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Sweden Clarkson Community Center

4927 Lake Road South, Sweden

Phone: 585-431-0090 Fax: 585-431-0052

www.swedenclarksonrec.com

The Center

133 State Street, Brockport

Phone: 637-8161 Fax: 637-0205

www.swedenclarksonrec.com

Registration Policy

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

Non-Resident Policy

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

Credit/Refund Policy

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

Gift Certificates

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

Financial Assistance/Scholarships

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

Videotaping

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

Locker Rooms and Lockers

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

Weather Cancellation Hotline

Program status is updated on the 24-hour information at 585-431-0085. The hotline is updated by 4:30 pm daily. Facility Closing Information is sent to YNN News.

Facebook

Like us on Facebook at Sweden Clarkson Recreation
Like us on Facebook at The Center in Brockport NY

Payment Options

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

Community Center Hours

Sept. 1—30	Mon—Thursday	6 am—8 pm
	Friday	6 am—6 pm
	Saturday	8 am—3pm
	Sunday	8 am-noon
	CLOSED Sept. 6 & 7 for Labor Day	

Oct. 1—Nov. 30	Mon—Fri	6 am—8 pm
	Sat. & Sun.	8 am—3 pm

CLOSED Nov. 25 at 3pm; CLOSED Nov. 26

Dec. 1—Dec. 31	Mon—Friday	6 am—8 pm
	Saturday	8 am—6 pm
	Sunday	8 am—3 pm

CLOSED Dec. 24 & 31 at 3pm; CLOSED Dec. 25 & Jan. 1

The Center Hours

Sept 1-December 31	M/T/Th/F	9am-3pm
	Wednesday	9am-4pm

Closed 9/7; 10/12; 11/11, 26 & 27; 12/24, 25& 31; 1/1/16

Directory

Recreation Supervisor Jill Wisnowski	431-0050
jillw@townofsweden.org	
Recreation Assistant Joe Kincaid	431-0088
joek@townofsweden.org	
Recreation Assistant Megan DeMarco	431-0086
megand@townofsweden.org	
Recreation Assistant Tracy Crooks	431-0087
tracyc@townofsweden.org	
Recreation Assistant Grant Holupko	431-0087
granth@townofsweden.org	
Staff: Andre Calzone, Ashley Hermance, George Kimball	
Clerical Assistant Diane Samons	431-0090
dianes@townofsweden.org	
The Center Staff Deanna Irvine	637-8161
deannai@townofsweden.org	

Sweden Town Board

Supervisor Rob Carges	637-7588
Councilperson Robert Muesebeck	
Councilperson Rebecca Donohue	
Councilperson Donald Roberts, Jr.	
Councilperson Danielle Windus-Cook	

Clarkson Town Board

Supervisor Paul Kimball	637-1131
Councilperson Allan Hoy	
Councilperson Christa Filipowicz	
Councilperson Patrick Didas	
Councilperson Jackie Smith	

Website

www.swedenclarksonrec.com

Partnering for recreation—together we do it better!

Following in the 40-year tradition of the Brockport Clarkson Sweden Joint Recreation Commission, the Towns of Sweden and Clarkson have been providing recreational opportunities for residents of all ages, interests and abilities for the past 13 years.

“The benefits to our residents are tremendous,” said Clarkson Supervisor Paul Kimball. “Instead of duplicating facilities and programs just a few miles apart, we work together to bring our joint residents a broad array of recreation—without the duplication.”

Quality of life and personal health is what recreation is all about. Offering programs that encourage physical activity, social engagement, and intellectual/creative stimulation help the communities’ youngest through oldest citizens thrive.

Providing these benefits in an affordable way is the challenge. “We use a combination of user fees and tax dollars to fund our recreation facilities and programs,” Sweden Supervisor Rob Carges said. “We try to set fees at levels that make our programs accessible to all residents, but at the same time, we don’t allow the taxpayer share to be burdensome.”

With a decline in the youth population, the fastest area of growth for Sweden Clarkson Recreation the last few years has been adult programming. This is also fueled by the growing awareness among adults about the benefits of an active lifestyle. Inside this brochure you’ll find yoga, Zumba, personal training, Silver Sneakers, belly dance, modern dance, clogging, line dancing, Tai Chi, swimming, pickleball, volleyball, horseback riding and Tae Kwon Do for adults as well as cards, games, crafting, dining, baking, CPR, and clubs and special events.

Sweden Clarkson Recreation youth programs are strong. The department is just finishing a successful Summer Camp program that provides a safe and engaging environment for children. For the fall—competitive sports leagues, instructional sports programs, health and safety classes, dance and computer instruction, and a popular before-and-after school recreation program keep the Town’s facilities hopping.

“If we teach our children to be active,” Kimball said, “they’ll be more likely to stay active as adults. Healthy residents make a healthier community.”

Activity level doesn’t have to decline because the days get shorter and the weather less amenable. Indoor programs peak during the winter months, but residents shouldn’t forget about Sweden and Clarkson parks.

“There may not be organized sports at the parks during



Supervisors Paul Kimball and Rob Carges

the winter months,” Carges said. “But residents shouldn’t forget that our parks are a great place to hike, snow shoe, cross-country ski and ice skate.”

Clarkson has three town parks: Hafner on Lake Road, Ridgewood on Ridge Road and San Soucie Park on the canal. Sweden has one 156-acre park on Redman Road. New this fall at the Sweden Town Park will be a dog park through the Monroe County Department of Parks. Clarkson residents will be able to enjoy the benefits of the dog park through a user fee paid to Monroe County—just as Sweden residents enjoy the benefit of a boat launch provided by Clarkson.

“The two Towns work really well together,” Carges said. “Our recreation partnership is an excellent example of inter-municipal cooperation and shared services.”

A message from your recreation department

This fall your Sweden/Clarkson Recreation Department is doubling down on fitness! We don't want you to wait until your January New Year's resolution to become healthier. We want you to start now—to build on all that sunshine, fresh air and outdoor activity of our glorious summer and bring it in with us for the fall!

Have you ever thought about joining our fitness center? No, we're not open 24/7 and we don't have all the equipment of one of the huge commercial gyms **but** we are affordable and we are in your backyard.

Do you know the number one reason people don't stick to a fitness program? Distance traveled to the facility. Whether you live in Sweden or Clarkson (like I do), you're only a few minutes drive away from the fitness center at the Community Center.

We've added new fitness activities to our schedule. Are you hesitant about joining the fitness center because you don't know how to use the equipment? We don't want you to be intimidated so Grant Holupko and Andre Calzone are ready to help you. From a one-time lesson to a few sessions, we'll help you succeed.

Have you heard about the benefits of circuit training but

don't really know what it is? In a nutshell, circuit training involves moving from activity to activity, alternating between strength and cardio in one to three minute intervals. Grant and Andre can help you get you started... and stay on track! How about personal training?

We have new options for private lessons.

