

## 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.

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#### **WALK-IN & DROP-OFF**

Sweden Clarkson Community Center:
Mon-Thu 6:00am-8:00pm
Fridays 6:00am-6:00pm
Saturday 8:00am-3:00pm
Sunday 8:00am-3:00pm



### **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 is full.
   If a space becomes available we will contact you.
   You will not be charged for the class unless you are enrolled.

## **Credit/Refund Policy**

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

## **Non-Resident Policy**

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

#### Locker Rooms and Lockers

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

#### **Community Center Hours**

#### **December**

M-Th 6am-8pm, F 6am-6pm Sat/Sun 8am-3pm Closing Early X-mas/New Years Eve 3pm Closed Christmas Day

#### January

M-Th 6am-8pm, F 6am-6pm Sat/Sun 8am-3pm Closed New Years Day

#### **February**

M-Th 6am-8pm, F 6am-6pm Sat/Sun 8am-3pm

#### **Recreation Staff**

#### **Recreation Director**

Jill Wisnowski 431-0050 jillw@townofsweden.org

## **Recreation Supervisor**

Amanda Kinney 431-0088 amandak@townofsweden.org

#### **Recreation Assistant** Full-Time

Troy Leibert 431-0087

troyl@townofsweden.org

#### **Recreation Assistant** Full-Time

Riley Kennedy 431-0086 rileyk@townofsweden.org

#### **Clerical Assistant**

Diane Samons 431-0090 dianes@townofsweden.org

#### **Part-time Recreation Staff**

Ashley Hermance, Maranda Dobbertin, Claire VanDusen, Danny Lucas, Keira Wilson, Laurie Kincaid

#### Media Specialist

Kate Bieler

#### **Gift Certificates**

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

#### Facebook/Instagram

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

#### **Weather Cancellation Hotline**

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

## **IMPORTANT ANNOUNCMENT**

## **Greetings!**

This will be the final edition of the Scoreboard delivered through the local Westside newspaper.

Starting with the Spring 2026 Scoreboard (February 2026), all future editions of the scoreboard will be available online at **www.swedenclarksonrec.recdesk.com**Printed copies will be available for pickup at the following locations:

- Sweden Town Hall
- Clarkson Town Hall
- Sweden Clarkson Community Center

The scoreboard will still be published four times a year for your convenience. Thank you for staying connected with Sweden Clarkson Recreation!

## **FAMILY PROGRAMS**

#### \*NEW Snowman Showdown

Do you want to build a snowman? We sure do, and we challenge you to do it better. Assemble your team of skilled snowmen sculptors and show off your talents by competing against other teams in a community snowman building competition. You will have one hour to create your snowy masterpiece and SCCC staff will judge your creations! Winning team will be rewarded with goodies! Location: SCCC Outdoors Day Date Time Price Program # 4607-Q Min: 10 Max:30 Fri 1/23 4-6pm \$2R/\$7NR

# \*NEW Sourdough 101: Learn the Art of Naturally Leavened Bread

Join me for a hands-on introduction to sourdough baking! In this beginner-friendly class, you'll learn how to care for a sourdough starter, mix and fold dough, and understand the steps of bulk fermentation, shaping, and scoring. We'll walk through the process together, so you leave feeling confident and ready to bake at home.

Each participant will receive:

A sourdough starter to take home A detailed booklet covering everything we learn in class

A step-by-step bread recipe
Plenty of time for Q&A. By the end of this session,
you'll not only know how to keep your starter
alive and thriving, but also how to turn flour,
water, and salt into delicious homemade bread.
Perfect for anyone who has wanted to dive into
sourdough but didn't know where to start!
Location: SCCC Café Min: 10 Max: 40
Day Day Date Time Price

Program # 4607-T

Sat 12/20 11am-1pm \$55R/\$60NR

## \*NEW Adult + Me Sourdough Cinnamon Roll Class

Spend a sweet day together learning the art of sourdough while making everyone's favorite treat—cinnamon rolls! This fun, hands-on class is designed for moms, dads, grandparents, or caregivers to bake side by side with their kids.

In this 1.5-2 hour workshop, you'll:

- Mix, roll, and fill your own sourdough cinnamon roll dough
- Learn simple sourdough basics while your rolls rest
- Decorate a "bread pet" starter jar to take home and feed together
- Enjoy warm rolls fresh from the oven during class
- Leave with a pan of ready-to-bake cinnamon rolls, your own sourdough starter, and a recipe card to keep the fun going at home

This class is all about connection, creativity, and sweet memories—not perfection. Perfect for beginners, families, and anyone who loves baking (and eating!) together. Registration is for 1 adult and 1 child. Location: SCCC Cafe Min: 10 Max: 40 (each registration is a pair) Day Date Time Price Program # 4607-S
Sat 12/13 11am-12:30pm \$55R/\$60NR

