



SWEDEN CLARKSON SCOREBOARD



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 excepted. 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-12pm
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.

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

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

Recreation Staff

Recreation Director

Jill Wisnowski 431-0050
jillw@townofsweden.org

Recreation Assistant Full-Time

Amanda Kinney 431-0088
amandak@townofsweden.org

Recreation Assistant Full-Time

Megan Lester 431-0087
meganl@townofsweden.org

Recreation Assistant Full-Time

Cara Peterson 431-0086
carap@townofsweden.org

Clerical Assistant

Diane Samons 431-0090
dianes@townofsweden.org

Part-time Recreation Staff

Ashley Hermance, Maranda Dobbertin,
Caitlin Curley, Alex Rood

Media Specialist

Kate Bieler

Gift Certificates

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

Facebook/Instagram

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

Weather Cancellation Hotline

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

COMMUNITY EVENTS



JULY 3RD INDEPENDENCE DAY CELEBRATION

WEDNESDAY, JULY 3RD | 7 TO 9PM



Activities, games, food, and
FIREWORKS @ DUSK



Bring your chairs, blankets, and
enjoy!



PRESENTED BY SWEDEN CLARKSON RECREATION

4927 LAKE RD S, BROCKPORT, NY

CAR SHOW

SATURDAY, AUGUST 3RD

9AM TO 3PM

ALL PROCEEDS GO TO THE BROCKPORT
AREA VETERANS CLUB

TROPHIES, FOOD, & VENDORS

\$15 VETERANS DISCOUNT ENTRY FEE
\$20 ENTRY FEE

TO SIGN-UP AS A VENDOR,
CONTACT CARA AT (585) 431-0086

TOT PROGRAMS

PRESCHOOL SUMMER CAMP

Come join Miss. Angelina & Miss Caitlin 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 10 Location: PS Room

Program #	Week W & F	Dates	Time	Price
4547-A	June 19 th & 21 st	9:30-11am	Welcome Week	\$30R/\$35-NR
4547-B	June 26 th & 28 th	9:30-11am	Families	\$30R/\$35-NR
4547-C	July 10 th & 12 th	9:30-11am	Mini Olympics	\$30R/\$35-NR
4547-D	July 17 th & 19 th	9:30-11am	Science Rules	\$30R/\$35-NR
4547-E	July 24 th & 26 th	9:30-11am	Luau	\$30R/\$35-NR
4547-F	July 31 st & Aug 2 nd	9:30-11am	Gardening	\$30R/\$35-NR
4547-G	Aug 7 th & Aug 9 th	9:30-11am	Superhero's	\$30R/\$35-NR
4547-H	Aug 14 th & 16 th	9:30-11am	Tye Dye	\$30R/\$35-NR

Tot Ballet

Dancers will be introduced to the basics of ballet through barre, center, and traveling exercises. Miss Joanna will guide students to grow in confidence, musicality, body awareness & self-expression, in a supportive & fun environment.

Note: Session I provides a daytime option for homeschooled students during the month of June. Ages: 3-5 Min: 4 Max: 10

Location: LA Rm #1

Day	Date	Time	Price
Session I Program #4547-I			
Mon	6/3-6/24	2:00-2:45pm	\$42R/\$47NR
Session II Program #4547-J			
Thu	7/11-8/15	4:45-5:30 pm	\$62R/\$67NR

Tot Acro Dance

Join Miss Joanna to improve your acrobatic skills! Dancers will work on forward & backward rolls, bridges, cartwheels, handstands and more. Students will grow in coordination, flexibility, listening skills, confidence, and musicality.

Note: Session I provides a daytime option for homeschooled students during the month of June. Ages: 4-6 Min: 4 Max: 10

Location: LA Rm #1

Day	Date	Time	Price
Session I Program #4547-K			
Mon	6/3-6/24	3:00-3:45pm	\$42R/\$47NR
Session II Program #4547-L			
Tue	7/2-8/6	5:15-6:00pm	\$62R/\$67NR

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. Class will include singing, dancing, finger plays, instruments, and interacting with different types of music, adapted to your child's developmental stage. Min: 4 Max: 15

Ages: 0-5 Location: LA Room #3

Day	Date	Time	Price
Session I Program # 4547-M			
Mon	6/3-6/24	4-4:30pm	\$27R/\$32NR
Session II Program #4547-N			
Tue	7/2-8/6	4:45-5:15pm	\$42R/\$47NR

Storytime Ballet

For children and a caregiver. This class begins with a short story time, and continues with ballet & movement activities inspired by the story. A beautiful way to bond with your child, introduce them to the art of dance, and dive into stories together.