If you prefer a group instruction setting—we have it—from yoga to belly dance, from water fitness to total body workouts, from Zumba to Jazzercise, from Tae Kwon Do to clogging, from Silver Sneakers to modern dance. Like solitude? Walk in the gym or shoot some hoops. Walk, jog or play in the parks!

Come on and get your fitness on!



Jill Wisnowski

CLARKSON GOOD NEIGHBOR DAY

One day event at Hafner Park

Friday, August 14 ~ 5:00 pm - til'

- Lions Club Car Show (5 pm—dusk)
 - Monster Trucks
 - Bounce House and more
- Music by "Revolver (5:30-8:30 pm)
 - Clarkson Classic 5K (6 pm)
 - Frog Jumping Contest (7 pm)
- Children's movie *Big Hero 6* at dusk
 - Fireworks (following movie)



Instructional Tot Basketball

Is your tot interested in learning the basics of basketball? Come join the SCCC staff! We will learn dribbling, shooting, passing and more. This six-week class is designed to help your child gain a great foundation for the game of basketball. Instructor: Kyle Luce. Ages: 4-5. Location SCCC gym west. No class 11/25.

Day	Date	Time	Price
Program #3847-A			
Thu	9/10-10/15	5-5:45 pm	\$30

Instructional Tot Soccer

Is your tot interested in learning the basics of soccer? Come and join the SCCC staff! We will learn dribbling, shooting, passing and more. This six-week class is designed to help your child gain a great foundation for the game of soccer. Instructor: Kyle Luce. Ages: 4-5. Location: SCCC gym west.

Day	Date	Time	Price
Program #3847-B			
Wed	9/16-10/21	5-5:45 pm	\$25

Instructional Youth Basketball

This program will help your child refine the skills that they have already attained so far. They will learn different dribbles, offense, defense, shooting and some game play. Instructor: Kyle Luce. Ages: 8-12. Location: SCCC gym west.

Day	Date	Time	Price
Program #3847-C			
Thu	9/10-10/15	6-7pm	\$30

Instructional Floor Hockey

This program will help your child refine skills. They will learn offense, defense, stick handling, teamwork and some game play. Instructor: Coach Joe. Ages 7-10. Location SCCC gym west. No class 11/23.

Day	Date	Time	Price
Program #3847-D			
Thu	10/29-12/10	6-7 pm	\$30

5 on 5 Fall Soccer League—NEW

This new league will be held indoors and teams will be 5 on 5 for games. Players will receive a shirt for game play. Please register by August 28. Ages 8-12. Volunteer coaches needed! Location: SCCC gym.

Day	Date	Time	Price
Program #3847-E			
Mon	9/14-11/2	6-9pm	\$50

Flag Football League

This six-week league will prepare kids 8-12 for playing organized football. The first 2 weeks are practice with the remaining 4 weeks games. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponent's home park. Volunteer coaches are needed. Contact Joe Kincaid for information.

Day	Date	Time	Price
Program # 3847-F			
Sat	9/19-10/24	10 am	\$29
Ages 7-9		Ages 10-12	

Private Pitching Instruction NEW

Do your boys want to get serious about becoming a quality pitcher in the years to come? We have the answer for you. Recreation Assistant Joe Kincaid will teach your son in a one-on-one setting to understand the whole pitching process. We will learn mechanics, technique, posture, footwork, thought process, pitch selection, etc. If you want your son to be a force on the mound, this is the way to go! Location: SCCC gym.

Day	Date	Time	Price
Program # 3848-A			
By appointment only			\$20/hour

Youth Tae Kwon Do

Ages: 6-12. Location: SCCC Large Activity Room 1. If signing up for both sessions—only \$50 for both! Instructor: Rob Slocum

Day	Date	Time	Price
Session I Program #3848-B			
M/TH	9/14-10/22	7pm-8pm	\$30
Session II Program #3848-C			
M/TH	11/2-12/17	7 pm—8 pm	\$30

Open Homeschool Program

Brockport Area Homeschoolers are a group of families with children of all ages that meet weekly at the Community Center to socialize, have fun and take part in regular field trips. This group is not religion based and is friendly to any form of schooling/unschooling or curriculum use. Parental attendance and supervision of children is required. For more information, please call Jamie at 205-3393. Starts September 4.

Day	Time	Price
Fridays	12 noon—3pm	\$2/participant

Little Steps Play and Learn

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop or meet a friend for coffee? Then come join Miss Mary (NYS certified teacher) for simple routines, story time, arts & crafts and enriching games in a place where **creativity** encourages learning, **caring** encourages friendships and a **loving environment** encourages social and emotional growth. Space is limited so sign up early.

Two year old program (need not be potty trained):

Day	Date	Time	Price
Session I Program #3846-A			
M & W	9/9-10/14	9:30-10:45 am	\$44
Session II Program #3846-B			
M & W	10/19-11/23	9:30-10:45 am	\$44
Session III Program #3846-C			
M & W	11/3-1/13	9:30-10:45 am	\$44

Three-four year old program (need not be potty trained):

Day	Date	Time	Price
Session I Program #3846-D			
M & W	9/9—10/14	11-12:15 pm	\$44
Session II Program #3846-E			
M & W	10/19-11/23	11-12:15 pm	\$44
Session III Program #3846-F			
M & W	11/30-1/13	11-12:15 pm	\$44

NO CLASSES Monday, Oct. 12, Wednesday, Nov. 11.
NO CLASSES Dec. 17–Jan. 3. Classes resume January 4, 2016.

Blue Devils Travel Basketball

Blue Devils Basketball is a highly competitive basketball league played through Monroe County. Players must attend at least ONE of the try-out dates to make the team (there are player cuts). The season runs from October to March. Players from Sweden, Clarkson, Hamlin, Kendall and Holley are welcome to tryout. For more information call Joe Kincaid at 431-0088 or email joek@townofsweden.org. Open to boys and girls in grades 3-6. Location: SCCC gym.

3rd & 4th grade try out dates

Saturday, October 10 9 am—10 am

OR

Sunday, October 11 9 am-10 am

5th & 6th grade try out dates

Saturday, October 10 10 am—11 am

OR

Sunday, October 11 10 am—11 am

Westside House Basketball

This 14-week league will consist of Thursday and Saturday practices and 10 weeks of games. Practices will continue on Thursday nights once games begin on Saturdays. All games are held at the Community Center. A jersey is included in the price for each participant. Saturday practices and games are held between the hours of 10 am and 3 pm. Thursday practices are held between 5:30 and 8:30 pm. Teams will play other Sweden/Clarkson teams as well as teams from Kendall, Hamlin and Riga. Minimum: three teams per age group. Mandatory evaluation day: Saturday, November 14 at 10 am. Volunteer coaches are needed. Contact Megan DeMarco at me-gand@townofsweden.org

* No games December 26, January 2, or February 20.

Day	Date	Time	Price
Th/Sat	11/14-3/5	varies	\$80
Program #3849-A		Boys Grades 3/4	
Program #3849-B		Boys Grades 5/6	
Program #3849-C		Girls ages 8-12	

Before and After School Drop-in Recreation Program

It is our pleasure to offer a safe and secure drop-in before and after school program. Your child will participate in board games, arts & crafts, team sports, open play and use of our outdoor basketball courts, activity rooms, playground and full-size gymnasium.

