\$30R/\$35-NR

Instructional Tot Golf

Is your tot interested in learning the basics of golf? Come join Coach Megan to learn to hold the club, swing club, hit the golf ball and more. This four-week class is designed to help your child gain a great foundation for the game of golf.

Ages: 4-6 Max 6

Location: SCCC Gym

Day	Date	Time	Price
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Program # 4476-A

Mon	6/26-7/24	5-5:45 pm	\$35R/\$40NR
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*No Class 7/3

Toddler/Parent Drop-In Toddler Gym

Playtime and socialization in the toddler gym for parents and children, 1-5 years (infants in arms permitted). Colorful equipment to climb on, riding toys, etc. for active fun.

Location: Toddler Gym Dates:

No charge for parent or guardian.

Day	Time	Price
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T/Th	9:30-11 am	\$2R/\$3NR
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Instructional Tot Lacrosse

Is your tot interested in learning the basics of Lacrosse? Come join Coach Megan to 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 lacrosse.

Ages: 4-6 Max: 6 Location Gym

Day	Date	Time	Price
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Program # 4476-B

Mon	7/31-8/21	5-5:45 pm	\$35R/\$40NR
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Sensory Play for Toddlers:

Do you have a toddler between the ages of 2-4?

Come join recreation assistant Maranda Dobbartin for simple routines, arts & crafts, and the promotion of activities that stimulate our senses in a welcoming and friendly environment. Social and emotional growth is promoted. *Need not be potty trained. Max: 8

Day	Date	Time	Price
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Program #4476-C

Sat	Jul 8, 15, 22	10:30-11 am	\$15R/ \$20NR
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*NEW Little Crafts for Toddlers

Come join Miss. LaKayla and let's make some arts and crafts! This program will be a 45 minute session where your child(ren) will be able to make something that they love and can have fun with at home!

Max: 5 Age: 3-5 Location: Preschool Rm

Day	Date	Time	Price
Session I Program #4476-D			
M	6/5-7/10	9:30-10:15am	\$30R/\$35NR
Session II Program #4476-E			
M	7/17-8/21	9:30-10:15am	\$30R/\$35NR

*NEW Tot Tumbling Camp

Please join us for a four-day intro to tumbling camp for Tots! Instructor Ally will teach the basics of tumbling, pulling from her years of experience.

Ages: 3-5 Max: 5 Location: LA Room I

Day	Date	Time	Price
Program #4476-F			
Mon-Thu	7/24-7/27	3-3:45 pm	\$30R/\$35NR

Mommy and Me Bowling

Are you interested in getting your little one into bowling? Come join us for a 6-week program at Brockport Bowl! Parents will be required to bowl with their kids.

Location: Brockport Bowl Ages: 4-6

Day	Date	Time	Price
Program #4483-A			
Tue	7/11-8/15	11-12:30pm	\$40

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: 10 Location: Lounge

Day	Dates	Time	Price
Program #			
Fri	6/23	5-7 pm	\$25R/\$30NR

Open Programs

Toddler Gym \$2.00 per participant

M-F 8-7:45 pm

Sat 8:30 am- 2:30 pm

Sun 8:30 -11:30 am

Basketball M-F 2-4pm \$2.00R/\$3.00NR

Check Adult Programs for Pickleball Information

Hage-Hogan Boys & Girls Basketball Camp

Celebrating 40 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!