Ages: 2-3 Min: 4 Max: 10

Location: LA Rm#1 & LA Rm #3 on 7/6

Day	Date	Time	Price
Program #4547-0			
Sat	7/6-8/10	11:15am-12pm	\$62R/\$67NR

TOT PROGRAMS

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 #4547-P		
Mon	7/1-7/22	5-5:45pm	\$35R/\$40NR
Session II	Program #4547-Q		
Mon	8/5-8/26	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 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Session I	Program #4547-R		
Tue	6/18-7/9	5-5:45pm	\$35R/\$40NR
Session II	Program #4547-S		
Tue	7/23-8/13	5-5:45pm	\$35R/\$40NR

*NEW Nature Walk and Scavenger Hunt

Embark on an exciting outdoor adventure with our Nature Walk and Scavenger Hunt designed for ages 4-6! Join us as we explore the wonders of the natural world through guided nature walks and thrilling scavenger hunts. Led by experienced educators, children will learn about the local flora and fauna while developing observation skills and fostering a deeper connection to the environment. With scavenger hunt checklists, little explorers will search for hidden treasures, identify plants and animals, and engage in hands-on learning activities along the way. So, put on your walking shoes, grab your binoculars and get ready for a fun-filled journey of discovery in the great outdoors! Ages 4-6 Max: 4

Day	Date	Time	Price
Program #4547-T			
Sat	6/15	10-10:30am	\$5R/\$7NR

Tot/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

Day	Time	Price
T/Th	9:30-11am	\$2R/\$3NR
T/Th	6-7:30pm	\$2R/\$3NR

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 #4547-U		
Mon	7/1-7/22	5-5:45pm	\$35R/\$40NR
Session II	Program #4547-V		
Mon	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 Min: 6 Location: SCCC Gym

Instructor: Landon Scott

Day	Date	Time	Price
Session I	Program #4547-W		
Thu	6/6-6/27	5-5:45pm	\$35R/\$40NR
Session II	Program #4547-X		
Thu	7/11-8/1	5-5:45pm	\$35R/\$40NR

Sensory For Children

Engage your child's senses in a captivating journey with our Sensory Program tailored for ages 3-6! Through a variety of stimulating activities, we'll explore the world through touch, sight, smell, taste, and sound, fostering creativity and cognitive development along the way. From sensory bins filled with different textures to sensory art projects that tickle the imagination, every activity is designed to delight and inspire young minds. Our experienced educator will guide children through interactive play and sensory experiences, creating a safe and nurturing environment for exploration and discovery. Come join us for a multisensory adventure where learning knows no bounds!

Ages 3-6 Max: 6 Location: PreK Room

Day	Date	Time	Price
Program#4547-Y	Sat	7/13 & 7/20	9-9:45am
			\$25R/\$30NR

YOUTH PROGRAMS

Summer Camp

WEEK	DATES	ACTIVITY (WEDNESDAY)	SCHEDULE
Week 1	7/1-7/3 (no camp 7/4 & 7/5)	Escape Room	1:30PM-3PM At the community center
Week 2	7/8-7/12	Clubhouse Play Center	Leave: 10AM Return: 1:30PM
Week 3	7/15-7/19	Foam Dart Battle	Time 1:30-3:30PM At the community
Week 4	7/22-7/26	Lazer tag	1-3PM At the community
Week 5	7/29-8/2	Seabreeze	Leave: 10:15AM Return: 4PM
Week 6	8/5-8/9	Cookout at STP	Drop off and pick up: Lodge at Sweden Town Park
Week 7	8/12-8/16	Altitude	Leave: 10:15AM Return: 1:45PM
Week 8	8/19-8/23	Carnival	12:30-3PM At the community center
Week 9	8/26-8/30	Painting and Pizza	At the community center

***NEW: Registration Information:**
Registration can be completed online or in-person.

COST:

Residents: \$35 daily without activity. \$45 on an activity day.

Non-Residents: \$40 daily without activity. \$50 on an activity day.

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.

YOUTH PROGRAMS

Father's Day Craft

Get ready to celebrate Dad in style with our Father's Day Craft Program! Join us for a special session where kids can unleash their creativity by designing their own personalized keychain and mug. From bold colors to heart-felt messages, the possibilities are endless! We will provide all the materials and guidance needed to create a gift that Dad will treasure forever. So, come join us for a fun-filled class of crafting and make this Father's Day one to remember! Ages 6-10 Max: 8 Location: Small Activity Rm #4

Day	Date	Time	Price
Program #4548-A			
Mon	6/10	5-5:45pm	\$15R/\$20NR

*NEW Patriotic Flag Fleece Tied Pillows

Come join recreation assistant Maranda Dobbertin and make your very own patriotic fleece tied pillow for yourself or a loved one! Guaranteed softness that will make you want to nap all day. All supplies included.

