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**SWEDEN
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Winter 2021



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

Registration Policy

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

Non-Resident Policy

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

Credit/Refund Policy

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

Gift Certificates

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

Financial Assistance/Scholarships

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

Videotaping

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

Locker Rooms and Lockers

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

Weather Cancellation Hotline

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

Payment Options

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

Community Center Hours

The community center remains closed due to COVID-19.

Recreation Staff is available during office hours
M-F 8am-4pm

Directory

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

Recreation Assistant Joe Kincaid 431-0088
joek@townofsweden.org

Recreation Assistant George Kimball 431-0086
georgek@townofsweden.org

Recreation Assistant Tim Manuszewski 431-0087
timm@townofsweden.org

Staff: Ashley Hermance, Kyle Luce,
Maranda Dobbertin, Amanda Kinney

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 Robert Muesebeck

Clarkson Town Board

Supervisor Christa Filipowicz 637-1131

Councilperson Patrick Didas

Councilperson Allan Hoy

Councilperson Tom Guarino

Councilperson Leslie Zink

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.recdesk.com

All winter season programming is required to follow CDC, Monroe County Health Department and NYS mandated guidelines. Please be aware that these regulations change and we may need to adjust how, where and if a program can run.

- The community center is not open to the public at this time. Only participants that are pre-registered or scheduled for programming may enter the building. Face masks are required at all times in the community center. Scheduled programming requires 24hrs. advance scheduling by calling the community center (585-431-0090) during office hours M-F 8am-4pm.
- Locations of programming may vary and might be listed as space inside the community center or virtual - this is so that the program can run if the community center remains closed.
- Programs scheduled to take place inside the community center may need to be cancelled due to the program not having virtual option at anytime.
- Location indicating STP Lodge or Nietopski Concession Stand references Sweden Town Park
- Some programming will have a delayed sign up date with the hope that more sports be allowed to be played later in the fall per the NYS guidelines.

Little Steps Play and Learn

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop, meet a friend, or workout? Then come join recreation assistants Maranda Dobbertin and Amanda Kinney for simple routines, story times, arts and crafts and enriching games in a place that learning, caring, friendship and a loving environment that promotes social and emotional growth. Space is limited, sign up early. *Need not be potty-trained.

Ages: 2-4 Max: 6 Location: PS Room

Day	Date	Time	Price
Session I Program #4340-A			
M/W	1/18- 2/24	9:30-11am	\$44R/\$49NR
Session II Program #4340-B			
T/Th	1/19-2/25	12:15-1:30pm	\$44R/\$49NR

*NEW Color Your Own Keychain Night

Stand out to your friends with a keychain that you designed! Your sneaker keychain will be anything and everything your friends talk about once you blow their minds with your creativity. We hope to see you soon! Ages: 5-13 Max: 6
Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4341-A			
Mon	3/8	6-6:45pm	\$13R/\$18NR

Youth Arts and Crafts

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

Ages: 5-9 Max: 6
Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4341-B			
Thu	1/21-2/18	6-6:45pm	\$18R/\$23NR

*NEW Scratch Art Activity Night

What is scratch art? It is a graphic technique that uses scratch tools (stylus, scratch brush or scratch knife) to create value drawings. This is accomplished by scratching off the black ink and revealing the board underneath. We will have small picture frames, masquerade masks and Greek pottery boards for kids to unleash their creativity on! Ages: 5-13 Max: 6
Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Session I Program #4341-C			
Mon	1/18	6-6:45pm	\$13R/\$18NR
Session II Program #4341-D			
Mon	2/15	6-6:45pm	\$13R/\$18NR

Mommy and Me Dance

With Mommy close by, students (boy or girl) will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students learn to stretch and dance using exciting props such as dance scarves, rhythm sticks, musical instruments, beanbags, and other dance props. Moms, Grandparents and Dads are welcome to partner with your little one. Ages: 2-5 Min: 2 Max: 6 Location: Toddler Gym

Day	Date	Time	Price
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Program #4327-A

Mon	1/11-2/15	10-10:45am	\$40R/\$45NR
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Mommy and Me Baking Class