This drop-in recreation program is designed for children kindergarten—sixth grade. Children may be dropped off in the morning as early as 6:30 am; after school pick-up must be by 6 pm. Parents/guardians must arrange for bus transportation with the Brockport Central School District. Fee schedule is:

Payments made before the 25th of the prior month:

Morning OR afternoon: \$8; both = \$14

Payments made after the 25th of the prior month:

Morning OR afternoon \$10; both = \$19.



Home Alone Safety

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

Day	Date	Time	Price
Session I Program #3850-A			
Wednesday	11/11	9-11am	\$20

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. Please bring a bagged lunch and a self-addressed envelope. Location: SCCC conference room.

Day	Date	Time	Price
Session I Program #3850-B			
Wednesday	11/11	11 am—4pm	\$45

First Aid for kids/Scouts

Taught by EMTs and Paramedics, this course teaches 8-14 year old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat and cold emergencies. Also addressed are several common medical emergencies found in many schools today such as: food allergies, diabetes, seizures and asthma. This course meets the requirements for several Boy/Girl Scout badges. Location: SCCC conference room.

Day	Date	Time	Price
Session I Program #3850-C			
M-F	11/11	11 am—12:30pm	\$18

Kids Get Fit by Jazzercise

Join Miss Ashley and Miss Sue after school, once a week for fun and games, exercise and a healthy snack. Take the bus to Sweden Clarkson Community Center from school and we will meet you there!

Day	Time
Tuesdays	after school until 4:45 pm

* No class November 24. Call 469-3697 or 738-3555 for more details. Let's have fun and get fit!

Jill's favorite fall activity: Riding my bike on the canal and enjoying the leaves as they change color!

Leadline 1 Horseback Riding

Students will ride a horse led by an adult. Basic horse information will be taught as well! Perfect for children interested in horses. Ages 5-8. Max: 3 students per session. Location: Church Hills Stable, Hilton.

Day	Date	Time	Price
Session I (six weeks) Program #3851-A			
Tues	9/15-10/20	6:30-7pm	\$90
Session II (four weeks) Program #3851-B			
Tues	11/3-11/24	6:30-7pm	\$60

Leadline 2 Horseback Riding

Time to take beginner horseback riding to another level! Students will ride the horse led by an adult. In addition, students will also learn horse care including grooming, tacking and feeding. Ages 7+. Max: 3 students per session. Location: Church Hill Stable, Hilton.

Day	Date	Time	Price
Session I (six weeks) Program #3851-C			
Tues	9/15-10/20	7-8 pm	\$142
Session II (four weeks) Program #3851-D			
Tues	11/3-11/24	7-8 pm	\$95

Beginner 1 Youth Horseback Riding

Horseback riding is available to more ages! Students in this class will learn basic riding skills in addition to learning grooming and tacking the horse. Ages 9+. Max: 3 students per session. Location: Church Hills, Stable, Hilton.

Day	Date	Time	Price
Session I (six weeks) Program #3851-E			
Thu	9/17-10/22	6-7 pm	\$142
Session II (four weeks) Program #3851-F			
Thu	11/5-12/3	6-7 pm	\$95

* No class 11/26

Beginner 2 Youth Horseback Riding

A continuation of Beginner 1. Students will continue to develop riding skills and knowledge of horse care. Beginner 1 is a prerequisite. Ages 9+. Max: 3 students per session. Location: Church Hills Stable, Hilton.

Day	Date	Time	Price
Session I (six weeks) Program #3851-G			
Thu	9/17-10/22	7-8 pm	\$142
Session II (four weeks) Program #3851-H			
Thu	11/5-12/3	7-8 pm	\$95

* No class 11/26

ATTENTION All Horseback Riding

Participants must sign up at least 2 days before the start of the session.

Beginner Sign Language (Age 4-6)

Learn basic sign language with Ms. Tracy. Children will learn colors, numbers, the alphabet, days of the week and more. Ages 4-6. Location: SCCC. Instructor: Tracy Crooks. Minimum: 3. Maximum: 8.

Day	Date	Time	Price
Session I Program #3853-A			
TH	9/10-10/15	5:30-6:15 pm	\$30

Beginner Sign Language (Age 7-12)

Learn basic sign language with Ms. Tracy. Students will learn colors, numbers, the alphabet, days of the week and more. Bring a friend and communicate with our hands. Ages 7-12. Location: SCCC. Instructor: Tracy Crooks. Minimum: 3. Maximum: 8.

Day	Date	Time	Price
Session I Program #3853-B			
TH	9/10-10/15	6:30-7:15 pm	\$30

Fall Pumpkin Carving & Craft

Let's carve pumpkins and make a fall craft together. Bring your own pumpkin and we will supply the carving materials. You'll also make a fun craft. Instructor: Tracy Crooks. Location: SCCC Small Activity Room.

Day	Date	Time	Price
Session I Program #3853-D			
Wed	10/28	6:30-7:30 pm	\$6



Introduction to Arduino Programming

The Arduino is a microcontroller that can be used to create interactive electronics projects. Originally designed so that artists could use it in their creations, the Arduino platform has become an excellent tool to introduce beginners to the world of interactive electronics. This series of classes will introduce students to the basics of programming using light emitting diodes (LEDs), switches, sensors and the Arduino microcontroller. Instruction will make use of the Sparkfun Digital Sandbox® which includes all of the sensors, LEDs and an on-board

Arduino controller. Students should take the series in sequence. (*Arduino is a product of the Arduino, LLC. The Digital Sandbox is a product of Sparkfun Electronics, Inc. These classes are not affiliated or endorsed by the Arduino, LLC or Sparkfun Electronics, Inc.*) Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Each session has classes that meet one hour per day for three days. Ages 12-14. Location: SCCC.

Series One: Light it up - Program the Arduino to light up LEDs individually, in groups and in different colors. Introduces loops, Pulsed Width Modulation, RGB coloring and variables.

Day	Date	Time	Price
Session I Program #3852-C			
Tues	9/15 & 9/22 & 9/29	5-6 pm	\$60

Series Two: Interacting - A continuation of Series One. Use conditional statements and analog inputs to interact with the Arduino.

Days	Date	Time	Price
Session I Program #3852-D			
Tues	11/3 & 11/10 & 11/17	4-5 pm	\$60

Introduction to Robotics

Learn to build and program robots using Lego® NXT system. Each week learn a new aspect of programming to help your robot complete a new challenge. Each session meets one hour per day for three days. Students should progress from the beginner to immediate then advanced course. (*Lego and NST are trademarks of the LEGO Group. These classes are not affiliated or endorsed by the Lego Group*). Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Ages 10—14.

Beginner Session: Introduction to NXT programming. Learn how to program the robotic brick and make a moving robot.