Day	Date	Time	Price
Grades K-2 Program #4455-A			
T-F	7/10-7/13	8-9:15 am	\$40R/\$45NR
Grades 3-6 Program # 4455-B			
T-F	7/10-7/13	8am-12pm	\$100R/\$105NR
Grades 7-12 Program #4455-C			
T-F	7/10-7/13	8am-12pm	\$100R/\$105NR



Youth Tennis

Tennis is back for another season! Join Coaches Berit & Sophia 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. Max: 8 Location: Gym

Day	Date	Time	Price
Session I Ages: 8-11 Program #4477-C			
Tue & Th	7/11-7/20	5-5:45 pm	\$35R/\$40NR
Session II Ages: 12-14 Program #4477-D			
Tue & Th	7/11-7/20	6-6:45 pm	\$35R/\$40NR
Session III Ages: 8-11 Program #4477-E			
Tue & Th	7/25-8/3	5-5:45 pm	\$35R/\$40NR
Session IV Ages: 12-14 Program #4477-F			
Tue & Th	7/25-8/3	6-6:45 pm	\$35R/\$40NR

SUMMER CAMP

Week #	Dates	Activity (Wednesday) <small>*Please note: These activity days will have an attendance cap of 40 children*</small>	Field Trip Schedule	Day at the Park
Week 1	6/26-6/30	Clubhouse Greece	Leave: 10:30 Return: 1:30	Friday 6/30
Week 2	7/5-7/7 (No Camp Mon & Tue)	Bowling and Abbotts	Leave: 10:15 Return: 3:00	Friday 7/7
Week 3	7/10-7/14	Altitude Trampoline Park	Leave: 10:15 Return: 1:45	Thursday 7/13
Week 4	7/17-7/21	Roseland Water Park	Leave: 10:00 Return: 3:30	Friday 7/21
Week 5	7/24-7/28	Cookout at STP	Drop off /pick up will be at the LODGE at the STP	Friday 7/28
Week 6	7/31-8/4	Seabreeze	Leave: 10:30 Return: 3:45	Friday 8/4
Week 7	8/7-8/11	Minnehan's Fun Center	Leave: 9:00 Return: 3:00	Friday 8/11
Week 8	8/14-8/18	Bristol Aerial Adventures	Leave: 9:45 Return: 3:30	Friday 8/18
Week 9	8/21-8/25	Painting and Pizza	At the community center	Friday 8/25

*Field trips & times of trips are subject to change

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: \$25, (\$35 on fieldtrip day)

Non-residents: \$30, (\$40 on fieldtrip day)

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

"Day at the Park" will be held at PV2: Nietopski Concession Stand at the Sweden Town Park. On these days, **DROP OFF AND PICK UP** will be there. We will utilize the splash pad, playgrounds, and other facilities our park has to offer.

Youth Basketball

Coach Jake Russell will be working on skill development which includes footwork, ballhandling and shooting. This is for all ages and skill levels.

Location: Gymnasium

Day	Date	Time	Price
Session I Program #4478-A			
Grades K-2			
Wed	6/7-6/28	5-6pm	\$50R/\$55NR
Session II Program #4478-B			
Grades 3-5			
Wed	6/7-6/28	6-7pm	\$50R/\$55NR
Session III Program #4478-C			
Grades 6-8			
Wed:	6/7-6/28	7-8pm	\$50R/\$55NR

Youth Tumbling Camp

Please join us for a four-day intro to tumbling camp for youth! Instructor Ally will teach the basics of tumbling, pulling from her years of experience.

Ages: 6-9 Max: 8

Location: LA Room I

Day	Date	Time	Price
Program #4478-D			
Mon-Th	7/24-7/27	4-4:45 pm	\$30R/\$35NR

Instructional Youth Volleyball

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

Instructors: Evelyn, Keira & Piem

Ages: 8-11 Max: 18 Location: Gym

Day	Date	Time	Price
Session I Program #4478-E			
Mon	6/5-6/26	6-7pm	\$35R/\$40NR
Session II Program #4478-F			
Mon	7/17-8/7	6-7pm	\$35R/\$40NR

Make Your Own Velvet Art Poster

Kids will be amazed by how good their projects look as they create colors on a rich black velvet background. Raised velvet design helps kids color inside the lines so it's virtually goof-proof!