#### \*NEW Tallow From Scratch

Hosted by Megan James Creator of Grass Fed Glow. Megan owns and runs a tallow skin care line called Grass Fed Glow. Come join her for a class where she brings in pre rendered tallow- each person gets 1 cup and they can add their choice of oils, scents etc and learn how to do the process and the benefits of using natural products. Ages: 10+ Min: 10 Max: 30 Location: Cafeteria Day Date **Time Price** Program # 4608-0 10-11:30am Session I 12/15 \$40R/\$45NR Mon Program # 4608-P Session II 6-7:30pm Fri 1/16 \$40R/\$45NR Program # 4608-Q Session III Mon 10-11:30am \$40R/\$45NR 2/16

## **COMMUNITY EVENTS**





## **TOT PROGRAMS**



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

Ages 2-4 Max: 6 Location: Preschool Rm

	<u>Day</u>	Date	Time	<u>Price</u>
		Program	#4804-X	
M/W/F	12/1-1	,	:30-11am	\$62R/\$67NR
		Program	#4804-Y	
M/W/F	1/5-1/	23 9	:30-11am	\$62R/\$67NR
		Program	#4804-Z	
M/W/F	2/2-2/	<b>20</b> 9	:30-11am	\$62R/ <u>\$6</u> 7NR

## \*NEW Jumping Gymnasts

2/7-2/28

Sat

This program teaches gymnastics and is designed to offer classes for all ages and skill levels Beginner through Intermediate. Focusing on building coordination, motor skills, and body awareness, as well as strength and confidence. Certifications: USAG certified, CPR/First Aid certified, Concussion trained, and Safesport trained. In addition, each coach has completed a background check. Location: Large Activity Room #1

Min: 5 Max: 16 Ages: 2-4 Date Time Price Day Session I Program #4710-R 11/15-12/6 9am-10am \$40R/\$45NR Session II Program #4710-S Sat 12/13-1/3 9am-10am \$40R/\$45NR Session III Program #4710-T 1/10-1/31 9am-10am \$40R/\$45NR Session IV Program #4710-U

9am-10am \$40R/\$45NR

## Instructional Tot Baseball/ Softball

Just learning how to play baseball/softball or looking to refine your skills. This class will help your child improve as an overall player. Coach Troy will review the basics of the game while also teaching a series of drills that they can use on their own. Location: SCCC Gym Ages: 4-6 Min: 3 Max: 6

Day Date Time Price

Session I Program #4720-V

Wed 1/7-1/28 5-5:45pm \$35R/\$40NR

Session II Program# 4720-W

Ned 2/4-2/25 5-5:45pm \$35R/\$40NR

### **Instructional Tot Soccer**

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

Ages: 4-6 Min: 3 Max: 6 Location: Gym

Program #4720-U

Day Date Time Price

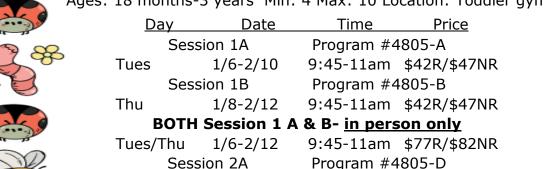
Mon 12/1-12/29 5-5:45pm \$35R/\$40NR

## **TOT PROGRAMS**



Join us for this parent/toddler program for fun circle time, fine, small and gross motor activities to develop imagination, cognitive and physical development. Classes include music, stories, games and much more! Sign up for both sessions in person and pay a discounted rate of \$77R/\$82NR!





Session 2A Program #4805-D
Tues 2/24-3/24 9:45-11am \$42R/\$47NR
Session 2B Program #4805-E
Thu 2/26-3/26 9:45-11am \$42R/\$47NR

**BOTH Session 2 A & B- in person only** 

Tues/Thu 2/24-3/26 9:45-11am \$77R/\$82NR



## YOUTH PROGRAMS

## \*NEW Jumping Gymnasts

This program teaches gymnastics and is designed to offer classes for all ages and skill levels Beginner through Intermediate. Focusing on building coordination, motor skills, and body awareness, as well as strength and confidence. Certifications: USAG certified, CPR/First Aid certified, Concussion trained, and Safesport trained. In addition, each coach has completed a background check. Location: Large Activity Room #1 Ages: 5-7 Min: 5 Max: 16

Day	D	ate	Time	2	<u>Price</u>
Sessio	n I I	Program	#4710-V	<i>'</i>	
				\$40R/\$4!	5NR
			#4710-W		
Sat	12/13-1	/3 1	0-11am	\$40R/\$45	5NR
			#4710-X		
Sat	1/10-1/3	31 10	)-11am	\$40R/\$45	5NR
Sessio	n IV P	rogram	#4710-Y		
Sat	2/7-2/28	3 10	)-11am	\$40R/\$45	5NR

## \*NEW Jumping Gymnasts

This program teaches gymnastics and is designed to offer classes for all ages and skill levels Beginner through Intermediate. Focusing on building coordination, motor skills, and body awareness, as well as strength and confidence. Certifications: USAG certified, CPR/First Aid certified, Concussion trained, and Safesport trained. In addition, each coach has completed a background check. Location: Large Activity Room #1 Min: 5 Max: 16 Ages: 8-12

Day	Date	Time	<u>Price</u>
		rogram #4710-Z	
		11am-12pm	\$40R/\$45NR
		ogram #4720-A	
		11am-12pm	\$40R/\$45NR
Sessio	n III Pr	ogram #4720-B	
		11am-12pm	\$40R/\$45NR
Sessio	n IV Pr	ogram #4720-C	
Sat 2,	/7-2/28	11am-12pm	\$40R/\$45NR

## **YOUTH PROGRAMS**

## Before & After School Recreation 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, gym games and more! Register in person only!