Ages: 7-12 Max: 5

Location: Small Activity Rm 4

Day	Date	Time	Price
Program #4548-B			
Tue	7/2	5-5:45pm	\$15R/\$20NR

DIY Ceramic Watering Can and Watch It Grow Seeds

Get your hands dirty and let your creativity bloom in our DIY Ceramic Watering Can and Plant Program for kids! Join us for a hands-on adventure where young gardeners will design and paint their very own ceramic watering cans, adding a personal touch to their gardening toolkit. Then, we'll plant seeds in pots, teaching kids the basics of gardening and nurturing. As the plants grow, so will their excitement and sense of accomplishment! Our friendly instructor will provide guidance and tips to ensure a fun and educational experience for all. Come join us for a hands-on journey of creativity and discovery! Ages 8-12 Max: 5

Day	Date	Time	Price
Program #4548-C			
Wed	6/19	5-6pm	\$25R/\$30NR

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 Ages: 8 and up

Instructor: Local Artist Erin Lawrenz

Min:6 Max: 10 Location: SCCC Lounge

Day	Date	Time	Price
Session I Program #			
Fri	6/28	5-7pm	\$27R/\$32NR
Session II Program #			
Fri	8/2	5p-7pm	\$27R/\$32NR

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

Location: Small Activity Rm 4

Day	Date	Time	Price
Program #4548-F			
Thu	6/6	5-5:30pm	\$15R/ \$20NR



DIY Paint Your Own Birdhouse

Calling all young nature enthusiasts! Join us for a delightful adventure in our 'Paint Your Own Birdhouse' program designed just for kids! Let your creativity take flight as you transform a simple wooden birdhouse into a vibrant masterpiece. With a rainbow of colors and endless design possibilities, you'll have a blast adding your own unique touch to create a cozy home for our feathered friends. Our friendly instructor will provide guidance and tips to help bring your artistic vision to life. So, come spread your wings and join us for a fun-filled class of painting!

Ages 6-10 Max: 6

Location: Small Activity Rm 4

Day	Date	Time	Price
Program #4548-G			
Mon	7/8	5-5:45pm	\$25R/\$30NR

YOUTH SPORTS CAMPS

Instructional Youth 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: 7-11	Location: SCCC Gym	
Day	Date	Time	Price
Session I	Program #4549-A		
Mon	7/1-7/22	6-6:45pm	\$35R/\$40NR
Session II	Program #4549-B		
Mon	8/5-8/26	6-6:45pm	\$35R/\$40NR

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! Instructor: Landon Scott
Ages- 7-11 Min: 6 Location: SCCC Gym

Day	Date	Time	Price
Session I	Program #4549-C		
Thu	6/6-6/27	6-6:45pm	\$35R/\$40NR
Session II	Program #4549-D		
Thu	7/11-8/1	6-6:45pm	\$35R/\$40NR

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 #4549-E	Grades K-2	
Wed	6/5-6/26	5-5:45pm	\$52R/\$57NR
Session II	Program #4549-F	Grades K-2	
Wed	7/31-8/21	5-5:45pm	\$52R/\$57NR
Session I	Program #4549-G	Grades 3-6	
Wed	6/5-6/26	6-7:00pm	\$52R/\$57NR
Session II	Program #4549-H	Grades 3-6	
Wed	7/31-8/21	6-7:00pm	\$52R/\$57NR
Session I	Program #4549-I	Grades 7-12	
Wed	6/5-6/26	7-8:00pm	\$52R/\$57NR
Session II	Program #4549-J	Grades 7-12	
Wed	7/31-8/21	7-8:00pm	\$52R/\$57NR

Hage-Hogan Basketball Camp

Celebrating 42 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 #4528-H			
M-Th	7/8-7/11	8-9:15 am	\$45R/\$50NR

Grades 3-6

Day	Date	Time	Price
Program #4528-I			
M-Th	7/8-7/11	8am-12pm	\$95R/\$99NR

Grades 7-12

Day	Date	Time	Price
Program #4528-J			
M-Th	7/8-7/11	8am-12pm	\$95R/\$99NR

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 #4549-K		
Mon	7/1-7/22	6-6:45pm	\$35R/\$40NR
Session II	Program #4549-L		
Mon	8/5-8/26	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: 4

Location: Sessions will be on the outdoor tennis courts at SCCC.

