



# SWEDEN CLARKSON SCOREBOARD



# Winter 2024



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

# DIRECTORY

## HOW TO REGISTER



### ONLINE REGISTRATION

Log on to:  
[www.swedenclarksonrec.recdesk.com](http://www.swedenclarksonrec.recdesk.com)  
Go to "Register Now"  
You will need to set up an account



### CREDIT CARDS

We gladly accept Mastercard and Visa.  
Online only, not in person



### WALK-IN & DROP-OFF

Sweden Clarkson Community Center:  
Mon-Thurs 6:00am-8:00pm  
Fridays 6:00am-6:00pm  
Saturday 8:00am-7:30pm  
Sunday Sept. 8:00am-12:00pm  
Oct./Nov 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 that is full. If a space becomes available we will contact you. You will not be charged for the class unless you are enrolled.

### Credit/Refund Policy

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

### Non-Resident Policy

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

### Locker Rooms and Lockers

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

## Community Center Hours

### December

M-Th 6am-8pm, F-6am-6pm,  
Sat 8am-3pm Sun 8am-12pm  
*Closing early 12/24 & 12/31*  
*Closed 12/25*

### January

M-Th 6am-8pm, F-6am-6pm,  
Sat/Sun 8am-3pm *Closed 1/1*

### February

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

## Recreation Staff

### Recreation Director

Jill Wisnowski 431-0050  
[jillw@townofsweden.org](mailto:jillw@townofsweden.org)

### Recreation Assistant

Amanda Kinney 431-0088  
[amandak@townofsweden.org](mailto:amandak@townofsweden.org)

### Recreation Assistant

Megan Lester 431-0087  
[meganl@townofsweden.org](mailto:meganl@townofsweden.org)

### Recreation Assistant

Caitlin Curley 431-0086  
[caitlinc@townofsweden.org](mailto:caitlinc@townofsweden.org)

### Clerical Assistant

Diane Samons 431-0090  
[dianes@townofsweden.org](mailto:dianes@townofsweden.org)

### Part-time Recreation Staff

Ashley Hermance, Maranda Dobbertin,  
Morgan Walsh, Lakayla Herbert

### 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 at Sweden Clarkson Recreation

### Weather Cancellation Hotline

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



# COMMUNITY EVENTS

## *Holiday Event*

Thursday, December 7th 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:

Megan Lester [meganl@townofsweden.org](mailto:meganl@townofsweden.org) 585-431-0087

## **Family Roller Skating Party**

### **Pizza & FUN!**

**Saturday, February 3rd @ 3:30-5:30pm**

**\$5.00 per participant (child or adult)**

**Pay at the door -**

**(pizza and drink included)**

**Location: Gymnasium**

# FAMILY PROGRAMS

## \*NEW CPR/First Aid for Teens

Geared to prepare Young Adults for all Basic First Aid emergencies along with those plaguing high schoolers today such as:

Opioid use, performance enhancement drugs, supplements, yo-yo diets, suicide warning signs and resources and more. Successful students will receive a 2 year CPR/First Aid Certification Card.

Instructor: EPIC Training Location: Conference Rm

Day	Date	Time	Price
Program #4505-A			
Fri	1/26	10am-2pm	\$55R/\$60NR

## \*NEW Blended CPR

Students complete the lecture portion of the training online then proceed to the hands-on skills assessment on 2/13.

Discounted rate of \$80 if signing up for Blended CPR and Adult First aid Basics

Instructor: EPIC Training

Location: Conference Rm

Day	Date	Time	Price
Program #4505-B			
Tue	2/13	6-7pm	\$55R/\$60NR

## \*NEW ADULT First Aid Basics

This course teaches participants the skills and techniques necessary to respond to a variety of first aid-related emergencies including: bleeding control, choking, burns, care of sprains, strains and breaks, and treatment for heat and cold emergencies. Also addressed are several common medical emergencies found in many schools today such as: food allergies, diabetes, seizures and asthma. Discounted rate of \$80 if signing up for Blended CPR and Adult First aid Basics

Instructor: EPIC Training

Location: SCCC Conference Rm

Day	Date	Time	Price
Program #4505-C			
Tue	2/20	6-8pm	\$53R/\$58NR

## Babysitters Training

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

Min: 5 Max: 20

Day	Date	Time	Price
Program #4505-D			
Mon	1/15	11am-4pm	\$55R/\$60NR

## \*NEW First Aid for Kids

This course teaches participants the skills and techniques necessary to respond to a variety of first aid-related emergencies including: bleeding control, choking, burns, care of sprains, strains and breaks, and treatment for heat and cold emergencies. Also addressed are several common medical emergencies found in many schools today such as: food allergies, diabetes, seizures and asthma. Age: 7-13

Instructor: EPIC Training

Location: SCCC Conference Rm

Day	Date	Time	Price
Program #4505-E			
Mon	1/15	8-9:30am	\$33R/\$38NR

## Home Alone Safety

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

Location: SCCC Conference Room

Day	Date	Time	Price
Program #4505-F			
Mon	1/15	9:30-11am	\$37R/\$42NR

## Youth/Adult Judo

Renshinkan Judo's program will teach participants the techniques of Kodokan Judo philosophies, principles and techniques as both a martial art and an Olympic Sport. Judo means the way of gentleness and the techniques learned include how to fall, throw and pin partners. Classes are taught by Sensi Janet Johnson, a 6th degree black belt and international IJF-Class A referee. Please bring a judo gi if you already have one; they will also be available by purchase through the instructor. All abilities welcome, no experience required.

