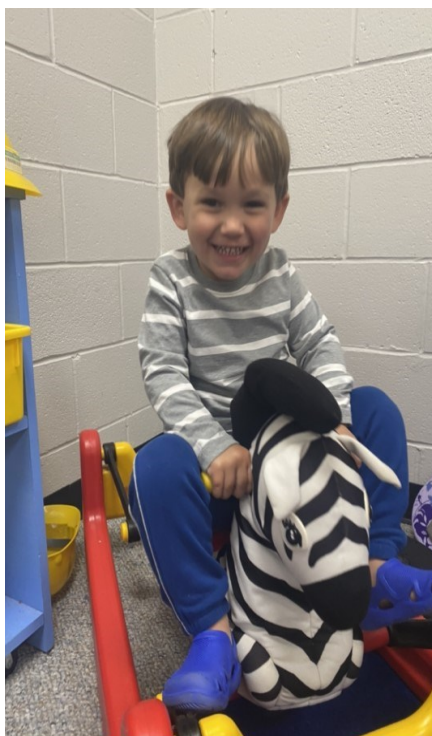


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**SWEDEN  
CLARKSON**

**Winter 2023**



**Sweden Clarkson Community Center**  
4927 Lake Road South, Sweden  
Phone: 585-431-0090 Fax: 585-431-0052  
[www.swedenclarksonrec.recdesk.com](http://www.swedenclarksonrec.recdesk.com)

**Registration Policy**

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

**Non-Resident Policy**

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

**Credit/Refund Policy**

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

**Gift Certificates**

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

**Financial Assistance/Scholarships**

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

**Videotaping**

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

**Locker Rooms and Lockers**

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

**Weather Cancellation Hotline**

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

**Payment Options**

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

**Community Center Hours**

**December 1st - February 28th**

M-Th 6am-8pm

F 6am-6pm

Sat 8am-3pm

Sun 8am-12pm

Closed Dec 25th & Jan 1st

Close Early Dec 24th & Dec 31st at 3pm

**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, 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 Gary Sullivan

**Clarkson Town Board**

Supervisor Christa Filipowicz 637-1131

Councilperson John Culhane

Councilperson Nick D'amuro

Councilperson Tom Guarino

Councilperson Leslie Zink

**Facebook**

Like us on Facebook at Sweden Clarkson Recreation

**Website**

www.swedenclarksonrec.recdesk.com

# Holiday Event

**Thursday, December 1st 6:00-7:30pm**

Take pictures with Mr. & Mrs. Claus,  
(remember your camera!)  
along with crafts, games, face painting, tattoos, cookies  
and refreshments!

Does your child write Letters to Santa?

All letters to Santa will be received at:

Sweden Clarkson Community Center  
4927 Lake Road South, Brockport NY 14420

**Responses will be mailed back in a timely manner!**

Any questions or concerns please contact:

Tim Manuszewski

[timmm@townofsweden.org](mailto:timmm@townofsweden.org)

585-431-0087



[www.CreativeCertificates.com](http://www.CreativeCertificates.com)

## Family Roller Skating Party

### Pizza & FUN!

**Saturday, February 18th @ 3:30-5:30pm**

**\$3.00 per participant (child or adult)**

**Pay at the door -**

**(pizza and drink included)**

**Location: Gymnasium**

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### Little Steps Play & Learn

Join Ms. Taylor for a unique creative program in a positive and supportive learning environment. Focusing on each child's individual needs with developmentally appropriate practices. Play based learning. Encouraging the children to meet milestones on / towards preschool fundamentals! Snack will be included. Please supply your child with a drink each day!

Ages 2-4 Max: 8

Day	Date	Time	Price
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Session I Program #4441-A

MWF	12/5 - 12/23	9-11am	\$150R/\$155NR
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Session II Program #4441-B

Day	Date	Time	Price
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MWF	1/9 - 1/30	9-11am	\$150R/\$155NR
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Session III Program #4441-C

Day	Date	Time	Price
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MWF	2/1 - 2/17	9-11am	\$140R/\$145NR
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### Instructional Tot Basketball

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

Ages: 4-6 Max 6 Location: SCCC Gym

Day	Date	Time	Price
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Program #4442-A

Mon	2/6-2/27	5-5:45 pm	\$25R/\$30NR
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### Instructional Tot T-Ball

Is your tot interested in learning the basics of T-ball? Come join Coach George! We will learn throwing, hitting, and base running. 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
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Program #4442-B