Day	Date	Time	Price
Session I	Program #4549-M		
Mon	7/1-7/22	5-5:45pm	\$35R/\$40NR
Session II	Program #4549-N		
Mon	7/29-8/19	5-5:45pm	\$35R/\$40NR
Session III	Program #4549-O		
Mon	7/1-7/22	6-6:45pm	\$35R/\$40NR
Session IV	Program #4549-P		
Mon	7/29-8/19	6-6:45pm	\$35R/\$40NR

YOUTH PROGRAMS

Flag Football League

This league will prepare kids for playing organized football or for just having fun. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponents' home park. COED Teams. Volunteer coaches are needed. Contact meganl@townofsweden.org

Day	Date	Time	Price
Ages: 5-6 Program #4549-Q			
Sat	8/24-10/5	TBD	\$30R/\$35NR
Ages: 7-9 Program #4549-R			
Wed/Sat	8/21-10/5	TBD	\$55R/\$60NR
Ages: 10-12 Program #4549-S			
Wed/Sat	8/21-10/5	TBD	\$55R/\$60NR
*No Games on 8/31			

Design Your Own Kite

Let creativity take flight in our 'Design Your Own Kite' program for kids! Join us for a high-flying adventure where young artists become kite designers. Using a variety of colorful materials, children will unleash their imagination to create unique and personalized kites. From bold patterns to whimsical designs, the sky's the limit! Once their masterpieces are complete, we'll head outdoors to test their creations in the open air. Our expert instructor will provide guidance on assembling and flying the kites, ensuring a safe and exhilarating experience for all. So, come soar with us and watch your imagination take flight!

Ages 7-10 Max: 6

Day	Date	Time	Price
Program #4549-V			
Thu	8/15	5-5:45pm	\$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. Also, please bring a bagged lunch and a self-addressed envelope. Location: SCCC Conference Room

Min: 5 Max: 20

Day	Date	Time	Price
Session I Program #4550-A			
Tue	7/16	11am-3:30pm	\$57R/\$62NR
Session II Program #4550-B			
Tue	8/13	11am-3:30pm	\$57R/\$62NR

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 Max: 6
Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4549-T			
Tue	6/18-7/9	6-6:45pm	\$35R/\$40NR
Session II Program #4549-U			
Tue	7/23-8/13	6-6:45pm	\$35R/\$40NR

Juniors/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. All abilities welcome, no experience required. Adult Ages: 18+ Junior Ages: 6-18yrs (Note that children between 6-18 work with one or the other class based on their skill and comfort level with Judo). Location: Cooper Hall @ SUNY Brockport. Parking @ N. Tuttle \$1 per visit.

Day	Date	Time	Price
Juniors Program #4550-C			
Tue/Thu	5/21-8/15	7-8pm	\$107
Adult Program #4550-D			
Tue/Thu	5/21-8/15	7-9pm	\$167
\$10 off for each additional family member.			

Home Alone Safety

This class is designed to teach children ages 8-12, 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

Session I Program #4550-E			
Tue	7/16	9:30-11am	\$37R/\$42NR
Session II Program #4550-F			
Tue	8/13	9:30-11am	\$37R/\$42NR

YOUTH PROGRAMS

Youth Ballet

Dancers will be introduced to the basics of ballet through barre, center, and traveling exercises. Miss Joanna will guide students to grow in confidence, musicality, body awareness & self-expression, in a supportive & fun environment. Note: Session I provides a daytime option for homeschooled students during the month of June.

Ages: 7-12 Min: 4 Max: 12

Day	Date	Time	Price
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Session I Program #4550-G

Mon	6/3-6/24	1-2pm	\$47R/\$52NR
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Location: Large Activity Room #3

Session II Program #4550-H

Thu	7/11-8/15	5:30-6:30pm	\$72R/\$77NR
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Location: Large Activity Room #1

*NEW Teen Ballet

It's never too late to start or return to ballet! Dancers will be introduced to the basics of ballet through barre, center, and traveling exercises. Miss Joanna will guide students to grow in confidence, musicality, body awareness & self-expression, in a supportive & fun environment. Note: This class pairs well with Teen Stretching & Flexibility.

Location: Large Activity Room #1

Ages: 13-18 Min: 4 Max: 12

Day	Date	Time	Price
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Program #4550-I

Thu	7/11-8/15	6:30-7:30pm	\$72R/\$77NR
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Open Programs

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

Youth Acro Dance

Join Miss Joanna to improve your acrobatic skills! Dancers will work on forward & backward rolls, bridges, cartwheels, and handstands and more. Students will grow in coordination, flexibility, listening skills, confidence, and musicality. A demonstration of their acro skills will be presented during the last class of the session.

Ages: 7-12 Min: 4 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4550-J

Tue	7/2-8/6	6-7pm	\$72R/\$77NR
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Youth Creative Dance

For the free spirited children among us! In this class, students will explore the elements of space, time, & energy, along with imagination & collaboration, to create original movement ideas. Students will grow in coordination, sensory integration, listening skills, confidence, and musicality.

Ages: 7-12 Min: 4 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program #4550-K

Tue	7/2-8/6	7-8pm	\$72R/\$77NR
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*NEW Teen Stretching & Flexibility

Have you always wished you were more flexible? Join Miss Joanna to learn safe & effective ways to improve your flexibility and reduce muscle tension.