Join recreation assistant Amanda Kinney on Tuesday nights for a class that involves making delicious baked goods. Each week you will get to create a yummy treat and learn the basics of baking. This class will teach you everything you need to know and show you how much fun you can have while doing it! Ages: 6-11 Max: 6 Kids (with a parent)

Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4327-B

Tues	1/12- 2/16	5:30-7:15pm	\$35R/\$40NR
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Sensory Coloring Craft & Wikki Stix:

Are you looking for some free time? Have your child join Maranda Dobbertin for some fun coloring on a velvet piece as well as building with Wikki Stix! All supplies included. Location: SCCC Cafeteria

Ages 5-8 Max: 6

Day	Date	Time	Price
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Program #4327-C

Thu	3/4	6-6:45pm	\$12/R \$17/NR
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***NEW Paint Your Own Dishware!**

Join recreation assistant Amanda Kinney on Wednesday nights to design and paint your own dishware. Your child will get to paint plates, bowls, cups, and mugs each week and can take them home for use. This will give your child a chance to show off their creative ability.

Ages: 7-12 Max: 5 Kids Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4327-D

Mon	1/11- 2/1	6-7pm	\$30R/\$35NR
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***NEW Tot Acro Dance**

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of summersault/ forward roll, splits, bridge, and cartwheels. A showcase of your skills will be presented at the end of the session. Ages: 5-7 Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program #4328-A

Sat	1/16-2/20	9-9:45am	\$40R/\$45NR
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***NEW Youth Acro Dance**

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of splits, bridges, cartwheels, back kick overs and elbow stands. A showcase of your skills will be presented at the end of the session. Ages: 8-10 Min: 2 Max: 12

Location: Large Activity Rm #1

Day	Date	Time	Price
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Program #4328-B

Sat	1/16-2/20	10-10:45am	\$40R/\$45NR
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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. Please bring a bagged lunch and a self-addressed envelope. Location: SCCC Cafeteria

Day	Date	Time	Price
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Program #4328-C

Tue	2/16	11am-4 pm	\$52
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Home Alone Safety

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

Day	Date	Time	Price
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Program #4328-D

Tue	2/16	9 - 11 am	\$29
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***NEW Pop Tab Bracelet Night**

Come join staff member Tim Manuszewski in creating a sweet, neon bracelet to show off to family and friends. We have the plastic pop tabs as well as the cords that hold everything together. We just need you here to help us make them!

Ages: 8-13 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4329-A			
Mon	2/8	6-6:45pm	\$13R/\$18NR

Paint-A-Piggy Bank Night

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

Ages: 5-13 Max: 4

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4329-B			
Mon	2/1	6-6:45pm	\$13R/\$18NR

***NEW Valentine's Day Wood Slice:**

Sign your child up to paint a wood slice with Maranda Dobbertin for Valentine's Day! We provide all the materials! It can be for yourself or for a loved one for Valentine's Day! (Mom, dad, sibling, friend, etc)

Location: SCCC Cafeteria

Ages: 5-9 Max: 6

Day	Date	Time	Price
Program #4329-C			
Fri	2/12	6-6:45pm	\$10/R \$15/NR

Painting for Young Beginners

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

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

Instructor: Local Artist Erin Lawrenz

Ages: 8 and up Location: SCCC Cafeteria

Min: 6 Max: 10

Days	Dates	Time	Price
Program #4329-D			
Thu	1/21	5-7 pm	\$25/class
Program #4329-E			
Thu	2/18	5-7 pm	\$25/class
Programs #4329-F			
Thu	3/11	5-7 pm	\$25/class

Before & After School

It is our pleasure to offer a safe and fun before and after school drop in program! Your child will participate in a variety of activities including board games, crafts, gym games and more!

This program is designed for student's kindergarten to sixth grade. Children may be dropped off at the community center as early as 6:30AM and picked up after school no later than 6:00 PM. Parents must contact the Brockport Central Schools Transportation Office, (585) 637-1880, in order to arrange transportation for their child.

