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# S WEDEN C LARKSON









**Sweden Clarkson Community Center** 4927 Lake Road South, Sweden Phone: 585-431-0090 Fax: 585-431-0052 www.swedenclarksonrec.com The Center133 State Street, BrockportPhone: 637-8161Fax: 637-0205www.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 my be made by cash, check or if using our on-line system by credit card.

# **Community Center Hours**

June I—30	Monday—Thursday	6 am—8 pm
	Friday	6 am—6 pm
	Saturday	8 am—3 pm
	Sunday	closed
July I—Aug 31	Monday—Thursday	6 am—8 pm
	Friday	6 am—6 pm
	Saturday	8 am—12 pm
	Sunday	Closed
Closed: July 4		

# **The Center Hours**

June 1-August 31	M/T/TH/F	9am-3pm
	Wednesday	9am-4pm
Closed: July 4		

# 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.or	rg
Recreation Assistant Andre Calzone	431-0087
andrec@townofsweden.o	rg
Staff: Ashley Hermance, George Kimball, K	yle Luce
Clerical Assistant Diane Samons	431-0090
dianes@townofsweden.or	rg
The Center Staff Deanna Irvine	637-8161
deannai@townofsweden.c	org
Jennifer Cimino	

# 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 Kimball637-1131Councilperson Allan HoyCouncilperson Christa FilipowiczCouncilperson Patrick DidasCouncilperson Jackie SmithWebsiteCouncilperson Patrick Didas

www.swedenclarksonrec.com

2

# A message from your recreation department

Summer flies by for us here in Sweden and Clarkson and we are all determined to make the most of every minute of sunshine and warm weather that we get. Pencil in some dates on your calendar so that you don't miss any of our fun—on July 3rd (leaving you plenty of time for family celebrations on the 4th) come on out to the Sweden Town Park and run our 5K Race. Then after you recuperate come up to the Community Center and have something to eat, listen to music, play games and watch our spectacular fireworks show (see page 8 for details).

On August 12, the fun shifts to Hafner Park in Clarkson for music, food, activities, a movie and fireworks at Good Neighbor Day. If you like classic cars and want to continue with the outdoor food, music and fun theme, come on back to the Community on August 20 for a Cruise In that will benefit our local veterans (see page 9).

If boredom starts to grip the kids as soon as school ends, consider our Summer Camp program. It's inexpensive, features an exciting field trip every week, is physically and socially active (no electronics-binging allowed) and most importantly for parents, it's a safe, credentialed program.

Finally, if you're already "scheduled" to the max, consider some of the passive recreation that Sweden and Clarkson offer. Go to one of our parks with a picnic basket and use the playgrounds, trails, fields,

disc golf course and



Jill Wisnowski

hoops. Fish from San Soucie Park, Hafner Park or The Center (be sure to get a license first). We have shorter indoor hours during the summer because we know you want to be outside—we have plenty of venues to choose from and they're all close to home. Enjoy!

# Sweden Dog Park—fun for dogs and people!

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 Town Park Concession Stand (across from the dog park), for the summer months on Wednesdays, June 15 and July 20 from 5 to 7 pm. 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 I is valid through the following year. Any registration before October I 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.

Are there rules?

Yes, safety is paramount. Read the full set on the web.

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# **Cheer & Stunt Clinic**

Join Jess Vanwuyckhuyse and Sally Newton for 2 classes of cheer and stunt instruction. Boys and girls ages 5-14 will learn the basics of cheerleading including jumps, arm motions, cheers and proper stunting. A cheer/dance performance will be performed for the parents on the final night. Perfect for beginners or those with some experience. Closed toe/heel shoes required. No jewelry. Please wear comfortable clothing. Location: SCCC Gym. Day Date Time Price Program #4000-A

Tues & Thurs 6/14 & 16 6:30-7:30 pm \$25

# **Tot Tumbling**

Tumbling is back at the Community Center! Join instructor Melissa, whose 9 years of gymnastics experience will lead the way from learning floor basics to balance beam introduction. Perfect for beginners who would like to dip their toes into tumbling. Please dress comfortably and be ready to move! Ages 5-7. Max: 15 students. Location: SCCC Small Activity Room.

