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**Sweden Clarkson Community Center**

4927 Lake Road South, Sweden

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

[www.swedenclarksonrec.com](http://www.swedenclarksonrec.com)

**Lodge on the Canal**

133 State Street, Brockport

Phone: 637-8161 Fax: 637-0205

[www.swedenclarksonrec.com](http://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**

**June 1—30** Monday—Thursday 6 am—8 pm  
Friday 6 am—6 pm  
Saturday 8 am—3 pm  
Sunday closed

**July 1—Aug 31** Monday—Thursday 6 am—8 pm  
Friday 6 am—6 pm  
Saturday 8 am—12 pm  
Sunday Closed

Closed: **July 4**

**The Lodge on the Canal Hours**

June 1-Sept. 3 Mon/Wed/Fri 9am-3pm  
Tues/Thurs 9am-1pm

Closed: **July 3 & 4, August 7-11, September 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  
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Recreation Assistant Grant Holupko 431-0087  
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Staff: Ashley Hermance, George Kimball, Kyle Luce  
Clerical Assistant Diane Samons 431-0090  
dianes@townofsweden.org  
The Lodge on the Canal Staff Deanna Irvine 637-8161  
deanna@townofsweden.org  
Jennifer Cimino

**Sweden Town Board**

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

**Clarkson Town Board**

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

**Website**

www.swedenclarksonrec.com

# A message from your recreation department

What's new for the summer? Well, you'll notice the sign on the former Senior Center, 133 State Street—the Town Board has renamed the building - The Lodge on the Canal. We still offer a lunch program there through the Monroe County Office of the Aging and there are lots of great programs and clubs. Check out the activities on pages 17-19 and the photo of the new sign on the back cover.

It won't be long before you notice some construction at the Sweden/Clarkson Community Center. The Town received a \$25,000 CDBG grant to make some handicapped accessibility improvements. There will be a new parking area up close to the front of the building—handicapped spots to help those with mobility issues have an easier time getting into the building.

There will also be a new handicapped accessible parking area on the north/east end of the building—by the fitness center. We're going to replace the exterior door (to make it handicapped accessible) and install a controlled access system—so that fitness center members will be able to use that entrance—at times—without having to

come through the front lobby and the gymnasium. New sidewalks to the parking areas are also part of the project.

Finally, we're going to see construction begin on the new Lodge at the Park later this summer. It's been a slow process moving through the phases of the NYS

grant program but the plans and bid specifications have been submitted to Albany and the Town Board plans to bid out the project this summer. This will be an especially terrific amenity for the Town Park on Redman Road.

Come on out and enjoy your Town facilities!



Jill Wisnowski

## 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](http://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.

### Are there rules?

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



**Instructional Tot Basketball**

Is your tot interested in learning the basics of basketball? Come join Coach Kyle! We will learn dribbling, shooting, passing and more. This four-week class is designed to help your child gain a great foundation for the game of basketball. Ages: 4-6. Max 8. Location: SCCC Gym

Day	Date	Time	Price
Program # 4051-A			
Monday	6/12-7/3	5-5:45 pm	\$25

**Instructional Youth Basketball**

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

Day	Date	Time	Price
Program # 4051-B			
Monday	6/12-7/10	6- 6:45 pm	\$35

**Instructional Tot Football**

Is your tot interested in learning the basics of football? Come join Coach George! We will learn passing, catching and running. This four-week class is designed to help your child gain a great foundation for the game of football. Ages: 4-6. Max 8. Location: SCCC Gym

Day	Date	Time	Price
Program # 4051-C			
Monday	7/24-8/14	6-6:45 pm	\$45

**Instructional Youth Football**

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

Day	Date	Time	Price
Program # 4051-D			
Monday	7/24-8/14	6-6:45 pm	\$35

**Youth Tae Kwon Do**

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

Day	Date	Time	Price
Session I Program # 4052-A			
M/TH	6/12-7/20	7-8pm	\$30
Session II Program # 4052-B			
M/TH	7/24-8/31	7-8pm	\$30

\*\$50 for Both Sessions No Class 7/3

**Photography for Beginners!**

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed. Rec Assistant Andre Calzone will bring his camera, computer and editing software to instruct the proper use of each. The class is intended for the novice who is interested in learning the fundamentals of how digital cameras work along with editing your photos. At the end of the four-week session, participants will have three printed pieces of work as well as homemade frames made in class.