Mon	1/9-1/30	5-5:45 pm	\$25R/\$30NR
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### 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: 4-6 Min: 5 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
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Program #4442-C

Sat	1/7-2/25	9-9:45am	\$50R/\$55NR
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### \*NEW Mommy and Me Bowling

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

Location: Brockport Bowl Ages: 3 & 4

Day	Date	Time	Price
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Program #4442-D

Tue	12/20-1/24	9:30-11am	\$40R/\$45NR
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### Instructional Youth Baseball

Is your youth interested in learning the basics of baseball? Come join Coach George! We will learn throwing, hitting, and base running. This four-week class is designed to help your child gain a great foundation for the game of baseball. Instructor: George Kimball.

Ages: 8-11 Max: 6

Location SCCC Gym

Day	Date	Time	Price
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Program #4443-A

Mon	1/9-1/30	6-6:45 pm	\$35R/\$40NR
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### Instructional Youth Basketball

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

Ages: 8-11 Max: 6

Location SCCC Gym

Day	Date	Time	Price
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Program #4443-B

Mon	2/6-2/27	6-6:45 pm	\$35R/\$40NR
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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. Parents will be emailed a course packet that must be printed prior to the class. Also, please bring a bagged lunch and a self-addressed envelope.

Location: SCCC Conference Room

Min: 5 Max: 20

Day	Date	Time	Price
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Program #4443-C

Fri	2/24	11am-4pm	\$55R/\$60NR
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**First Aid for Kids/Scouts**

Taught by EMT's/Paramedics; this course teaches 7-13 year old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat & cold emergencies. Also addressed are several common medical emergencies found in schools today such as: food allergies, diabetes, seizures and asthma. This course meets requirements for several boy/girl scout badges. Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
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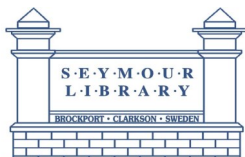
Session I Program #4443-D

Mon	12/19	6-7:30pm	\$30R/\$35NR
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Session II Program #4443-E

Mon	2/6	6-7:30pm	\$30R/\$35NR
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**SEYMOUR LIBRARY**



161 East Avenue  
Brockport, NY 14420  
585-637-1050

Please visit [www.seymourlibraryweb.org](http://www.seymourlibraryweb.org).  
Facebook and Instagram pages for current hours  
of operation, services available and

**Home Alone Safety**

This 2-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. Min: 5 Max: 20

Location: SCCC Conference Room

Day	Date	Time	Price
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Program #4443-F

Fri	2/24	9-11am	\$35R/\$40NR
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**Youth Judo**

Renshinkan Judo's youth 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. \*Parking at North Tuttle will cost \$1 per visit at the parking station\*

Location: Cooper Hall @ SUNY Brockport

Ages: 7-16

Day	Date	Time	Price
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Program #4443-G

Tue/Thu	1/19-5/2	6-7 pm	\$100
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\$10 off for each additional family member.

**Learn To Skate**

Join the Campus Recreation Instructional Program staff at SUNY Brockport and learn to ice skate! Participants are split up into age groups dependent on skill level. Instruction includes safety, skating posture, balance, proper use of equipment, and other skating skills. Participants are able to skate for free after session during the Public Skate. Ages 5-adult. Max 30

Location: Tuttle Ice Arena at SUNY Brockport

\*\*Skate Rentals are available for \$18.00 for 6 weeks.

Dates: 2/4, 2/11, 2/18, 2/25, 3/4, 3/11

Day	Time	Price
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Program #4443-H

Sun	2-3pm	\$77
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# Before and After School Drop in Program

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 **6:30 AM** 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**

**Weekly Rates:** Before **OR** After School- **\$40.00**

Before **AND** After School- **\$80.00**

**\*\*When registering the week of, you will pay the daily rate (\$9/\$18)\*\***

**\*New Youth/Adult Nutcracker and Rockette Dance**

Come and enjoy the Christmas music and movements of our holiday dance favorites! In this beginner level class, we will learn one number from the Nutcracker and one from the Radio City Rockettes. Combinations will be choreographed for beginners. Bring along a friend or child and learn a dance to share with friends and family this holiday season!

Attire: comfortable heels with straps are recommended or ballet and/or socks with grippers. Comfy clothes that you can easily move in.