Day	Date	Time	Price
Program #4000	-В		
Mon & Wed	8/1-8/24	6– 6:45 pm	\$45

# **Youth Tumbling**

Gymnastics instructor Melissa is ready with tumbling for youth! Learn everything from floor basics to balance bean introduction. Perfect for beginners or those with previous experience. Please dress comfortably and be ready to move! Ages 7-12. Max: 15 students. Location: SCCC Small Activity Room.

Day	Date	Time	Price
Program #4000-	С		
Mon & Wed	8/1-8/24	7-7:45 pm	\$45

# 2016 Junior Golf Camp

A 5-week program on swing fundamentals, short game, putting, etiquette, rules, playing and safety. Instructor: PGA Professional Gary Tatar. Two age groups: Juniors (13-18) & Sub-Juniors (8-12). Groups may be combined if enrollment is low. Includes instruction, range balls and greens fees. Rain or shine. Adults must accompany Sub-Juniors. Location: Salmon Creek Country Club. Juniors 10:30am—3:30 pm. Sub-Juniors 11:30 am-3:30 pm.

Day	Date	Price	Deadline
Camp I Program	#4001-A		
Tuesdays	6/28-7/26	\$130	6/20
Camp II Program	#4001-B		
Wednesdays	8/3-8/3 I	\$130	7/25

# **Youth Tennis**

Join Faith, our new tennis instructor, for a class on all the basics. Never played before? No problem! Learn all the basics or build on what you already know. Ages 7-12 Max: 15 students. Location: Corbett Park, Brockport. Day Date Time Price

Program	n #4001-C		
Tues	6/28-8/2	5-5:45 pm	\$40

# **Teen Tennis**

Why not give tennis a try this summer? Our experienced instructor Faith is ready to teach the basics to make your teen the next tennis star! Rackets will be provided if needed. Ages 13-18. Max: 15 students. Location: Corbett Park, Brockport.

Day	Date	Time	Price
Program	m #4001-D		
Thurs	6/30-8/4	5-5:45 pm	\$40

# **Youth Lacrosse**

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

<u>Day</u>	Date	Time	Price
Progra	m # <b>4001-E</b>		
Tues	7/18-8/23	5-5:45 pm	\$25

# Youth Tae Kwon Do

Ages: 6-12. Location: SCCC Large Activity Room 1. Instructor: Rob Slocum.

Day	Date	Time	Price
Session	I Program #4001-	F	
M/TH	6/20-7/21	7-8pm	\$30
Session	II Program #4001	-G	
M/TH	8/1-8/25	7-8 pm	\$30

# **Beginner Archery**

Basic archery course that focuses on beginning archery safety, skills and drills. Participants learn about archery form, range rules and etiquette. Form, training and fun games are introduced. Equipment is NOT provided. Please bring bow and arrow (no broad heads). Contact Grant at 431-0087 for more information. Location: SCCC Fields.

Day	Date	Time	Price <b>Price</b>
Program	n #4001-H		
Thu	8/4-8/25	5-5:45 pm	\$25

# Summer Camp 2016

Week 1: 6/27-7/1 Adventure Landing (W)...\$130 Program #4002-A
Week 2: 7/5-7/8 Horizon Fun FX (W)...\$115 (4-day week) Program #4002-B
Week 3: 7/11-7/15 Sea Breeze (W)...\$135 Program #4002-C
Week 4: 7/18-7/22 Red Wings Game (W)...\$130 Program #4002-D
Week 5: 7/25-7/29 Seneca Park Zoo (W)...\$125 Program #4002-E
Week 6: 8/1-8/5 Charlotte Beach (W)...\$125 Program #4002-F
Week 7: 8/8-8/12 Sweden Town Park BBQ (W)...\$130 Program #4002-G
Week 8: 8/15-8/19 Darien Lake (W)...\$135 Program #4002-H
Week 9: 8/22-8/26 Minnehan's (W)...\$135 Program #4002-I