Instructor: Ally Durkee

Ages: 6-10 Max: 9 Location: Cafe

Day	Date	Time	Price
Program #4483-B			
Mon	7/10	5-5:45 pm	\$15R/\$20NR

Babysitters Training

This class teaches participants the roles and responsibilities of a babysitter and includes skills in: accident prevention, first aid and abdominal thrusts for choking victims. Participants receive a workbook and a certification card upon completion. Boys and girls ages 11+ are welcomed. Parents will be emailed a course packet that must be printed prior to the class. Also, please bring a bagged lunch and a self-addressed envelope.

Location: SCCC Conference Room

Min: 5 Max: 20

Day	Date	Time	Price
Program #4479-A			
Mon	7/24	10:45 am –3 pm	\$50R/\$55NR

Home Alone Safety

This class is designed to teach children ages 7-12, who are home alone, the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of emergencies such as power outages and fires. Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
Session I Program #4479-B			
Mon	7/24	9 am-10:30 am	\$28R/\$33NR
Session II Program #4479-C			
Mon	8/28	10 am-11:30 am	\$28R/\$33NR



*NEW Beginner Disc Golf

Learn to play disc golf with the two time New York State champion and local instructor, Dylan Rees. The emphasis will be on rules of the game and the basics of throwing. Players with more experience will receive tips and drills to increase the distance on their throws. After learning the basics we will play a practice course to put your new skills to the test. Cost includes beginner friendly discs for all players to keep.

Ages: 8+ Max: 20 Location: STP

Day	Date	Time	Price
Program #4483-C			
Tue	7/11 & 7/18	6-7:30 pm	\$45R/\$50NR

Three-Week Plant Your Own Flower Class

Join recreation assistant Maranda Dobbartin in planting your very own flower! (different kind each week) Your child will be able to let their creativity shine as well as take home their plants. (Zinnias, sunflowers and marigolds) with them! Ages 8-12 Max: 6 Location: Lounge

Day	Date	Time	Price
Mon	7/10-7/24	5:00-5:40pm	\$20R/\$25NR

Youth Science Experiments!

Have you ever wanted to be like Bill Nye "The Science Guy"? Come join recreation assistant Maranda Dobbartin in creating different science experiments each week while learning about the reactions that cause these experiments. Now we won't be working with laser beams, but our experiments can be recreated right at home afterwards. Come join us for nights Full of fun, learning, and excitement! Ages 8-12 Max: 5 Location: Lounge

Day	Date	Time	Price
Program #4480-A			
Tues	7/11-7/25	5:00-5:30pm	\$25R/ \$30NR
Program #4480-B			
Tues	8/8-8/22	5:00-5:30pm	\$25R/ \$30NR

Instructional Youth Golf

This class will help your child refine their skills and improve as an overall player. Coach Megan will review the basics of the game while also teaching a series of drills that the kids can use on their own in the game of golf. Ages: 7-11 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Program #4477-A			
Mon	6/26-7/24	6-6:45 pm	\$35R/\$40NR

***No Class 7/3**

Instructional Youth Lacrosse

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

Day	Date	Time	Price
Program #4477-B			
Mon	7/31-8/21	6-6:45 pm	\$35R/\$40NR

Paint a Birdhouse with Dad

With Father's Day coming up, come join recreation assistant, Amanda to paint a birdhouse to take home and enjoy! Ages: 5-9 Max: 6 kids (with a parent) Location: Cafeteria

Day	Date	Time	Price
Program # 4480-G			
Thu	6/15	5:30-7pm	\$25R/\$30NR

*NEW Kids Day Off at the Park

As there is no school on June 19th, we are offering an all-day program down at the Sweden Town Park. We will be able to utilize the many amenities the park has to offer, including our splash pad. Pizza will be provided for lunch. Sign up now! Ages: K-6 Location: Lodge at Sweden Town Park

Day	Date	Time	Price
Program #4480-D			
Mon	6/19	7am -4:30pm	\$35R/\$40NR

Random Craft Night

Love doing arts and crafts but don't know what to pick out sometimes? Like the feeling of not knowing which craft you'll end up doing on any given day? Well, I got news for you, partner. This class is for you. In it you will have a choice between all different kinds of projects that includes coloring, decorating, painting, etc. The only thing that we need from you is...you! Ages: 5-13 Max: 8 Location: Cafeteria