This program is designed for students 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. For any question please contact
Amanda at 585-431-0088 or amandak@townofsweden.org
Before and After School rates are as follows:

### **Daily Rates:**

Before OR After School- \$10.00

Before AND After School- \$19.00

Weekly Rates: Before OR After School- \$45.00

Before AND After School- \$90.00

\*When registering the week of, you will pay the daily rate (\$10/\$19)

## **February Break All Day Care**

Sign your grades K-6 child up for our super fun days off at the community center! Children participate in crafts, play games and have lots of fun!

Day	Date	Tir	me	<u>Price</u>
•	Program	#4805-	F	<del></del>
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M-F 2/16-2/20 8:30am-5pm \$20R/\$25NR per day/per child

## \*NEW All-Star Sports Sampler

Your little athlete can try it all! Each week, kids will explore a new sport—like soccer, lacrosse, basketball, football, and baseball—through fun games and skill-building activities. This program focuses on teamwork, coordination, and confidence while keeping things upbeat and active. It's the perfect way for kids to discover what they love, make new friends, and stay moving all season long! Min: 4 Max: 10 Ages: 5-8

Day Date Time Price

Program #4720-S Location: SCCC Gym

Fri 1/23-2/27 5-5:45pm \$40R/ \$45 NR

\*No Class 2/20

### \*NEW Winter Art Workshop (2)

Come join recreation assistant Maranda Dobbertin in celebrating the magic of the holidays through creativity! In this hands-on workshop, kids will explore fun and festive art projects like making paper snowflakes, painting snowy landscapes, and crafting holiday decorations using many materials. It's a perfect way to spark imagination and enjoy the cozy spirit of the season. Ages: 7-11

Min: 4 Max: 10 Location: Café

<u>Day Date Time Price</u> Program # 4805-H

Thu 12/11 & 12/18 6-6:30pm \$10R/\$13NR

## **YOUTH SPORTS LEAGUES**

## 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 1st will determine their level of play, Pricing is for Residents and Non-Residents\*

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

Time for practices/games vary depending on field availability and team numbers

#### 1 Base T-Ball 3-4 yrs. old

Program #4720-L May/June (SATURDAYS) Fee: \$45R/\$50NR

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

Program #4720-M May/June (WED/SAT) Fee: \$60R/\$65NR

#### Coed Juniors 7-8 yrs. old (Coach Pitch)

Program #4720-N May/June/July (TUE/THUR/SAT) Fee: \$67R/\$72NR

#### \*\*NEW Orleans County Baseball League

Boys U-9 and U-12 will have home games at Sweden Town Park and away games will be played in local towns in Monroe and Orleans County.

### \*\*Coed Minor U-9 (7,8,9 yrs

old) (Kid Pitch) Program #4720-0

May/June/July (MON/WED/SAT)

Fee: \$80R/\$85NR

#### \*\*Boys Major U-12

(10,11,12 yrs old) Program #4720-P May/June/July (TUE/THUR/SAT) Fee: \$89R/\$94NR

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

Program #4720-Q May/June (MON/WED/SAT) Fee: \$89R/\$94NR

#### PONY League Boys U-15

\*New Registration Deadline is: April 7th Boys 13-15 yrs. Old Program #4720-R June-August (TUE/THUR/SAT) Fee: \$110R/\$115NR

## Sign Up Early for Summer Soccer

A copy of your child's birth certificate is required upon registration for ALL age groups, your Childs's age as of August 1<sup>st</sup> will determine their level of play

Coed U-4 SOCCER (Ages 3 & 4)
Program #4608-E June/July (WED) 6pm
Fee: \$47R/\$52NR

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

Program #4601-H June/July (TUE/THU) 6pm

Fee: \$67R/\$72NR

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

Program #4608-F June/July (MON) 6pm Fee: \$50R/\$55NR

#### U-8 BOYS SOCCER (Ages 7 & 8)

Program #4608-H June/July (MON/WED) 6pm

Fee: \$67R/\$72NR

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 #4608-I

End of May through July (MON/WED)

Fee: \$84R/\$89NR

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

Program #4608-K

End of May through July (TUES/THUR)

Fee: \$89R/\$94NR

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

Program #4608-J End of May through July (MON/WED)

Fee: \$84R/\$89NR

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

Program #4608-L

End of May through July (MON/WED)

Fee: \$89R/\$94NR

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 March 31, 2026

## **YOUTH PROGRAMS**

## \*NEW Valentine's Day Cut-Out Cookies & Craft

Come join recreation assistant Maranda Dobbertin and decorate Valentine themed cut-out cookies and also have the opportunity to make a craft. Cookies will be made before hand and child(ren) will frost, decorate & eat! Each child will bring home 6 -12 cookies & a completed craft.