Note: This class pairs well with Teen Ballet.

Ages: 13-18 Min: 4 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program # 4550-L

Thu	7/11-8/15	7:30-8:00pm	\$42R/\$47NR
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*NEW Youth Lawn Games

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

Ages: 8-11 Max: 6 Location: SCCC

Day	Date	Time	Price
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Program #4550-M

Th	8/8-8/22	5-5:45pm	\$10R/\$25NR
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YOUTH PROGRAMS

*NEW 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! Ages: 6-12 Max: 12

Location: Pond/Lodge at Sweden Town Park

Day	Date	Time	Price
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Program #4550-N

Wed	7/10	9-12pm	\$30R/\$35NR
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*NEW Youth Cooking Classes

Join chef Cara as Little Chefs learn how to prepare age-appropriate snacks and goodies! Please let us know of any dietary restrictions or allergies.

Ages: 5-10 Max: 6

Location: SCCC Kitchen/Café

Day	Date	Time	Price
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Session I Program #4550-O

Tue	6/25	5:30-6:30pm	\$20R/\$25NR
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Session II Program #4550-P

Tue	7/23	5:30-6:30pm	\$20R/\$25NR
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Session III Program #4550-Q

Tue	8/20	5:30-6:30pm	\$20R/\$25NR
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YOUTH AQUATICS

Tot Swim

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

Infant—4 years old. Max: 8

Day	Date	Time	Price
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Session I Program #4551-A

M-Th	7/8-7/11	9-9:30am	\$48R/\$53NR
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Session II Program #4551-B

M-Th	7/8-7/11	11-11:30am	\$48R/\$53NR
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Session III Program #4551-C

M-Th	7/15-7/18	9-9:30am	\$48R/\$53NR
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Session IV Program #4551-D

M-Th	7/15-7/18	11-11:30am	\$48R/\$53NR
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Session V Program #4551-E

M-Th	7/22-7/25	9-9:30am	\$48R/\$53NR
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Session VI Program #4551-F

M-Th	7/22-7/25	11-11:30am	\$48R/\$53NR
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Level I Tetras

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

Ages 5+. Max: 6

Day	Date	Time	Price
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Session I Program # 4551-G

M-Th	7/8-7/11	10-10:45am	\$48R/\$53NR
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Session II Program #4551-H

M-Th	7/15-7/18	10-10:45am	\$48R/\$53NR
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Session III Program #4551-I

M-Th	7/22-7/25	10-10:45am	\$48R/\$53NR
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Level II Trout

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

Day	Date	Time	Price
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Session I Program #4551-J

M-Th	7/8-7/11	10-10:45am	\$48R/\$53NR
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Session II Program #4551-K

M-Th	7/15-7/18	10-10:45am	\$48R/\$53NR
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Session III Program #4551-L

M-Th	7/22-7/25	10-10:45am	\$48R/\$53NR
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*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 Cara Peterson at 585-431-0086 for more information.



ADULT PROGRAMS

Beginners Doubles Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed pickleball tournament! Basic skills and knowledge of pickleball need to participate.

Sign up Deadline** 8/4

Min: 6 teams Max: 16

Teams Lunch will be provided!

For a complete set of rules and tournament -style information, contact Cara Peterson

carap@townofsweden.org

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
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Program #4552-A

Sun	8/11	12-5pm	\$37 per team
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Intermediate/Advanced Doubles Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed pickleball tournament!

Sign up Deadline** 7/7

Min: 6 teams Max: 16 Teams

Lunch will be provided!

For a complete set of rules and tournament -style information— contact Cara Peterson

carap@townofsweden.org

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
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Program #4552-B

Sun	7/28	12-5 pm	\$37 per team
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Adult Beginning Modern Dance

For adults of all ages, body types and fitness levels—no dance experience necessary! Join professional dancer Joanna Rodriuguez to explore different qualities of movement, musicality, art-istry, momentum, and control through the art of modern dance. Class will include floorwork, standing exercises, traveling combinations, and gentle stretching, all taught in a supportive and fun environment.

Ages: 18+ Min: 4 Max: 15

Location: LA Rm #1 & LA Rm #3-7/6

Day	Date	Time	Price
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Program #4552-C

Sat	7/6-8/10	10:15-11:15am	\$72R/\$77NR
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Open Cornhole

Cornhole fun does not need to be limited to just back yard barbecues. Join our adult recreational open corn hole and play more often! All skill levels welcome. The program will be Tuesdays in Dec., Jan. & Feb. Play 2 games a night.

Teams will consist of 2 players. Ages: 18+

Location: Senior Rm Side B

Day	Date	Time	Price
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Tue	6/4-8/27	6-7:45pm	\$2R/\$3NR pp
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*NEW Adult Coed Kickball League

Are you interested in an adult kickball league to show off your skills? The We are putting a league together just for you! It is a great excuse to get adults outside and have fun, helping them make new friends and socialize.