Youth (Ages 10-13)

Day	Date	Time	Price
Program # 4052-C			
Tue	7/25-8/29	6-6:55 pm	\$40

**Salmon Creek CC Junior Golf Camp**

The goal of this five-week program is to provide your child with a positive and enjoyable golf experience. This will entail instruction on swing fundamentals, short game, putting, etiquette, rules, playing and safety. The camp director and instructor is PGA Professional Gary Tatar. Ages; juniors (13-18); Sub-juniors (8-12). Sub-juniors will be required to have an adult present for at least one week of on-course supervision. Price is \$130. Location is Salmon Creek Country Club.

**Camp 1** **Tuesdays** **6/27-8/1**  
Program # 4052-D

Juniors: 10:30-3:30 pm Sub-juniors 11:30-3:30 pm  
Registration deadline 6/19

**Camp 2** **Wednesdays** **8/2-8/30**  
Program # 4052-E

Juniors: 10:30-3:30 pm Sub-juniors 11:30-3:30 pm  
Registration deadline 7/24



# Summer Camp 2017

**Week 1:** 6/26-6/30 Rochester Museum & Science Center (W)...\$135 Program # 4053-A

**Week 2:** 7/5-7/7 Hamlin Beach (Th)...\$75 (3-day week) Program # 4053-B

**Week 3:** 7/10-7/14 Altitude (W)...\$135 Program # 4053-C

**Week 4:** 7/17-7/21 Adventure Landing (W)...\$135 Program # 4053-D

**Week 5:** 7/24-7/28 Seneca Park Zoo (W)...\$135 Program # 4053-E

**Week 6:** 7/31-8/4 Cook Out Sweden Town Park (W)...\$125 Program # 4053-F

**Week 7:** 8/7-8/11 Darien Lake (W)...\$135 Program # 4053-G

**Week 8:** 8/14-8/18 Minnehans Fun Center (W)...\$135 Program # 4053-H

**Week 9:** 8/21-8/25 Seabreeze (W)...\$135 Program # 4053-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. Divided into two age groups 8-10 and 11-14. Location: SCCC conference room.

### Beginner Session:

Introduction to NXT programming.

Day	Date	Time	Price
Session I Age 8-10 Program # 4054-A			
M/T/W	6/12-6/14	5-6pm	\$50
Session I Age 11-14 Program # 4054-B			
M/T/W	6/12-6/14	5-6pm	\$50
Session II Age 8-10 Program # 4054-C			
M/T/W	7/24-7/26	6:30-7:30 pm	\$50
Session II Age 11-14 Program # 4054-D			
M/T/W	7/24-7/26	6:30-7:30 pm	\$50

### Intermediate Session:

Using sensors and switches.

Day	Date	Time	Price
Session I Age 8-10 Program # 4054-E			
T/W/TH	6/20-6/22	5-6 pm	\$50
Session I Age 11-14 Program # 4054-F			
T/W/Th	6/20-6/22	6:30-7:30 pm	\$50
Session II Age 8-10 Program # 4054-G			
M/T/W	7/31-8/02	5-6 pm	\$50
Session II Age 11-14 Program # 4054-H			
M/T/W	7/31-8/02	6:30-7:30 pm	\$50

### Advanced Session:

Advanced Programming

Day	Date	Time	Price
Session I Age 8-10 Program # 4054-I			
M/T/W	6/26-6/28	5-6 pm	\$50
Session I Age 11-14 Program # 4054-J			
M/T/W	6/26-6/28	6:30-7:30 pm	\$50
Session II Age 8-10 Program # 4054-K			
M/T/W	8/7-8/9	5-6 pm	\$50
Session II Age 11-14 Program # 4054-L			
M/T/W	8/7-8/9	6:30-7:30 pm	\$50

## Introduction to Interactive Programming

Learn to program using a computer, microcontroller, and light emitting diodes (LEDs). Program the microcontroller to light up LEDs individually, in groups, and in different colors. Three one hour classes will introduce loops, Pulsed Width Modulation, RGB (Red Green Blue) coloring, and variables. Instruction will make use of the Sparkfun Digital Sandbox®. This device includes sensors, LEDs, and an onboard Microcontroller. Ages 14+ (limit 4 students). Location: SCCC conference room.