Min: 4 Max: 10 Ages: 7-1 Location: Café

Day Date Time Program # 4805-I

6-6:45pm Thu 2/12 \$5R/\$8NR

## \*NEW No-Bake Winter Treats Cooking Class (2)

Children ages 8-12 will have a blast creating delicious and festive winter snacks—no oven needed! This hands-on class features simple, safe and tasty no-bake recipes like hot chocolate mixes, decorating cookies, and fun holiday treats. It's a perfect way to learn kitchen skill, enjoy seasonal flavors and share sweet creations with family & friends. Ages: 7-11 Min: 4 Max: 10 Location: Café

Day\_\_\_Date Time Price Program #4805-J

Thu 1/15 &1/22 6-6:45pm \$10R/\$13NR

## **Babysitters Training**

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

Ages: 8-12 Min: 5 Max: 20 Location: Conference Rm

Day Date Time Price

Program #4608-M

Tue 12/30 10:30am -2:30pm \$52R/\$57NR

## **Youth Cooking Class**

Calling all child chefs in the area! We want you to join us here at the SCCC and bring your foodie mentality! Chef Riley will walk your child through an easy recipe per class to help stimulate the little chef in your child! While our recipes are simple, the goal is to show your child the basics of cooking/baking with the hope that they catch on and cook for their loved ones sometime!

Location: SCCC Cafe Min: 2 Max: 6

Time Price Date

Session I Program # 4607-X

5-5:45pm Thu 1/8 \$10R/\$15NR

Session II Program # 4607-Y

1/15 5-5:45pm \$10R/\$15NR Thu

Session III Program # 4607-Z

Thu 1/22 5-5:45pm \$10R/\$15NR

### Soap Making

Calling all young creators! In this fun-filled workshop, kids ages 6-9 will dive into the colorful world of soap making. They'll get to design their own soap bars, mix vibrant colors, and add exciting scents while learning the basics of how soap is made. This hands-on activity sparks creativity, promotes sensory exploration, and leaves everyone with their own custom soap to take home! Perfect for budding artists and future scientists alike, this program is a bubbly blend of fun, learning, and creativity. Program #4805-K

Day Date Time Price 2/25 5-6:00pm \$20R/\$25NR W

## **Home Alone Safety**

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

Date Time Day **Price** 

Program #4608-N

Tue 12/30 9-10:30am \$32R/\$37NR

## **YOUTH PROGRAM**

## **National Hoop Shoot Competition**

Does your child love basketball? Let them take their passion to the next level! Give them the chance to show off their skills, have fun and compete for a spot in State Finals in February 2026 and the National Finals in April 2026. It's more than just a competition, it's an opportunity to grow, compete, and shine! Sponsored in conjunction with the Albion Elks Club. Pre-register on-line by age.

#### Format:

Each participant shoots 25 free throws: Competition divided into 6 age groups:

Girls: Ages 8-9,10-11,12-13 Boys: Ages 8-9,10-11,12-13

Age is determined as of April 1, 2026

<u>Day Date Time Price</u> Sun 12/14 Begins at 12pm Free

#### **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: 4-6. Max: 6. Location SCCC Gym

<u>Day</u> **Price** Date Time Session I Program # 4720-I Mon 12/1-12/22 5-5:45pm \$35R/\$40NR Program # 4720-J Session II Mon 1/5-1/26 5-5:45pm \$35R/\$40NR Program # 4720-K Session III 2/2-2/23 5-5:45pm \$35R/\$40NR Mon

**Homeschool Sport Day** 

Join us for a fun and active Home School Sport Day! Kids will get to try out a variety of different sports and games, all led by an experienced instructor. It's a great way to stay active, learn new skills, and make new friends in a supportive and energetic environment. All skill levels welcome! Ages: 6-10 Min: 5 Max: 12 Location: SCCC Gym Day Date Time Price

Program # 4721-E

Fri 1/23 1:30-2:30pm \$4R/\$6NR

## **Homeschool Craft Day**

Are you ready to unleash your creativity? We've got a fantastic craft session planned that promises to be loads of fun! Step-by-step guidance on how to create something awesome that you can bring home at the end of the session. Ages: 7-11

MIN: 5 Max: 12	Location: LA #	3
<u>Dav Date</u>	Time	<u>Price</u>
Program # 4721-F		
Tues 1/20	1-1:40pm	\$5R/\$10NR
Program #4721-G		
Tues 1/27	1-1:40pm	\$5R/\$10NR
	•	

#### **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: Brady Johnson Ages: 7-11

Location: SCCC Gym Min: 4

Day Date Time Price

Session I Program # 4720-G

Wed 1/7-1/28 5:00-5:30pm \$30R/\$35NR

Session II Program # 4720-H

Wed 2/4-2/25 5:00-5:30pm \$30R/\$35NR

### Instructional Youth Baseball/ Softball

Just learning how to play baseball/softball or looking to refine your skills. This class will help your child improve as an overall player. Coach Troy will review the basics of the game while also teaching a series of drills that they can use on their own. Min: 3 Max: 6 Ages: 7-11 Location: Gym Date <u>Time</u> <u>Price</u> Session I Program #4720-X 6-6:45pm Wed 1/7-1/28 \$35R/\$40NR Session II Program #4720-Y Wed 2/4-2/25 6-6:45pm \$35R/\$40NR

#### \*NEW Kids on the Run

Does your child love to run?
Come burn off some energy indoors.
Let's make running fun! In this upbeat indoor program, kids will zoom through obstacle courses, play running games, and take part in friendly races—all while learning the basics of good running form. Each week brings new challenges and giggles as we build strength, confidence, and a love for being active. No experience needed—just sneakers, energy, and a big smile!

