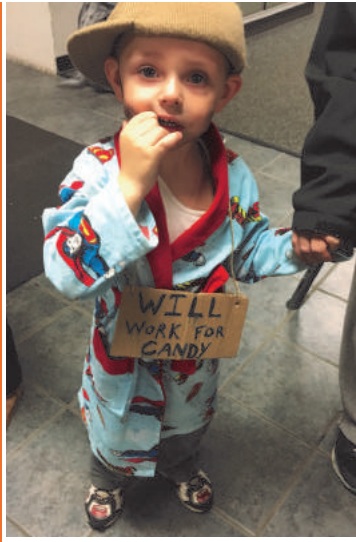


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Sweden Clarkson Community Center

4927 Lake Road South, Sweden

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

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

Website

www.swedenclarksonrec.com

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—31	Mon—Thursday	6 am—8 pm
	Friday	6 am—6 pm
	Saturday	8 am—3pm
	Sunday	8 am-noon
CLOSED Sept. 3 & 4 for Labor Day		
Oct. 1—Nov. 30	Mon—Fri	6 am—8 pm
	Sat. & Sun.	8 am—3 pm
CLOSED Nov. 22 at 3pm; CLOSED Nov. 24		
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		

Directory

Recreation Supervisor Jill Wisnowski	431-0050
jillw@townofsweden.org	
Recreation Assistant Joe Kincaid	431-0088
joek@townofsweden.org	
Recreation Assistant Megan DeMarco	431-0090
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Sweden Town Board

Supervisor Rob Carges	637-7588
Councilperson Robert Muesebeck	
Councilperson Lori Skoog	
Councilperson Mary Rich	

Clarkson Town Board

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

Expanding our community center family!

Please join your Sweden/Clarkson Recreation Department in welcoming our former senior center participants to the community center! We couldn't be more excited to have all of our residents recreating together in one place. We hope that all of you will help those who haven't been here before feel welcome and included. And we want those of you coming here for the first time to let us know what you need, what you like, what you want—so that we can make the transition as smooth as possible.

You've probably noticed some changes to the exterior of the community center. We installed additional handicapped parking spots closer to the front door this summer, as well as spots back by the fitness center entrance. Once the new handicapped accessible door is installed on that east end, fitness center participants will be able to use a buzzer system to enter there instead of having to come through the lobby.

Our maintenance crew—and I have to give a big hats off here to Todd and Roger—is busy making many other changes. They will be installing a handrail leading from the new handicapped parking spots out front to the main lobby door. They have already removed the carpeting from one activity room and installed carpeting—to accommodate more Silver Sneakers Classes (we had previously offered Silver Sneakers at both locations).

They have replaced hinges on restroom doors to ease their use and are looking at modified toilets. We're painting and readying a room that will be used for several former senior center activities. They're also busy making accommo-

dation in other spaces for materials and activities that will now be at the Community Center.

The rec staff is gearing up to offer our seniors' fa-



Jill Wisnowski

vorite programs here—while some programs will be offered by Lifetime Assistance at The Lodge on the Canal (see the article below and on page 18).

I commend the Sweden Town Board for making the difficult decision to move senior recreation programming to the community center and leasing the senior center to Lifetime Assistance. I believe the move will ultimately serve the best interests of everyone—the taxpayers who foot the bills and our residents who deserve the best recreation programs and facilities—no matter the location! Our recreation department is committed to providing comprehensive recreation to all ages, abilities and interests. Please join us!

Lifetime is pleased to continue lunch program

Lifetime Assistance is pleased to offer the noon senior nutrition program as a partner with the Monroe County Office for the Aging, just as we have since 2008. Seniors will continue to be able to participate by purchasing a hot nutritious meal offered at a reasonable price. Lifetime Assistance employment specialist Jennifer Lapinski and her crew, including Andrew, Jessica, Michelle, Rici, Matt, Cristina, John and Renee will still be greeting the participants as they gather at The Lodge for a noon-time meal. For those seniors requiring transportation, Medical Motors will still be available to provide transportation as before. In addition, Lifetime Assistance will partner with the community to provide the following activities:

BINGO: Mondays & Fridays 11 am—12 noon

STRETCH & TONE: Mon & Thurs 1-2 pm

ELDERSOURCE: (part of the meal program with Monroe County Office of the Aging):

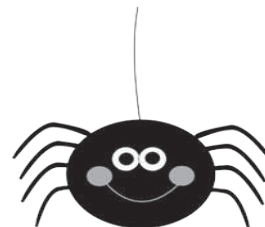
2nd Tuesday of the month 10:30 am—noon

BLOOD PRESSURE CHECKS: Wednesdays, 10:30—12 noon by Monroe Ambulance

ELDERBERRIES: 1st & 3rd Thursdays, 10 am-1 pm

BAKING CLUB: Mondays 1-3 pm

13TH ANNUAL HALLOWEEN EVENT!!