Camp runs daily Monday-Friday 8:30am-4:30pm Early/Late Care: 7-8:30am and 4:30-6pm \$7 for either or \$12 for both, \$50 entire week for both

Daily rate for residents: \$25, (\$35 on fieldtrip day) Non-residents: \$30, (\$40 on fieldtrip day)

CIT's (completed 7<sup>th</sup> grade-starting 9<sup>th</sup> grade) Jr. Counselor's (completed 9<sup>th</sup> grade-starting 11<sup>th</sup> grade) CIT's and Jr. Counselors are required to register and pay the daily or weekly rate as above.

Come and spend your summer with us!

# **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. Ages: 8-12. Location: SCCC conference room.

Beginner Session: Introduction to NXT programming.				
Day	Date	Time	Price Price	
Session I Program #4003-A				
M/T/W	6/27-6/29	6-7pm	\$45	
Session II Program #4003-B				
M/T/W 8/	-8/3	5-6 pm	\$45	

### Intermediate Session: Using sensors and switches.

Day	Date	Time	<b>Price</b>
Session I	Program #4003-C		
T/W/TH	7/12-7/14	5-6 pm	\$45
Session II	Program #4003-D	)	
M/T/W	8/8-8/10	5-6 pm	\$45

Advanced Session: Advanced Programming Session I Program #4003-D

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Day	Date	Time	Price
, Tuesdays	6/7-6/21	5-6 pm	\$45

# 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.

<u>Day</u>	Date	Time	Price
Progra	m #4004-A		
Mon	7/18-8/23	5-6 pm	\$25

Summer is a great time for FUN reading. Take a good book to the beach or camping or just sitting out in your backyard!

**Jill's summer reading list:** The Things We Keep by Sally Hepworth, The Bridge Ladies by Betsy Lerner and Everyone Brave is Forgiven by Chris Cleave.

**Megan's summer reading list**: Ready Player One by Earnest Kline, The Alchemist by Paulo Coelho and everything by Kim Wright.

# Hage-Hogan Boys and Girls Basketball Camp

Celebrating 34 years of basketball for youth! We will work on all the different skills that make a great team and great players. Instructors: Charlie Hage (former Brockport High School Boys Varsity Coach) and Jack Hogan (former Brockport High School Girls Coach). Coach Mile Kelly of *Hoops 101*, the international basketball company, will direct camp for two days. Locations: SCCC & Brockport Middle School. Fee includes t-shirt and basketball.

### Grades K-2

Day	Date	Time	Price
, M-F	7/11-7/15	8-9:15 am	\$35/40
			resident/non-resident

### Grades 3-6

Day	Date	Time	Price
, M-F	7/11-7/15	8am-12 noon	\$90/\$95
			resident/non-resident

### Grades 7-12

Day	Date	Time	Price
M-F	7/11-7/15	8am-12 noon	\$90/\$95
			resident/non-resident

# **Heroes For All**

Heroes For All, a Brockport-based non-profit, will target kids and teens from middle school and high school. The activities will emphasize building a platform for leadership skills and development of positive character traits that will guide teens to make healthy and informed life choices. Faculty from the College at Brockport and community leaders like Coach Jim Johnson (renowned inspirational and motivational speaker on leadership and fulfilling dreams) will take part in the event. A social media platform will later help the participants to be connected for things ranging from career guidance to mentoring. Some topics: Becoming my best; What would I want to be when I grow up? Building positive attitudes; Understanding what you stand for; Dealing with peer pressure, Leading others to make a better world; Wall of dreams; Respect and responsibilities, Power of imagination and creativity. Parents/guardians will be invited to a closing ceremony at which certificates of completion will be awarded. Minimum: 15. Maximum: 50. Contact Rehnuma Karim, Ph.D at 474-4729 or 391-3585. rkarim@brockport.edu