Min: 4 Max: 14 Ages 5-8

<u>Day Dates Time Price</u>

Program #4720-T

Sat 1/3-1/31 1:30-2:15pm \$35R/\$40NR

## \*NEW Intermediate Contemporary Dance

Want to improve in dance? Join us for our intermediate contemporary dance class. You can expect to come and improve on technique, learn fun combos, work on musicality, and more! Learn from a current dancer, SCCC's very own Miss Mya, and through her support and encouragement we hope to see you all grow as dancers!

Location: Large Activity Room #3 Ages: 10-12 Max:8 Min:4

<u>Day Date Time Price</u> Program # 4608-U

Wed 1/7-1/28 5-6pm \$20R/\$25NR

## **YOUTH PROGRAMS**

## \*NEW Sensory Saturday Class

Join us for a fun and engaging Sensory Saturday! Kids will get to create their own mini sensory bin to take home—filled with textures, colors, and surprises to explore. After our hands-on activity, children can enjoy open playtime in the toddler gym, burning off some energy while exploring and playing with friends. This program is a great way to support sensory play, creativity, and fine motor skills—all while having fun! Min: 4 Max:10 Ages:4-8 Location:TG Price

Date Time

Program #4720-Z

Sat 1/17 12-12:45pm \$12R/\$15NR

### \*NEW Sensory Saturday Class

Join us for a relaxing and creative Sensory Saturday! Kids will make their very own calm-down sensory bottle to take home—a fun way to explore colors, movement, and mindfulness. After the craft, children can enjoy free play time in the toddler gym to move, explore, and play with friends. A perfect mix of calm and active fun! Location:TG

Min: 4 Max: 10 Ages:4-8

Day Date Time Price

Program #4721-A

Sat 1/24 12-12:45pm \$12R/\$15NR

## PEN PROGRAMS

Please be aware that all open programs could be effected by facility uses/rental of a room or building.

PROGRAM	DAYS	TIMES	PRICE	AGE
TODDLER GYM *UNAVAILABLE 9:30-11AM M-F*	M-TH F	8AM-7:45 8AM-5:45	\$2	5 & UNDER
BASKETBALL	т, тн	2PM-4PM	\$2	OPEN
HOMESCHOOL OPEN GYM	M, F	2PM-4PM	\$1R/\$2NR	K-12
PICKLEBALL	M, W, F	10AM-1:15PM *SOME KNOWLEDGE OF THE GAME REQUIRED*	\$1R/\$2NR	OPEN
PICKLEBALL	т, тн	10-11:30AM ADVANCED 11:45AM- 1:15PM BEGINNERS	\$1R/\$2NR	OPEN
PICKLEBALL	SUN	8-9:45AM ADVANCED 10AM-11:45AM BEGINNERS	\$1R/\$2NR	OPEN
WALKING	M-F	8:45-9:45	FREE	OPEN
TAICHI	M & F	1-2PM	\$1	55+
EUCHRE	М	12-2PM	\$1	55+
MAHJONGG	ТН	9AM-12PM	\$1R/\$2NR	55+

## **ADULT PROGRAMS**

### **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 and pay BEFORE first day\* \*Sign up deadline 1/6

Ages: 18+ Location: SCCC Gym

Day Date Time Price

Program #4721-N

Tue 1/13-3/24 6:30-9:30pm \$150

\*\$10 Referee fee per match per team

### 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 Min: 4 Max: 18

Location: LA Rm #3

<u>Day Date Time Price</u> Session I Program # 4711-N

Mon 1/5-2/9 6:30-7:30pm \$60R/\$65NR

Session II Program # 4710-0

Mon 2/23-3/23 6:30-7:30pm \$50R/\$55NR

## **Upright Pilates**

Revitalize your well-being with our dynamic Upright Pilates class! Experience the transformative benefits of Pilates through a series of standing and chair-based movements designed to improve balance, flexibility, and core strength. With mindful breath-work and fluid motion, you'll activate deep core muscles, enhancing precision, focus, and control. This empowering mind-body practice also supports posture, stress relief, and overall vitality—perfect for beginners, seniors, and anyone looking to stay active!

\*Feel free to bring your own mat or select standing exercises, or use one provided in class. Chairs will be available for both seated movements and balance support.

