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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

April 1—30	Monday—Thursday	6 am—9 pm
	Friday	6 am—8 pm
	Saturday	8 am—6 pm
	Sunday	8 am—3 pm
	May 1—31	Monday—Friday
	Saturday	8 am—3 pm
	Sunday	8 am—12 noon

Closed: **March 27 May 8 May 30**

The Center Hours

March 28-May 27	M/T/Th/F	9am-3pm
	Wednesday	9am-4pm

Closed: **March 25**

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 Grant Holupko	431-0087
granth@townofsweden.org	
Recreation Assistant Andre Calzone	431-0087
andrec@townofsweden.org	
Staff: 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 Lori Skoog	
Councilperson Mary Rich	
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

A message from your recreation department

Happy Spring Everyone!

We're not quite there yet, but I promise spring is just around the corner! Your recreation department has a lot of great ideas to rev up your transition from winter to spring! If you're feeling housebound, come on out and take a class at the Community Center or The Center. We have lots of choices that don't require a huge time commitment and are inexpensive.

For example, do you want to learn to dance? We have bellydance, modern dance and line dancing for beginners and those with experience. If you just want to move more (and believe me, we all should!) we have Tai Chi, Tae Kwon Do, Pilates, Yoga, Body Sculpting, Total Body Workout, Jazzercise, Zumba, personal training, Silver Sneakers and water fitness.

In the mood to learn? We have a range of technology classes, First Time Homebuyers Seminar and a get-started gardening class. For the kids, we have several art and technology classes, safety classes and a learn to fish class.

We always have sports—youth leagues, adult leagues and instructional programs. A couple of our new sports programs this year are: 28+ Men's Basketball; pre-season Baseball Clinic, 35+ Pickleball League and Co-ed Sand Volleyball League.

We have trips—appropriate for all ages (see page 18) and community events. Our Easter Egg Hunt and Pancake Breakfast, on March 19, is always one of our biggest events.

New this year is a Community Garage Sale—yes, bring your excess baggage to the Community Center on April 16 and we'll help you get rid of it. It promises to be way more fun than holding your own solo garage sale. See page 13 for details on how to sign up.

Another tip to make spring arrive faster—get ready for it! Tune up your bike! Untangle and re-sort your fishing equipment. Get a new pair of walking shoes. Check the expiration date on your sunscreen (you should have been wearing it during the winter months, too). Oil your baseball mitt! Come up to our community garage sale and maybe get a good deal on some sports equipment.

Happy end of winter!!!



Jill Wisnowski

Know your rec staff—professionals working for you

Did you know that your recreation staff all hold degrees in recreation plus various certifications? They put their education, training and experience to work to bring the community a variety of programs and events. Joe Kincaid, a Brockport native and Brockport High School graduate holds a B.S. in Recreation and Leisure Studies from The College at Brockport. He's certified in CPR/AED and Silver Sneakers Instruction.

Megan DeMarco graduated from Churchville-Chili High School and from The College at Brockport with a B.S. in Recreation and Leisure studies with a concentration in management. She is working on a physical therapist assistant degree at GCC. Megan is certified in CPR/AED, First Aid, Responding to Emergencies and Silver Sneakers.

Andre Calzone graduated from Bishop Kearney High School and The College at Brockport with a degree in kinesiology. He is certified in CPR, Silver Sneakers and Lifeguard Management.

Grant Holupko went to Brockport High School and holds a Bachelors in Exercise Physiology from The College



Left to right: **Joe Kincaid, Megan DeMarco, Andre Calzone** and **Grant Holupko**.

at Brockport. He also plans on pursuing a degree in physical therapy. Grant is certified in APPHERD (Shape America), Silver Sneakers and CPR/AED. All the staff are certified in Monroe County Food Handling. Share your recreation program ideas with the professional staff that can make it happen!

Summer Soccer—the time is nearing!

Please fill out and return this ticket if you are interested in coaching.

Name _____ Sport _____

Phone number _____ email _____

Cut out and attach to your child's registration form.

GENERAL INFORMATION

What is MURSL? It is the Monroe United Recreation Soccer League, a recreational youth soccer league where the focus is fairness, character and good sportsmanship. Visit MURSL.org to find league rules and information; coaches and contact lists; field information and schedules. Participation in this league requires travel to other towns for games.

Important! Age as of August 1, 2015 determines level of play!

Attention! Volunteer coaches and referees are needed for all levels of play!

Deadline! The registration deadline is March 22.

U-4 SOCCER (Ages 3 & 4)

Program #3867-A

Wednesdays at 6:30 pm June & July

Fee: \$32

All games are played at the Community Center, 4927 Lake Road.

U-6 SOCCER (Ages 5 & 6)

Program #3867-B

Mondays at 6:30 pm June & July

Fee: \$32

All games are played at the Community Center, 4927 Lake Road.