Day	Date	Time	Price
Progra	m #4004-B		
M-F	7/18-7/22	I 2:30-3 pm	\$60

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# Home Alone Safety

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

Day	Date	Time	Price	
Session I Progr	am #400	)5-A		
Friday	7/1	10 am-12 noon	\$20	
Session II Program #4005-B				
Wednesday	8/24	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 selfaddressed envelope. Location: SCCC conference room.

Time	Price
)5-C	
9 am—2:00 рт	\$45
)5-D	
9 am—2:00 pm	\$45
	)5-C 9 am—2:00 pm 95-D 9 am—2:00 pm

# **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 #4006	-A		
By appointment	only		\$10/hour

# Mini Kicker Soccer Camp

Come and learn to play soccer with fun games and activities and even small-sided scrimmages. Ages: 3-5. Instructor: Amy Phillips. Location: Brockport High School fields across from tennis courts.

Day	Date	Time	Price
Program #4006-	В		
Mon-Thurs	7/26-7/28	6-6:45 pm	\$25

# Leadline I 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 #40	07-A	
Tues	6/7-6/28	6:30-7pm	\$60
Session	n II Program #4	007-В	
Tues	7/5-7/26	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.

<u>Day</u>	Date	Time	Price
Sessio	n I Program #4	007-C	
Tues	6/7-6/28	<b>7-8</b> рт	\$95
Sessio	n II Program #4	007-D	
Tues	7/5-7/26	7-8 pm	\$95

# **Beginner I 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 #4007-E Thu 6/9-6/30 6-7 pm \$95 Session II (4 weeks) Program #4007-F Thu 7/7-7/28 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) Progr	am #4007-G	
Thu	6/9-6/30	7-8 pm	\$95
Session	II (4 weeks) Prog	ram #4007-H	
Thu	7/7-7/28	7-8 pm	\$95

# **ATTENTION All Horseback Riding**

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

Sunday, July 3rd from 7:00-9:00 pm Entertainment, activities, games, food

**Fireworks at dusk!** 

# July 3<sup>rd</sup> 2016

Sweden Clarkson's 3<sup>rd</sup> Annual Independence Day Dash

Pre-Registration: 1/17-6/12 \$25 Late Registration: 6/13-7/2 \$30 Race Day Registration 8:00AM 7/3 \$35

Trail/Road Race at Sweden Town Park @9am

Free t-shirt for first 25 online registrants! Awards available for top runners! Online registration available at <u>www.swedenclarksonrec.com</u>

Volunteers needed! Please contact race director Megan DeMarco at <u>megand@townofsweden.org</u> for more information.



# **Clarkson Good Neighbor Day**



Clarkson's annual Good Neighbor Day will be held on Friday, August 12 at Hafner Park on Route 19 (just north of the Route 104 intersection).

The event features all types of activities, food, entertainment, contests, a movie, fireworks. Come out and enjoy the fun with the whole family!





# 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	<b>Price</b>		
Session I Program #4008-A					
Mon-Thurs	7/11-7/14	10-10:45 am	\$40		
Session II Program	m # <b>4008-B</b>				
Mon-Thurs	7/18-7/21	10-10:45 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.

Day	Date	Time	Price		
Session I Program #4008-C					
Mon-Thurs	7/11-7/14	10–10:45 am	\$40		
Session II Program #4008-D					
Mon-Thurs	7/18-7/21	10-10:45 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>	Date	Time	Price
Session I Program	n # <b>4008-E</b>		
Mon-Thurs	7/11-7/14	10-10:45 am	\$40
Session II Program	m # <b>4008-F</b>		
Mon-Thurs	7/18-7/21	10-11:45 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.