Ages: 8+           Min: 2           Max: 20

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4444-A			
Sat	12/3-12/10	9-11am	\$30R/\$35NR



**Youth Acro and Hip-Hop Dance**

In this class, you will explore rhythms and basic Hip-Hop 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: 7-10       Min: 5           Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4444-B			
Sat	1/7-2/25	10-10:45am	\$50R/\$55NR

**Youth Ballet/Jazz**

Girls/Boys 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 will learn the proper ballet/jazz terminology and steps in an encouraging and positive environment.

Ages: 7-10       Min: 2           Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4444-C			
Tue	1/10-2/14	6-6:45pm	\$50R/\$55NR

# First Call for Baseball & Softball

\* **NEW REGISTRATION DEADLINE IS: February 10th**

\*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 1<sup>st</sup> 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 #4445-A  
May/June (SATURDAYS)  
Fee: \$40R/\$45NR

## **Coed Minor 9-10 yrs. old**

Program #4445-D  
May/June/July (TUE/THUR/SAT)  
Mandatory Evaluation Day (If needed):  
Sat March 18th 10am-11:30am  
Location: SCCC Gym Fee: \$75R/\$80NR

## **Girls Softball 10-12 yrs. old**

Program #4445-F  
May/June (MON/WED/SAT)  
Mandatory Evaluation Day (If needed):  
Sat March 18th 1-2:30pm  
Location: SCCC Gym  
Fee: \$84R/\$89NR

## **Coed T-Ball 5-6 yrs. old**

Program #4445-B  
May/June (WED/SAT)  
Fee: \$54R/\$59NR

## **Boys Major 11-12 yrs. Old**

Program #4445-E  
May/June/July (TUE/THUR/SAT)  
Mandatory Evaluation Day (If needed):  
Sat March 18th 11:30am-1:00pm  
Location: SCCC Gym Fee: \$84R/\$89NR

## **PONY League Boys U-15**

\*New Registration Deadline is: April 7th  
Boys 13-15 yrs. Old  
Program #4445-G  
June-August (TUE/THUR/SAT)  
Fee: \$100R/\$105NR

## **Coed Juniors 7-8 yrs. old**

Program #4445-C  
May/June/July (TUE/THUR/SAT)  
Fee: \$62R/\$67NR

# Sign Up Early for Summer Soccer

## **Coed U-4 SOCCER (Ages 3 & 4)**

Program #4446-A                      Must be born in 2019 or 2020  
Wednesdays at 6:30 pm                      June & July  
Fee: \$40R/\$45NR

## **Coed U-6 SOCCER (Ages 5 & 6)**

Program #4446-B                      Must be born in 2017 or 2018  
Mondays at 6:30 pm                      June and July  
Fee: \$40R/\$45NR

## **U-8 GIRLS SOCCER (Ages 7 & 8)**

Program #4446-C                      Must be born in 2015 or 2016  
Tuesdays/Thursdays                      June and July  
Games at 6 pm                      Fee: \$59R/\$64NR

## **U8 BOYS SOCCER (Ages 7 & 8)**

Program #4446-D                      Must be born in 2015 or 2016  
Mondays/Wednesdays                      June and July  
Games at 6 pm                      Fee: \$59R/\$64NR

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 #4446-E                      Must be born in 2013 or 2014  
Tuesdays/Thursdays                      End of May through July  
Fee: \$75R/\$80NR

## **U-10 BOYS SOCCER (Ages 9 & 10)**

Program #4446-F                      Must be born in 2013 or 2014  
Mondays/Wednesdays                      End of May through July  
Fee: \$75R/\$80NR

## **U-13 GIRLS SOCCER (Ages 11-13)**

Program #4446-G                      Must be born in 2010 - 2012  
Tuesdays/Thursdays                      End of May through July  
Fee: \$79R/\$84NR

## **U-13 BOYS SOCCER (Ages 11-13)**

Program 4446-H                      Must be born in 2010 - 2012  
Mondays/Wednesdays                      End of May through July  
Fee: \$79R/\$84NR

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

\*Volunteer Coaches Needed at all levels    \*Paid Position: Referees Needed Age 15+

**Deadline!** The registration deadline is April 3, 2023

**Tot Open Swim**

A swim class for those wee little ones who are not very familiar with the water. In this class, you will be working with your child on entering the pool safely, getting their face completely wet, blowing bubbles with their mouth and nose, feeling comfortable floating on their backs/fronts and holding onto the side of the pool independently. A parent is required to enter the pool with each child. Infant—4 years old. Max: 8

Day    Date                    Time                    Price

Program #4447-A

Sat    1/21-2/18    12:30-1:00pm    \$48R/\$53NR

**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

Program #4447-B

Sat    1/21-2/18    12:30-1:15 pm    \$48R/\$53NR

**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

Program #4447-C

Sat    1/21-2/18    12:30-1:15 pm    \$48R/\$53NR

\*Classes will be held at the Brockport High School pool. Park in Lot D and use the side entrance closet to the pool. If you have any questions regarding our swim program, please contact Tim Manuszewski at 585-431-0087 for more information.