U-8 GIRLS SOCCER (Ages 7 & 8)

Program #3867-C

Tuesdays/Thursdays June/July

Games at 6 pm and 7:15 pm

Fee: \$45

U-8 BOYS SOCCER (Ages 7 & 8)

Program #3867-D

Mondays/Wednesdays June/July

Games at 6 pm and 7:15 pm

Fee: \$45

U-10 GIRLS SOCCER (Ages 9 & 10)

Program #3867-E

Tuesdays/Thursdays

End of May through July

Fee: \$65

U-10 BOYS SOCCER (Ages 9 & 10)

Program #3867-F

Mondays/Wednesdays

End of May through July

Fee: \$65

U-12 GIRLS SOCCER (Ages 11 & 12)

Program #3867-G

Tuesdays/Thursdays

End of May through July

Fee: \$70

U-12 BOYS SOCCER (Ages 11 & 12)

Program #3867-H

Mondays/Wednesdays

End of May through July

Fee: \$70

Youth Ultimate Frisbee

Looking to learn a different and exciting sport? Come join us for ultimate Frisbee! The first part of the class will be instructional and the last part will be time for games and play. Ages: 7-11. Location: SCCC Gym.

Day	Date	Time	Price
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Program #			
Tues	4/5-5/10	6-6:45 pm	\$25

Tot T-Ball

This class is designed to get your 4 or 5 year-old geared up and ready for the upcoming spring t-ball league. We will learn to catch, throw, field and hit the ball! Come out and get an early start on the baseball season. Instructor: Coach Andre. Location: SCCC Gym.

Day	Date	Time	Price
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Program #			
Mon	4/4-5/9	5-5:45 pm	\$25

Summer baseball & softball—batter’s up!

GENERAL INFORMATION

Our baseball/softball program requires travel to other towns. Our home games are played at the Sweden Town Park, Redman Road.

Important! Age as of May 1 determines level of play. A copy of your child’s birth certificate is required with registration for children in Juniors level and up.

Attention! Volunteer coaches are needed for all levels of play.

Deadline! The registration deadline is March 1. Pony level registration deadline is April 30.

ONE BASE T-BALL (Ages 3 & 4)

Program #3868-A
Saturdays
May & June
Fee: \$32

COED T-BALL (Ages 5 & 6)

Program #3868-B
Wednesdays/Saturdays
May & June
Fee: \$45

COED JUNIORS (Ages 7 & 8)

Program #3868-C
Tuesday/Thursday/Saturday
May & June
Fee: \$52

NEW! Pre-Season Baseball/Softball Clinic

Are you signing your son or daughter up for baseball/softball this spring? Why not give them a head start before the season? Now you can! We will learn about fielding, hitting, pop-flies and base running. This is a good way for your kids to get a jump start on the season. Ages: 8 +. Instructor: Joe Kincaid. Location: Sweden Town Park or SCCC gym.

Day	Date	Time	Price
Program #			
Saturday	4/30	10 am –12 noon	\$25

Joe’s favorite team sport: Baseball! It’s the first sport my dad taught me and it takes not only athleticism, but smarts as well.

BOYS MINOR (Ages 9 & 10)

Program #3868-D
Tuesday/Thursday/Saturday
May & June
Fee: \$65
Mandatory Evaluation Day: Saturday, April 23 from 9 am to 11:30 am. Location: SCCC.

BOYS MAJOR (Ages 11 & 12)

Program #3868-E
Tuesday/Thursday/Saturday
May & June
Fee: \$75
Mandatory Evaluation Day: Saturday, April 23 from 11:30 am to 1 pm. Location: SCCC.

GIRLS SOFTBALL (Ages 8-12)

Program #3868-F
Monday/Wednesday/Saturday
May & June
Fee: \$75
Mandatory Evaluation Day: Saturday, April 23 from 1 pm to 2:30 pm. Location: SCCC.

PONY LEAUGE (Ages 13 & 14)

Program #3868-G
Tuesday/Thursday/Saturday
June– August
Fee: \$85
Registration deadline: April 30.

Private Pitching Instruction

Do your boys want to get serious about becoming a quality pitcher in the years to come? 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 #			
By appointment only			\$10/hour

Jill’s favorite team sport: Tot Soccer! There’s nothing better than 3 & 4 year olds all running after the ball at once like a flock of birds!!!

YOUTH PROGRAMS

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 II Program #3846-H			
M & W	3/9-4/25	9:30-10:45 am	\$44
Session III Program #3846-I			
M & W	4/27-6/8	9:30-10:45 am	\$44

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

Day	Date	Time	Price
Session II Program #3846-K			
M & W	3/9-4/25	11-12:15 pm	\$44
Session III Program #3846-L			
M & W	4/27-6/8	11-12:15 pm	\$44

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.

Youth Tae Kwon Do

Ages: 6-12. Location: SCCC Large Activity Room I. Instructor: Rob Slocum.

Day	Date	Time	Price
Session I Program #3878-A			
M/TH	3/28-5/26	7-8pm	\$30

NEW! Casting Kids

We will show kids how to bait a hook, cast and catch a fish. Participants must bring their own pole and fishing line. Bait will be provided, bring lures if you would like. Parent or adult must accompany participants. Come out and catch the big one! Ages 4-5. Instructor: Joe Kincaid. Location: Sweden Town Park, Redman Road.

Day	Date	Time	Price
Program #3878-B			
Wed	5/11-5/25	5:30-6:30 pm	\$20

Youth Lacrosse

Has your child ever been interested in learning lacrosse? Join Coach Grant and Coach Andre to learn this new sport or improve your lacrosse skills. This beginner class will teach the fundamentals of cradling, ground balls, passing, catching and shooting. Ages: 6-10. Location: SCCC Gym.