Ages: 18+ (Note that children between 13-18 work with one or the other class based on their skill and comfort level with Judo).

Location: Cooper Hall @ SUNY Brockport. Parking @ N. Tuttle \$1 per visit.

Day	Date	Time	Price
Youth Program #4506-A			
Tue/Thu	1/30-5/16	6-7pm	\$105
Adult Program #4506-B			
Tue/Thu	1/30-5/16	7-9pm	\$165
\$10 off for each additional family member.			



# TOT PROGRAMS

## Little Steps Play & Learn

Have your child(ren) come join Miss Ally and Miss Lakayla 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: 8

Location: Preschool Rm

Day	Date	Time	Price
Session I Program #4507-A			
M/F	12/4-12/22	1-2:30pm	\$55R/\$60NR
Session II Program #4507-B			
M/W	1/8- 1/31	9:30-11am	\$55R/\$60NR
Session III Program #4507-C			
M/W	2/5- 2/28	9:30-11am	\$55R/\$60NR

## Tot Baseball/Softball

Wanting to learn how to play softball or improve your softball and baseball skills. Come join Coach Bella as she teaches the basics of softball and baseball. Class will go over a set of drills and activities that can be used on your own.

Max: 6 Ages: 4-6

Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4508-A			
Mon	12/4-1/8	5-5:45pm	\$30R/\$35NR
Session II Program #4508-B			
Mon	1/22-2/12	5-5:45pm	\$30R/\$35NR

**\*No Class 12/25 or 1/1**

## Instructional Tot Lacrosse

Just learning how to play lacrosse or looking to refine your skills. This class will help you improve as an overall player. Come have fun with Coach Thomas as he reviews the basics of the game while also teaching a series of drills that you can use on your own.

Ages: 4-6 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Program #4508-C			
Tue	12/5-1/2	5-5:45pm	\$30R/\$35NR

**\*No Class 12/26**

## Instructional Tot Soccer

Just learning how to play soccer or looking to refine your skills. This class will help you improve as an overall player. Come have fun with Coach Jake as he reviews the basics of the game while also teaching a series of drills that you can use on your own. Ages: 4-6 Max: 6

Location: SCCC Gym

Day	Date	Time	Price
Program #4508-D			
Tue	12/19-1/2	5-5:45pm	\$25R/\$30NR

## \*NEW Fam-tastic Bowling

Are you interested in getting your little one into bowling? Come join us for a 5-week program at Brockport Bowl! Parents will be required to bowl with their kids.

Location:	Brockport Bowl	Ages:	3 and up
Day	Date	Time	Price
Session I Program #4508-E			
Mon	12/4-1/15	2:00-3:30pm	\$40R/\$45NR
Session II Program #4508-F			
Mon	1/29-2/26	2:00-3:30pm	\$40R/\$45NR

**\*No Class 12/25 or 1/1**

## K-2 House Basketball

Come join coach Jake Russell, owner of Basketball+, and his high-quality Basketball+ Trainers in our 6-week K-2 House Basketball Program. It will include part instruction and part games. Everybody will also receive a jersey.

Ages: Grades K-2

Location: SCCC Gym

Day	Date	Time	Price
Program #4508-G			
Wed	12/6-1/24	5:45-6:45pm	\$50R/\$55NR

**\*No class 12/27 or 1/3**

## Tot/Parent Drop-In Toddler Gym

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

Location: Toddler Gym

No charge for parent or guardian.

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



## \*NEW Gymnasium Time for Tots

Play and socialization in the gymnasium for parents and children ages 1-5 years (infants in arms permitted). We have sports equipment that can lead to gym games and active fun.

Location: SCCC Gym

No charge for parent or guardian.

Day	Date	Time	Price
Sun	12/9,1/7, 2/4	1-2:30pm	\$2R/\$3NR

# TOT PROGRAMS

## \*NEW Tot Ballet

Dancers will be introduced to the basics of Ballet through rhyming exercises, action songs, props, and imaginative prompts. The class will be conducted to facilitate listening skills, confidence, musicality, body awareness, motor skills, self-expression, and fun! Location: LA Rm #1

Day	Date	Time	Price
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Ages: 3-5 Program #4509-A

Fri	1/19-2/23	11-11:45 am	\$45R/\$50NR
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## TOT Color Your Own Rudolph the Red-Nosed

Get ready to color it whatever shade you like with this must-have! A great addition to Christmas crafts, this Color Your Own project features ornaments that hold images of Rudolph and his cheery friends from the North Pole. A fun activity like this is sure to make any little one feel downright merry! Location: Preschool Rm Age: 2-4

Day	Date	Time	Price
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Program #4509-B

Mon	12/11	5-5:30 pm	\$8R/\$9NR
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## Play School for Toddlers

Do you have a toddler between the ages of 2-5? Come join recreation assistant Amanda Kinney for simple routines, story times, arts, and crafts, and enriching games in a learning, caring, friendly and loving environment. Social and emotional growth is promoted.