*You must register a complete team

*\$10 dollar referee fee per match

Ages: 18+ Min: 6 teams

Location: Sweden Town Park

Day	Date	Time	Price
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Program #4552-D

Wed	7/24-8/28	6pm	\$150
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Adult Ballet Fitness

For adults of all ages, body types and fitness levels—no dance experience necessary! Join professional dancer Joanna Rodriguez for a ballet-inspired fitness class that will tone your whole body, get your heart pumping, and give you the grace of a dancer!

Note: This class pairs well with Limber Up! Flexibility for Adults.

Ages: 18+ Min: 4 Max: 15

Location: LA Rm #1 & LA Rm #3-7/6

Day	Date	Time	Price
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Program #4552-E

Sat	7/6-8/10	9-9:45am	\$62R/\$67NR
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*NEW Limber Up! Flexibility for Adults

Have you always wished you were more flexible? Join professional dancer Joanna Rodriguez to learn safe & effective ways to improve your flexibility, improve your posture, and reduce pain & tension. (Students should be able to get up and down off of the floor.)

Note: This class pairs well with Adult Ballet Fitness.

Ages: 18+ Min: 4 Max: 15

Location: LA Rm #1 & LA Rm #3-7/6

Day	Date	Time	Price
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Program #4552-F

Sat	7/6-8/10	9:45-10:15am	\$42R/\$47NR
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*NEW American Sign Language Introduction

Always wanted to learn how to do American Sign Language then come join this new 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. Location: Senior Room Side B

Day	Date	Time	Price
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Program #4552-G

Mon	6/10-8/26	10-11:00am	\$1R/\$2NR
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ADULT PROGRAMS

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: 16 Location: LA Rm #3

Day	Date	Time	Price
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Program #4552-H

Mon	6/3-7/15	6:30-7:30pm	\$68R/\$73NR
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Program #4552-I

Mon	7/22-8/26	6:30-7:30pm	\$59R/\$64NR
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*New Move Well with Agape

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

Instructor: Gianna Cavalier PT, DPT

Location: Large Activity Rm #1

Day	Date	Time	Price
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Session I Program #4552-J

Wed	6/5-6/26	9-9:45am	\$2R/\$3NR
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Session II Program #4552-K

Wed	7/10-7/31	9-9:45am	\$2R/\$3NR
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Session III Program # 4552-L

Wed	8/14-9/4	9-9:45am	\$2R/\$3NR
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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* Ages: 21+ Min: 6 Max: 24

Location: Lounge

Instructor: Local Artist Erin Lawrenz

Days	Dates	Time	Price
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Session I Program #4552-M

Fri	6/7	6-8 pm	\$37R/\$42NR
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Session II Program #4552-N

Fri	7/12	6-8 pm	\$37R/\$42NR
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Learn to Play Euchre

Want to learn how to play euchre. This class will help teach you basic gameplay and rules. Sign up as an individual!

Min: 4 Max: 8

Location: Small Activity Room #4 Lounge

Day	Date	Time	Price
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Program #4552-O

Thu	7/11-7/25	11-11:45am	\$7R/\$10NR
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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.

Instructor: Barb Whited Max: 16

Location: Large Activity Rm #3

Day	Date	Time	Price
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Session I Program #4552-P

Tue	5/28-7/16	6:30-7:30pm	\$60R/\$65NR
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Session II Program #4552-Q

Tue	7/23-8/27	6:30-7:30pm	\$60R/\$65NR
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***No Class 6/11**

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
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Program #4552-R

Wed	6/5-7/24	11am-12pm	\$52R/\$57NR
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Bird Carving

This class will be taught by award-winning bird carver Al Cretney. Students will start with a band-saw blank and complete a fully carved and painted wooden bird. This class is structured for people who have little or no experience in wood carving. Come learn the process of wood carving. Participants are required to bring knife, safety glove, and a paint brush for acrylic paint. Age: 18+

Instructor: Al Cretney

Location: Large Activity Room # 3

Day	Date	Time	Price
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Program #4552-S

Tue	6/4-8/27	10am-12pm	\$33R/\$38NR
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ADULT PROGRAMS

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

steigelwomanfitness@yahoo.com

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

Fitness Center Membership

Membership	1month	3month	1 year
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Youth (16-18)	\$20	\$45	\$185
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Senior (55+)	\$20	\$45	\$185
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Adult (18-54)	\$40	\$65	\$250
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Family (16+)	\$60	\$85	\$360
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Each addt'l family	\$15	\$35	\$115
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*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Call 431-0090 to set up appointment. *** Please Note: Fitness Center closes 15 minutes before community center.**