Day	Date	Time	Price
Beginner Session I Program #3852-A			
Thurs	10/8 & 10/15 & 10/22	5-6pm	\$45

Intermediate Sessions: Using sensors and switches to make your robot interact with the world.

Day	Date	Time	Price
Intermediate Session I Program #3852-B			
Tues	11/3 & 11/10 & 11/17	5-6 pm	\$45

Before and After School Drop-in Recreation Program

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This drop-in recreation program is designed for children kindergarten—6th grade. Children may be dropped off in the morning as early as 6:30 am; after school pick-up must be by 6 pm. Parents/guardians must arrange for bus transportation with the Brockport Central School District.

Payment before the 25th of prior month:

Before or After: \$8

Both: \$14

Payment after the 25th of the prior month:

Before or After: \$10

Both: \$19



Before & After School Recreation Program—Safe, Fun, Affordable!

Tot Swim

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

Day	Date	Time	Price
Session I Program #3854-A			
Wednesdays	9/16-10/21	6:15-6:45 pm	\$40
Session II Program #3854-B			
Saturdays	9/19-10/24	11-11:30 am	\$40
Session III Program #3854-C			
Wednesdays	11/4-12/16	6:15-6:45 pm	\$40
Session IV Program #3854-D			
Saturdays	11/7-12/19	11-11:30 am	\$40

*No classes 11/25 and 11/28

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
Session I Program #3854-E			
Wednesdays	9/16-10/21	6:15-7 pm	\$40
Session II Program #3854-F			
Saturdays	9/19-10/24	11-11:45 am	\$40
Session III Program #3854-G			
Wednesdays	11/4-12/16	6:15-7 pm	\$40
Session IV Program #3854-H			
Saturdays	11/7-12/19	11-11:45 am	\$40

*No classes 11/25 and 11/28

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
Session I Program #3854-I			
Wednesdays	9/16-10/21	6:15-7 pm	\$40
Session II Program #3854-J			
Saturdays	9/19-10/24	11-11:45 am	\$40
Session III Program #3854-K			
Wednesdays	11/4-12/16	6:15-7 pm	\$40
Session IV Program #3854-L			
Saturdays	11/7-12/19	11-11:45 am	\$40

*No classes 11/25 and 11/28

Level III Goldfish

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

Day	Date	Time	Price
Session I Program #3854-M			
Wednesdays	9/16-10/21	7:15-8 pm	\$40
Session II Program #3854-N			
Saturdays	9/19-10/24	12-12:45pm	\$40
Session III Program #3854-O			
Wednesdays	11/4-12/16	7:15-8 pm	\$40
Session IV Program #3854-P			
Saturdays	11/7-12/19	12-12:45 pm	\$40

*No classes 11/25 and 11/28

Level IV Yellow Fins

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

Date	Date	Time	Price
Session I Program #3854-Q			
Wednesdays	9/16-10/21	7:15-8 pm	\$40
Session II Program #3854-R			
Saturdays	9/19-10/24	12-12:45 pm	\$40
Session III Program #3854-S			
Wednesdays	11/4-12/16	7:15-8 pm	\$40
Session IV Program #3854-T			
Saturdays	11/7-12/19	12-12:45 pm	\$40

* No classes 11/25 and 11/28

Level V Barracuda

Children in this group will work on standing dive, shallow dive, surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, treading water with two different kicks and survival swimming. Max. 6.

Day	Date	Time	Price
Session I Program #3854-U			
Wednesdays	9/16-10/21	7:15-8 pm	\$40
Session II Program #3854-V			
Saturdays	9/19-10/24	12-12:45 pm	\$40
Session III Program #3854-W			
Wednesdays	11/4-11/16	7:15-8 pm	\$40
Session IV Program #3854-X			
Saturdays	11/7-12/19	12-12:45 pm	\$40

No classes 11/25 and 11/28

YOUTH REGISTRATION FORM

4927 Lake Road Brockport, NY 14420 Phone:(585)431-0090 Fax:431-0052

Web: swedenclarksonrec.com

Name	Birthdate	Gender	Pant/Shirt Size	Program Name	Program #	Cost
Make Checks Payable To: *Town of Sweden*						Total

Medical Information:

Name	Please list any allergies, behavioral or medical issues your child's coach should be aware of to make your child's experience as positive as possible.

Household Information:

Email	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

Emergency Contact Name:

Relationship to Child	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

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:** _____

Please be sure to have entire form completed.

Incomplete payment or information will cause a processing delay for your child's registration.

Received By: _____ **Date:** _____

ADULT REGISTRATION FORM

4927 Lake Road Brockport, NY 14420 Phone:(585)431-0090 Fax:431-0052

Web: swedenclarksonrec.com

Participant Information:

Name	Birthdate	Gender	Phone
Address	City	State	Zip

Program Information: (Use Y-S, Y-M, Y-L, A-S, A-M, A-L, A-XL for sizing)

Program Name	Program #	Shirt Size	Pant Size	Program Cost
Make Checks Payable To: Town of Sweden			Total:	

Medical Information:

Allergy/Condition	Please list any information we should be aware of to make your participation as enjoyable and safe as possible.

Emergency Contact:

Name	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

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:** _____

Please be sure to have entire form completed.
Incomplete payment or information will cause a processing delay for your registration.

Received By: _____ **Date:** _____

iPad Classes

Do you have an iPad and want to do more with it? They say that the iPad is easy to use but some of the finer details can be tricky. We'll sit down and help you get everything set up just right. Each of the classes is independent so sign up for as many as you'd like. Bring along your iPad. Ages 15+. Instructor: Dr. Trevor Johnson-Steigelman. Location: SCCC.

iPad: Just Beyond the Basics

You've been using your iPad for a while now but there are some things that you haven't quite mastered yet. Does your iPad make noise at night? How would you find your iPad if it were lost or stolen? Do you want to customize your sounds? We'll fine tune your iPad including security, notifications and other settings.

Day	Date	Time	Price
Session I Program #3852-E			
Tues	9/15	6:30-7:30 pm	\$25

Reading on your iPad

We'll look at your options for reading books on your iPad. You can adjust the text and brightness to make things easier to read. You can hold a whole library of books in your hand but you don't have to buy them all. We'll look at sources of free books including the local library. We'll also look at newspapers, magazines and websites to keep you current with the world.

Day	Date	Time	Price
Session I Program #3852-F			
TH	10/15	6:30-7:30 pm	\$25

Communicating with the iPad

You're travelling but you'd like to see the kids or grand-kids. Maybe you have a job interview coming up. Did you know that there are several ways to video-chat with others? We'll investigate your options and get you started with Google Hangouts, Skype and/or FaceTime

Day	Date	Time	Price
Session I Program #3852-G			
Tues	11/10	6:30-7:30 pm	\$25

Tech Classes

Computers are great tools once you learn how to use them. These one-hour classes are designed to get you started using your computer to share your memories and creations, to stay in contact with your friends and to help you be comfortable with your computers. Classes are taught by Dr. Trevor Johnson-Steigelman who has been using computers in his classroom for over 20 years.