Drop off preferred. Location: Toddler Gym

\*Need not be potty trained. Max: 8

Day	Date	Time	Price
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Session I Program #4509-C

Sat	12/2-12/16	10-11:30 am	\$20R/\$25NR
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Session II Program #4509-D

Sat	1/13-1/22	10-11:30 am	\$20R/25NR
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Session III Program #4509-E

Sat	2/3-2/17	10-11:30 am	\$20R/\$25NR
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# YOUTH PROGRAMS

## Music and Movement with a Caregiver

In this lively class, caregivers will participate with their young children in activities designed to promote musical learning, movement skills, and connection. Class will include singing, dancing, finger plays, instruments, and interacting with different types of music, adapted to your child's developmental stage.

Ages: 0-5 Location: Large Activity Room #3

Day	Date	Time	Price
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Program #4510-A

Fri	1/19-2/23	10:15-10:45am	\$30R/\$35NR
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## Kids Night Out

Looking for something fun for your child to do at night? Well, we have the answer for you! Drop your kids off for a kids night at the rec. We will provide a night of games and fun.

Price includes pizza dinner. Ages 8-12

Location: SCCC

Day	Date	Time	Price
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Session I Program #4510-B

Fri	12/22	6-8pm	\$5R/\$10NR
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Session II Program #4510-C

Fri	2/23	5-7pm	\$5R/\$10NR
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## \*NEW Get Fit at The Rec

The earlier we teach our kids about the positive aspects of regular exercise, the more it will become part of their everyday lives. This class is jam-packed with foundational fitness moves, fun games, and conditioning exercises. Workouts will focus on developing strength, stamina, and agility. Parent/Guardian MUST accompany their child to each class. Min: 4 Max:10 Ages: 7-11

Location: LA Rm #1

Day	Date	Time	Price
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Program #4510-D

Sat	1/6-1/27	10-10:45am	\$40R/\$45NR
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## 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 Cafeteria

Day	Date	Time	Price
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Program #4510-E

Th	2/22	6-6:45pm	\$10R/\$15NR
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# YOUTH PROGRAMS

## 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! Register in person only!

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- **\$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)**



## **DAY OFF AND BREAK WEEKS**

**\*REGISTRATION FORMS LOCATED AT THE  
COMMUNITY CENTER OR ONLINE**

Regular Care

Early/Late Care

9am-4pm

6:30-9am/4-6pm

### **COST (Per Day):**

**REGULAR CARE: Residents: \$20 Non-Residents: \$25**

Early Care: \$4 Late Care: \$4 Both: \$7

**DECEMBER 26<sup>TH</sup>-29<sup>TH</sup> HOLIDAY BREAK WEEK**

**FEBRUARY 19<sup>TH</sup>- 23<sup>RD</sup> WINTER BREAK WEEK**

**JANUARY 15<sup>TH</sup> : MARTIN LUTHER KING JR. DAY**

# YOUTH SPORTS

## Basketball+ Skill Development 3 Day Clinic

Looking for something for your child to do over February Break. Come join Coach Jake Russell, owner of Basketball+, and his highly-quality Basketball+ trainers for three days of fun. You will be working on skill development, which includes footwork, ballhandling, and shooting.

Day	Date	Time	Price
Program #4511-A		Grades K-2	
T/W/Th	2/20,21,22	4:30-5:30pm	\$40R/\$45NR
Program #4511-B		Grades 3-6	
T/W/Th	2/20,21,22	5:30-6:30pm	\$40R/\$45NR
Program #4511-C		Grades 7-12	
T/W/Th	2/20,21,22	6:30-7:30pm	\$40R/\$45NR

## Youth Baseball/Softball

Wanting to learn how to play softball or improve your softball and baseball skills. Come join Coach Bella as she teaches the basics of softball and baseball. Class will go over a set of drills and activities that can be used on your own.

Max: 6 Ages: 7-11

Location: SCCC Gym

Day	Date	Time	Price
Session I	Program #4511-D		
Mon	12/4-1/8	6:00-6:45pm	\$30R/\$35NR

Session II Program #4511-E

Mon 1/22-2/12 6:00-6:45pm \$30R/\$35NR

**\*No Class 12/25 or 1/1**

## Learn to Skate

Join the Campus Recreation Program Staff and learn how 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 can skate for free after their session during Public Skate.

Ages: 5 and up Max: 30 participants

Location: Tuttle Ice Arena @ The College at Brockport

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

Day	Date	Time	Price
Program #4511-F			
Sun	2/4-3/10	3-4pm	\$82R/\$87NR

## Basketball+ Skill Development

Come join Coach Jake Russell, owner of Basketball+ and his high-quality Basketball+ trainers for this 6 week class where you will be working on skill development which includes footwork, ballhandling and shooting.

Location: SCCC Gym

Day	Date	Time	Price
Program #4511-G		Grades 3-6	
Wed	12/6-1/24	6:45-7:45pm	\$60R/\$65NR

**\*No class 12/27 or 1/3**

## 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 Thomas as he reviews the basics of the game while also teaching a series of drills that you can use on your own.