Day	Date	Time	Price
Program #4480-E			
Mon	6/12	6-6:45pm	\$13R/\$18NR

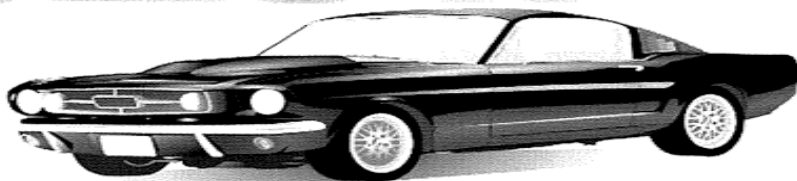
*NEW Color-Your-Own Stained Glass Window Clings

This class allows you to create beautiful stained glass in the colors you choose to beautify any window. Decorate the clings with markers, glass, or glitter stain for instant transparent beauty. Static cling will hold them to any clean window (or even mirror) but they can be repositioned or moved easily and without leaving sticky residue. The black outlines are raised for easy coloring. Ages: 6-11 Max: 9 Location: Lounge Instructor: Ally Durkee

Day	Date	Time	Price
Program #4483-D			
Thu	7/27	5-5:45pm	\$15R/\$20NR

Car Show

***Trophies *Food
*Raffles *Vendors**



**Sweden Clarkson
Community Center**

SATURDAY, AUGUST 5TH 9AM-5PM

\$20 Entry Fee

\$25 Vendor Entry Fee

585-431-0090

4927 Lake Road

Brockport, NY, 14420

For more specific information on being a vendor or having your car in the show please contact Cara Peterson 585-431-0086—carap@townofsweden.org

***NEW SUMMER HORSE CAMP**

Come join in on the fun! Crafts, games and horses! Lunch included! Make new friends and begin your life long love for horses!

Location: Painted Sky Ranch 259 Capen Rd.
Brockport NY 14420

Day	Date	Time	Price
Session I Program#4487-A			
Mon-Fri	6/26-6/30	10am - 4pm	\$400
Ages 7-14 Max: 5			
Session II Program#4487-B			
Mon-Fri	7/10-7/14	10am-4pm	\$400
Ages 4-7 Pee-Wee camp Max: 5			
Session III Program# 4487-C			
Mon-Fri	7/17-7/21	10am-4pm	\$400
Ages 7-14 Max: 5			
Session IV Program# 4487-D			
Mon-Fri	8/7-8/11	10am-4pm	\$400
Ages 7-14 Max: 5			

Adult Judo

Renshinkan Judo's program will teach participants the techniques of Kodokan Judo philosophies, principles and techniques as both a martial art and an Olympic Sport. Judo means the way of gentleness and the techniques learned include how to fall, throw and pin partners. Classes are taught by Sensi Janet Johnson, a 6th degree black belt and international IJF-Class A referee. Please bring a judo gi if you already have one; they will also be available by purchase through the instructor.

Ages: 16+. Location: Cooper Hall @ The College at Brockport. Parking @ N. Tuttle \$1 per visit.

Day	Date	Time	Price
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Program #4481-C

Tue/Thu	5/16-6/21	7-9 pm	\$165
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\$10 off for each additional family member.

Adult Pick-up Ping Pong

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

Location: Café Ages: 18 and up

Day	Date	Time	Price
Tue/Th	6/13-8/24	6-6:45pm	\$2R/\$3NR

Taiji & Qigong for Health

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

Learn large movement Yang style postures from the standardized, 24 posture Taiji Form, and active stretching Qigong breathing exercises using a wide range of motion.

Instructor Brian Bruning has been practicing Taiji and Qigong since 1978, studying Yang and Chen Pan-ling styles. He is an instructor for the Rochester T'ai Chi Ch'uan Venter and has taught locally since 1997.