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

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

Open Pickleball

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

Please bring your own paddle. Ages: 18+

Location: Gym

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

Day	Time	Price
MWF	10am-1:15pm *All levels of Play (Basic knowledge of rules of pickleball required)	\$1R/\$2NR
T,Th	10-11:30am *Advance Play	\$1R/\$2NR
T,Th	11:45am -1:15pm *Beginner Play	\$1R/\$2NR
Sun	Be back in the Fall *Advance Play	\$1R/\$2NR
Sun	Be back in the Fall *Beginner Play	\$1R/\$2NR

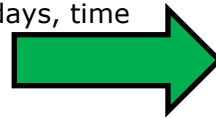
JAZZERCISE BROCKPORT



Sunny days are again!

Come join us and stay fit while having fun! We have multiple class offerings and welcome both new or returning jazzercise. Now is the time to join and give us a try with no obligation a 3 class trial. Looking for a new routine? Maybe you want to change up your workout, well we got just the thing for you. Come in and see what we have to offer.

Scan here for days, time and more information.



*NEW Senior Talent Show

Do you have a special talent or skill you want to show off? Do you and your friends want to perform a skit? Show off your talent in this new And fun show! And don't forget we need spectators!

Location: Senior Room Side B

Day	Date	Time	Price
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Program #4553-A

Wed	7/17	12-2pm	\$1R/\$2NR
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Fall Prevention Class

Presented by Agape Physical Therapy

Come join this one-day presentation! Stay steady on your feet with our fall prevention. Class led by expert Doctors of Physical Therapy from Agape Physical Therapy! This program will equip you with exercises and strategies to improve balance, strength, and confidence, all to help you prevent falls. **Light refreshments will be provided

*Must register by 6/7

Day	Date	Time	Price
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Program #4553-B

Fri	6/14	11-11:45am	Free
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55+ SENIOR PROGRAMS

Trivia

Come join recreation assistant Amanda Kinney for an afternoon of trivia! A question is asked, the first person to ring their bell with the correct answer, wins the round. Score will be kept and the winner will receive a \$15 gift certificate to use right here at the Sweden Clarkson Community Center! Topics will consist of general knowledge, geography, history, food, etc.! Snacks and drinks will be provided. **Pre-Register Required!** Min: 5 Location: Senior Rm Side B

Day	Date	Time	Price
Program #4553-C			
Mon	6/24	1-3pm	\$3R/\$4NR
Program #4553-D			
Mon	7/15	1-3pm	\$3R/\$4NR
Program #4553-E			
Mon	8/26	1-3pm	\$3R/\$4NR

Tell Me Your Story

Come join recreation assistant Amanda for an opportunity to share your life story. As you talk, she will fill in prompts with you. This class will give you a place to keep remember and document all your special memories from throughout your life. **Pre-Register 1 week prior!** Min: 2 Max: 10 Location: Conference Rm

Day	Date	Time	Price
Program #4553-F			
Tues	6/4	11am-2pm	\$8R/\$10NR

Candle Making Class

Come join us in creating your very own scented candle! Recreation assistant Amanda Kinney will walk you through all the steps on how to make a candle. You will get to pick your color and scent to create the custom candle of your dreams.

Pre-Register 1 week prior! Min: 3 Location: Lounge

Day	Date	Time	Price
Program # 4553-G			
Mon	6/17	2-3:30pm	\$10R/\$15NR

Silver Screen Movie Club

Have fun with peers watching some nostalgic and some newer movies that we think you will enjoy! Popcorn and drinks included! Min: 1 Max: 10

Pre-registration REQUIRED 1 WEEK PRIOR Location: Conference Rm

Day	Date	Time	Price
Program #4553-H			
Thu	6/20	1pm	\$3
HOPE FLOATS (1998)			
Program #4553-I			
Thu	7/18	1pm	\$3
THE BLIND SIDE (2009)			
Program #4553-J			
Thu	8/22	1pm	\$3
THE BOYS IN THE BOAT (2023)			

*NEW Senior Open Bowling

Come join us at Brockport Bowl for good times with friends! Pick 1 day or all 3 to come bowl and enjoy your Saturday morning! Pre-Register 1 week prior! Max: 25 Location: Brockport Bowl

Day	Date	Time	Price
Program #4553-K			
Sat	6/15	10:30am-12:30pm	\$8R/\$9NR
Program #4553-L			
Sat	7/20	10:30am-12:30pm	\$8R/\$9NR
Program #4553-M			
Sat	8/17	10:30am-12:30pm	\$8R/\$9NR

Senior's Open Cornhole

Need a little friendly competition in you life? Come join us for Senior Cornhole and put your skills to the test! Boards and bags will be provided as well as an instructor to keep score and keep games fair and moving along! Location: Senior Rm Side B

Day	Time	Price
Fri	2pm-3pm	\$1R/\$2NR

Paint a Birdhouse

Come join us in creating a custom bird house! Recreation assistant Amanda Kinney will assist in painting a birdhouse that can be used all season long. You will get to pick your paint colors and design to make it exactly what you envision.