**Thursday, October 26th
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



Instructional Tot Floor Hockey

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

Ages: 4-6. Max 8

Location SCCC gym west.

Day	Date	Time	Price
Program #4062A			
Mon	10/16-11/06	5-5:45 pm	\$25

Instructional Tot Basketball

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

Ages: 4-6. Max 8

Location: SCCC gym west.

Day	Date	Time	Price
Program #4062C			
Mon	9/11-10/02	5-5:45 pm	\$25

Flag Football League 7-9 years old

This six-week league will prepare kids 7-9 for playing organized football. The first two weeks are practice with the remaining four weeks of games. We will play teams from other towns. Games will be held at Sweden Town Park or the opponent's home park. Volunteer coaches are needed. Contact George Kimball at 431-0086 or georgek@townofsweden.org

Day	Date	Time	Price
Program # 4063A			
Sat	9/16-10/21	10 am	\$35

Theatre for Tots

Through this program, your child will play warm-up games to help bring them out of their shell. They'll be able to try their hand at acting in a short play, and if your child doesn't want to be on stage, that's okay, they can learn about what it takes behind the scenes to put a show together. Instructor: Bonnie Milczarski. Ages: 4-6. Max: 10. Location SCCC Large Activity Room.

Day	Date	Time	Price
Program #4063C			
Fri	10/6-10/27	5-6 pm	\$15

Instructional Youth Floor Hockey

This class will help your child refine their skills and improve as an overall player. Coach George will review the basics of the game while also teaching a series of drills that they can use on their own. Ages 8-11. Max 10

Location: SCCC Gym

Day	Date	Time	Price
Program #4062B			
Mon	10/16-11/06	6-6:45pm	\$35

Instructional Youth Basketball

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

Ages 8-11. Max 10

Location: SCCC Gym

Day	Date	Time	Price
Program #4062D			
Mon	9/11-10/2	6-6:45pm	\$35

Flag Football Leg. 10-12 years old

This six-week league will prepare kids 10-12 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 George Kimball for information @ georgek@townofsweden.org

Day	Date	Time	Price
Program # 4063B			
Sat	9/16-10/21	10 am	\$35

Basic Tumbling—NEW

A beginner tumbling class perfect for your little one with no experience necessary! Learn the basics including: rolling, stretching, cartwheels and handstands. Please wear comfortable clothing, no shoes required. Ages 4-7. Location: SCCC Activity Room 2.

Date	Date	Time	Price
Program #4063D			
Session I (four weeks)			
Tue	9/12-10/3	5:30-6:15 pm	\$25
Program#4063E			
Session II (four weeks)			
Tue	10/17-11/14	5:30-6:15 pm	\$25

*No class 10/31

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. Need not be potty-trained.

Day	Date	Time	Price
Session I Program #4064A			
M & W	9/11-10/23	12:15-1:30 pm	\$44
No class 10/9			
Session II Program #4064B			
M & W	10/25-12/11	12:15-1:30 pm	\$44
No class 11/20 and 11/22			

Youth Tae Kwon Do

Ages: 7-12. Location: SCCC Large Activity Room I. If signing up for both sessions—only \$50 for both! Instructor: Rob Slocum 3DMartial Arts

Day	Date	Time	Price
Session I Program #4064C			
M/TH	9/11-10/19	7pm-8pm	\$30
Session II Program #4064D			
M/TH	10/23-12/14	7 pm—8 pm	\$30
*No class 10/26, 11/20-24 & 12/14			

Blue Devils Girls 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 George Kimball at 431-0086 or email georgek@townofsweden.org. Open to girls in grades 3-6. Location: SCCC gym.