Instructor: Kelly Odrzywolski

Location: Large Activity Room #1 Ages: 18+ Min: 3 Max: 15

<u>Day Date Time Price</u> Program #4710-K

Tue 12/2-12/23 6-7pm \$40R/\$45NR

### Winter Pickleball Palooza Tournament

Come join us for a coed pickleball tournament! Bring your friends, showcase your skills, and enjoy a day of friendly competition! Let's make this tournament an unforgettable experience! Don't miss out—sign up today! Lunch will be provided!

For a complete set of rules and tournament -style information, Contact Troy Leibert

Troyl@townofsweden.org

Ages: 18+ Min: 6 teams Location: SCCC Gym

Day Date Time Price
Program #4721-C
Sun 1/11 11am-4pm \$40 per team
Sign up Deadline \*1/4
Program #4721-D

Sun 2/8 11am-4pm \$40 per team

Sign up Deadline \*2/1

## 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.

Min: 4 Max: 18

Instructor: Barb Whited Location: LA Rm #3

<u>Day Date Time Price</u>

Session I Program # 4710-P

Tue 1/6-2/10 6:30-7:30pm \$60R/\$65NR

Session II Program # 4710-Q

Tue 2/24-3/24 6:30-7:30pm \$60R/\$65NR

## **Total Body Conditioning**

We'll utilize bodyweight exercises and dumbbells to target all major muscle groups through compound movements, enhancing overall strength, balance, flexibility, and endurance. Expect a challenging yet rewarding workout that incorporates elements of Pilates, strength training, and aerobics for a well-rounded fitness experience. This class is suitable for all levels, with modifications provided to ensure everyone can participate effectively. Location: Large Activity Room #1

Min:5 Max: 20

Instructor: Sara Silverstone

<u>Day Date Time Price</u> Session I Program #4608-A

Mon 1/5-1/26 5:30-6:15pm \$20R/\$25NR

Session II Program #4608-B

Mon 2/2-2/23 5:30-6:15pm \$20R/\$25NR

## **ADULT PROGRAMS**

### **Fitness Center Membership**

M <u>embership</u>	1month	3month	<u>1 year</u>
Senior (55+)	\$20	\$45	\$185
Adult (18-54)	\$40	\$65	\$250
Family (18+)	\$60	\$85	\$360
Each addt'l fa	mily _		
	\$15	\$35	\$115

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

Daily Rates: \$5 adult; \$3 senior We except SilverSneakers, Silver & Fit, Optum/ Renew Active

### \*NEW Darts and Bullseyes

Calling all deadeye dart players! We at SCCC are happy to bring your favorite pub game classic to your rec center. Whether your game is 301, Cricket or even Around The Clock, bring your skills to the board this winter. We, as SCCC staff, will happily assist you with any rules for games that you may have never played but understand that space is limited so that those who register can play the most they can!

Location: Large Activity Room #3 Max:8 Min:4 Day Date Time Price

Program #4608-S

Day

1-2:30pm \$5R/\$10NR 1/9-1/30

## Alzheimer's Association – **Rochester & Finger Lakes** Chapter

Join us to learn about the programs and services that the Alzheimer's Association offers, including Care consultations, Educations, Caregiver support groups, Early-Stage Social programs, and more. The Alzheimer's Association has been gracious enough to offer three presentations this winter season! We hope to fill as many seats as possible, so please call ahead and register for one, two or all three! Gain some useful information on a truly awful condition that sadly affects far too many in our community. Let's get educated and ask ions with the experts!

Day	Date	TITLE	FIICE
Presenta	tion 1: General	Introductions	s / Overview
of the As	sociation		
Wed	12/10/25	1-2p	Free
Presenta	tion 2: Healthy	Living For Yo	ur Brain &
Body			
Wed	1/14/26	1-2n	Free

Timo

Data

Presentations 3: 10 Warning Signs of Alzheimer's Wed 2/11/26 1-2p Free

### PERSONAL TRAINING

Are you looking for a personal trainer? Give our personal trainer a call or email to set up a time.

Shannon Brett: (585) 953-2611

email: sbrett121@yahoo.com A single session is \$43 or you can pay for a pack of 5 sessions for \$208 or a pack of 10 sessions for \$393.

### JAZZERCISE BROCKPORT



Jazzercise is a fun and energetic way to stay active during the winter months, when colder weather and shorter days can make it harder to stay motivated. Combining dance, strength training, and cardio, Jazzercise offers a full-body workout that boosts mood and energy—perfect for combating winter sluggishness. Indoor classes provide a warm, welcoming environment where participants can stay fit, while the upbeat music and lively routines help lift spirits during the darker season. Whether you're a longtime enthusiast or just looking for a new way to move, Jazzercise is a great way to keep both body and mind in shape all winter long.



Scan here for days, time and more information.



## Taiji & Qigong for Health

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

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

Days	Date	Time	<u>Price</u>
Program	#4608-D		
Mon	1/5-2/23	12-1pm	\$52R/\$57NR

Drico

## **ADULT PROGRAMS**

## **Adult Beginner Ballet**

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

\*For your success and safety I kindly ask that you please have a pair of Ballet slippers for class.