Pre-Register 1 week prior! Min: 2 Location: Lounge

Day	Date	Time	Price
Program #4553-N			
W	6/12	10-11:30pm	\$12R/\$17NR

Open Senior Chair Volleyball

Looking for something new to do with friends Or a new way to meet great people? Come join our chair volleyball program! We will play with a smaller net, a beach ball and chairs will be set up! Pick up games will be held weekly! Location: Large Activity Rm #3

Day	Time	Price
Wed	1:30-2:30pm	\$1

***No Volleyball 7/3**

Coffee Club

Looking for some quality time with friends? Looking To make some new friends? Need to get out of the House? Come join us on Monday mornings this winter for our Coffee Club! This program will give everyone a chance to socialize and relax while enjoying delicious fresh brewed coffee! We will provide coffee with our "brew your own" Keurigs! Location: Senior Rm Side B

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

55+ SENIOR ENTERTAINMENT

Tea Party

Come join us in enjoying a tea party! Recreation assistant Amanda Kinney will provide you with different types of Teas, mini sandwiches and other fancy snacks to make your afternoon something special. **Pre-Register 1 week prior!**
Min: 8 Location: Senior Rm Side B

Day	Date	Time	Price
	Program #4553-O		
Tue	7/9	11am-12:30pm	\$8R/\$10NR

SENIOR PICNIC AT THE PARK

Come join us at the Sweden Town Park Lodge for a barbeque and lawn games!

Feel free to bring your favorite card or board games.

Food and drinks will be provided.

Pre-register 1 week prior!

Min: 10 Location: STP Lodge

Day	Date	Time	Price
	Program #4553-P		
Th	8/8	12:30-3pm	\$10R/\$12NR

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

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 or sit in at the learning table. Location: Senior Room

Day	Time	Price
Thu	10am-1pm	\$1R/\$2NR

Learning Table 9-10am each Thursday

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

Card Making Class

Come join us in creating your very own greeting cards! Recreation assistant Amanda Kinney will walk you through all the steps on how to make a special greeting card. You will get to pick your color and decorate it just how you want it.

Pre-Register 1 week prior! Min: 3

Location: Senior Rm Side B

Day	Date	Time	Price
Fri	7/12	10-11am	\$10R/\$15NR

Create your Own Floral Arrangement

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

Pre-Register 1 week prior! Min: 5

Location: Lounge

Day	Date	Time	Price
Wed	6/26	10-11:30am	\$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
Fri	10-10:45 am	Classic

*Is for new class times.

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

Description of SilverSneakers Classes

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

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

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

55+ SENIOR PROGRAMS

Euchre 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.

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: 45+ Max: 20

Location: Senior Room

Day	Date	Time	Price
Program #4553-S			
Mon	6/17	11:30am	\$10 per person
Program #4553-T			
Mon	7/15	11:30am	\$10 per person
Program #4553-U			
Mon	8/19	11:30am	\$10 per person

Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm

Fee: \$1 per visit Location: Senior Room

Dresses for Girls Around the World

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

Location: SCCC Café

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

Book Discussion Club

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

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 11, 2024 6:30-7:30pm or Tuesday, August 13, 2024 6:30-7:30pm FREE, FREE, FREE! Please register:

theresas@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 three rounds of bingo, a sub tray/pizza for a lite lunch and prizes will be awarded!

Max of 3 Rounds will be played.

***Donations for prizes accepted.**

Location: Senior Rm

Day	Date	Time	Price
Tue	6/11	11:15am	\$2 per card
Tue	7/23	11:15am	\$2 per card
Tue	8/13	11:15am	\$2 per card

The Sweden Comfort Quilters

Can you tie a knot? That's all the expertise you need to help us make quilts for homeless, battered and needy families in our area. All ages welcome. Location: Large Activity Rm 3

Day	Time
Mon	9am-12 pm

Knitting Club

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

Day	Time
Fri	10am-12pm

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 Amanda Kinney at 431-0088 or email @ Amanda at amandak@townofsweden.org 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	\$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 Security deposit needs to be a check	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day		Grill/picnic tables	Rec Dept. 431-0090
Lodge	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit needs to be a check or mon-	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace,	Rec. Dept. 431-0090
Splash Pad	For information please visit www.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	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am— 10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Clarkson Hafner Park	Football \$50/field Other \$30/field for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	N/A	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	N/A	Softball fields, lacrosse	Rec Dept. 431-0090
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130