Ages: 7-11

Location: SCCC Gym

Day	Date	Time	Price
Program #4511-H			
Tue	12/5-1/2	6-6:45pm	\$30R/\$35NR

**\*No Class 12/26**

## 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 Instructor: Coach Troy

Ages- 7-11 Location: SCCC Gym

Day	Date	Time	Price
Program #4511-I			
Mon	12/4-1/8	5-5:45pm	\$30R/\$35NR

**\*No Class 12/25 or 1/1**

## Instructional Youth Soccer

Just learning how to play soccer or looking to refine your skills. This class will help you improve as an overall player. Come have fun with Coach Jake as he reviews the basics of the game while also teaching a series of drills that you can use on your own. Ages: 7-11

Location: SCCC Gym

Day	Date	Time	Price
Program #4511-J			
Tue	12/19-1/2	6-6:45pm	\$30R/\$35NR





# YOUTH PROGRAMS

## Friendship Bracelet Making

Come join recreation assistant Maranda Dobbertin and make fun friendship bracelets! Bring a friend or come alone and we will listen to some music and make stylish matching bracelets!

Ages: 9-13 Location: Lounge

Day	Date	Time	Price
Program #4512-A			
Thu	1/11	5-5:45pm	\$5R/\$10NR

## Valentine's Day Cut-Out Cookies & Craft

Come join recreation assistant Maranda Dobbertin and decorate Valentine themed cut-out cookies. Your child will also have the opportunity to make a craft. I will bake the cookies ahead of time and your child will frost them however many they would like! Your child will bring home a variety of 6-12 cookies as well as the craft they create.

Ages: 9-12 Location: Cafeteria

Day	Date	Time	Price
Program #4512-B			
Thu	2/8	6-6:45pm	\$10R/\$15NR

## Girls Night Out

Girls just want to have fun! Come enjoy some time out with your fellow gal pals. Pamper yourself With all the activities we will be providing; From coloring your hair with hair chalk to bracelet making. Snacks and music will be provided!

Ages: 10+ Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4512-C			
Th	1/26	6-8pm	\$5R/\$10NR

## Boys Night Out

Calling all boys! Make your way to the Rec Center for a fun night out with the boys. Activities include Dodgeball, Gaga Ball, Tag and more! Snacks and music will be provided. Ages: 10+ Location: Cafe

Day	Date	Time	Price
Program #4512-D			
Fri	2/9	5:30pm-7:30pm	\$5R/\$10NR

## \*NEW Hot Cocoa and Christmas Craft Night

Drop your child(ren) off for a fun night of making Christmas crafts and making some yummy hot chocolate as we get closer to the holiday! We will have some snacks to go along with it.

Ages: 5-13 Max: 10 Location: SCCC Cafe

Day	Date	Time	Price
Program #4512-E			
Mon	12/18	6-7pm	\$15R/\$20NR

## Build & Decorate Your Own Gingerbread House:

Come join Recreation Assistant Maranda Dobbertin in building & decorating your very own gingerbread house! Your child will be able to let their creativity shine as well as eat their final product! Ages: 7-12

Location: Cafeteria

Day	Date	Time	Price
Program #4512-F			
Thu	12/21	5-5:45pm	\$5R/\$10NR

## Color Your Own Eclipse Glasses

On April 8, 2024, a total solar eclipse will cross through the country, right over Brockport. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk.

Step into a world of vibrant wonder and make the upcoming eclipse an experience like no other with the Halo Eclipse Glasses designed by the Artist: Caleb Screpnik. It's Not just about witnessing the celestial marvel, it's about immersing yourself in a colorful journey. You can color it in and make it your own! Location: SCCC Lounge MAX per age group: 10

Day	Date	Age	Time	Price
Program #4512-G				
Thu	2/15	4-6	5-5:30pm	\$5R/\$7NR
Program #4512-H				
Thu	2/15	7-9	5:30-6pm	\$5R/\$7NR
Program #4512-I				
Thu	2/15	10-12	6-6:30pm	\$5R/\$7NR

## Youth Creative Dance/Tumbling

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 jazz terminology and steps in an encouraging and positive environment. Ages: 8-11

Min: 6 Max: 12 Location: LA Rm #1

Day	Date	Time	Price
Program #4512-J			
Thu	1/18-2/22	5:15-6:15pm	\$65R/\$70NR

# 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 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+\*\***

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

Program #4513-A  
May/June (SATURDAYS)  
Fee: \$45R/\$50NR

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

Program #4513-B  
May/June (WED/SAT)  
Fee: \$59R/\$64NR

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

Program #4513-C  
May/June/July  
(TUE/THUR/SAT)  
Fee: \$67R/\$72NR

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

Program #4513-D  
May/June/July (MON/WEDSAT)  
Mandatory Evaluation Day  
(If needed):  
Sat March 23rd 10am-11:30am  
Location: SCCC Gym Fee: \$80R/\$85NR

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

Program #4513-E  
May/June/July (TUE/THUR/SAT)  
Mandatory Evaluation Day  
(If needed):  
Sat March 23rd 11:30am-1:00pm  
Location: SCCC Gym Fee: \$89R/\$94NR

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

Program #4513-F  
May/June (MON/WED/SAT)  
Mandatory Evaluation Day  
(If needed):  
Sat March 23rd 1-2:30pm  
Location: SCCC Gym Fee: \$89R/\$94NR