Instructor: Kelly Odrzywolski Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

<u>Day Date Time Price</u>

Program #4711-L

Tue 1/6-1/27 6-7pm \$40R/\$45NR

## **Adult Beginner Jazz**

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

Instructor: Kelly Odrzywolski Location: Large Activity Room #1

Ages: 18+ Min: 3 Max: 15 Participants

<u>Day Date Time Price</u>

Program #4710-M

Tue 2/3-2/24 6-7pm \$40R/\$45NR







## 55+ SENIOR EVENTS

## **Senior Bills Game Sunday!**

It's the most wonderful time of the year...
FOOTBALL SEASON! Join your fellow Buffalo fanatics for an afternoon clash against the Cleavland Browns here at your local community center! Get on your gameday best and join us for pizza, drinks and an afternoon of cheering for the pride of Western New York! Kickoff is at 1pm, so save the date and don't be late! Max: 20 Min:10 Location: Senior Room Side A

<u>Date Day Time Price</u> Program # 4608-R

Sun 12/21 1-4pm \$5R/\$8NR

## **Senior Wii Bowling**

Want to bowl, but don't have the energy to roll a 10-pound ball for 10 frames? Then we have the solution for you! Spend an afternoon bowling on the virtual Nintendo lanes and battle it out to see who the best Wii bowler around is! From classic games to tournament style rounds, we have it all to spark the competitive spirit this winter. Stay warm, grab a friend and let's roll!

Location: Senior Room Side A Max:8 Min:4

<u>Day</u> <u>Date</u> <u>Time</u> <u>Price</u> Program # 4608-T Fri 12/12-1/2 1-3pm \$12R/\$17NR

## Winter Walking Club

We are sure many of you are aware that SCCC offers open walking in the gym during the mornings, and while we love seeing our walkers every morning, we'd love to challenge you even more. Join us on Wednesdays, starting at the same time as open walking, for a weekly community goal to tackle. We challenge you to total 25 miles before the end of the winter session! Staff will chart your total laps around the gym each Wednesday by collecting lap totals from each participant! If you want an idea, we're looking at a couple hundred laps total! Can you do it? We sure hope so! Don't worry, there are no losers, and we will celebrate the club and the end of our final walk! Location: SCCC Gymnasium Day Day Time

<u>Day Day Time</u> Wed 12/3-2/25 8:45-9:45am



## 55+ SENIOR EVENTS

IT'S THE HOLIDAY SEASON AGAIN!

Holiday Caroling & Potluck with the Sweden Senior Singers

Wednesday December 10<sup>th</sup> from 12pm-3pm

Cost of admission:

Bring a canned good to donate to the **Brockport food shelf** 

> Foods Needed: Mashed potatoes

> > Stuffing Apple sauce

Canned goods

Cereal

Pasta

PB & J

Dessert Mixes

Bring your friends and a dish to pass, and join in for some classic caroling! The Sweden Senior Singers will lead us as we sing beloved holiday songs, spreading joy and cheer throughout the afternoon!

Sign up at the front desk or by phone! All participants must bring a dish to share

Chili Cookoff!

We prefer our chili in bowls to the chilly weather outside! Join us this winter at the SCCC for our first ever chili cookoff! Break out your crockpots and cookbooks and show us what it means to be a chili connoisseur! SCCC staff will be judging your chili, and hope that every bowl is a winner! Please call 585-431-0090 to get on list of folks cooking! Min: 5 Entries, Min: 10 Eaters Location: Senior Room Side A Deadline: 1/2/2026

Date Time Price Day Program # 4607-U Mon 1/19 2:30-5pm \$5R/\$7NR

Senior Valentines Day Breakfast

Celebrate the season of Cupid with a senior community member breakfast here at SCCC! Kick off your Valentines Day weekend, and spread the love, by enjoying some light breakfast food and drink with your community! Wear red, break out the Valentines best, and maybe even bring your lovely Valentine for a morning of warmth and love!

Registration is required one week before event and please bring a non-perishable food item for the Brockport Food Shelf.

Location: Senior Room Side A Min: 5 Max: 18 Deadline: 2/1/2026

Date

Day **Price** Program # 4607-V Fri 2/13 9am-11am \$3R/\$5NR

## 55+ SENIOR PROGRAMS

### **Chair Volleyball**

Keep the summer vibes high this winter and pick up a new game at your community center. This fan favorite game is light intensity, low impact, making it the perfect game to socialize and compete with your fellow community members. Team sizes, and number of courts will be determined based on the number of registrations, and we ask that players be flexible so that all who want to play, can!

Location: Gymnasium West Min:10 Max: 18

Day Date Time Price

Program #4607-M

West 12/2 2/25 1:20 2:20pm #150/#10NB

Wed 12/3-2/25 1:30-3:30pm \$15R/\$19NR

\*No Class 12/25 & 1/1

### \*NEW Senior Train/Dominos

Whether you're looking for a new game, or you're a seasoned domino player, this is the program for you! Join us at SCCC for an organized gaming experience that allows you to meet new people and learn a new game. SCCC staff will help teach the game of Train and will happily assist you with learning the nuances of this domino staple! Location: Senior Room Side B Min: 8 Max: 16

Day	Date	Time	<u>Price</u>
	am # 4607-R		
Thu	2/5-2/26	9-11am	\$5R/\$10NR

#### **Create Your Own Terrarium!**

Looking for a fun plant project that will help brighten up any space it's in? Then come on down to your local community center and we will help you set up your own terrarium! These self-sustaining "mini eco-systems" are a joy to watch as they grow and change over time! In this course we will help you set up your dream terrarium and give you tips/information so that you can continue your terrarium journey!