Before and After School rates are as follows:

Daily Rates:

Before OR After School- \$9.00

Before AND After School- \$18.00

The Before & After School program will only be offered on the Monday, Thursday, Tuesday, Friday to the children that will attend school on their given days.



***NEW Color-Me Snow Globes:**

Looking to make an easy keepsake for your family?

Come join Maranda Dobbertin in coloring your own snow globe! If wanted, bring a wallet sized picture for them to put in the snow globe! All other supplies included! Ages: 5-8 Max: 6

Day	Date	Time	Price
Program # 4330-A			
Fri	1/22	6-6:45pm	\$20/R \$25/NR

Assemble Your Own Vehicle Class

Join Maranda Dobbertin in building a jet, wagon, truck, ship, or jeep. All pieces are wooden and can be colored/painted before assembling! All supplies included! Location: SCCC Cafeteria

Ages 8-10 Max: 6

Day	Date	Time	Price
Program #4330-B			
Fri	1/29	6-6:45pm	\$12R /\$17NR

First Call for Baseball & Softball

*** NEW REGISTRATION DEADLINE IS: February 12th**

***There will be a \$10 additional fee for late registrations**

A copy of your child's birth certificate is required upon registration for ALL age groups, Your child's age as of May 1st will determine their level of play, Pricing is for Residents and Non-Residents*

Volunteer Coaches Needed **Paid Position: Umpires Needed Age 15+**

I Base T-Ball 3-4 yrs. old

Program #4331-A
May/June (SATURDAYS)
Fee: \$35R/\$40NR

Coed T-Ball 5-6 yrs. old

Program #4331-B
May/June (WED/SAT)
Fee: \$49R/\$54NR

Coed Juniors 7-8 yrs. old

Program #4331-C
May/June/July (TUE/THUR/SAT)
Fee: \$57R/\$62NR

Boys Minor 9-10 yrs. old

Program #4331-D
May/June/July (TUE/THUR/SAT)
Mandatory Evaluation Day (If needed):
Sat March 20th 9am-11:30am
Location: SCCC Gym Fee: \$70R/\$75NR

Boys Major 11-12 yrs. Old

Program #4331-E
May/June/July (TUE/THUR/SAT)
Mandatory Evaluation Day (If needed):
Sat March 20th 11:30am-1:00pm
Location: SCCC Gym Fee: \$79R/\$84NR

Girls Softball 10-12 yrs. old

Program #4331-F
May/June (MON/WED/SAT)
Mandatory Evaluation Day (If needed):
Sat March 20th 1-2:30pm Location:
SCCC Gym
Fee: \$79R/\$84NR

PONY League Boys U-15

*New Registration Deadline is: April 1st
Boys 13-15 yrs. Old
Program #4331-G
June-August (TUE/THUR/SAT)
Fee: \$90R/\$95NR

Sign Up Early for Summer Soccer

Coed U-4 SOCCER (Ages 3 & 4)

Program #4332-A
Wednesdays at 6:30 pm June & July
Fee: \$35R/\$40NR

Coed U-6 SOCCER (Ages 5 & 6)

Program #4332-B
Mondays at 6:30 pm June and July
Fee: \$35R/\$40NR

U-8 GIRLS SOCCER (Ages 7 & 8)

Program # 4332-C
Tuesdays/Thursdays June and July
Games at 6 pm and 7:15 pm Fee: \$54R/\$59NR

U8 BOYS SOCCER (Ages 7 & 8)

Program #4332-D
Mondays/Wednesdays June and July
Games at 6 pm and 7:15 pm Fee: \$54R/\$59NR

U-4 & U-6 play at the community center & U-8 will travel to local towns & home fields are at the community center

U-10 GIRLS SOCCER (Ages 9 & 10)

Program #4332-E
Tuesdays/Thursdays End of May through July
Fee: \$70R/\$75NR

U-10 BOYS SOCCER (Ages 9 & 10)

Program #4332-F
Mondays/Wednesdays End of May through July
Fee: \$70R/\$75NR

U-13 GIRLS SOCCER (Ages 11-13)

Program #4332-G
Tuesdays/Thursdays End of May through July
Fee: \$74R/\$79NR

U-13 BOYS SOCCER (Ages 11-13)

Program #4332-H
Mondays/Wednesdays End of May through July
Fee: \$74R/\$79NR

U-10 & U-13 will travel to other towns in Monroe County. Home fields are at Sweden Town Park

Deadline! The registration deadline is March 31, 2021

Instructional Tot Floor Hockey

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

floor hockey. Instructor: George Kimball.