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

\*New Registration Deadline is: April 6th  
Boys 13-15 yrs. Old  
Program #4513-G  
June-August (TUE/THUR/SAT)  
Fee: \$105R/\$110NR

## Sign Up Early for Summer Soccer

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

Program #4514-A  
Must be born in 2019 or 2020  
Wednesdays at 6:30 pm      June & July  
Fee: \$40R/\$45NR

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

Program #4514-C  
Must be born in 2015 or 2016  
Tuesdays/Thursdays      June and July  
Games at 6 pm      Fee: \$59R/\$64NR

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

Program #4514-B  
Must be born in 2017 or 2018  
Mondays at 6:30 pm      June and July  
Fee: \$40R/\$45NR

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

Program #4514-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 #4514-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 #4514-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 # 4514-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 # 4514-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 March 31, 2024



# YOUTH AQUATICS

## Tot (OPEN) Swim

A swim class for those wee little ones who are not very familiar with the water. In this class, we will learn to enter the pool safely, get our face completely wet, blow bubbles with mouth and nose, back float, front float and hold onto the side of the pool independently. Parent is required to enter pool with child. Infant—4 years old. Max: 8

Day	Date	Time	Price
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Session I Program #4515-A

Wed 1/3-1/31 7-7:30 pm \$48R/\$53NR

Session II Program #4515-B

Sat 1/6-2/3 12:30-1 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
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Session I Program #4515-E

Wed 1/3-1/31 7-7:45 pm \$48R/\$53NR

Session II Program #4515-F

Sat 1/6-2/3 12:30-1:15 pm \$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
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Session I Program #4515-C

Wed 1/3-1/31 7-7:45 pm \$48R/\$53NR

Session II Program #4515-D

Sat 1/6-2/3 12:30-1:15 pm \$48R/\$53NR

## 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 deep water, treading water using hand and leg motions and front and back crawl. Max. 6.

Day	Date	Time	Price
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Session I Program #4515-G

Wed 1/3-1/31 7:45-8:30 pm \$48R/\$53NR

Session II Program #4515-H

Sat 1/6-2/3 1:30-2:15 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 Caitlin Curley at 585-431-0086 for more information.



## Open Programs

Activity	Day	Time	Fee
Toddler Gym	M-Th Fri Sat/Sun	8am-7:45pm 8am-5:45pm Seasonal	\$2.00
Basketball	M-F	2-4pm	\$2R/\$3NR
Pickleball	Check Adult	section for	details
Walking	M-F	8:45-9:45am	Free
Tai Chi, Euchre, Mahjongg	Check Senior	section for	details

# YOUTH PROGRAMS

## Youth Arts and Crafts

Come join staff member Caitlin Curley in creating a variety of different arts and crafts! Each project in that month will represent that time of year. We will work on a different project each week. Some of your pieces can be taken home that night!

Ages: 5-9 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
Session I Program #4516-A			
Mon	1/8-1/29	6-6:45pm	\$20R/\$25NR
Session II Program #4516-B			
Mon	2/5-2/26	6-6:45pm	\$20R/\$25NR

## Painting for Young Beginners

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

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

Instructor: Local Artist Erin Lawrenz

Ages: 8 and up Location: SCCC Lounge

Day	Date	Time	Price
Session I Program #4516-C			
Fri	12/8	5-7pm	\$25R/\$30NR
Session II Program #4516-D			
Fri	1/5	5p-7pm	\$25R/\$30NR
Session III Program #4516-E			
Fri	2/23	5p-7pm	\$25R/\$30NR

# ADULT PROGRAMS

## \*NEW Adult Beginner Modern Dance

For adults of all ages, body types and fitness levels! No dance experience necessary! We will explore different qualities of movement, musicality, artistry, momentum, and control, through the art of modern dance. Class will include floorwork, standing exercises, traveling combinations, and gentle stretching, all taught in a supportive and fun environment.

Ages: 18+ Location: LA Rm #1

Day	Date	Time	Price
Program #4517-A			
Fri	1/19-2/23	11:45-12:45pm	\$60R/\$70NR

## \*NEW Intermediate/Advanced Doubles Pickleball Tournament

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

**\*Must sign up as a team\***

**Everyone must sign up (A week prior to tournament date) by 1/7 or 2/11**

Min: 8 teams Max: 16 Teams  
Lunch will be provided!

For a complete set of rules and tournament - style information, contact Caitlin Curley  
caitlinc@townofsweden.org

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Session I Program #4517-B			
Sun	1/14	11:30-4:30 pm	\$35 per team
Session II Program #4517-C			
Sun	2/18	11:30-4:30 pm	\$35 per team

## 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: SCCC Gym

Day	Date	Time	Price
Program #4517-D			
Tue	1/9-3/12	6-9pm	\$150

\*No Games 2/20 \*\$10 Referee fee per match

**\*You must register a complete team and pay BEFORE first day \*Sign up deadline 1/4**



## Open Cornhole

Cornhole fun does not need to be limited to just back yard barbecues. Join our adult recreational open corn hole and play more often! All skill levels welcome. The program will be Tuesdays in Dec., Jan. & Feb. Play 2 games a night. Teams will consist of 2 players. Ages: 18+

Location: SCCC

Day	Date	Time	Price
Tue	12/12-2/20	6-7:45pm	\$2R/\$3NR pp

**\*No Cornhole 12/26 & 1/2**



# ADULT PROGRAMS

## Vinyasa Flow and Stretch

This stress reducing hour of yoga integrates the mind and body. It combines the breath with flowing movement, strength, and flexibility; along with balance and Pilates core work. For all levels. Please bring a yoga mat.