3rd & 4th grade try out dates

Sat 10/ 7 at 9 am—10 am or Sun 10/ 8 at 9 am-10 am

5th & 6th grade try out dates

Sat 10/ 7 at 10 am-11 am or Sun 10/ 8 at 10 am-11 am

Blue Devils Boys Travel Basketball

Will be running through the NEW Brockport Basketball Association in Brockport, NY. For more information on this youth league for boys please contact

www.brockportbasketballassoc.com

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/games are held between the hours of 10am-3pm. Thursday practices are held between the hours of 5:30-8:30pm. Teams will play other Sweden/Clarkson teams as well as teams from Kendall and Riga. Minimum: 3 teams per age group. **Volunteer coaches are needed!** **Mandatory evaluation day on November 11th 10am. Mandatory coaches meeting to follow evaluation.** For more information please contact: George Kimball at georgek@townofsweden.org
Location: SCCC Gymnasium

Day	Date	Time	Price
Thu/Sat	11/16-3/10	varies	\$80
Program #	4065A	Boys Grades 3/4	
Program #	4065B	Boys Grades 5/6	
Program #	4065C	Boys Grades 7/8	
Program #	4065D	Girls Ages 8-12	

Artist Trading Cards

Interested in learning about artist trading cards? Come join instructor Sheilagh McGeal as she teaches how to use basic materials like paint, markers, crayon, paper, stamps, stencils and more to make 8-10 unique cards to take or trade with others. The workshop includes learning about what an ATC is, how to make them, and even how to start a group with others to make and trade cards. Teens can use this to help develop social skills and build creativity. It's a fun thing to help cure boredom on days when there is nothing to do! Ages: 12-17. Max: 15
Location: SCCC conference room.

Day	Date	Time	Price
Program #4065E			
Thursday	10/12	6-8pm	\$20

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. Teen homeschool group is for ages 12-16. For more information, please call Jamie at 205-3393. Meets in SCCC cafeteria.

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
Program #4066A			
Friday	11/17	1-3pm	\$25

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
Program #4066B			
Thursday	11/16	1-6pm	\$48

Introduction to Robotics

Learn to build and program robots using the Lego® NXT system. Each week you will learn a new aspect of programming NXT. Use that knowledge 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 intermediate, then to the advanced course. Classes are taught by Dr. Trevor Johnson-Steigelman, who has been teaching science and technology for over twenty years. Limit: 4 students per session Ages: 8-10. Location: SCCC Conference room

Beginner Introduction to NXT programming

Day	Date	Time	Price	Age
Session I Program #4066C & #4066D				
Wed	9/13-9/27	5:30-6:30pm	\$50	8-10
Wed	9/13-9/27	6:45-7:45pm	\$50	11-14

Intermediate: Using Sensors and Switches

Day	Date	Time	Price	Age
Session II Program #4066E & #4066F				
Wed	10/11-10/25	5:30-6:30pm	\$50	8-10
Wed	10/11-10/25	6:45-7:45pm	\$50	11-14

Advanced: Advanced Programming

Day	Date	Time	Price	Age
Session III Program #4066G & 4066H				
Wed	11/1-11/15	5:30-6:30pm	\$50	8-10
Wed	11/1-11/15	6:45-7:45pm	\$50	11-14

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, NY

Day	Date	Time	Price
Session I (four weeks) Program #4067A			
Tues	10/3-10/24	6:30-7pm	\$60
Session II (four weeks) Program #4067B			
Tues	10/31-11/28	6:30-7pm	\$60
* No classes the week of November 19			

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, NY

Day	Date	Time	Price
Session I (four weeks) Program #4067C			
Tues	10/3-10/24	7-8 pm	\$100
Session II (four weeks) Program #4067D			
Tues	10/31-11/28	7-8 pm	\$100
* No classes the week of November 19			

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 (four weeks) Program #4067E			
Thu	10/5-10/26	6-7 pm	\$100
Session II (four weeks) Program #4067F			
Thu	11/2-11/30	6-7 pm	\$100
* No classes the week of November 19			

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 (four weeks) Program #4067G			
Thu	10/5-10/26	7-8 pm	\$100
Session II (four weeks) Program #4067H			
Thu	11/2-11/30	7-8 pm	\$100
* No classes the week of November 19			

ATTENTION All Horseback Riding

Participants must sign up at least 1 week ahead.