Day	Date	Time	Price
Session I Program	n # <b>4008-G</b>		
Mon-Thurs	7/11-7/14	11-11:45 am	\$40
Session II Program	m <b>#4008-H</b>		
Mon-Thurs	7/18-7/21	11-11:45 am	\$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.

Date	Date	Time	Price
Session I Program			
Mon-Thurs	7/11-7/14	11-11:45 am	\$40
Session II Program	m # <b>4008-J</b>		
Mon-Thurs	7/18-7/21	11-11:45 am	\$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.

Day	Date	Time	Price
Session I Program	n #4008-K		
Mon-Thurs	7/11-7/14	11-11:45 am	\$40
Session II Program	n # <b>4008-L</b>		
Mon-Thurs	7/18-7/21	11-11:45 am	\$40

# YOUTH REGISTRATION FORM

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

Web: swedenclarksonrec.com

Birthdate	Gender	Pant/Shirt Size	Program Name	Program #	Cost
	Birthdate	Birthdate Gender	Birthdate Gender	Birthdate Gender	Birthdate Gender Program #

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.

# 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 calorieburning, 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 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+.

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Day	Date	Time	<b>Price</b>
Program #	4009-A		
Tues/Fri	6/21-7/22	7-8 pm	\$30
Program #	4009-B		
Tues/Fri	8/2-8/26	7-8 pm	\$30

# 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.

Location				
Day	Date	Time	<b>Price</b>	
Progran	n # <b>4009-</b> C			
Sat	6/25-7/23	9am-10 am	\$10	
Progran	n # <b>4009-</b> D			
Sat	8/6-8/27	9am-10am	\$10	



# *JAZZERCISE*

# Jazzercise

Register by calling 585-738-3555 or email: bkpt\_spen\_jazz@yahoo.com brockportjazzercise@gmail.com M, T, W, Th, F\* 6am 7:30 am Tuesday & Thursday 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

# Rain Gardens: A How-to for Homeowners

Green infrastructure practices help to improve water quality and reduce stormwater runoff by soaking water back into the ground. Rain gardens are a type of green infrastructure practice and are relatively easy and inexpensive for homeowners to install. They help reduce stormwater runoff to storm drains by collecting and treating rainwater runoff from rooftops. Come and learn how to disconnect your downspout and design and install a rain garden in your yard including: where to locate it, how to properly size it and what types of plants to use. Minimum: 5. Maximum: 20. Location: SCCC.

Day	Date	Time	Price
Tuesday	7/5	6:30-7:30 pm	FREE



# 2016 Fitness Center Memberships

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

\*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? Email Grant Holupko at

granth@townofsweden.org for information.

Daily Rates for out-of-town guests: \$10 adult; \$8 senior

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

# **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

# 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 #4010-	A	
Mon	6/6-7/18	6-6:45 pm	\$39
Session	II Program #4010-	-В	
Mon	6/6-7/18	7-8 pm	\$46
Session	III Program #4010	)-C	
Mon	8/1-8/29	6-6:45 pm	\$28
Session IV Program #4010-D			
Mon	8/1-8/29	7-8 pm	\$33

# **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 #4010-E			
Wed	6/1-7/20	6-6:45 pm	\$44
Session	II Program #4010	-F	
Wed	8/3-8/3 I	6-6:45 pm	\$28

# 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.

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Day	Date	Time	Price		
Session	Session I Program #4010-G				
Wed	6/1-7/20	7-8 pm	\$52		
Session II Program #4010-H					
Wed	8/3-8/3 I	7-8 pm	\$33		

Andre's summer reading: War and Peace by Leo Tolstoy.

Joe's summer reading: Sports Illustrated & ESPN.

Grant's summer reading: Physics textbooks and dirt bike manuals!