Instructor: Barb Whited

Max: 16 Location: Large Activity Rm #3

Day	Date	Time	Price
Session I	Program #4518-A		
Mon	1/8-2/12	6:30-7:30pm	\$55R/\$60NR
Session II	Program #4518-B		
Mon	2/26-3/25	6:30-7:30pm	\$55R/\$60NR

## \*NEW Bird Carving

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

Age: 18+ Instructor: Al Cretney

Location: Large Activity Room # 3

Day	Date	Time	Price
Program #4518-C			
Tue	12/5-2/27	10am-12pm	\$30R/\$35NR

## Arts and Carafes

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

Ages: 21 and up Min: 6 Max: 24

Location: Lounge

Instructor: Local Artist Erin Lawrenz

Days	Dates	Time	Price
Session I	Program #4518-D		
Fri	12/22	6-8 pm	\$35R/\$40NR
Session II	Program #4518-E		
Fri	1/26	6-8 pm	\$35R/\$40NR
Session III	Program #4518-F		
Fri	2/9	6-8 pm	\$35R/\$40NR

## 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
Session I	Program #4518-G		
Tue	1/9-2/13	6pm-7pm	\$60R/\$65NR

## \*NEW Line Dancing

Country Western Line Dancing is becoming more And more popular. It's a great way to exercise, have fun and meet new friends all at the same time! Whether you are a beginner or already have dance experience, we welcome all skill levels, partners not needed! Come learn all the popular dances to a wide variety of music styles- including the classic "oldies" and the current dances too! All levels and ages welcomed!

Instructor: Gloria Lear Location: Senior Rm Side B

Day	Date	Time	Price
Session I	Program #4518-H		
Mon	12/4-1/15	5:00-6:00pm	\$8R/\$10NR
Session II	Program #4518-I		
Mon	1/29-2/26	5:00-6:00pm	\$8R/\$10NR

**\*No Class 12/25 or 1/1**

## 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 #4518-J			
Wed	1/10-2/28	11am-12pm	\$50R/\$55NR

## \*NEW Adult Intermediate/Advanced Ballet/Jazz

This is a fun and recreational Intermediate level dance class that is well suited for dancers with previous experience and individuals that would like to continue developing their current dance related skills. Dancers will learn new steps/combinations in a positive and supportive manner and can experience the multiple benefits of dancing including: improvements in their cardiovascular health, physique, mood, agility, strength, stamina, flexibility and technique/expression. Dancers will gain social connectedness and inclusion within their community by becoming part of a group that shares their appreciation and love for dance.

Ages 18+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4518-K			
Th	1/11-2/15	12-1pm	\$60R/\$65NR

# ADULT PROGRAMS

## Personal Training

Are you looking for a personal trainer? Give one of our two personal trainers a call!  
 Karla Davy: 585-355-9816  
 kglove3@hotmail.com  
 Terri Steigelman-Johnson: 414-559-4992  
 steigelmawomanfitness@yahoo.com  
 A single session is \$30 or you can pay for a pack of six sessions for \$150.

## Fitness Center Membership

Membership 1month 3month 1 year

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

\*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Call 431-0090 to set up appointment. **\* Please Note: Fitness Center closes 15 minutes before community center. Fitness Center is closed from 11:15am-12pm for cleaning M-F.**  
 Daily Rates: \$5 adult; \$3 senior

## Open Pickleball

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

Day	Time	Price
MWF	10am-1:15pm	\$1R/\$2NR
T,Th	10-11:30am	\$1R/\$2NR
T,Th	11:45am -1:15pm	\$1R/\$2NR
Sun	9-11am (Seasonally)	\$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)

## \*NEW Coffee Club

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

Day	Time	Price
Mon	9am-10:30am	\$1

## JAZZERCISE BROCKPORT



4927 Lake Rd S \* Brockport, NY  
 513-218-0468

\* jazzercisebrockport@gmail.com

6am	M	T	W	TH	F+
7:30am			SA	SU	
7:45am			W+++		
8:15am	M+	T+	W+	TH+	F+
8:30am	SA+++	SU+			
9am	M	T++	W	TH++	F
4:45pm	T	TH			
6pm	M	W			

+ Sculpt 45, ++ LO, +++STRETCH

Come try a class for free!



## \*NEW Self-Care for Caregivers

Caring for human beings is the most beautiful and exhausting job in the world. As you pour yourself out physically and emotionally for others, you may at some point feel like you have nothing left to give. Join us for a 90-minute workshop utilizing mindfulness, gentle movement, and vagus nerve activation to regulate your nervous system & nourish your soul--so you can keep on loving your people well. You will leave empowered with tools to continue caring for yourself to prevent & recover from burnout and live a life that feels sustainable, not impossible.