LAUGH *dance*

MOVE PLAY

PURE FUN

EVERY SESSION INCLUDES:

- High Energy Dance Parties
- Fun with Friends
- Relay Races
- Fitness Games
- Arts & Crafts
- New Music Mixes
- End of Session Performance
- So Much More

Location: Sweden Clarkson Community Center in the Jazzercise room (bus from school)

Date: Thursday starting September 14th for 6 weeks

Time: 3:30 pm—4:30 pm

Grades: 1st through 6th grade

Price: \$36 for 6 weeks

Registration and check to Susan Westcott—4927 Lake Rd. Brockport, NY 14420

For more information, call 738-3555 or email: bkpt_spen_jazz@yahoo.com

Before and After School Drop-in 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—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 Program—Safe, Fun, Affordable!

Tot-Ballet Dance

Come meet our new instructor Anna and learn the basics of ballet! Great for beginners or those who would like to learn a new step or two. Ages 3-5. Min: 3 students per session. Location: SCCC Small Activity Room

Day	Date	Time	Price
Program # 4068A			
Mon/Fri	9/11-10/20	6-6:45pm	\$45

Youth Ballet

Join instructor Anna in ballet this fall! Learn the basics or build on what you already know. Great for beginners or those with some experience. Ages 6-8. Min: 3 students per session. Location: SCCC Small Activity Room

Day	Date	Time	Price
Program #4068B			
Mon/Fri	10/30-12/15	6-6:45 pm	\$45

* No class the week of November 19

Fast Fact: While the Brockport Central School District’s youth population has declined, adult programming at the Community Center has continued to grow.

Tot-Jazz Dance

Our new instructor Anna is excited to offer a new class for tots! Jazz dance will have your little one moving and grooving to the beat. Great for beginners. Ages 3-5. Min: 3 students per session. Location: SCCC Small Activity Room

Day	Date	Time	Price
Program # 4068C			
Mon/Fri	9/11-10/20	7-7:45pm	\$45

Youth Jazz Dance

Join instructor Anna in jazz dance this fall! Have a blast dancing to great music! Perfect for beginners or those with some experience. Ages 6-8. Min: 3 students per session. Location: SCCC Small Activity Rm.

Day	Date	Time	Price
Program # 4068D			
Mon/Fri	10/30-12/15	7-7:45 pm	\$45

* No class the week of November 19

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 #4069A			
Wednesdays	9/13-10/18	6:30-7 pm	\$48
Session II Program #4069B			
Saturdays	9/16-10/21	11-11:30 am	\$48
Session III Program #4069C			
Wednesdays	11/1-12/13	6:30-7 pm	\$48
Session IV Program #4069D			
Saturdays	11/4-12/16	11-11:30 am	\$48

*No classes 11/22 & 11/25

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 #4069E			
Wednesdays	9/13-10/18	6:30-7:15 pm	\$48
Session II Program #4069F			
Saturdays	9/16-10/21	11-11:45 am	\$48
Session III Program #4069G			
Wednesdays	11/1-12/13	6:30-7:15 pm	\$48
Session IV Program #4069H			
Saturdays	11/4-12/16	11-11:45 am	\$48

*No classes 11/22 & 11/25

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 #4069I			
Wednesdays	9/13-10/18	6:30-7:15 pm	\$48
Session II Program #4069J			
Saturdays	9/16-10/21	11-11:45 am	\$48
Session III Program #4069K			
Wednesdays	11/1-12/13	6:30-7:15 pm	\$48
Session IV Program #4069L			
Saturdays	11/4-12/16	11-11:45 am	\$48

*No classes 11/22 & 11/25

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 #4069M			
Wednesdays	9/13-10/18	7:15-8 pm	\$48
Session II Program #4069N			
Saturdays	9/16-10/21	12-12:45pm	\$48
Session III Program #4069O			
Wednesdays	11/1-12/13	7:15-8 pm	\$48
Session IV Program #4069P			
Saturdays	11/4-12/16	12-12:45 pm	\$48

*No classes 11/22 & 11/25

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 #4069Q			
Wednesdays	9/13-10/18	7:15-8 pm	\$48
Session II Program #4069R			
Saturdays	9/16-10/21	12-12:45 pm	\$48
Session III Program #4069S			
Wednesdays	11/1-12/13	7:15-8 pm	\$48
Session IV Program #4069T			
Saturdays	11/4-12/16	2-12:45 pm	\$48

* No classes 11/22 & 11/25

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 #4069U			
Wednesdays	9/13-10/18	7:15-8 pm	\$48
Session II Program #4069V			
Saturdays	9/16-10/21	12-12:45 pm	\$48
Session III Program #4069W			
Wednesdays	11/1-12/13	7:15-8 pm	\$48
Session IV Program #4069X			
Saturdays	11/4-12/16	12-12:45 pm	\$48

No classes 11/232 & 11/25

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:** _____

Holiday Event

Thursday December 7th

6:00-8:00pm

Take pictures with Mr. & Mrs. Claus
(remember your camera)

along with lots of crafts, games, face painting,
cookies and punch!