Introduction to Windows 8 & 10

These versions are quite a departure from older versions of Windows. We will cover the basics and get you comfortable. If you have a laptop with Windows 8 or 10 bring it along. Ages 16+.

Day	Date	Time	Price
Session I Program #3852-H			
Tue	11/17	6:30-7:30 pm	\$25

Facebook: Just Beyond the Basics

Facebook is a great way to keep in touch. We'll get you set up with an account and send out invitations. Maybe you have an account but want to know more. We'll talk about what you should and shouldn't post online. Bring your laptop. Ages 16+

Day	Date	Time	Price
Session I Program #3852-I			
Thurs	10/22	6:30-7:30 pm	\$25

Making Movies on the Cheap

Using a computer and smart phone or iPad, you can make a low-budget movie! Use it to impress your friends, teach your students or just for fun. We'll review the tools you need and how to use them. Bring along your laptop and smartphone along with a USB cable to connect the two. Ages 16+ Location: SCCC Conference Room.

Day	Date	Time	Price
Session I Program #3852-J			
Tues	9/22	6:30-7:30 pm	\$25

A D U L T P R O G R A M S

Adult Co-ed Volleyball League

Pick up your blank roster form at the Community Center. The league will be 10 weeks (10 games) plus playoffs. You must register as a complete team. Ages: 18+ Location: SCCC Gym. There is also a \$10 ref fee per match.

Day	Date	Time	Price
Program #3855-A			
Tue	9/15-12/8	6-9 pm	\$150

Adult Instructional Volleyball

Interested in learning how to play the game of volleyball? We will hone in on strengths and teach mechanics, techniques, footwork and how to think on your toes. It will run in conjunction with the co-ed volleyball league. There is a discounted fee for players in the co-ed league. Every third class there will be a pick-up game scramble for participants in both the instructional class and league! Instructor: Joe Kincaid. Location: SCCC Gym.

Day	Date	Time	Price
Program #3855-B			
Sat	9/19-11/21	6-9 pm	\$50

*Price for league players: \$20.

Yoga Stretch

This class will incorporate yoga poses with the emphasis on stretching. Gentle guidance into breathing awareness will lead you into deep relaxation. Please bring a yoga mat. Instructor: Barb Whited. Ages: 16+. Location: SCCC Large Activity Room 2.

Day	Date	Time	Price
Session I Program #3855-C			
Wed	9/16- 10/28	7-8 pm	\$46
Session II Program #3855-D			
Wed	11/4-12/16	7-8 pm	\$39

* No class November 25

Vinyasa Flow Yoga

When life gets in the way and you're feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat and blanket. Instructor: Barb Whited. Ages 16+. Location: SCCC Activity Rm 2.

Day	Date	Time	Price
Session I Program #3855-E			
Mon	9/14-10/26	6-6:45 pm	\$39
Session I Program #3855-F			
Mon	9/14-10/26	7-8 pm	\$46
Session II Program #3855-G			
Mon	11/2-12/14	6-6:45 pm	\$39
Session II Program #3855-H			
Mon	11/2-12/14	7-8 pm	\$46

Fall Doubles Pickleball Tournament

Register as a team. Teams may be co-ed. Three pools of five teams decided by random draw. All games to 11 points or first team to 15. Top team from each pool will advance to a final elimination bracket. Ages: 18+. Includes pizza, drinks and prizes. Location: SCCC gym. For a complete set of rules and tournament-style information, contact Megan DeMarco at megand@townofsweden.org

Day	Date	Time	Price
Program #3856-A			
Sat	October 10	9 am	\$20/team

Body Sculpting

With upper and lower body working at the same time, you will get a complete body workout. This class will also work on balance, core and a bit of yoga for good measure. Instructor: Barb Whited. Ages: 16+. Location: SCCC Large Activity Room 2.

Day	Date	Time	Price
Session I Program #3856-B			
Wed	9/16- 10/28	6-6:45 pm	\$39
Session II Program #3856-C			
Wed	11/4-12/16	6-6:45 pm	\$33

* No class November 25

Total Body Workout

Join instructor Chrisa Yaeger in a 45-minute class combining cardio, strength training and core work to get into great shape. All fitness levels welcome Ages: 16+. Location: SCCC Large Activity Room 2.

Day	Date	Time	Price
Session I Program #3856-O			
M/W	9/14-10/28	12:15-1pm	\$5/class
Session II Program #3856-G			
M/W	11/2-12/16	12:15-1pm	\$5/class

Adult Beginner Horseback Riding

Students will learn basic riding skills in addition to learning grooming and tack the horse. Ages 18+. Max: 3 students per session. Location: Church Hills Stable, Hilton. Must sign up at least 2 days before session begins.

Day	Date	Time	Price
Session I (six weeks) Program #3856-F			
Mon	9/14-10/26	7-8 pm	\$142
* No class 10/12			
Session II (four weeks) Program #3856-G			
Mon	11/9-11/30	7-8 pm	\$95

Megan's favorite fall activity: Hot apple cider, pumpkin carving and decorating for Halloween!

Beginner Belly Dance

If you have wondered what belly dance is all about, come find out! Belly dance is one of the oldest forms of dance. It is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles and joints and will build off the previous class as well as adding new elements each week. You will learn body isolations, head, neck, shoulder, arm and hip movements. Please wear comfortable clothing and suitable footwear (bare feet, ballet slippers, socks, jazz shoes with no heels or sneakers). Don't forget to bring water! Ages: 18+. Instructor: Kathy Keady. Location: SCCC Activity Room 2. Min. of 3.

Day	Date	Time	Price
Session I Program #3857-A			
Thurs	9/17-10/08	6-7 pm	\$20
Session II Program #3857-B			
Thurs	10/15-11/5	6-7 pm	\$20

Beyond Beginner Belly Dance

If you have taken an introduction to belly dance already, this class might be for you! This is a continuation from an introductory class and is will move you into more complex movements and technique. This is suitable for people of all shapes and sizes. You will be on your feet for the entire class. Each class will begin with a warm-up to loosen up muscles and joints and will build off the previous class as well as adding new elements each week. You will learn body isolations, head, neck, shoulder, arm and hip movements, steps to connect movements and continuation of dance choreography. Please wear comfortable clothing and suitable footwear (bare feet, ballet slippers, socks, jazz shoes with no heels or sneakers). Bring water! Ages: 18+. Location: SCCC Activity Room 2. Min. of 3.