Day	Date	Time	Price
Program #3878-C			
Tues	4/5-5/10	5-5:45 pm	\$25

Tot Jazz Dance

Join dance instructor Grace Lopata-Linn for one of our most popular tot programs! Learn jazz basics while dancing to great music. Perfect for beginners or those with previous experience. Please wear a soft-sole shoe. Ages 3-5. Location: SCCC Large Activity Room I.

Day	Date	Time	Price
Program #3878-D			
Tues	3/29-4/19	5:30-6:15 pm	\$25

Youth Jazz Dance

Dance instructor Grace Lopata-Linn is returning and switching gears to teach jazz dance! Perfect for beginners or those with previous experience. A soft-sole shoe is recommended. Ages 6-10. Location: SCCC Large Activity Room I.

Day	Date	Time	Price
Program #3878-E			
Tues	3/29-4/19	6:15-7 pm	\$25

Youth Mini Camp

This program is designed to get your 7-10 year old experienced with a different sport each week! Every class will be dedicated to exploring the foundation of a different sport followed by a short game at the end of class. Instructor: Coach Andre. Location: SCCC gym.

Day	Date	Time	Price
Program #3878-F			
Mon	4/4-5/9	6-6:45 pm	\$25

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 #3870-A			
Tuesday	3/24	9:30-11:30 am	\$20
Program #3879-A			
Saturday	5/21	10 am –12 noon	\$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
Program #3870-B			
Tuesday	3/24	9 am—2:30 pm	\$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
Program #3870-C			
Tuesday	3/24	12 noon—2 pm	\$18

NEW! Kids Night Out

Want your kids to have fun in a safe environment while you're out to dinner or a movie? Drop your kids off at the Community Center for gym games and pizza while you have a date night! It's the no-worry way to get some adult time while we tire out the kids! Ages: 5-10 Location: SCCC :Café & Gym Instructor: SCCC staff

Day	Date	Time	Price
Program #3879-B			
Fridays	3/18, 4/25/ 5/20	6—8:30 pm	\$15

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. Four weeks.

Day	Date	Time	Price
Session I Program #3879-C			
Tues	4/5-4/26	6:30-7pm	\$60
Session II Program #3879-D			
Tues	5/3-5/24	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. Four weeks.

Day	Date	Time	Price
Session I Program #3879-E			
Tues	4/5-4/26	7-8 pm	\$95
Session II Program #3879-F			
Tues	5/3-5/24	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 (4 weeks) Program #3879-G			
Thu	4/7-4/28	6-7 pm	\$95
Session II (4 weeks) Program #3879-H			
Thu	5/5-5/26	6-7 pm	\$95

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 (4 weeks) Program #3879-I			
Thu	4/7-4/28	7-8 pm	\$95
Session II (4 weeks) Program #3879-J			
Thu	5/5-5/26	7-8 pm	\$95

ATTENTION All Horseback Riding

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



Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Friday 12pm—3pm \$1/\$2
resident/non-resident

Open Pickleball

Monday—Friday 10am-12noon \$1/\$2
Saturdays 3pm-5pm
resident/non-resident

Open Volleyball

Fridays 6:30-8:30 pm \$2

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.

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. Classes are taught by Dr. Trevor Johnson-Steigelman who has been teaching science and technology for over 20 years. Two age levels: 8-10 and 11-14. Location: SCCC conference room.

Beginner Session: Introduction to NXT programming.

Day	Date	Time	Price
Program #3880-C		Ages 8-10	
Tues	4/5-4/19	5-6pm	\$45
Program #3880-D		Ages 11-14	
Thurs	4/7, 4/14, 4/21	5-6 pm	\$45

Intermediate Session: Using sensors and switches.

Day	Date	Time	Price
Program #3880-E		Ages 8-10	
Thurs	5/5-5/19	5-6 pm	\$45
Program #3880-F		Ages 11-14	
Tues	5/3-5/17	5-6 pm	\$45

Cooking 101 for Kids

Ms. Mary will introduce children to healthy food choices, kitchen safety and cooking skills while having fun learning a life-skill. Your little chef will prepare delicious kid-friendly recipes to eat and share. They will also create a cookbook to take home. We will explore living with food allergies, proper portion sizes and living a healthy life-style. Ages 5-11. Location: SCCC cafeteria.