Does your child write Letters to Santa?

All letters to Santa will be received at
Sweden Clarkson Community Center
4927 Lake Road, Brockport NY 14420

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

Any questions or concerns please contact Tim @ 431-0090

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 #4070A			
Wed	9/13– 11/1	6-6:45 pm	\$48
Session II Program #4070B			
Wed	11/8-12/13	6-6:45 pm	\$30

* No class November 22

*NEW Tops and Bottoms

Join instructor Barb for her brand new fitness class! This class will define our shoulders, biceps, triceps, along with lifting and shaping our glutes! Location: SCCC large activity room #2.

Day	Date	Time	Price
Session I Program # 4070C			
Mon	9/11-10/30	5:15-5:45pm	\$44
Session II Program #4070D			
Mon	11/6-12/11	5:15-5:45 pm	

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 #4070E			
Wed	9/13– 11/1	7-8 pm	\$56
Session II Program #4070F			
Wed	11/8-12/13	7-8 pm	\$35

* No class November 22

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 #4070G			
Mon	9/11-10/30	6-6:45 pm	\$48
Session II Program #4070H			
Mon	9/11-10/30	7-8 pm	\$56
Session III Program #4070I			
Mon	11/6-12/11	6-6:45 pm	\$36
Session IV Program #4070J			
Mon	11/6-12/11	7-8 pm	\$42

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. Location: SCCC Large Activity Room 2. Optional \$5 per class

Day	Date	Time	Price
Session I Program #4070K			
M/W	9/11-10/25	12:15-1pm	\$55/Session or \$5/class
Session II Program #4070L			
M/W	10/30-12/13	12:15-1pm	\$55/Session or \$5/class

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. Instructor: Erin Uetz. Ages: 21 and up. Location: SCCC Large Activity Room 3. Min: 6 Max: 24

Day	Dates	Time	Price
Program# 4070M			
Thu	10/26; 11/16; 12/14	6-8 pm	\$25/each class

Creative Mindfulness

Are you feeling overwhelmed each day? Looking to find something new to help ease the chaos in your life? Join artist and art therapist, Sheilagh McGreal, to learn about ways you can develop skills to be more present in the moment and bring focus into your life. This workshop will teach you mindfulness skills and how creativity can help! We will use a variety of art materials to create visuals for a daily intention that will help you get started on a pathway of practicing mindfulness. Learn art techniques that you can easily do with basic materials—such as paint, markers, paper and more. (All art materials will be provided and are part of the class registration cost). No art experience necessary—beginners are welcome to attend! Ages: 18+ Max: 10. Location: SCCC conference room.

Day	Date	Time	Price
Program #4070N			
Thurs	10/19	6-8 pm	\$25

Silver Sneakers Meet and Greet

Want to learn more about Silversneakers? Join us on Wednesday, September 27 at 10 am. Meet the instructor, have some refreshments. Try the class that follows. For more information, call 431-0090. Location: SCCC Large Activity Room.

Adult Co-ed Volleyball League

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

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

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

Day	Date	Time	Price
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Program #4071A

Tue	9/12-12/12	6-9pm	\$150
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There is also a \$10 Ref fee per match

No games 10/31 or 11/23

Fall Adult Softball

Leagues are forming at the Sweden/Clarkson Community Center. All teams are for men over the age of 55. Games will be played at Clarkson's Ridgewood Park on Route 104. For questions, please contact Andre at 431-0086.

Day	Date	Time	Price
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Program #4071B

Mon	9/11-10/30	6 pm	\$200/team
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Line Dancing

Different dances each week. All Ages.

New Location: SCCC Large Activity Room 3.

Day	Time
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Wednesdays	9:00-10:30 am
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Beginner Line Dancing

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

New Location: SCCC Large Activity Room 3.

Day	Time
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Thursdays	9:30—11 am
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Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yeager.