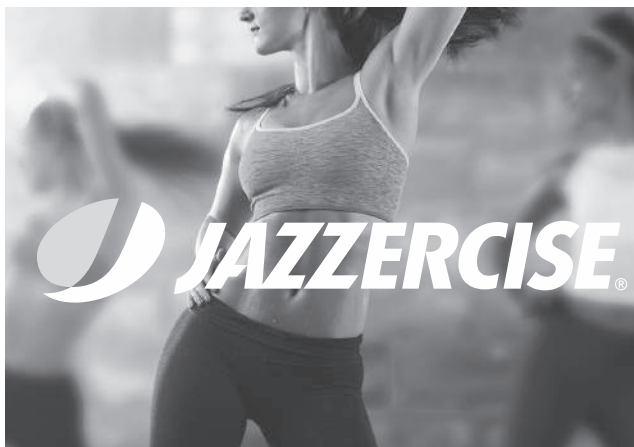
Day	Date	Time	Price
Session I Program #3857-C			
Thurs	9/17-10/8	7-8 pm	\$20
Session II Program #3857-D			
Thurs	10/15-11/5	7-8 pm	\$20

Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yeager.

Day	Date	Time	Price
Session I Program #3857-E			
Wednesday	9/16-10/21	8-8:45 pm	\$45
Session II Program #3857-F			
Wednesday	11/4-12/16	8-8:45 pm	\$45

* No class 11/25



Jazzercise

Register by calling 585-738-3555 or email:

bkpt_spen_jazz@yahoo.com

brockportjazzercise@gmail.com

M, T, W, Th, F*	6am
Tuesday & Thursday	7:30 am
M, T*, W, Th*, F	9am
Monday, Wednesday, Friday	4:45pm
Tuesday & Thursday	6pm
Saturday, Sunday	8:30am

Location: SCCC Large Activity Room.

* Strength 45

Brockport Jazzercise Only

Buy 2 months get 2 months free

(new customers only—students who haven't been to class for three months)

Zumba

Ditch the workout and join the party! Burn up to 1,000 calories in this fun and exciting blend of international based music and dance. Zumba combines dance moves and muscle-toning exercises to create the perfect total body workout. This class is designed for all fitness levels and no dance experience is needed. Come shake it...and bring plenty of water! Ages 16 & up. Price \$5 per class; five-class pass for \$20 or 10-class pass for \$40. Location: SCCC Large Activity Room 2.

Wednesdays 6:30—7:30pm

Zumba Toning

A unique blend of body-sculpting techniques and the Zumba moves you love combined into one calorie-burning, strength training class. We will use light weights to build strength and tone all those target areas, all while having fun! Great for men and women of all fitness levels. Ages 16 & up. Price \$5 per class; five-class pass for \$20 or 10-class pass for \$40. Location: SCCC Room 2.

Mondays 7-8pm

Modern Dance

Join instructor Emily Hatfield in modern dance for an experience that will restore vital energy and reduce stress. A yoga-based warm-up and movement meditations will give way for creative investigation, self-healing and community building. Stretch, strengthen and open your minds in a safe and invigorating environment. Location: SCCC Large Activity Room I. Age 14 +.

Day	Date	Time	Price
Session I Program #3858-A			
Saturday	9/19-10/10	10-11:30 am	\$40
Session II Program #3858-B			
Saturday	10/17-11/7	10-11:30 am	\$40
Session III Program #3858-C			
Saturday	11/14-12/5	10-11:30 am	\$40

Clogging

Instructor Lisa Garino is back for clogging this fall! Both beginners and those more advanced are welcome to learn new steps and join in on the excitement. A great opportunity that will surely keep you moving and learning. Ages 18+. Location: SCCC small activity room.

Day	Date	Time	Price
Session I Beginner Program #3858-D			
Monday	9/14-11/9	6-6:45 pm	\$40
* No class on 10/12			
Session I Intermediate Program #3858-E			
Monday	9/14-11/9	7-7:45 pm	\$40
* No class on 10/12			

Adult Tae Kwon Do

Experience the benefits of setting new goals through a well-rounded Martial Arts exercise program. This class teaches the disciplines of Tae Kwon Do plus Shao-lin China Kung Fu specifically designed for adults. Instructor: Rob Slocum. Location: SCCC Large Activity Room I. Ages 12+. Take both sessions, fee is \$50 for both.

Day	Date	Time	Price
Session I Program #3858-F			
Tues/Fri	9/15-10/23	7-8 pm	\$30
Session II Program #3858-G			
Tues/Fri	11/3-12/17	7-8 pm	\$30

Disc Golf

Did you know the Sweden Town Park on Redman Road features an 18-hole disc golf course? The course is maintained by dedicated park staff and volunteers. It's free to play! Visit your favorite sporting good store and purchase some inexpensive discs to get started!

2015 Fitness Center Memberships

Membership	1 month	3 month	1 year
Youth (16-18)	\$20	\$50	\$175
Senior (55+)	\$20	\$50	\$175
Adult (18-54)	\$25	\$65	\$235
Family (16+)*	\$75	\$185	\$640
Each add'l family	\$15	\$35	\$115

*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Email Grant Holupko at granth@townofsweden.org for information. Daily Rates for out-of-town guests: \$10 adult; \$8 senior

Personal Training

If you need individual attention and a workout program designed for you, our personal training program is the right fit. Do you need help familiarizing yourself with the equipment? Sign up for a lesson with a personal trainer. A trainer will provide you with information, feedback, testing and a workout designed to meet your needs. Location: SCCC gym/fitness center. Ages 16+. Rates starting at \$10! Please contact Grant for more information and to schedule a session. Call 431-0087 or email granth@townofsweden.org

Circuit Training

Circuit training/cross training primarily involves moving from one station to another in set periods of time. Each interval varies from one to three minutes alternating between strength and cardio. Cardio work can include Step, Hi/Lo Aerobics, or Cardio variations; Strength work can include physioballs, bands, mat exercises, med balls, dumbbells, body weight exercises and more. Location: SCCC gym/fitness Center. Ages 16+. Instructor: Grant Holupko.

Day	Date	Time	Price
Session I Program #3858-H			
Tues	9/22-10/13	6-7 pm	\$45
Session II Program #3858-I			
Tues/Fri	10/27-11/17	6-7 pm	\$45

Senior Bingo

One Wednesday per month in the fall. Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Location: SCCC Dates: Sept. 16, Oct. 21, Nov. 18 and Dec. 16

Joe's favorite fall activities: watching football and carving pumpkins!



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

Day	Time	Type
Monday	11am-12pm	Classic
Tuesday	10am-11am	Cardio
Tuesday	11am-12pm	Yoga
Wednesday	11am-12pm	Classic
Thursday	10am-11am	Cardio
Thursday	11am-12pm	Yoga
Friday	11am-12pm	Classic

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

Free Community Health Fair Saturday, October 3 10 am—2pm

- Get your flu shot
- Give blood
- Learn healthy eating habits
- See a Jazzercise demonstration
- Get personal training tips
- Have your blood pressure taken
- Rite Aid booth
- Strong West information
- Red Cross staff

For more information, call 431-0090.
Let's get healthy together!

Open Tae Kwon Do

This class is open to children and adults. It is a great opportunity to get an introduction to Martial Arts and to complement our current students' training schedule. The first part of this class includes warm up, basics and stretching. The second part includes training to advance in belt rank. Ages: 5 to adult. Instructor: Rob Slocum.

Location: SCCC Large Activity Room 1.