Location: Senior Room Side A Min: 2 Max: 6

<u>Day Date Time Price</u> <u>Program # 4608-C</u> Fri 2/6 11am-12:15pm \$12R/\$17NR

## **Monroe County Senior Nutrition Program**

#### Who is eligible to eat a meal?

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

#### Who may "contribute'?

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

#### Who must "pay"?

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

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

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

Monthly Food Menu will be available at the community center.

Lunch will be served Tuesday –Friday each week.

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

## 55+ SENIOR PROGRAMS

**Open MahJongg** 

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

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

### **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

Date Day Time

Wed Sept-May 10-11:30am

### Senior Ping Pong

Try something new, or polish your skills, with a couple games of ping pong with your fellow community members! Staff will be more than happy to refresh your memory on any rules or questions you may have. Grab a friend, maybe even that old paddle you've had lying around, and get to serving with us! This is a drop-in program, and residents only pay \$1 per day while our non-residents only need to pay \$2.

Ages: 55 and up Min: 3 Max: 8 Location: LA #1 Day Date Time Price Program #4607-0 Thu 12/4-1/29 1-2:15pm \$1R/\$2NR

\*No Class 12/25 & 1/1

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: Agape PT, DPT Location: Large Activity Rm 1 Min: 5 Timé Price Date

Session I Program #4720-D

Wed 11/19-12/17 9:00-9:45am \$2R/\$3NR

Session II Program #4720-E

Wed 1/7-1/28 9:00-9:45am \$2R/\$3NR

Session II Program #4720-F

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

## 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 Video

#### \*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 lowimpact movements. The class focuses on building overall strength with added cardio endurance.

## 55+ SENIOR PROGRAMS

#### **Euchre Tournament**

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

\*Donations for prizes accepted.

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

\*Register as a single not as a team!

Ages: 55+ Min:16 Max: 24

Location: Senior Room

Date Time

Program #4710-R Mon

1/19 11:30am \$10 per person

Price

## 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 Andréa Perry 637-5648 Location: Lounge Day Time

As Needed

#### **Book Discussion Club**

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

### Knit & Crochet Circle

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

Day <u>Time</u> 10am-12pm

### Medicare 101

Turning 65 or confused about Medicare? Contact Theresa Seil to learn the basics of Medicare or to schedule a free review of vour plan and options! Theresa is a Licensed Insurance Broker affiliated with Maust & Leone and there is never a fee for her services! Appointments available in Brockport, Spencerport and Henrietta. Please call or text Theresa at 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.

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

### Bingo

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

\*Donations for prizes accepted

Location: Senior Rm

Day	Date	Time	<u>Price</u>
Tué	12/9	11:15am	\$2 per card
Tue	1/13	11:15am	\$2 per card
Tue	2/10	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 guilts for homeless, battered and needy families in our area. All ages welcome.

Location: Large Activity Rm #3

Day Time Mon 9am-12 pm

## Open Tai Chi

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

Day Time Price

Mon & Fri 1pm \$1/class

## Give-A-Lift Program

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

## REGISTRATION

## **Sweden/Clarkson Community**

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

Registration Form

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

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

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

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

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

Make checks payable to: Town of Sweden.

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

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Participant Name	D.O.B	Gender	Grade	Shirt/	Program	Program	Price
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Home Phone:	Cell:		/Carrier:			Work:	
			Text Alerts:	Yes	No		
Email (add us to your contact lis	st to prevent going into jur	ık folder):					
Town of Sweden/Clarkson	Resident (circle):	Yes	No				
Emarganay Cantact/Dick y				D	hana Num	ah ari	
Emergency Contact/Pick-u	p:			P	hone Num	iber:	

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:

R

## **Community Center**

1st Hour	1st Hour	Additional		1st Hour	1st Hour	Additional
Resident	Non-	Hour	Space Available	Resident	Non-	Hour
	Resident				Resident	
\$100/\$60	\$175/\$95	\$55/\$35	Large Activity Room	\$35	\$45	\$15
\$40	\$50	\$15	Small Activity Room	\$30	\$40	\$15
	Resident \$100/\$60	Resident Non- Resident \$100/\$60 \$175/\$95	Resident Non- Hour Resident \$100/\$60 \$175/\$95 \$55/\$35	Resident Non-Resident Hour Space Available \$100/\$60 \$175/\$95 \$55/\$35 Large Activity Room	Resident Non-Resident Hour Space Available Resident \$100/\$60 \$175/\$95 \$55/\$35 Large Activity Room \$35	Resident Non-Resident Hour Space Available Resident Non-Resident \$100/\$60 \$175/\$95 \$55/\$35 Large Activity Room \$35 \$45

## **Sweden Town Park—Redman Road**

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

## **Clarkson Parks**

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