**Level III Goldfish**

Children will work on jumping into deep water from the side, submerging and picking up an object in chest deep water, floating in deep water, treading water using hand and leg motions and front and back crawl. Max: 6

Day            Date                    Time                    Price

Program #4447-D

Sat    1/21-2/18    1:30-2:15pm    \$48R/\$53NR

**Level IV Yellow Fins**

Children in this group will work on performing a dive from a standing position, swimming underwater, performing feet-first surface dive, treading water with different arm and leg motions, front stroke and swimming on side using crawl, breast stroke, butterfly, elementary back scissor kicks. Max: 6

Day            Date                    Time                    Price

Program #4447-E

Sat    1/21-2/18    1:30-2:15pm    \$48R/\$53NR

**Open Programs**

**Toddler Gym**    \$2.00 per participant

M-F 8 –10:15 am + 11:15 am - 7 pm

Sat 8:30 am- 2:30 pm

Sun 8:30 -11:30 am

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

Check Adult Programs for Pickleball Information

**Private Baseball Lessons**

Does your child want to get serious about becoming a quality baseball player? Well we have the answer for you! Recreation Assistant Tim Manuszewski can help teach your child with one-on-one instruction about both the mental and physical aspects of the game. We can go over infield, outfield, pitching, catching, hitting, and even base running. Both recreation and travel players are welcome!

Instructor: R.A. Tim Manuszewski    Location: SCCC

Gym Day/Date/Time: By appointment only

Price: \$10/hour



**\*NEW Ceramic Mason Jars Craft Night**

Join us to decorate this mason style ceramic bisque jar to create a charming vase or container. The jar is glazed on the inside to hold water while the outside texture allows for quick drying for easy take home the night of. We hope to see you in time for the Holidays! Ages: 5-13 Max: 6 Location: Cafe

Day	Date	Time	Price
Program #4448-A			
Mon	12/19	6-6:45pm	\$13R/\$18NR

**Random Craft Night**

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

Ages: 5-13 Max: 8 Location: SCCC Cafe

Day	Date	Time	Price
Program #4448-B			
Mon	1/9	6-6:45pm	\$13R/\$18NR

**Painting for Young Beginners**

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

Instructor: Local Artist Erin Lawrenz Ages: 8 and up Min: 6 Max: 10 Location: Lounge

Day	Dates	Time	Price
Session I Program #4448-C			
Thu	12/16	5-7 pm	\$30R/\$35NR
Session II Program #4448-D			
Thu	1/27	5-7 pm	\$30R/\$35NR
Session III Program #4448-E			
Thu	2/3	5-7 pm	\$30R/\$35NR

**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: 8-11 Max:4 Location: SCCC

Day	Date	Time	Price
Program #4448-F			
Thu	1/12-2/2	5-5:45 pm	\$25R/\$30NR

**\*NEW Tiny Tile Coasters Craft Night**

Tired of your kid always leaving rings in your coffee table from their drinks? Well, we have the perfect answer for you! Sign them up for this easy to do and fun to make craft. They will design unique coasters by simply gluing the tiles into place and decorating the outside wooden frame with either paint or markers. Stop wasting money on a new coffee table every six months and sign them up today! Ages: 6-13 Max: 6 Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4449-A			
Mon	12/12	6-6:45pm	\$13R/\$18NR

**Sun Catcher Craft Night**

Join us for a night of a popular frame-staining activity. Our easy to stain design is guaranteed to give you window-worthy results! We hope to see you soon!