Day	Date	Time	Price
Session I Program #3859-A			
Sat	9/19-10/24	9am-10 am	\$10
Session II Program #3859-B			
Sat	11/7-12/19	9am-10 am	\$10

Beginner Archery

Basic archery course that focuses on beginning archer safety, skills and drills. Participants learn about archery form, range rules and etiquette. Form training and fun games are introduced in this class. Equipment is NOT provided. Please bring bow and arrows (NO broadheads). Location: SCCC fields. Appropriate for ages 10 through adult. For more information, contact Grant at granth@townofsweden.org or 431-0087.

Day	Date	Time	Price
Session I Program # 3859-E			
TH	9/17-10/8	6-6:45 pm	\$50

Open Programs

Walking/Running

Monday—Friday	9 am—10 am	FREE
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Open Basketball

Monday—Thursday	12pm—3pm	\$1/\$2 resident/non-resident
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Open Pickleball

Monday—Friday	10am-12noon	\$1/\$2 resident/non-resident
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Toddler Gym

For ages 5 & under ONLY. \$2
Children must be accompanied by an adult.

Please call for availability and to confirm open gym times. Any open gym/play times may be altered to accommodate special events or times that have been reserved for private use.

Tracy's favorite fall activities: looking at fall foliage, carving pumpkins & dressing up for Halloween!

Dining at the Center

Lifetime Assistance serves lunch daily Monday—Friday at noon. This Monroe County Office of the Aging program suggests a donation of \$3.50—\$6.50 for seniors. Reservations are required two weeks in advance at 637-8161. Find the monthly menu at swedenclarkson-rec.recdesk.com under The Center tab.

Tuesday Lunches in the Café

Lifetime Assistance provides a full-service dining experience on Tuesdays. Maximum diners: 24. Call 637-8161 for reservations. A suggested donation of \$3.50—\$6.50.

Breakfast at The Center

The Center will be serving a home-cooked breakfast on September 17, October 1 and December 14. Breakfast is \$3 per person and is served from 9:30—10:30 am. Reservations are not required but appreciated. Call 637-8161.

Lunch Events at The Center

Lasagna Dinner!

Sept. 11 11:30—1 pm (RSVP by 9/1) \$3 all ages
Silver Sneakers presentation and fall kick-off.

Fish Fry from Jimmy Z's!

Sept. 23 11—1 pm (RSVP by 9/9) \$5 all ages
Sponsored in part by Monarch Wealth Management. Social Security specialist Pete Buckley will present a free social security awareness program from 11:15-11:45 am.

Wendy's Baked Potato Luncheon!

Oct. 9 11:30—1 pm (RSVP by 10/7) \$3 all ages

Veterans Day Lunch!

Nov. 11 1 pm (RSVP by 11/4) \$5 non-veterans
Veterans eat free. Fox Den will perform!

Thanksgiving Feast with all the fixings!

Nov. 25 11:00—1 pm (RSVP by 11/18) \$5 all ages
Memories of Love ornament sale begins.

Christmas Ham Luncheon!

Dec. 11 11:30—1 pm (RSVP by 12/9) \$3
Memories of Love readings & tree lighting ceremony

New Year's Eve Luncheon!

Dec. 30 11—1 pm (RSVP by 12/23) \$5
Champagne toast at noon followed by lunch.
** Bring a non-perishable food item to any of our fall luncheons to benefit the Brockport Food Shelf!

Line Dancing

Different dances each week. All Ages. Location: The Center Octagon Room.

Day	Date	Time	Price
Program #3809-A			
Wednesdays		9:15-10:30 am	\$1
Thursdays		10—11:15 am	\$1

Tai Chi Form 32 Sword

Tai Chi is primarily practiced today to improve health and 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: The Center. Price per session is \$40 for 18-59 years; \$33 for 60+.

Day	Date	Time
Session I Program #3845-D		
Monday	6/8-7/13	2-3 pm
Session II Program #3845-E		
Monday	7/20-8/24	2-3 pm

Open Tai Chi

Tai Chi is primarily practiced to improve health, increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest, tensest person the opportunity to relax and strengthen the body without risk of strain or injury. Instructor: Jane Harr. Location: The Center Upstairs Activity Room.

Day	Date	Time	Price
Program #3845-A			
Mon & Fr		1 pm	\$1/class

Tai Chi Form 6 and 12

Tai Chi is primarily practiced to improve health, increase energy as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest, tensest person the opportunity to relax and strengthen the body without risk of strain or injury. Instructor: Jane Harr. The Center. Price is \$40 for ages 18– 59; \$33 for 60+.

Day	Date	Time
Session I (Form 6) Program #3845-B		
Fri	9/11-10/16	2-3 pm
Session II (Form 12) Program # 3845-C		
Fri	10/30-11/27	2-3 pm

* no class November 27

The Center Fitness Room

Come check-out our fitness center with a beautiful view of the canal. Price: \$5 per month or \$2.50 per month if purchasing a one-year membership in advance.

Stretch & Tone

Stretch & Tone is a stretching class with bands that helps keep you limber and strong. Instructors: Joyce Henion & Barb Carter. Walk-ins: \$1 per class.

Day	Time	Price
Program #3775-A		
Mondays	1-2 pm	\$1/class

Agape Thera-Band Class

Agape Physical Therapy offers this introductory class for stretching and toning with therapy bands that help keep you limber and strong or aids in the recovery of injuries or surgery. Walk-ins: \$1 per class

Day	Date	Time	Price
Program #3819-A			
Thursday	9/10-12/17	12:30-1:30 pm	\$1/class



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Day	Time	Type	Instructor
Tues	9:45-10:45 am	Classic	Ricki DeBaun
Tues	11-11:45 am	Yoga	Ricki DeBaun
Fri	9:45-10:45 am	Classic	Cindy Donovan
Fri	11-11:45 am	Yoga	Ricki DeBaun

Non-SilverSneakers® or Silver & Fit Members may pay \$2 per class to participate or purchase a 5-class punch card for \$10.

Give-A-Lift Program

The Give-A-Lift Program offers transportation to individuals needing a way to and from appointments and who are unable to secure a ride for themselves. Anyone over the age of 18 qualifies to use Give-A-Lift.

Call The Center at 637-8161 between 10 am—2 pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

Elderberry's Group (Adults 55+)

Come join a wonderful group of seniors and enjoy games and activities for an hour followed by a casual lunch. Special events and trips are planned throughout the year at an additional cost to interested Elderberry members. Lead by Joyce Henion.

Day	Time	Price
1st & 3rd Thursday	10am-1pm	\$10

Quilting

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

Day	Time	Price
Mondays	9am-12 pm	FREE

Community Sewing Group

Help us make quilts for homeless, battered and needy families in our area. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just an hour or two. Location: The Center.

Day	Time	Price
2nd & 4th Thurs	9am-2pm	FREE

Knitting Club

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

Day	Time	Price
Wednesday	10am-12pm	FREE

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. Location: The Center Upstairs Room.