# 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	Туре
Monday	10 am-11 am	Classic
Monday	llam-l2pm	Classic
Tuesday	10am-11am	Cardio
Tuesday	llam-l2pm	Yoga
Wednesday	llam-l2pm	Classic
Thursday	10am-11am	Cardio
Thursday	llam-l2pm	Yoga
Friday	l I am-I 2pm	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!

# **Open Programs**

# Walking/Running

Monday—Friday	9 am—10 am	FREE
<u>Open Basketball</u>		
Monday—Friday	I2pm—3pm	\$1/\$2
	resident/non-re	esident
Grades K-6 Open	10:30-11:45 am	\$1/\$2
<u>Open Pickleball</u>		
Monday—Friday	10am-12noon	\$1/\$2
Saturdays	8:30 am-10 am	\$1/\$2
	resident/non-re	esident
<u>Toddler Gym</u>		

For ages 5 & under ONLY.	\$2
Children must be accompanied b	y 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.

# **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.

# 40+ Co-Ed Pickleball League NEW

For the first time we are offering a co-ed pickleball league! Must register as a guy/girl team. It will be a basic league format where your matchups will be different each week. We do have some paddles for people to use but you are welcome to bring your own. Each team will play a 10-game regular season plus playoffs! Register early because space is limited! Max: 12 teams. Ages: 40+. Location: SCCC Gym.

Day	Date	Time	Cost
Program #4	011-A		
Thursdays	July-August	6pm	\$50/team

# **Co-ed Sand Volleyball League**

This is a league for adults ages 18 and older. We're organizing it for the first time on our sand volleyball courts at Sweden Town Park. There will be regular season play, plus playoffs for all of the teams involved. Please stop in and fill out a roster form with payment to reserve your spot in in the league. Must register as a full team. Location: Sweden Town Park, Redman Road.

Day	Date	Time	Price
Program	n #4011-B		
Tues	July/August	6-9 pm	\$100/team

# Adult & Junior Group Golf Instruction

This program is tailored to fit your family and friends' schedule, allowing for vacation and other summer activities. With only four students per group, you are able to control the schedule by appointment. Program includes putting, short game, swing fundamentals, rules, etiquette and on-course instruction. Receive 3 classes on the practice range and 2 classes on the golf course. All ages are welcome! For little spikes (under age of 7), a parent or guardian must participate. No golf clubs necessary. Instructor: PGA Professional Gary Tatar. Location: Salmon Creek Country Club.

Day	Date	Time	Price
Program	m #4011-C		
Ву арро	ointment		\$125/person

Little Spikes, \$8

# **Senior Bingo**

One Wednesday per month this summer. Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Location: SCCC Dates: June 15 July 20 August 17

# iPad Classes

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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 ow 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	7/12	I-2 pm	#4012-A	\$25
Mon	8/1	I-2 pm	#4012-B	\$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	7/13	I-2 pm	#4012-C	\$25
Tues	8/2	I-2 pm	#4012-D	\$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 videochat with others? We'll investigate your options and get you started with Skype and FaceTime.

<u>Day</u>	Date	Time	Program	Cost
Thurs	7/14	I-2 pm	#4012-E	\$25
Wed	8/3	I-2 pm	#4012-F	\$25

# Facility Use at The Center

Looking for a place to hold your bridal shower, anniversary party, family reunion, birthday party, business meeting or fundraiser? Consider The Center. With several options available—indoor, outdoor, small room, large dining hall and kitchen—we can accommodate many types of gatherings. Check out the facility use schedule on the back of this newsletter then give us a call at 637-8161.



AARP Driver Safety Program

When you take the AARP Smart Driver<sup>™</sup> Classroom course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. This course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

AARP

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way and roundabouts. Age-related physical changes and how to adjust your driving to compensate.

# Session I

June 15 & 16 12:30 pm—3:30 pm Seats are limited to 16 participants; reserve by June 5

# Session 2

October 19 & 20 12:30 pm—3:30 pm Seats are limited to 16 participants; reserve by Oct. 9

AARP Member price: \$20 Non-member \$25 Paid to the instructor the day of class (cash or check) Call 637-8161 to reserve your spot!