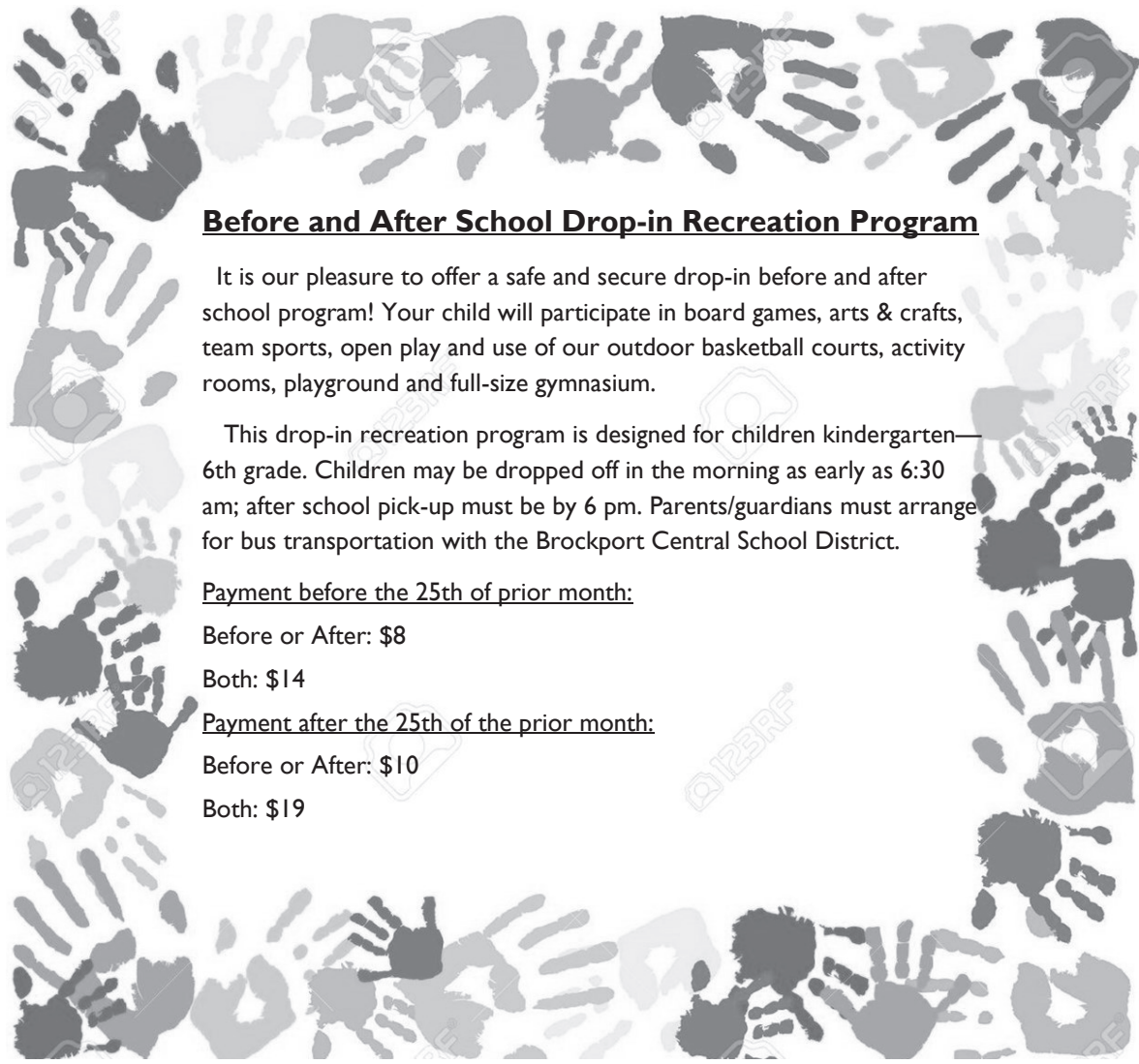
Day	Date	Time	Price
Program #3880-G			
Sat	4/2-5/21	10-11:15 am	\$42

* No class April 9 & 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.

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



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—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

NEW! A Flower Pot for Mom

Come decorate your own special flower pot that you can give to mom for Mother’s Day. Not only will you decorate the flower pot, you will plant flower seeds in the pot, too! Instructor: Erika Buonemani. Location: SCCC Cafeteria.

Day	Date	Time	Price
Tot Session (Ages 3-5) Program #3881-A			
Friday	4/29	10– 11am	\$14
Youth Session (Ages 6-11) Program #3881-B			
Saturday	4/30	11am-12 noon	\$14

NEW! Build Ultimate Birdhouse

Many birds need a place to call home. Come build a birdhouse for your feathered friends. Instructor: Erika Buonemani. Ages: 7-12. Location: SCCC Cafeteria.

Day	Date	Time	Price
Program #3881-C			
Saturday	4/16	10-11 am	\$14

NEW! Make a Stepping Stone

Do you want to decorate your yard with your own masterpiece? You’ll make your own unique stepping stone with cement and have your own embellishments and design imprinted on it. Instructor: Erika Buonemani. Ages: 4 -7. Location: SCCC Cafeteria.

Day	Date	Time	Price
Program #3881-D			
Saturday	5/2	10-11 am	\$10

NEW! Youth DIY Suncatchers

Come start the spring season making a beautiful suncatcher. You can hang your masterpiece on your porch, window or somewhere that allows the sun rays to shine through. Instructor: Erika Buonemani. Ages 6-10. Location: SCCC Activity Room.

Day	Date	Time	Price
Program #3881-E			
Sat	5/14	10– 11 am	\$10



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.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Session I Program #3882-A			
Wednesdays	4/13-5/18	6:30-7 pm	\$40
Session II Program #3882-B			
Saturdays	4/16-5/21	11-11:30 am	\$40

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.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Session I Program #3882-C			
Wednesdays	4/13-5/18	6:30-7:15 pm	\$40
Session II Program #3882-D			
Saturdays	4/16-5/21	11-11:45 am	\$40

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.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Session I Program #3882-E			
Wednesdays	4/13-5/18	6:30-7:15 pm	\$40
Session II Program #3882-F			
Saturdays	4/16-5/21	11-11:45 am	\$40

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.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Session I Program #3882-G			
Wednesdays	4/13-5/18	7:15-8 pm	\$40
Session II Program #3882-H			
Saturdays	4/16-5/21	12-12:45pm	\$40

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.