Location: Large Activity #1

Days	Date	Time	Price
Program # 4484-C			
Wed	6/7-7/26	11 am-12 pm	\$50R/\$55NR

*NEW Pilates

If you want to work on your core strength and to focus on your overall body in a safe, fun, and low impact way, then come join our ACE certified group fitness instructor Rachel Rightmyer in our Pilates class! Ages: 16+ Min: 1 Max: 15

Location: LA Room #1

Day	Date	Time	Price
Program #4481-B			
Tue	5/23-6/13	6-7pm	\$65R/\$70NR

*NEW Adult Dog Obedience Class

For dogs 1 year and up! Help create a strong foundation of basic commands. Here, your dog will learn how to walk on leash, heel, sit, down, stay and more! Proof of current vaccinations required. Taught by Certified Dog Trainer and owner of Balanced K-9 Alyssa Taddonio. For adults only; for safety reasons, no children. Please bring proper equipment for dog (fitted harness, collar, leash, etc.) * A list of rules to be reviewed can be picked up at the community center before class begins.

Location: SCCC Outside

Day	Date	Time	Price
Session I Program #4484-A			
Sat	6/10-7/15	6-7pm	\$330
Session II Program # 4484-B			
Sat	8/5-9/9	6-7pm	\$330

Arts and Carafe's

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

Ages: 21 and up Min: 6 Max: 24 Location: Lounge

Instructor: Local Artist Erin Lawrenz

Days	Dates	Time	Price
Session I Program #4488-A			
Fri		6-8 pm	\$35R/\$40NR
Session II Program # 4488-B			
Fri		6-8 pm	\$35R/\$40NR
Session III Program #4488-C			
Fri		6-8 pm	\$35R/\$40NR



*NEW Yoga Yin Yoga

Yin yoga is a slow-paced style of yoga with postures that are held for longer periods of time. Yin can also be a meditative yoga practice that helps you find inner peace.

Yin yoga targets your deep connective tissues, like your fascia, ligaments, joints, and bones. It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

Each month will build upon the last, giving you a solid foundation to begin experimenting with yin yoga at home. Please bring a yoga mat.

Instructor: Dominic Valley Min: 5 Max: 12

Ages: 16+ Location: LA Room #3

Day	Date	Time	Price
Session I Program #4485-C			
Tue	6/13-6/27	6:30-7:30 pm	\$50R/\$55NR
Session II Program #4485-D			
Tue	7/11-7/25	6:30-7:30 pm	\$50R/\$55NR
Session III Program #4485-E			
Tue	8/15-8/29	6:30-7:30 pm	\$50R/\$55NR

Personal Training

Are you looking for a personal trainer? Give one of our two personal trainers a call!

Karla Davy: 585-355-9816 kglove3@hotmail.com

Terri Steigelman-Johnson: 414-559-4992

steigelmwomfitness@yahoo.com

A single session is \$30 or you can pay for a pack of six sessions for \$150.

2023 Fitness Center Membership

Membership	1 month	3 month	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. Fitness Center is closed from 11:15am-12pm for cleaning M-F.**

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

Open Pickleball

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

Day	Time	Price
MWF Session I	10-11:15pm	\$1R/\$2NR
T, TH Session I	10-11:30am	\$1R/\$2NR
T, TH Session II	11:45am -1:15pm	\$1R/\$2NR
Sun	9 - 11am	\$1R/\$2NR

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

* T & TH 10-11:30am is Advance Play

* T & TH 11:45am-1:15pm Beginner Play

* Sun Advance Play (Not in July & August)

Senior Picnic

Calling all seniors! We will be enjoying great cookout food, games at the Lodge at Sweden Town Park! Come on out and enjoy the sunshine with good food and great friends. Location: Lodge at STP