Ages: 4-6. Max: 6

Location SCCC Gym

Day	Date	Time	Price
Program #4333-A			
Mon	1/11-2/1	5-5:45 pm	\$25R/\$30NR

Instructional Tot T-ball

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

Instructor: George Kimball.

Ages: 4-6 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Program #4333-B			
Mon	2/15-3/8	5-5:45 pm	\$25R/\$30NR

Instructional Youth Baseball

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

Ages: 7-11. Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Program #4333-C			
Mon	2/15-3/8	6-6:45 pm	\$30R/\$35NR

Youth Instructional Pickleball

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

Ages: 7-11 Max: 4

Location: SCCC Gym

Day	Date	Time	Price
Program #4333-D			
Thu	2/18-3/11	5-5:45 pm	\$30R/\$35NR

Instructional Youth Floor Hockey

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

Ages: 7-11 Max: 6

Location SCCC Gym

Day	Date	Time	Price
Program #4333-E			
Mon	1/11-2/1	6-6:45 pm	\$30R/\$35NR

Youth Ultimate Frisbee

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

Ages: 7-11. Max: 6

Location SCCC Gym

Day	Date	Time	Price
Program #4333-F			
Tues	1/12-2/2	5-5:45 pm	\$20R/\$25NR

Youth Instructional Ping Pong

Bring your child to have them learn the basics of ping pong! They will learn how to serve, return using various styles. Also the proper way to keep score and the rules.

Ages: 7-11 Max:4

Location: SCCC

Day	Date	Time	Price
Program #4333-G			
Tue	2/16-3/9	5-5:45pm	\$20R/\$25NR

Basketball Camp

Is your child looking to improve on their skills for basketball this winter? Come join our coaches once a week for drills, games, and more! Coaches and kids must wear masks the entire time.

It will last four weeks for each age group and will be on Wednesdays. All age groups will be coed. Volunteer coaches are required.

Session I- 3rd/4th grade

Session II- 5th/6th grade

Session III- 7th/8th grade

Day	Date	Time	Price
Session I Program #4334-A			
Wed	1/13-2/3	4pm	\$50R/\$55NR
Session II Program #4334-B			
Wed	2/17-3/10	4pm	\$50R/\$55NR
Session III Program #4334-C			
Wed	3/24-4/14	4pm	\$50R/\$55NR

Youth Pickleball League

Grab a partner and enter our doubles mixed league. It will be a 10 week league. Players will keep score and officiate. Playoffs will follow the regular season. All skill levels are welcome. Prizes for the winning team! Ages: 10-12 age group and 13-15 age group
Location: SCCC gym

Day	Date	Time	Price
Program #4335-A			
Tue	1/19-3/23	6:30 pm	\$40 a team
Program #4335-B			
Thu	1/21-3/25	6:30 pm	\$40 a team

Sand Art Necklaces

You will get your very own shooting star or heart-shaped necklace that is yours to experiment with. There are endless patterns that you can make with the colors as you layer sand together in this next gen, stylish neckwear! We provide all the materials while you provide the creativity. We'll see you soon!

Ages: 7-12 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4335-C			
Mon	3/1	6-6:30pm	\$13R/\$18NR

Call of Duty Warzone Tournament-Playstation 4

Grab a few of your friends and see who has the best skills in town! Join us in a warzone tournament from your own. Tournament style will be determined based on number of participants. Please sign up as a team.

Location: Virtual Ages: 8+

Day	Date	Time	Price
Program #4335-D			
Wed	1/13	3 pm	\$10 per person

Chicken Wing Dip Night

Sign your child up to assist staff member Tim Manuszewski in making a delicious batch of chicken wing dip! Your child will assist with making the dip by gathering and adding the correct measurement of each ingredient, mixing them together and then finally heating them up in a crockpot. Your child can take home a small batch of the finished project!