<u>Date</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Session I Program #3882-I			
Wednesdays	4/13-5/18	7:15-8 pm	\$40
Session II Program #3882-J			
Saturdays	4/16-5/21	12-12:45 pm	\$40

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.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Price</u>
Session I Program #3882-K			
Wednesdays	4/13-5/18	7:15-8 pm	\$40
Session II Program #3882-L			
Saturdays	4/16-5/21	12-12:45 pm	\$40

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:** _____

Saturday, March 19th 9-11am

9th Annual Pancake Brunch!

Presented by the Wisnowski family to raise money for the local food shelf

Served from 9-10:30am \$3 per person

Easter Egg Hunt at 10:15am in the gym!

Please bring your own basket!

Face painting, crafts, games, jellybean contest and more!!

PLUS...get your picture taken with the Easter Bunny!



Town Wide Garage Sale

Have a bunch of stuff you'd like to sell? Don't want to go through the hassle of advertising and setting up for your own garage sale? We can help! You bring the items you want to sell, we will bring the people here to buy it from you!

Cost: Resident- \$20 Non-Resident- \$25



Table Rental- \$5



Sellers must bring their own tables and chairs for the sale. We will have a limited number of tables for rent. Everything will be on a first come, first serve basis (i.e. tables, space)

ADULT PROGRAMS

Pilates Beginner Mat

This is adaptable, low-impact mat work that will challenge your core but is not hard on the body. Use alone as a rejuvenating workout or as conditioning for your other physical activities. Please bring a 1/4" or greater "sticky" mat. Instructor: Laura Scheer. Age min: 18. Location: SCCC Adult Fitness Room 1.

Day	Date	Time	Price
Program #3883-A			
Sat	4/9-5/14	10:15-11 am	\$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. Ages: 16+. Location: SCCC Large Activity Room 2. Optional: \$5/class.

Day	Date	Time	Price
Program #3883-B			
M/W	4/4-5/25	12:15-1pm	\$60

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
Program #3883-C			
Wed	4/6- 5/26	7-8 pm	\$52

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. Instructor: Barb Whited. Ages 16+. Location: SCCC Activity Rm 2.

Day	Date	Time	Price
Session I Program #3883-D			
Mon	4/11-5/23	6-6:45 pm	\$38
Session II Program #3883-E			
Mon	4/11-5/23	7-8 pm	\$45

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
Program #3883-F			
Wed	4/6- 5/26	6-6:45 pm	\$44

Beginner Bellydance

If you have wondered what bellydance/middle eastern dance is all about, come and find out! Bellydance 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. Age 18+. Each class will begin with a warm-up to loosen up muscles and joints and will build off the previous class as well as add new elements each week.

Day	Date	Time	Price
Session I Program #3883-G			
Thurs	3/31-4/21	6-7 pm	\$20
Session II Program #3883-H			
Thurs	4/28-5/19	6-7 pm	\$20

Beyond Beginner Bellydance

If you have taken an introduction course for bellydance/middle eastern dance, this class might be for you. It is a continuation from an introductory class and is designed to move you into more complex movements and technique. Suitable for people of all shapes and sizes. Age 18+. If you are unsure this class is for you, ask to speak to the instructor. You will be on your feet for the hour. Each class will begin with a warm-up to loosen muscles and joints and will build off the previous class as well as add new elements each week.

Day	Date	Time	Price
Session I Program #3883-I			
Thurs	3/31-4/21	7-8 pm	\$20
Session II Program #3883-J			
Thurs	4/28-5/19	7-8 pm	\$20

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 (4 weeks) Program #3883-K			
Mon	4/4-4/25	7-8 pm	\$95
Session II (4 weeks) Program #3883-L			
Mon	5/2-5/23	7-8 pm	\$95

Open Tai Chi

Tai Chi is primarily practiced to improve health & increase energy as moving meditation helps quiet and focus the mind. Slow movements allow even the stiffest person the opportunity to relax & strengthen the body without risk of strain. Instructor: Jane Harr. Location: SCCC.

Day	Date	Time	Price
Program #3883-M			
Sundays		11:15-12:15 pm	\$2/class

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

Adult Softball

Leagues are forming at the Sweden/Clarkson Community Center. All leagues are for adults ages 18 and up. Games will be played at Clarkson's Ridgewood Park on Rt. 104 in Clarkson. There will be later games this year under the lights so come out and show us how you swing it!

There will be a captains' meeting before the season begins on April 21 from 6-7 pm at the Community Center. Teams will need to have their captain or a representative from the team at this meeting. League fees will also be due at this time. Both team roster and FULL payment must be received to secure a spot in each league.

Monday Co-ed League

June—August 6-9 pm \$500/team

Tuesday Men's League

June—August 6-9 pm \$500/team

3 V 3 Soccer League

A 3 on 3 league offers games with fewer players on a smaller field. Fewer players sharing the ball means games are more fun. Player benefits include: touching the ball more often to become more skillful; players becoming more physically efficient and having opportunities to play on both sides of the ball. The small-sided game is a developmentally appropriate, fun environment for young soccer players. Ages 18+. Location: SCCC Gym.

Day	Date	Time	Price
Program #3884-A			
Thurs	4/7-5/12	5-7 pm	\$150/team



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

New customer offer—50% off Joining Fee

With auto-payment registration. For new customers who haven't attended in 6 months or more. Other restrictions may apply. 800-FIT-IS-IT

Adult Water Fitness

Challenge yourself in a fun workout with instructor Chrisa Yeager.