Day	Time	Price
4th Thursday	9am-2pm	FREE

Community Service Groups

If you have a community service group looking for a place to gather, please contact The Center office at 637-8161 to see what times and spaces are available.

Sweden Senior Singers

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. Rehearsals run September through May and follow the school calendar. Call 637-8161.

Day	Date	Time	Price
Program # 3845-F			
Wed.	9/16-12/9	9:30-11:30am	\$5

Pie Sale

A pie sale to support The Center will begin at the Community Center's Halloween event. Pick-up days will be on November 23 & 24 from 10 am to 2 pm; and on November 25 from 11 am—1 pm. Pricing and variety information will be available online at and at the Halloween event. Call 637-8161 or email deannai@townofsweden.org.

Bingo at The Center

Come join us for BINGO every Monday from 11 am—noon. All ages welcome. Prizes! No registration required.

Day	Time	Price
Mon	11am-12pm	\$1

Organized Games for Adults

Come make new friends or join with old friends for cards. The cost is \$1 at the door each time you attend. Advance purchase cards are available for \$8 for 10 weeks.

Day	Game	Time
Program #3812-B		
Wednesday	Bridge	12:30—3 pm

Towpath Button Club

Share your love of buttons!

Day	Time	Price
4th Tuesdays	10:30-11:30am	\$1/meeting

Book Discussion Club

Share your passion for reading with friends!

Day	Time	Price
1st Mondays	12—1pm	\$1/meeting

Sweden Senior Association, Inc.

Monthly meetings are held on the 2nd Monday from 1-2 pm. Participate in senior activity planning. Location: The Center. Always free to attend.

Baking Club

Do you enjoy baking? Our baking club meets every Wednesday from 12:30-2 pm in The Center kitchen to bake and package cookies to sell. Each package is sold for \$1 and raises funds for the SSAI (Sweden Senior Association, Inc.) to help support senior programs.

Anyone 12 years old or older may participate. No registration is required but approval as a volunteer is required. Non-perishable, unopened baking supplies are gratefully accepted. For more information, call 637-8161.

Tell Your Story Club

“What was Uncle Don like?” “Did Aunt Lucy really work at a button factory?” How many times have you wished you had asked your forebearers lots of questions and now it's too late? Come join Sue and Deb to learn and craft a readable, enjoyable story to pass on to your children, grandchildren and great-grandchildren. The Center.

Day	Date	Time	Price
Program			
Thurs	9/10-12/17	12:30—2 pm	\$1 per class

CPR Training for Professionals And Non-Professionals

Brockport Ambulance provides CPR training for both professionals and non-professionals. Class size is limited to 10. Reserve a spot at least one week in advance by calling 637-8161. On-line registration available.

Day	Date	Time	Price
Program #3845-I			
Thursday	9/17	11:30am-2 pm	\$20
Program #3845-J			
Thursday	10/15	11:30am-2 pm	\$20
Program #3845-K			
Thursday	11/19	11:30am-2 pm	\$20
Program #3845-L			
Thursday	12/17	11:30am-2 pm	\$20



Foodlink

Foodlink will be at The Center on Wednesdays from 11 am—11:50 am while produce is available. For more information, call 637-8161.



Holiday Bazaar

Date: Saturday, November 14th, 2015

Time: 9:00 AM to 3:00 PM

The Center

133 State Street. Brockport, NY 14420

*Vendor's items include but not limited to:
Quilts, Baked Goods, Art Paintings, Jewelry,
Handmade items, Crafts, Wall Hangings, Knitted and crocheted items, and
gently used items.*

"Memories of Love"

*Remember a loved one by purchasing an ornament for our holiday tree.
\$5.00 each*

Lunch Available:

Hot Dog or Chili with chips & beverage \$3.00

Chili Dogs \$3.00

Beverages \$.50

Sponsored by the

Sweden Senior Association, Inc



**Join us for our 12th Annual
Halloween Event!**

Thursday, October 29th from 6:00-8:00pm
Come dressed up in your favorite costume.
Children grades 4th and under can take part
in a costume contest at 7:15!

**Enjoy a scary haunted house, not-so-scary haunted
toddler gym, donuts, apple cider, face painting, tattoos,
games, crafts, lots and lots of candy & much more!**

SPONSORED BY BROCKPORT WEGMANS

Located at Sweden/Clarkson Community Center

Community Holiday Party

Thursday December 10th
6:00-8:00pm

Welcome Mr. & Mrs. Claus (remember your camera) and enjoy
games, face painting, cookies & crafts.

Letters to Santa

will be received at Sweden Clarkson Community
Center

4927 Lake Road, Brockport, NY 14420
from December 1st until December 21st.

Have your child send their holiday wishes to Santa.

C/O Tracy Crooks

P.S. Don't forget your return address!!!!



Community Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Full Gym	\$75	\$150	\$50
Half Gym	\$50	\$75	\$25
Large Activity Room	\$25	\$55	\$15
Small Activity Room	\$25	\$50	\$25
Cafeteria/kitchen	\$50	\$75	\$25
Game Rooms	\$25	\$50	\$25

Sweden Town Park

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	\$125/field 3 hour block	\$175/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	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090

The Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Upstairs or Octagon	\$25	\$35	\$15
Dining Room	\$35	\$45	\$15
Kitchen	\$45	\$55	\$15
Dining & Kitchen	\$55	\$65	\$15
Cafe	\$25	\$35	\$15
Gazebo	FREE	\$25 deposit	N/A

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/Security Depos-	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field 3 hour block	Football \$75/field All others \$50/field per 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Ridge Road Park	\$30/field for 3 hrs 8 am-10 pm	\$50/field for 3 hrs 8 am-10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Ridgewood Lodge Ridge Road Park	\$150/day 8 am-10 pm	\$150/day 8 am-10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$130/day 8 am-10 pm	\$130/day 8 am-10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

Farmers Museum

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Two parlors & kitchen	\$25	\$30	\$15
Barn	\$40	\$45	\$15
Funeral Package 2-hour rental of 2 parlors & kitchen	\$50	\$55	\$15



Independence Day Dash

The Sweden Clarkson Recreation Department's 2nd Annual Independence Day Dash was held on July 3. The 5K was a trail/road race through Sweden Town Park. Congratulations to overall winner Josh Harter with a time of 17 minutes and 20 seconds. Other winners include:

Female 21 & under	Melissa Mazurek
Male 21 & under	Ryan Martin
Female 22-30	Cassandra Hilly
Male 22-30	Richard Barney
Female 31-45	Marybeth Webster
Male 31-45	Josh Harter
Female 46 & over	Kellie Gregoire
Male 46 & over	Milt Allen



Summer Camp

Summer Camp was fun and busy every day. Pictured above and bottom left is the egg drop contest. If you don't want Summer Camp fun to end, consider our Before and After School Drop-in Recreation Program. Same energetic & well-trained staff—lots of new activities!

Sweden Senior Singers

For singers of all ages. This is a school-year based program held on Wednesday mornings at The Center. Area performances throughout the year. See page 20 for all the details or call 637-8161.