Day	Date	Time	Price
Session I Program # 4055-A			
M/T/W	7/24-7/26	4-5 pm	\$50
Session II Program # 4055-B			
M/T/W	7/31-8/02	4-5 pm	\$50

## 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 # 4055-C			
Monday	7/10	9-11am	\$20

## Babysitters Training

This class teaches participants the roles and responsibilities of a babysitter and includes skills in: accident prevention, first aid and abdominal thrusts for choking victims. Participants receive a workbook and a certification card upon completion. Please bring a bagged lunch and a self-addressed envelope. Location: SCCC conference room.

Day	Date	Time	Price
Program # 4055-D			
Monday	7/10	9 am—2:00 pm	\$45



## Hage-Hogan Boys and Girls Basketball Camp

Celebrating 35 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
Program # 4021-R			
M-F	7/10-7/14	8-9:15 am	\$35/40 <small>resident/non-resident</small>

### Grades 3-6

Day	Date	Time	Price
Program # 4021-S			
M-F	7/10-7/14	8am-12 noon	\$90/\$95 <small>resident/non-resident</small>

### Grades 7-12

Day	Date	Time	Price
Program # 4021-T			
M-F	7/10-7/14	8am-12 noon	\$90/\$95 <small>resident/non-resident</small>

## Summer Horse Camp 2017

### Full Day Camp Ages 8 and up

Monday—Friday 9 am—3 pm  
\$235 per student per week

### Half Day Camp Ages 5– 7 years old

Monday—Friday 9 am—12 noon  
\$170 per student per week

### Weeks Available:

Program # 4056-A	July 10-14
Program # 4056-B	July 24-28
Program # 4056-C	August 7—11
Program # 4056-D	August 21-25
Program # 4056-E	August 28– September 1

- Horseback riding with instruction
- Grooming and bathing
- Crafts and horse painting
- Games on and off horses
- Horse show with awards

Church Hills Stable, 179 Church Rd. Hilton  
585-330-7624  
churchhillsstable@gmail.com

## Leadline 1 Horseback Riding

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

Day	Date	Time	Price
Session I (six weeks) Program # 4056-F			
Tues	6/13-7/25	6:30-7pm	\$90
Session II (four weeks) Program # 4056-G			
Tues	8/1-8/22	6:30-7pm	\$60

\* No classes the week of July 4

## Leadline 2 Horseback Riding

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

Day	Date	Time	Price
Session I (six weeks) Program # 4056-H			
Tues	6/13-7/25	7-8 pm	\$147
Session II (four weeks) Program # 4056-I			
Tues	8/1-8/22	7-8 pm	\$100

\* No classes the week of July 4

## 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 (6 weeks) Program # 4056-J			
Thu	6/15-7/27	6-7 pm	\$147
Session II (4 weeks) Program # 4056-K			
Thu	8/3-8/24	6-7 pm	\$100

\* No classes the week of July 4

## 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 (6 weeks) Program # 4056-L			
Thu	6/15-7/27	7-8 pm	\$147
Session II (4 weeks) Program # 4056-M			
Thu	8/3-8/24	7-8 pm	\$100

## ATTENTION All Horseback Riding

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



# YOUTH PROGRAMS

## Drone Basic's

Ever wondered what it would be like to fly a drone? Ever thought about buying one? SCCC will provide drones and teach beginner how to fly and give tips to those who have had experience. Games, tactical tricks and races will be held during class. NO DRONES REQUIRED!