Day	Date	Time	Price
Program #3884-B			
Wednesday	4/13-5/18	8-8:45 pm	\$45

NEW! 28 & Up Men's Basketball

This program is for guys who want a slower pace rather than a competitive league. Participants will come and play pick-up games for the time allotted. Come on out and play in a fun environment. Staff will be on hand to facilitate the games. Instructor: Joe Kincaid. Location: SCCC gym. Ages: 28+

Day	Date	Time	Price
Program #3884-C			
Wed	4/6-5/25	6-8pm	\$24

Modern Dance

Join dance 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 allow for self-healing and community building. Stretch, strengthen and open your minds in a safe and invigorating environment. Ages 14+. Location: SCCC Large Activity Room 1.

Day	Date	Time	Price
Program #3885-A			
Saturday	4/2-5/7	12-1 pm	\$40

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 1. Ages 12+.

Day	Date	Time	Price
Program #3885-B			
Tues/Fri	3/29-5/27	7-8 pm	\$30

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! One session = \$25; Six sessions = \$130. Please contact Grant for more information and to schedule a session. Call 431-0087 or email granth@townofsweden.org

Group Ex Training

Come with a partner or a group of people. Training primarily involves moving from one station to another in set periods of time. Each interval varies from 1-3 minutes alternating between strength and cardio. Cardio work can include Step, Hi/Lo Aerobics or Cardio variations; Strength work can include physio balls, bands, mat exercises, med balls, dumbbells, body weight exercise and more.

Please contact Grant Holupko for more information and to set up a time. Call 431-0087 or email: granth@townofsweden.org

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

NEW! Gardening for Adults

Want to get a head start on your garden? Choose favorite vegetable and flower seeds that you can start indoors. You'll be starting your garden at a fraction of the cost of buying plants. Instructor: Erika Buonemani. Ages 18+ Location: SCCC cafeteria

Day	Date	Time	Price
Program #			
Sat	5/21	10-11 am	\$24

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!

Senior Bingo

One Wednesday per month this spring. Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Location: SCCC
 Dates: March 16 April 20 May 18

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
Program #3885-C			
Sat	4/2-5/28	9am-10 am	\$10

NEW! Junk to Gems

What are you ever going to do with that old wood furniture in your basement or garage? We've got an idea! Bring it to the Community Center and we can restore your old junk furniture and breathe some life back into it. Participants must bring their own materials to complete their project. If you're not sure what is needed, call Joe Kincaid at 431-0088. All skill levels are welcome. Let's turn your junk into gems. Ages: 18+. Location: SCCC.

Day	Date	Time	Price
Program #3885-D			
By appointment			\$35

First Time Homebuyer Seminar

Are you tired of paying rent? Wonder if you qualify to buy a home? Come learn the whole process from start to finish! Learn what loans and incentives are out there for first time buyers, how to prepare for home ownership and what you need to know about the local market. Participants will be entered in a raffle to win a \$100 gift card. This FREE seminar is presented by Patricia Sikula-Thayer, Licensed Real Estate Agent at Nothnagle Realtors and Doug VanDetta, Loan Office for Homestead Funding Corp.

Day	Date	Time	Price
Program #3885-E			
Tuesday	3/28	6-7:30 pm	FREE

Red Cross Blood Drive

At the Community Center, 4927 Lake Road on Wednesday, July 13. Visit www.redcross.org for more information on how to be a blood donor.

Grant's favorite team sport: Professional football (Baltimore Ravens). It's something to look forward to during the work week plus an excuse to eat chicken wings!

Upcoming Adult Leagues

35+ Pickleball League

Look for it in the summer edition of the Sweden/Clarkson Scoreboard

Men's Basketball League

Look for it in the summer edition of the Sweden/Clarkson Scoreboard

Co-ed Sand Volleyball League

Look for it in the summer edition of the Sweden/Clarkson Scoreboard

For information and input, call or email Joe Kincaid 431-0088 joe@townofsweden.org

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? We'll fine tune your iPad including security, notifications and other settings.

Day	Date	Time	Cost
Program #3880-A			
Wed	4/6	6:30-7:30 pm	\$25

Reading on Your iPad

We'll look at 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 library. We'll also look at newspapers, magazines and websites to keep you current with the world.

Day	Date	Time	Cost
Program #3880-B			
Mon	4/13	6:30-7:30 pm	\$25

Communicating with the iPad

You're traveling but you'd like to see the kids or grandkids. Maybe you have a job interview coming up. When was the last time you saw family from another state or country? Did you know that there are several ways to video-chat with others? We'll investigate your options and get you started with Skype and FaceTime. Ages: 15+. Location: SCCC conference room.

Day	Date	Time	Price
Program #3885-F			
Wed	4/20	6:30-7:30 pm	\$25



iPad Classes

\$25 per class or 3 classes for \$60 when registered at the same time. Do you have an iPad and want to do more with it? We'll 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 your iPad. Ages 15+. Instructor Dr. Trevor Johnson-Steigelman. Location: The Center.

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? We'll fine tune your iPad including security, notifications and other settings.

Day	Date	Time	Program	Cost
Tues	3/22	1-2 pm	#3866-G	\$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	Program	Cost
Wed	3/23	1-2 pm	#3866-I	\$25

Communicating with the iPad You're travelling but you'd like to see the kids or grandkids. Maybe you have a job interview coming up. When was the last time you saw family from another state or country? Did you know that there are several ways to video-chat with others? We'll investigate your options and get you started with Skype and FaceTime.