Ages: 8-12 Max: 6

Location: SCCC Cafeteria or Virtual

Day	Date	Time	Price
Program #4335-E			
Mon	1/25	5-6:30pm	\$13R/\$18NR

Adult Leagues

Adult Pickleball League

Grab a partner and enter our doubles mixed league. It will be a 10 week league. Players will keep score and officiate. Playoffs will follow the regular season. All skill levels are welcome. Sign up as a team. Prizes for the winning team! Ages: 18+

Location: SCCC gym

Day	Date	Time	Price
Program #4336-A			
Mon	1/18 -3/22	2 pm	\$50 a team
Program #4336-B			
Wed	1/20 -3/24	6:30 pm	\$50 a team
Program #4336-C			
Fri	1/22-3/26	6:30 pm	\$50 a team

Cornhole Tournament

Think you are the best at Cornhole around here?!

Grab a partner and come join our tournament where you can challenge the competition! Prizes for the winning team!

Ages: 18+

Location: SCCC Gym

Day	Date	Time	Price
Program #4336-D			
Sat	1/23	12 pm	\$25

Adult Coed Volleyball League

This league is fun and well rounded. Whether you have played for years or haven't ever been on a court, this is the league for you! Pick up your blank roster form at the S/C Community Center. The league will be 10 weeks (10 games), plus playoffs.

****You must register a complete team****

Ages: 18+ Location: S.C.C.C. Gym

Day	Date	Time	Price
Program #4336-E			
Tue	1/12-3/23	6-9pm	\$150

***There is also a \$10 Referee fee per match**

Doubles Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed bracket style double elimination pickleball tournament! *Must sign up as a team

Min of 4 teams **Everyone must sign up 2/17**

For a complete set of rules and tournament -style information, Contact George Kimball at georgek@townofsweden.org

Ages: 18+ Location: SCCC Gym

ay	Date	Time	Price
Program #4336-F			
Sat	2/20	12 pm	\$25 per team

2021 Fitness Center Membership

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

*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Call 431-0090 to set up appointment. *Please Note: Fitness Center closes 15 minutes before community center.

Daily Rates for out-of-town guests:

\$10 adult; \$8 senior

Yoga Stretch

This class will incorporate yoga poses with the emphasis on stretching. Gentle guidance into breathing awareness will lead you into deep relaxation. Please bring a yoga mat.

Instructor Barb Whited

Location: SCCC LA Rm 3 Ages: 16+

Day	Date	Time	Price
Session I Program #4337-A			
Wed	1/6-2/10	6:30-7:30 pm	\$49R/\$54NR
Session II Program #4337-B			
Wed	2/24-3/24	6:30-7:30 pm	\$41R/\$46NR



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*

Instructor: Local Artist Erin Lawrenz

Ages: 21 and up Min: 6 Max: 12

Location: Lounge

Days	Dates	Time	Price
Session I Program #4337-C			
Thu	2/4	5-7pm	\$30R/\$35NR
Session II Program #4337-D			
Thu	3/4	5-7pm	\$30R/\$35NR

Adult Ballet/Jazz

Have you danced growing up and want to get back into it? Have you never danced before and want to gain the flexibility, strength, emotional benefits that dance can offer you?

Come join us as we stretch, learn ballet/jazz techniques and learn fun to dance combinations.

Perfect for beginners or intermediates.