Location: Large Activity Rm #3

Day	Date	Time	Price
Session I Program #4519-A			
Sat	12/16	10-11:30am	\$25R/\$30NR
Session II Program #4519-B			
Sat	2/3	3-4:30pm	\$25R/\$30NR



# 55+ SENIOR PROGRAMS

## \*NEW Trivia

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

Location: Senior Rm

Day	Date	Time	Price
Program #4519-C			
Wed	12/6	2pm-3:30pm	\$3R/\$4NR
Program #4519-D			
Wed	12/20	2pm-3:30pm	\$3R/\$4NR
Program #4519-E			
Wed	1/10	2pm-3:30pm	\$3R/\$4NR
Program #4519-F			
Wed	1/24	2pm-3:30pm	\$3R/\$4NR
Program #4519-G			
Wed	2/7	2pm-3:30pm	\$3R/\$4NR
Program #4519-H			
Wed	2/28	2pm-3:30pm	\$3R/\$4NR

## \*NEW Senior's Open Cornhole

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

Location: Senior Rm

Day	Date	Time	Price
Fri	12/8-2/23	2pm-3pm	\$1R/\$2NR

## Christmas Lunch Potluck

Get in the Holiday Spirit with our Christmas Potluck! Bring your friends and a dish to pass, while enjoying a classic Christmas movie! We will provide everything you need to enjoy your food as well as drinks and popcorn! When registering, please indicate what you will be bringing!

Location: Café

Day	Date	Time	Price
Program #4520-B			
Wed	12/13	12pm-3pm	\$2R/\$3NR

## Beginning Ballet for Seniors

Increase mobility, balance, strength, and coordination through the graceful art of ballet! Class will begin with exercises at the barre and progress to center combinations, travelling combinations, and gentle stretching. All exercises can be adapted to individual needs and abilities and will be taught in a fun, supportive environment.

Location: Large Activity Rm #1

Day	Date	Time	Price
Program #4520-C			
Thu	1/18-2/22	4:15-5:15pm	\$50R/\$55NR

## Valentines Day Pasta Dinner

Come join us for a lovely evening of dinner to celebrate the holiday of love! Whether you are single, married or dating- all are welcome! Music will be playing while you enjoy a delicious pasta dinner, Garden salad, dinner rolls, dessert and drinks! Please Pre-Register!

Location: Senior Rm

Day	Date	Time	Price
Program #4520-D			
Wed	2/14	3:30-5pm	\$12R/\$17NR
\$5 off for 2 or more people signed up			

## Chess Club

Chess club is a place where different players with varying strengths and experience can interact together, this way they can learn, compete, and make each other better every single session.

Held weekly, with tournaments the last Thursday of every month! Location: Senior Rm

Day	Date	Time	Price
Program #4520-E			
Th	12/7-2/29	1:30pm-3pm	\$1R/\$2NR

## \*NEW Chess Club Tournament

Whether you are a member of our Chess Club or not, you can compete once a month in our tournaments! A chess tournament is a series of chess games played competitively to determine a winning individual. Winners will receive a \$10 gift certificate to use here at the Sweden Clarkson Community Center. Lunch will be provided! Please Pre-Register! Location: Senior Rm

Day	Date	Time	Price
Program #4520-F, #4520-H, #4520-I			
Th	12/28, 1/25, 2/29	1:30-3pm	\$8R/\$10NR

## Silver Sneakers Winter Social

As a member of our Silver Sneakers program, you get to enjoy great fitness classes taught by our fantastic instructors! This year, we wanted to invite everyone to our winter social! Bring a snack to pass and we will provide drinks and a water bottle. As a thank you for your continued participation! Location: Large Activity Rm #1

Day	Date	Time	Price
Program # 4520-G			
Fri	1/5	11am-12pm	\$2

## Open Senior Chair Volleyball

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

Location: Large Activity Rm #3

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

# 55+ SENIOR ENTERTAINMENT



## Trip to Geva Theatre Program #4521-A

Come join us on our Senior trip to see "A Christmas Carol". The sparkling classic returns, full of spectacular magic, heartwarming music, and holiday tradition. On Christmas Eve, Scrooge is visited by a series of ghosts who remind him who he was and what he might yet become. He discovers the true meaning of the season and that it's never too late to make a new start. The famous tale of redemption for the most despised man in London will awaken your heart and rekindle your spirit in this critically acclaimed adaptation. Pre-Register Required by Dec 16th

Leave Rec Center: 12:30pm Arrive Back at Rec Center: 5pm

<u>Day</u>	<u>Date</u>	<u>Price</u>
Sat	12/30	\$55R/\$60NR



## Batavia Downs

Batavia Downs Gaming & Hotel is the area's premier entertainment destination. Enjoy gaming, shopping & dining in their non-stop-fun atmosphere. Have the time of your life with over 800 of the hottest and most in-demand games!

This trip is providing ONLY transportation.

No meals or gaming vouchers available.

Leave Rec Center: 9:30PM Arrive Back at Rec Center: 3:00 PM

Pre-Register Required! Program #4521-B

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Sat	1/6	9:30am-3pm	\$20R/\$25NR



# 55+ SENIOR PROGRAMS

## MahJongg

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

We play using the National Mahjongg League rules. A current league card is required. It can be ordered at [nationalmahjonggleague.org](http://nationalmahjonggleague.org).