Day	Date	Time	Program	Cost
Thurs	3/24	1-2 pm	#3866-K	\$25



YOUR TRAVEL COMPANION

Tropical Adventure in Niagara Falls, Canada

Includes a tour of the **Butterfly Conservatory**, a magical attraction featuring over 2,000 colorful tropical butterflies floating freely among lush, exotic blossoms and greenery; lunch at the **Rainforest Café**; and admission to the **Bird Kingdom** where we will discover exotic birds and animals in the tropical rainforest, the largest indoor free-flying aviary in the world. This is an adventure that is fun for all ages.

Day	Date	Time	Cost
Mon	April 18	10 hours	\$110

Rochester City Tour & the Arts

Includes a guided city tour of **Rochester**; tour of the **Memorial Art Gallery**, lunch and tour at **Artisan Works** and tour at the **George Eastman Museum**. If you've never been to the Artisan Works, it's an amazing place where Alice in Wonderland meets Sanford & Sons meets the Louvre.

Day	Date	Cost
Thursday	May 19	\$95

Rediscover Buffalo & Niagara Falls

Includes a guided city tour of **Buffalo**; lunch at **Templeton Landings** on Erie Basin OR **Niagara Falls Culinary Center**, trolley tour of **Niagara Falls and Aquarium**.

Day	Date	Cost
Wed	June 29	\$95

For more information about any of these trips or suggestions for trips you would like to see offered, call The Center at 637-8161.

Sweden Senior Association, Inc.

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

Megan's favorite team sport: Volleyball because it's challenging and a blast to play with friends! It's also a good way to make new friends!

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 #		
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 helps keep you limber and strong and aids in the recovery of injuries or surgery. Walk-ins: \$1 per class

Day	Time	Price
Program #		
Thursdays	12:30-1:30 pm	\$1/class



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 Center are:

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	Ricki DeBaun
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 in the newly renovated cafe. Special events and trips are planned throughout the year at an additional cost to interested Elderberry members. Led by Joyce Henion.

Day	Time	Price
1st & 3rd Thursday	10am-1pm	\$12/year

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

Andre's favorite team sport: Football because it is action packed and doesn't seem to have many dull moments. It normally is accompanied by lots of home cooked food and family!

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
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Program # 3866-L

Wed.	1/6-5/11	9:30-11:30am	\$15
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- No rehearsal 3/30
- Last rehearsal is April 27; with final performance on May 11 from 11 am—1 pm at The Center
- Participants who paid in January do not pay again during this cycle.

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
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Mon	11am-12pm	\$1
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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.

Day	Game	Time
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Program

Wednesday	Bridge	12:30—4 pm
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Baking Club

Join us every Monday from 12:30—2pm to bake and socialize. All of our baked goods are sold at The Center and at the Community Center for \$1 each. Participation in the baking group is completely FREE and you get to take home a snack. Baking donations and suggestions are always welcome.

Book Discussion Club

Share your passion for reading with friends! Location: The Center café.

Day	Time	Price
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1st Mondays	12—1:30 pm	\$1/meeting
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The Center Fitness Room

Come check-out our fitness center with a beautiful view of the canal. Price: \$5 per month or \$3.50 per month if purchasing a one-year membership in advance.

Beginner Line Dancing Lessons

Have you been interested in learning to Line Dance but never took the time or wanted to spend the money to do so? Now is your opportunity! All you need is an hour and \$1 to learn the basics of line dancing in a comfortable, friendly environment. All ages are welcome. Bring comfortable shoes. Instructed by Midge Warren and Assistant Nancy Breslawski. Location: The Center.

Day	Time	Price
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Program #

Thursdays	10-10:45 am	\$1
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Advanced Line Dancing

Different dances each week. All ages welcome. Location: The Center.

Day	Time	Price
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Wednesdays	9:15-10:30 am	\$1
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Health Fair for Seniors

May 20 from 10 am—4 pm 133 State Street

Join us for free health and wellness seminars & demos:

- Brockport Ambulance (CPR and free blood pressure check)
- Red Cross Blood Mobile
- Brockport Police & Monroe County Sheriff prescription drug drop-off
- Klafehn Heise & Johnson attorneys to answer elder law questions
- Chili for lunch at noon; cost is \$5 and reservations are required by May 11
- Bingo will be played non-stop from 10 to 2 pm for the cost of \$1 per card

The Off-Monroe Players & Dinner

Sit back and enjoy the lyrics and melodies of Gilbert and Sullivan. Favorites from *HMS Pinafore*, *Pirates of Penzance*, *Mikado* and more are performed by Rochester's Gilbert and Sullivan Company. You'll be transported back to Victorian England and enjoy a full-service dinner.

Date: June 17

Cost: \$15 for dinner and the show

Location: The Center, 133 State Street

Dinner: homemade spaghetti and meatballs with side salad, bread and dessert

Show: 7—8 pm

Limited to 50 participants

Reservations required by June 3. Reservations can be made in person at The Center or the Community Center, 4927 Lake Road or on-line at swedenclarksonrecreation.com Call 637-8161 for information

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—\$6 for seniors. Participants under 60 who are not active volunteers must contribute \$6 for lunch. Reservations are required two weeks in advance at 637-8161. Find the monthly menu at swe-denclarksonrec.recdesk.com under The Center tab.