Day	Date	Time	Price
Program #4486-A			
Wed	7/12	11am	\$10

JAZZERCISE BROCKPORT

4927 Lake Rd S * Brockport, NY

585.233.6376 * jazzercisebrockport@gmail.com

6:00 AM M, T, W, TH, F+

7:30 AM T, TH, SA, SU

7:45 AM W+++

8:15 AM M+, W+, F+

8:30 AM SA++++, SU+

9:00 AM M, T++, W, TH++, F

4:45 PM T, TH

6:00 PM M, W

+ STRENGTH ++ LO +++STRETCH



TRY A CLASS FOR FREE

Fitness in the Park

If you want to get moving outside to boost your physical activity and positive energy come join us! This workout will target your whole body and is perfect for all skill levels. We will be doing a mixture of cardio, Zumba, and dance style exercises to offer you the biggest bang for your buck!

Instructor: Rachel Rightmyer

Ages: 14+ Min: 2 Max: 25

Location: Sweden Town Park: Soccer Parking Lot or SCCC LA Room #1 (if raining)

Day	Date	Time	Price
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Program # 4481-A

Mon 5/22-6/12 5:30-6:30pm \$50R/\$55NR

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: Large Activity Rm 1

Day	Time	Price
Tue	1-2 pm	\$1

TRIP TO GEORGE EASTMAN HOUSE



Join us for a nice day trip to the George Eastman House, International Museum of Photography and Film, the world's oldest museum dedicated to photography and one of the world's oldest film archives, opened to the public in 1949 in Rochester, New York. Please bring monies for a light lunch in the Open Face Café

Friday, August 4th LV 10am-RT 3:30pm

Cost \$18.00 pp

Program #4482-A

Wednesday, July 12th at 11am

Join Steve Newcomb the Director for the Monroe County Office for the Aging

Steve has been with the office of the aging since 2001 and has over 30 years of experience in Aging Services. Steve has a Masters' Degree in Public Administration and 22 years working at the Monroe County Office for Aging in various capacities for community based programs including but not limited to area Senior Centers, NY Connect Information & Assistance, Transportation and other like services. He has 5 years working as a Case Manager at an Assisted Living facility and 4 years working as a Recreation Director at a Senior Living Community. Bring your questions and Steve will answer them.

Location: Senior Room

Nutrition Class Schedule

With Nutrition Educator Ally Miller

June 12th

Dairy Days

Got milk?
Try low-fat!
June is national dairy month. During this lesson discover ways to start the summer with nutrient-rich dairy foods by choosing healthier options.

July 17th

Food Safety

Summertime is the time for barbeques, picnics, campfires, and more! Keep your friends and family safe with these food safety practices.

August 21st

Jeopardy

Come and join us for a fun Nutrition Jeopardy game where you will have the chance to win prizes and learn more about your own health and nutrition.

Cornell Cooperative Extension | Monroe County

Nutrition Class 11am-12pm

Location: Lounge

Introductory MahJongg

Have you wanted to learn how to play this tile-based game? Now is your chance! It's relatively easy to learn and just requires a bit of skill, calculation, and some luck! This introduction will provide an overview of how to read the card and basic game play using the National MahJongg League rules. A current MahJongg card is required.

It can be ordered at nationalmahjonggleague.org.

Location: Senior Room

Day	Date	Time	Price
Tue	6/13, 7/11, 8/8	1:30-4pm	\$1R/\$2NR

MahJongg

MahJongg is a fun and entertaining rummy-like game played with tiles instead of playing cards. You play as an individual (no partners) against one to three other opponents, making runs, pairs and even- and odd-numbered combinations. It's interesting, engaging, challenging and FUN!

We play using the National MahJongg League rules. A current league card is required. It can be ordered at nationalmahjonggleague.org.

Not sure how to play or need a refresher course? Feel free to come watch, sit in at the learning table, or attend the Introductory MahJongg class.