Ages: 7-13 Max: 6 Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4449-B			
Mon	1/16	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: 8 Location: Cafe

Day	Date	Time	Price
Session I Program # 4449-C			
Thu	12/8-1/5	6-6:45pm	\$20R/\$25NR
Session II Program #4449-D			
Thu	1/19-2/16	6-6:45pm	\$20R/\$25NR

**Instructional Youth Volleyball**

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

Ages: 8-11 Max: 6 Location: SCCC Gym

Day	Date	Time	Price
Session I Program # 4449-E			
Tue	1/3-1/24	5-5:45pm	\$35R/\$40NR
Session II Program #4449-F			
Tue	2/7-2/28	5-5:45pm	\$35R/\$40NR

**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

Max 10 Ages: 16+ Location: LA Rm #3

Day	Date	Time	Price
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Session I Program #4450-A

Tue	1/3-2/14	6:30-7:30 pm	\$44R/\$49NR
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Session II Program #4450-B

Tue	2/28-3/28	6:30-7:30 pm	\$44R/\$49NR
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**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: Gym

Day	Date	Time	Price
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Program#4450-B

Tue	1/3-3/14	6-9pm	\$150
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**\*\*There is also a \$10 Referee fee per match\*\***

**Learn to Play Euchre!**

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

**\*\*Must register at least one week prior to class\*\***

Day	Date	Time	Price
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Tue	1/17	1-2pm	\$5
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**Vinyasa Flow Yoga**

When life gets in the way and you are feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat.

Instructor: Barb Whited Max: 10 Ages: 16

Location: L A Room #3

Day	Date	Time	Price
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Session I Program #4450-C

Mon	1/2-2/13	6:30-7:30 pm	\$61R/\$66NR
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Session II Program #4450 -D

Mon	2/27-3/27	6:30-7:30 pm	\$61R/\$66NR
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**Adult Judo**

Renshinkan Judo's program will teach participants the techniques of Kodokan Judo philosophies, principles and techniques as both a martial art and an Olympic Sport. Judo means the way of gentleness and the techniques learned include how to fall, throw and pin partners. Classes are taught by Sensi Janet Johnson, a 6th degree black belt and international IJF-Class A referee. Please bring a judo gi if you already have one; they will also be available by purchase through the instructor. Ages: 16+.

Location: Cooper Hall @ The College at Brockport.

Day	Date	Time	Price
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Program #4450-E

Tue/Thu	1/19-5/2	7-9 pm	\$160
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\$10 off for each additional family member.



**Celebrate Valentine's Day**

**Tuesday, February 14th @ noon.**

Join us in watching Casablanca and a lite lunch provided with sweets and treats to celebrate the day! Price is \$5.00 per person.

Program #4450-F

Pre-registration is required by Wed, 2/8

Location: Senior Room

## Open Pickleball

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

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

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

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

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

\* Sun Advance Play (Not in July & August)



### JAZZERCISE BROCKPORT

4927 Lake Rd S \* Brockport, NY

585.233.6376 \* jazzercisebrockport@gmail.com

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

7:30 AM T, TH, SA, SU

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

8:30 AM SA+++, SU+

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

4:45 PM T, TH

6:00 PM M, W

+ STRENGTH ++ LO +++STRETCH

**TRY A CLASS  
FOR FREE**

## Open Walking

Each morning Monday - Friday from 8:45-9:45 am each day. Please bring dry shoes and walk the gym to avoid the cold, rainy, snowy, icy days outdoors.

Thirteen laps is a mile!



## 2023 Fitness Center Membership

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

\*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Call 431-0090 to set up appointment. \* **Please Note: Fitness Center closes 15 minutes before community center. Fitness Center is closed from 11:15am-12pm for cleaning M-F.**

Daily Rates: \$10 adult; \$8 senior

## 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.



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

Day	Time	Type
Mon	10-10:45am	Classic
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Yoga
Fri	10-10:45 am	Classic

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

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**Taiji & Qigong for Health**

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

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

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

Location: Large Activity #1

Days	Date	Time	Price
Program #4451-A			
Wed	1/4-2/22	11 am-12 pm	\$50R/\$55NR

**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. Not offering an intermediate class as well! Max 8

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

Day	Date	Time	Price
Program #4451-B			
Tue	12/13	11:30 am-12:30 pm	\$5R/\$6NR
Program #4451-C			
Tue	1/10	11:30 am-12:30 pm	\$5R/\$6NR

**Adult Beginner 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.

Ages 18+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4451-D			
Tue	1/10-2/14	6:45-7:45pm	\$40R/\$45NR

**Arts and Carafe's**

Come and enjoy a relaxing evening with your favorite bottle of wine while discovering your inner artist! No experience is required. Step-by-step instructions will be given by our fun and local artist, Erin! \*Please come to class 15 minutes early and bring an old shirt or apron with you\* Ages: 21 and up Location: Lounge