Age: 13+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4337-E			
Tue	1/12-2/16	5:30-6:30pm	\$40R/\$45NR

Vinyasa Flow Yoga

When life gets in the way and you're feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat. Instructor: Barb Whited

Location: SCCC LA Rm 3 Ages 16+

Day	Date	Time	Price
Session I Program #4338-A			
Mon	1/4-2/8	6:30-7:30 pm	\$49R/\$54NR
Session II Program #4338-B			
Mon	2/22-3/22	6:30-7:30 pm	\$41R/\$46NR
Session III Program #4338-C			
Tue	1/5-2/9	6:30-7:30 pm	\$49R/\$54NR
Session IV Program #4338-D			
Tue	2/23-3/23	6:30-7:30 pm	\$41R/\$46NR

Walk, Sweat & Sculpt

This fun walking circuit is easy to follow and turns your heart rate up a notch, along with sculpting intervals for upper and lower body. Instructor: Barb Whited

Location: SCCC LA Rm 3 Ages: 16+

Day	Date	Time	Price
Session I Program #4338-E			
Mon	1/4-2/8	5:45-6:15 pm	\$39R/\$44NR
Session II Program #4338-F			
Mon	2/22-3/22	5:45-6:15 pm	\$33R/\$38NR

Body Sculpting

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

Instructor: Barb Whited

Location: Large Activity Rm 3 Ages: 16+

Day	Date	Time	Price
Session I Program #4338-G			
Wed	1/6-2/10	5:30-6:15 pm	\$43R/\$48NR
Session II Program #4338-H			
Wed	2/24-3/24	5:30-6:15 pm	\$36R/\$41NR

Open Tai Chi

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

Location: Large Activity Room 1

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

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
Wednesdays	9-10:45 am	\$1

Getting to Know Your Smartphone

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

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

Location: SCCC Lounge Max 6

Day	Date	Time	Price
Beg Class Session I Program #4339-A			
Tue	1/12	11:30-12:30pm	\$5
Intermediate Class Session II Program #4339-B			
Tue	1/12	12:30-1:30pm	\$5

Give-A-Lift Program

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



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	10-11am	Classic
Tue	10-11am	Yoga
Wed	10-11am	Classic
Thu	10-11am	Yoga

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!

Senior Trip – Niagara Outlets

Come shop until we drop at the Niagara outlets!

*Shopping and lunch on your own

**Must register prior to January 29, 2021

Maximum Number of People: 20

Day	Date	Price
Program #4339-C		
Sat	2/13	\$13

Depart- 9 am (please arrive at least 15 minutes prior)

Return- Around 3:00 pm

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: SCCC Gym

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

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

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

* 2 courts available, 12 persons in gym per session (please call 24hrs. In advance to reserve a space), **MASKS must be worn at all times.**

Sweden/Clarkson Community Center

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

www.swedenclarksonrec.recdesk.com

REGISTRATION FORM

Registration Form	<p>Do NOT use this form for Before/After School Registration, School Age Summer Camp.</p> <p>These forms are available at the Sweden/Clarkson Community Center or online at www.swedenclarksonrec.recdesk.com</p> <p>Registration Procedure: Please complete ALL information below or set up an account at www.swedenclarksonrec.recdesk.com and pay online or in our office.</p> <p>We accept: Cash, Check, Money Order, Credit -online only (VISA, MasterCard, Discover *additional processing fee applies).</p> <p>Make checks payable to: Town of Sweden.</p> <p>Return Form with Payment to: Sweden Clarkson Community Center, 4927 Lake Road S, Brockport, NY, 14420</p>
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Participant Info.	Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
							TOTAL \$	

Household Information	<p>First: _____ Last: _____ D.O.B. _____</p> <p>(If different from registrant(s))</p> <p>Address: _____</p> <p style="text-align: center;">City: _____ Zip: _____</p> <p>Home Phone: _____ Cell: _____ /Carrier: _____ Work: _____</p> <p style="text-align: center;">Text Alerts: Yes No</p> <p>Email (add us to your contact list to prevent going into junk folder): _____</p> <p>Town of Sweden/Clarkson Resident (circle): Yes No</p> <p>Emergency Contact/Pick-up: _____ Phone Number: _____</p>
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Note	<p>Please list any special needs /limitations/allergies/etc:</p> <p>Would you like to Volunteer Coach? Yes No</p>
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Waiver of Participation	<p>Waiver of Participation/Refund Policy/Photo Release:</p> <p>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.</p> <p>Signature: _____ Date: _____</p>
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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	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
NEW LODGE	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090
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	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130