# 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.

# 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
lst &3rd Thursday	10am-1pm	\$12/year

# 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 #4013-A		
Mondays & Thursdays	I-2 pm	\$1/class



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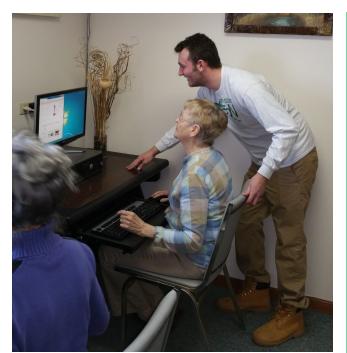
Day	Time	Туре
Tuesday	9:45-10:45 am	Classic
Tuesday	11-11:45 am	Yoga
Friday	9:45-10:45 am	Classic
Friday	–    :45 am	Yoga

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.



# 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.

<u>Day</u>	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.

<u>Day</u>	Time	Price
2nd & 4th Thurs	9am-2pm	FREE

# **Knitting** Club

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

<u>Day</u>	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.

<u>Day</u>	Time	Price
4th Thursday	9am-2pm	FREE

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# Grand Re-Opening Event July 17 from 5:30pm—8 pm 133 State Street

Join us for an evening full of great food and live music as we celebrate the grand re-opening of The Center! Tickets: \$12. Tickets will be sold on a first come/first served basis with a total of 100 tickets available. Tickets will be sold until July I at noon or until 100 are sold so call or stop by at your earliest convenience so you don't miss this fantastic summer event! Program #3889-F.

# **Bingo at The Center**

Come join us for BINGO every Monday from 11 am—noon. All ages welcome. Prizes! No registration required.DayTimePriceMon11am-12pm\$1

# **Organized Games for Adults**

Come make new friends or join with old friends for cards. The cost is \$1 at the door each time you attend.

Day	Game	Time
Wednesday	Bridge	I 2:30—4 pm

# **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 <b>Price</b>
lst Mondays	12—1:30 pm	\$1/meeting

# **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.
Program #		
Thursdays	10-10:45 am	\$1

# Advanced Line Dancing

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

Day	Time	Price
Wednesdays	9:15-10:30 am	<b>\$</b> 1

# 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 Program: #3889-E 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

# **Cooking Demos**

Cooking demonstrations are free to attend and only \$1 to join the Tasting Club. Please call 637-8161 to make reservations. Reservations are not required but they are appreciated!

Date	Demonstration	Time
6/15	Strawberry Shortcake	10:30 am
7/7	Homemade Ice Cream	10:30 am
8/22	Basic Cake Decorating	10:30 am

# **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.

# 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. Call 637-8161. Find the monthly menu at swedenclarkson-

rec.recdesk.com under The Center tab or follow us on Facebook for all the latest menus and activities.

# Breakfast at The Center

The Center will be serving a home-cooked breakfast on June 16: pancakes June 30: French toast July 14: western omelets July 21: breakfast sausage wraps August 4: ham, egg & cheese breakfast sandwich August 18: berry yogurt parfait with muffins

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

# Chicken salad sandwiches w/summer salads

June 10 11:30—1 pm (RSVP by 6/3) \$5 all ages

# June birthday luncheon

June 22 11:30—1 pm (RSVP by 6/17) \$5 all ages Italian sausage, peppers & onions plus sides FREE for anyone who has a birthday in June with valid ID.

# Hot Dog lunch and ice cream social

July 8 11:30—1 pm (RSVP by 7/1) \$5 all ages

# July birthday luncheon

July 27 I 1:30—I pm (RSVP by 7/22) \$5 all ages Grilled bbq pork tenderloin w/potato salad& baked beans FREE for anyone who has a birthday in July with valid ID.