Breakfast at The Center

The Center will be serving a home-cooked breakfast on
 April 28: sunny side eggs in bell peppers
 May 19: waffles with fresh fruit
 June 16: quiche.

Breakfast costs \$3 per person and is served from 9:30 am to 10:30 am. Reservations are not required by are appreciated. Please call 637-8161 to make reservations.

Lunch Events at The Center

St Patrick's Luncheon

March 11 11:30—1 pm (RSVP by 3/4) \$5 all ages

Birthday Luncheon

March 23 11:30—1 pm (RSVP by 3/17) \$5 all ages
 FREE for anyone who has a birthday in March and FREE senior self defense from 11 am—noon.

Spring Luncheon

April 8 11:30—1 pm (RSVP by 4/1) \$5 all ages

Birthday Luncheon

April 20 11:30—1 pm (RSVP by 4/14) \$5 all ages
 FREE for anyone who has a birthday in April

Celebrate Volunteerism Luncheon

May 13 11:30—1 pm (RSVP by 5/4) \$5 all ages

Chili Lunch at the Health Fair

May 20 11:30—1 pm (RSVP by 5/11) \$5 all ages

Birthday Luncheon

May 25 11:30-1 pm (RSVP by 5/19) \$5 all ages
 FREE for anyone who has a birthday in May

Kick-off to Summer Lunch

June 10 11:30-1 pm (RSVP by 6/1) \$5 all ages

Birthday Luncheon

June 22 11:30-1 pm (RSVP by 6/16) \$5 all ages
 Free for anyone who has a birthday in June

Tai Chi (Advanced overview)

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
Program #		
Monday	4/4-5/9	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 #			
Mon & Fr		1 pm	\$1/class

Tai Chi Form I 2

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
Program #		
Fri	4/8-5/13	2-3 pm

* No class May 20

Open Wii Bowling

Not just for kids! Wii bowling is surprisingly easy to learn and lots of fun to play. Sit or stand while throwing strikes, spares and maybe a few gutter balls on our virtual alley. Sue Wii remotes to mimic the movement of throwing a real ball. Location: The Center Cafe
 Day _____ Time _____ Price _____
 Tuesdays 1-2 pm \$1 at the door
 * Starts April 12 and runs until May 17. Come to all or just a few days during the six-week cycle!

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 Dog Park Information

- [Where is the Sweden Dog Park?](#)

It's located at the Sweden Town Park, Redman Road, just south of Nietopski Field.

- [Who can use the dog park?](#)

Registered members of the Monroe County Dog Parks system will receive a tag that is valid at all four dog parks in the Monroe County.

- [How much does it cost to register my dog?](#)

The annual fee for access to all Monroe County Dog Parks is \$24 per dog (\$25 if paying by credit/debit card).

- [Where/when can I register my dog?](#)

There are many options. The Monroe County Parks Department will be registering dogs at the Sweden/Clarkson Community Center, 4927 Lake Road, on Wednesdays March 16, April 20 and May 18 from 5-7 pm; thereafter at the Community Center once a month. Registration is also taken Monday—Friday, 8:30 am—4:30 pm at the Monroe County Parks Office, 171 Reservoir Avenue, Rochester. There are also registration events at the other dog parks and pet stores. See the Monroe County website for an up-to-date schedule: www.monroecounty.gov/parks Call 753-7275 for more information.

- [What do I need to bring with me for registration?](#)

Current copy of your dog license with current address and copy of current rabies certificate (documentation, not tags). Please do not bring your dog with you when registering at the Sweden/Clarkson Community Center.

- [How long does registration take?](#)

Only 5-10 minutes.

- [How long is the registration valid?](#)

The permit is annual. Any registration processed after October 1 is valid through the following year. Any registration before October 1 is valid only until the end of the current year. Monroe County will mail renewal packets to currently registered dog park members annually in late November.

- [How is the dog park fee used?](#)

Half the fees collected from dogs that live in the Town of Sweden go to the Monroe County Dog Park Trust Fund. The other half is returned to the Town of Sweden for upkeep of the Sweden Dog Park.

Monroe County Dog Park Rules

- All dogs must be licensed and have rabies vaccine
- All dogs must have a dog park permit
- No other animals allowed
- Limit of 3 dogs per person at one time
- No children under the age of 10
- Small dog area is for dogs 25 pounds or less
- Dog owner is responsible for waste clean-up
- Dog owner is responsible for filling holes
- Dog owner must have voice control over dog(s)
- No food or dog treats allowed in dog park
- No smoking, alcohol or glass containers
- No wheeled vehicles (except wheelchairs)
- No puppies under 6 months of age
- No dogs in heat or that are ill or injured
- No choke collars or spikes



Sweden Town Park Lodge. With help from the Sweden Community Foundation, the Town of Sweden has secured a \$446,145 grant from NYS for construction of a lodge, additional playground equipment and a sidewalk from the town park on Redman Road to the Canal. Thank you Sweden Community Foundation for all you do to improve recreation and the quality of life in the greater-Sweden community!

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	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 Octa-	\$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	\$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	\$175/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	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

JOIN IN OUR RECREATION FUN



Above, The Center's baking club sells holiday pies; below, follow the bunny paw prints to the prize; at right top, baseball season is nearly here; right, a program at The Center. Basketball photo by Courtney Webster.



Silver Sneakers classes at the Community Center are a fun way to keep fit! And they might be free with your health insurance!