Instructor: Local Artist Erin Lawrenz

Min: 6 Max: 24

Days	Dates	Time	Price
Session I Program #4452-A			
Fri	12/2	6-8 pm	\$35R/\$40NR
Session II Program #4452-B			
Fri	1/6	6-8 pm	\$35R/\$40NR
Session III Program #4452-C			
Fri	2/24	6-8 pm	\$35R/\$40NR

**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.

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

Location: Senior Room

**\*NEW Senior “Hearts” and Crafts**

This class will be fun and easy while we make Valentine's Day Crafts! Remember when people used to carve theirs and their loved one's initials in a tree? Well, we are going to burn and stain a piece of wood to re-create just that!

Instructor: Joe Kincaid Min: 6 Max: 10

Location: Senior Room

Day	Date	Time	Price
Program #4452-D			
Tue	2/7	12:30-2PM	\$20R/\$25NR

**Open Dominos**

Interested in playing dominos with others? Dominos is a fun tile-based game played with gaming pieces, commonly known as dominoes. Each domino is a rectangular tile with a line dividing its face into two square ends. There are a variety of games can be played with a set. Come join us! Every Thursday in the senior room!

Day	Time	Price
Thu	12-2 pm	\$1

## Senior Trip – Eastview Mall

Come shop until we drop at the locally famous Eastview Mall. With lots of great shops, you won't know where to start!

\*Shopping and lunch on your own \*Must register one week prior

Maximum Number of People: 20

<u>Day</u>	<u>Date</u>	<u>Price</u>
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Program #4453-A

Sat	1/14	\$15R/\$20NR
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Depart- 9 am (please arrive at least 15 minutes prior to departure)

Return- around 4 pm



## Senior Trip – The Hitmakers at JCC

ALL-NEW SHOW – Our newest tribute to the history of popular music highlights the diversity of rock music in the early 1970s with hits from various artists. \*Must register one week prior

Maximum Number of People: 20      Program #4453-B

<u>Day</u>	<u>Date</u>	<u>Price</u>
Sun	2/5	\$40R/\$45NR

Depart- 1 pm      Return- Around 5 pm



## Euchre Tournaments

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

Not as a team!

+ Lunch & Drinks Ages: 21+

Location: SCCC Lounge

Day	Date	Time	Price
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### \*Pre-Registration Required!

Program #4454-A

Mon	12/19	11:30 am	\$8 per person
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Program #4454-B

Mon	1/23	11:30 am	\$8 per person
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Program #4454-C

Mon	2/27	11:30 am	\$8 per person
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## Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm Fee: \$1 per visit

Location: Senior Room

## Dresses for Girls Around the World

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

Location: Large Activity Room 3

Day	Time
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2nd Tuesday	9am-12pm
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## Book Discussion Club

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

Come and join us for fun, socialization and good old fashion competition. Each week pick a different game to keep your mind sharp. Location: Senior Room

Day	Time
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Tue	10am-12 pm
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## Beginner Line Dancing

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

Location: Large Activity Room 3.

Day	Time	Price
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Wed	9:30-11am	\$1
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## Bingo

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

Location: Lounge

Dates: Dec 14th, Jan 18th & Feb 15th

## The Sweden Comfort Quilters

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

Location: Large Activity Rm 3

Day	Time
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Mon	9am-12 pm
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## Knitting Club

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

Location: Senior Room

Day	Time
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Fri	9am-11pm
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## 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
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Mon & Fri	1pm	\$1/class
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## Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from **MEDICAL** appointments only and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Community Center at 431-0090 between 8am—4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver. **Drivers needed—please contact Life Span to help!**

# Sweden/Clarkson Community Center

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

[www.swedenclarksonrec.recdesk.com](http://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 <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a></p> <p>Registration Procedure: Please complete ALL information below or set up an account at <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a> 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><b>Waiver of Participation/Refund Policy/Photo Release:</b></p> <p><b>Waiver/Refund Policy must be read and signed before registration is accepted.</b> 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. <b>Refund Policy:</b> Please refer to our brochure. <b>Photo Release:</b> 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> <p>Staff 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 #2	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
Lodge	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace,	Rec. Dept. 431-0090
Splash Pad	For information please visit <a href="http://www.swedenclarkson">www.swedenclarkson</a>				Rec. Dept. 431-0090

## Clarkson Parks

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