# Picnic plates w/hamburgers, mac salad & more

Aug. 12 11:30—1 pm (RSVP by 8/5) \$5 all ages

# August birthday luncheon

Cilantro lime chicken with fresh salsa and rice Aug. 24 11:30-1 pm (RSVP by 8/19) \$5 all ages FREE for anyone who has a birthday in Aug. with valid ID.

Luncheons are always open to the public and to all age groups so call and make your reservation today!

# **Open Class Practice Tai Chi**

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: open space for practice. Location: The Center. Free for Tai Chi participants.

<u>Day</u>	Time	Cost
Monday & Friday	12:15—1pm	FREE

# **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 Mon & Fr I pm \$1/class

# Tai Chi Beginner

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 #3	889-C			
Fri	6/10-7/15		2-3 pm	
Program #3	889-D			
Fri	7/22-8/26		2-3 pm	

# Tai Chi Shabashi

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	<u>Time</u>	
Program #3889	9-A		
Mon	6/6-7/18	2-3 pm	
Program #3889-B			
Mon	7/25-8/29	2-3 pm	

# 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.

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# The Center

# **Farmers Museum**

				S	<b>Clarkson Parks</b>	Cla				vn Park	Sweden Town Park
			kitchen	N/A	\$25 deposit \$25 deposit	\$25 deposit	Gazebo <b>FREE</b>	\$25	\$50	\$25	Game Rooms
			rental of 2 parlors &	\$15	\$35	\$25	Cafe	\$25	\$75	\$50	Cafeteria/kitchen
¢1\$	ሪሪද	06\$	Funeral Pack- age 2-hour	\$15	\$65	\$55	Dining & Kitchen	\$25	\$50	\$25	Small Activity Room
				\$15	\$55	\$45	Kitchen	\$15	\$55	\$25	Large Activity Room
\$15	\$45	\$40	Barn	Ст <i></i>	ጉ ተ ጉ	ר ר ר		52 <i>5</i>	ځ/ې	ሀረሩ	Half Gym
)    -	) ) -		kitchen	\$15	\$45	\$35	gon Dining Room	ς μ	¢ΤΓ	¢Ε.	
1	007	- 04	-	\$15	\$35	\$25	Upstairs or Octa-	C L Ç	0170	L F ý	
	Resident										
Hour	Non-	Resident	Space Available	Hour	Non-Resident	Resident	Space Available	Hour	Non-	Resident	Space Available
Additional	1st Hour	1st Hour		Additional	1st Hour	1st Hour		Additional	1st Hour	1st Hour	

Park Available Resident Fees	Resident Fees	Non-Resident	Field Prepara- tion Security	Amenities	Whom to Call	Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/ field Other \$30/ field	Football \$75/ field Other \$50/ field	Football \$50 Football, socce All Others \$20 Lacrosse, softt Per Field Per Day baseball fields	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090	Clarkson Hafner Park	Football \$50/field Other \$30/field 3 hour block	Football \$50/field Football \$75/field Other \$30/field All others \$50/ 3 hour block field per 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	3 nour block \$125/field 3 hour block	3 nour plock \$175/field 3 hour block	\$20/field Per dav	Lighted multi-	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	Clarkson 637-1130
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090	Ridgewood Lodge Ridge Road Park	\$150/day 8 am—10 pm	\$175/day 8 am—10 pm	N/A	Kitchen, restrooms Clarkson playground, tables Town Cle chairs, accessible 637-1130	Clarkson Town Clerk 637-1130
Nietopski Concession	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090	Goodwin Lodge Hafner Park	\$130/day 8 am—10 pm	\$130/day 8 am– 10 pm	N/A	Kitchen, restrooms Clarkson playground, tables Town Cle	Clarkson Town Clerk
Nietopski Covered Pavilion (not enclosed)	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090	San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

R E С R E A Т I 0 Ν & P A R K F A С I L I Т I E S