Day	Date	Time	Price
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Session I Program #4071C

Wednesday	9/13-10/18	8-8:45 pm	\$45
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Session II Program #4071D

Wednesday	11/1-12/13	8-8:45 pm	\$45
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* No class 11/22



Jazzercise

Register by calling 585-738-3555 or email:

bkpt_spen_jazz@yahoo.com

brockportjazzercise@gmail.com

M, T, W, Th, F*	6am
T, Th, Sat, Sun	7:30 am
Sat, Sun*	8:30 am
M, T*, W, Th*, F	9am
M, W, Th* F,	4:45pm
M, T*, W, Th	6pm

Location: SCCC Large Activity Room.

* Strength 45

Brockport Jazzercise Only

Buy 1 month get 1 month free; unlimited classes
\$10 joining fee; New students only (not attended 6 months or longer)

Zumba

Ditch the workout and join the party! Zumba fuses international and Latin music – dance to exotic rhythms while burning calories. The hour long class flies by and is so much better than sweating on a treadmill! It works out the whole body – mind, body and soul! All fitness levels can enjoy Zumba and no dance experience is needed. Bring plenty of water! Come get your groove on. Ages 16 and up. Optional drop in \$5 per class. Location: SCCC Large Activity Room 2.

Day	Date	Time	Price
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Session I

Program #4071E

Tues & Thurs	9/12-10/19	6-7 pm	\$45
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Session II

Program #4071F

Tue & Thur	11/7-12/14	6-7 pm	\$45
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Fast Fact: The Sweden/Clarkson Community Center was donated to the Town of Sweden at the end of 2001. It opened its doors to residents in 2002.

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

NEW Location: SCCC Large Activity Room I

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

Tai Chi Beginner & Advanced 8-Week Course

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.

New Location: SCC Large Activity Room I

Price per session is \$40 for 18-59 years; \$33 for 60+.

Day	Date	Time
Beginner Course Session I Program #4072A		
Monday	9/11-10/16	2-3 pm
Beginner Course Session II Program #4072B		
Monday	10/23-12/4	2-3 pm
Advanced Course Prior instruction recommended		
Session I Program #4072C		
Friday	9/15- 10/20	2-3 pm
Session II Program #4072D *NO class 11/24		
Friday	10/27-12/1	2-3 pm

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 #4072E			
Tues/Fri	9/12-10/20	7-8 pm	\$30
Session II Program #4072F			
Tues/Fri	10/24-12/15	7-8 pm	\$30
*No Class 10/31 and 11/20-11/24			

Book Discussion Club

Day	Time
1st Monday of the month	11-12:30 pm

New Location: SCCC Small Activity Room I

2017 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? Call 431-0090 to set up appointment. 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! 1 Session = \$25.00, 6 Sessions = \$130.00 Please contact Andre for more information and to schedule a session. Call 431-0087 or email andrec@townofsweden.org

Weekly Open Senior Cards

Mondays: Euchre 12:30-2:30 pm
 Wednesdays: Bridge 1-4 pm
 Fridays: Pinochle 12:30-2:30 pm
 Fee: \$1 visit. Location: SCCC Large Activity Room 3.

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. Call 431-0090.

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

New Location: SCCC Large Activity Room I

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!



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

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

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. **New Location:**

SCCC Large Activity Room 3.

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. **New Location: SCCC.**

Day	Time	Price
2nd & 4th Thursday	9am-12pm	FREE

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. 20, Oct. 18, Nov. 15 and Dec. 20

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
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Session I Program #4072G

Sat	9/16-10/21	9am-10 am	\$10
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Session II Program #4072H

Sat	10/28-12/16	9am-10 am	\$10
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*No class November 25

Pickleball Tournament

Want to show off your pickleball skills? Come join us for a coed bracket style double elimination pickleball tournament! There will be a bracket for singles and another one for doubles. \$10 per person and it includes pizza, drinks and a trophy for the winning teams. Doubles must sign up as a team. **Everyone must sign up by 10/30.** Minimum of 4 teams for each bracket. For a complete set of rules and tournament-style information, contact George Kimball at georgek@townofsweden.org Ages 18+

Location: SCCC gym.

Day	Date	Time	Price
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Program # 4072I

Sat	11/4	10 am	\$10/person \$20/doubles
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Knitting Club

Meet to knit and crochet items for area cancer patients.

We provide the yarn, donations gratefully accepted.