Not sure how to play or need a refresher course? Feel free to come watch or sit in at the learning table. Location: Senior Room

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

## Silver Screen Movie Club

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

Max Number of People: 25

**\*\*Must register one week prior\*\***

Day	Date	Time	Price
IT'S A WONDERFUL LIFE Program #4521-C			
Thu	12/14	1pm	\$3R/\$4NR
LITTLE WOMEN (1949) Program # 4521-D			
Thu	1/11	1pm	\$3R/\$4NR
AN AFFAIR TO REMEMBER Program #4521-E			
Thu	2/15	1pm	\$3R/\$4NR

## Sweden Senior Singers Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community. Location: Senior Room

Day	Date	Time
Wed	Sept-May	10-11:30am

## Nutrition with Ally Miller

Take the opportunity to come & learn about nutritional tricks and tips to better eating habits. What makes a well balanced meal and keeps you coming back for more.

Location: Senior Rm

Day	Date	Time	Price
Monday	12/18	12pm-1pm	Free
Monday	1/15	12pm-1pm	Free
Monday	2/19	12pm-1pm	Free

## 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
<b>*Mon</b>	<b>11-11:45 am</b>	<b>Chair Yoga</b>
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
<b>*Sat</b>	<b>9-9:45 am</b>	<b>Classic</b>

### **\*Is for new class times.**

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

## Description of SilverSneakers Classes

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

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

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

# 55+ SENIOR PROGRAMS

## Euchre Tournaments

Love playing euchre? We do too! We will be hosting a progressive euchre tournament! This means that you will play with different partners all day. At the end of the tournament, one person will be crowned euchre champion! Are you the best euchre player in the area? Come find out! \*Prizes awarded to first and second place. \*Register as individual. Not as a team!

+ Lunch & Drinks

Ages: 21+

Location: Senior Room

**\*Pre-Registration Required!**

Day	Date	Time	Price
Program #4522-A			
Mon	12/18	11:30am	\$8 per person
Program #4522-B			
Mon	1/15	11:30am	\$8 per person
Program #4522-C			
Mon	2/19	11:30am	\$8 per person

## Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm

Fee: \$1 per visit Location: Senior Room

## Dresses for Girls Around the World

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

Andrea Perry 637-5648

Location: SCCC Café

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

## Book Discussion Club

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

## Medicare 101

Join Theresa Seil to learn the basics of Medicare! Learn about the eligibility requirements of Medicare, Medicare Parts A, B, C and D, and Medicare costs and benefits. We discuss Part D prescription drug coverage, Medigap and Medicare Advantage Plans. This is an educational session for people turning age 65 or anyone already participating in Medicare! Theresa is a Licensed Insurance Agent affiliated with Maust & Leone. Wednesday, January 17, 2024 6:30-7:30pm FREE, FREE, FREE!

## Beginner Line Dancing

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

Location: Large Activity Room 3.

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

## Bingo

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

Location: Senior Rm Dates: 12/12,1/16,2/13

## Christmas Wreath Making Class

Come join us in creating your very own Christmas wreath! We will provide a circular wreath and it is up to you to fill it with Christmas magic! Ribbons, birds, pine cones, leaves and more can be added to your wreath. Then with the help of some hot glue and Christmas cheer, you can bring your project to life! Please Pre-Register!

Location: Senior Rm

Day	Date	Time	Price
Program #4522-D			
Tue	12/12	2pm-3:30pm	\$10R/\$15NR

## Knitting Club

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

Day	Time
Fri	10am-12pm

## Open Tai Chi

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

Instructor: Jane Harr

Location: Large Activity Room 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. Anyone over the age of 18 qualifies to use Give-A-Lift. Call Amanda Kinney at 431-0088 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](http://www.swedenclarksonrec.recdesk.com)

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

[www.swedenclarksonrec.recdesk.com](http://www.swedenclarksonrec.recdesk.com) and pay online or in our office.

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

Make checks payable to: Town of Sweden.

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

### Participant Info.

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

### Household Information

First: Last: D.O.B.

(If different from registrant(s))

Address:

City:

Zip:

Home Phone:

Cell:

/Carrier:

Work:

Text Alerts: Yes No

Email (add us to your contact list to prevent going into junk folder):

Town of Sweden/Clarkson Resident (circle): Yes No

Emergency Contact/Pick-up:

Phone Number:

### Note

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

Would you like to Volunteer Coach? Yes No

### Waiver of Participation

#### Waiver of Participation/Refund Policy/Photo Release:

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Community Center

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

## Sweden Town Park—Redman Road

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$75/field 3 hour block	\$100/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession w/ Pavilion #2	\$35/day	\$45/day	\$25 Security deposit needs to be a check	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day		Grill/picnic tables	Rec Dept. 431-0090
Lodge	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit needs to be a check or mon-	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace,	Rec. Dept. 431-0090
Splash Pad	For information please visit <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 The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$175/day 8 am—10 pm	\$175/day 8 am— 10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Clarkson Hafner Park	Football \$50/field Other \$30/field for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	N/A	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	N/A	Softball fields, lacrosse	Rec Dept. 431-0090
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130