Location: Senior Room

Day	Time	Price
Thu	10am-1pm	\$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	10:15-11:45

Open Dominos

Interested in playing dominos with others? Dominos is a fun tile-based game played with gaming pieces, commonly known as dominoes. Each domino is a rectangular tile with a line dividing its face into two square ends. There are a variety of games can be played with a set. Location: Senior Room

Day	Time	Price
Fri	2:30-4 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
Mon	10 –10:45am	Classic
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Yoga
Fri	10-10:45 am	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!

*NEW Officer Jonathan Payne

Will come once a month to discuss topics of concern regarding safety in our homes, crime prevention tips, elderly victimization, technology scams etc. Each month with be a different topic.

Location: Senior Room

Day	Date	Time	Price
Fri	6/16	11 am-12 pm	Free
Fri	8/14	11 am-12 pm	Free

Silver Screen Movie Club

Have fun with peers watching some nostalgic and some newer movies that we think you will enjoy!

Popcorn included! Max Number of People: 25

Must register one week prior

Day	Date	Time	Price
Program # 4482-B			
Elvis (2022)			
Thu	7/20	1:30 pm	\$3R/\$4NR

Euchre Tournaments

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

Not as a team! + Lunch & Drinks Ages: 21+
Location: Senior Room

Day	Date	Time	Price
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*Pre-Registration Required!

Program #

Mon	6/19	11:30 am	\$8 per person
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Program #

Mon	7/17	11:30 am	\$8 per person
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Program #

Mon	2/21	11:30 am	\$8 per person
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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: Large Activity Room 3

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

Day	Time
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1st Wed of the month	10:30-12pm
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Medicare 101

Join Theresa Seil to learn the basics of Medicare! This session covers the eligibility requirements of Medicare, explains Medicare Parts A, B, C and D, and reviews Medicare costs and benefits. Learn about prescription drug coverage, Medigap and Medicare Advantage Plans! This is an educational session for people turning age 65 or anyone already participating in Medicare! Location: SCCC Conference

Day	Date	Time	Price
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Wed	6/21	6:30 - 7:30pm	Free
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RSVP please to TheresaSeil.Medicare@gmail.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
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Wed	9:30-11am	\$1
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Bingo

One Wednesday per month in the Summer season is senior bingo 11:15 am- 1 pm. Cost is \$2/card. A sub tray/pizza lunch is included. Prizes awarded!

Location: Lounge Dates: 6/21, 7/19, 8/16

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
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Mon	9am-12 pm
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Knitting Club

Meet to knit and crochet items for area cancer patients.

We provide the yarn, donations gratefully accepted.

Location: Senior Room

Day	Time
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Fri	9am-11pm
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Learn to Play Euchre

Have you ever seen people at the party playing euchre and couldn't quite figure it out? Come learn with instructor Cara Peterson! You will be taught basic gameplay, strategy, situational play and how to implement it all. Come and learn how to make those loners and minimize the euchres!

Must sign up at least one week prior to class

Day	Date	Time	Price
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Thu	7/20	1-2pm	\$5
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Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from **MEDICAL** appointments only and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Community Center at 431-0090 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!**

Sweden/Clarkson Community Center

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

www.swedenclarksonrec.recdesk.com

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Registration Form

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

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

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

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

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

Make checks payable to: Town of Sweden.

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

Participant Info.

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

Household Information

First:	Last:	D.O.B.	
(If different from registrant(s))			
Address:			
City:		Zip:	
Home Phone:	Cell:	/Carrier:	Work:
Text Alerts:		Yes	No
Email (add us to your contact list to prevent going into junk folder):			
Town of Sweden/Clarkson Resident (circle):		Yes	No
Emergency Contact/Pick-up:		Phone Number:	

Note

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

Would you like to Volunteer Coach? Yes No

Waiver of Participation

Waiver of Participation/Refund Policy/Photo Release:

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

Signature: _____ Date: _____

Staff Signature: _____ Date: _____

Community Center

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

Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$75/field 3 hour block	\$100/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession w/ Pavilion #2	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day	\$15	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	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 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
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