New Location: SCCC Small Activity Room 4

Day	Time	Price
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Wednesday	10am-12pm	FREE
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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.

New Location: Small Activity Room 1

Day	Time	Price
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4th Thursday	9am-12pm	FREE
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Fast Fact: Every full-time recreation department staff member has a bachelor's degree in recreation or another related field.

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Thursday 12pm—3pm \$1/\$2
 Sunday (5-13yrs Only) 10:30am-12pm resident/non-resident

Open Pickleball

Monday—Friday 10am-12noon \$1/\$2
 Sunday 8:30-10am resident/non-resident

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.

Holiday Bazaar

Date: Saturday, October 21, 2017

Time: 9:00 AM to 3:00 PM

**Sweden Clarkson
 Community Center
 4927 Lake Road
 431-0090 for info**

Vendor's items include but are not limited to:
 Quilts, Baked Goods, Art Paintings, Jewelry,
 Handmade items, Crafts, Wall Hangings, Knitted
 and Crocheted items, and gently used items.
 Call 431-0090 if you are interested in being a
 vendor or for more information.

Memories of Love

Remember a loved one by purchasing an orna-
 ment for our holiday tree. \$5 each.

****Lunch Available for purchase****

** menu to be determined

**Sponsored by the
 Sweden Senior Association, Inc.**

Second Annual Free Community Health Fair Wednesday, October 18 10 am - 2pm

- Numerous Exhibitors focusing on health plans for youth to senior
- Medicare representatives
- Assisted living Information
- Financial Services
- Estate planning
- Get personal training tips
- Healthy living is the focus

For more information, call 431-0090.

Let's get healthy together!

Lifetime Assistance At Lodge on the Canal 133 State Street

Monday—Friday Lunch at Noon
 (please call ahead for reservations)

Mondays & Fridays—Bingo 11 am-12 pm

Mondays & Thursdays—Stretch & Tone 1-2 pm

2nd **Tuesday** of month—Eldersource 10:30-12 pm
 together with Monroe County Office of Aging

Wednesdays—Blood Pressure Check 10:30-12 pm
 by Monroe Ambulance

1st & 3rd **Thursday**—Elderberries 10 am—1pm

Mondays—Baking Club 1-3 pm

Medical Motors will continue to provide transporta-
 tion associated with the meal program. Please call 637-
 8161.

Community Center

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

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field 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 hours 8 am-10 pm	\$50/field for 3 hours 8 am-10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Ridgewood Lodge Ridge Road 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
Goodwin Lodge Hafner Park	\$150/day 8 am-10 pm	\$150/day 8 am-10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130



Summer fun at Sweden/Clarkson Recreation has included swim lessons and Hage Hogan basketball camp. Emergency services providers visited summer camp to help our youth learn to be safe in everything they do!



Meet your newest recreation staff professionals



Many of you will recognize **George Kimball** because he has worked for the Recreation Department since September 2014. He was promoted to a full-time position last fall and has quickly become an integral part of the permanent staff.

George grew up in Geneseo and played basketball and soccer in high school.

Outside of school, he enjoyed organized sports in Frisbee and football, among others.

He worked at his hometown summer camp while in high school and his first two years of college. In 2015, George graduated from the College at Brockport with a bachelors degree, majoring in Recreation and Leisure with a concentration in Recreation Management. He had interned with Sweden/Clarkson Recreation during his final two years of college.

George really enjoys running the youth house sports leagues, particularly basketball and soccer. He'd like to see the relationship with other town recreation departments expand. He's also a favorite with instructional tot and youth sports programs as Coach George!



Tim Manuszewski grew up in West Seneca, New York playing a variety of sports like baseball, football and lacrosse. Tim interned with the Sweden/Clarkson Recreation Department while he completed his bachelors degree in Sports Management and Kinesiology with a minor in Business from the College at Brockport.

He graduate Summa Cum Laude this past spring and played club baseball and men's rugby.

Tim worked at the College at Brockport's Campus Recreation Department starting as a freshman as an intramurals official/general manager; was promoted to a Membership Services staff member as a sophomore; and during his last two years he worked as a Special Events Recreation Center Manager.

Tim enjoys the camaraderie and open communication shared by the recreation staff. "Everyone is so willing to lend a hand in order to run effective programs," he said. Tim is looking forward to working with youth baseball leagues since baseball has always been a part of his life. He's also like to improve and expand tournaments.