Ages: 9+ Location: SCCC Outside

Day	Date	Time	Price
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Program # 4058-A

Mon	7/10-7/24	5:30-6:15pm	\$34
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## Youth Pick-Up Kickball

Has your child had the itch to play kickball with their friends? The Recreation Department is now starting a youth kickball program that will run for 4 weeks. A total of 14 children will be split into different teams each week for a 7 vs 7 game! This is a great opportunity for your kids to stay active

while playing one of their favorite sports!

Day	Date	Time	Price
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Program # 4058-B

Thur	6/15-7/6	5-5:45pm	\$30
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Min:10 Max:16

## Lacrosse Camp

Has your child ever been interested in learning lacrosse? Join Coach Andre to learn a new sport or improve your skills in lacrosse. This tot biased class will teach the fundamentals in cradling, ground balls, passing, catching and shooting.

Ages: 7-10. Location: SCCC Gym

Day	Date	Time	Price
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Program # 4058-C



## \*NEW Youth Ultimate Frisbee

Is your child interested in learning ultimate frisbee? Come join Coach George as he teaches you the fundamentals that come along with ultimate frisbee. This four week class will help your child learn how to throw, catch and all the other skills it takes to be a great frisbee player.

Ages: 8-11. Max: 10

Location SCCC Gym

Day	Date	Time	Price
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Program# 4058-D

Wed	6/14-7/12	6-6:45	\$35
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\*No class on 7/5

## Youth Tennis

Tennis is back for another season! Join Coach George for a class on all the basics. Never played before? No problem! Learn the basics or build on what you already know. Rackets will be provided if needed.

Ages: 7-10 Max: 10

Location: TBA

Day	Date	Time	Price
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Program # 4058-E

Tue	6/13-7/11	6-6:45	\$35
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\*No class on 7/4

## \*NEW Artist Trading Cards

Interested in learning about artist trading cards? Come join Instructor McGeal as she will teach how to use basic materials (paint, markers, crayon, paper, stamps, stencils, and more) to make 8-10 unique cards to take or trade with others. The workshop includes learning about what an ATC is, how to make them and even how to start a group with others to make and trade cards.

Teens can use this to help develop social skills and build creativity, a fun thing to help cure boredom on days when there is nothing to do!

Ages: 12-17 Max: 15

Location: SCCC Conference room

Day	Date	Time	Price
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Program # 4058-F

Thurs	6/22	6-8 pm	TBA
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# Outdoor Movie Night

Come and join us for a FREE outdoor showing of the movie

“Sing” August 18th @8:30pm

Location for movie will be SCCC Hill (rain space SCCC gym)

Bring your chairs & blankets to set up early!



# Clarkson Good Neighbor Day



Clarkson’s annual Good Neighbor Day will be held on Friday, August 18 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!



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# YOUTH AQUATICS



## Tot Swim

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

Day	Date	Time	Price
Session I Program # 4057-A			
Mon-Fri	7/17-7/21	11-11:30 am	\$45
Session II Program # 4057-B			
Mon-Fri	7/24-7/28	11-11:30 am	\$45

## 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 # 4057-C			
Mon-Fri	7/17-7/21	11-11:45 am	\$45
Session II Program # 4057-D			
Mon-Fri	7/24-7/28	11-11:45 am	\$45

## Level II Trout

Children in this group will learn to enter water by stepping or jumping from the side, exit water safely using ladder or side, submerging, rhythmic breathing, opening eyes underwater, picking up objects in shallow water, front and back glide, treading water and swimming on front, back and side using arm and leg motions. Ages 5+. Max 6.

Day	Date	Time	Price
Session I Program # 4057-E			
Mon-Fri	7/17-7/21	11-11:45 am	\$45
Session II Program # 4057-F			
Mon-Fri	7/18-7/21	11-11:45 am	\$45

## 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 # 4057-G			
Mon-Fri	7/17-7/21	12-12:45 pm	\$45
Session II Program # 4057-H			
Mon-Fri	7/24-7/28	12-12:45 pm	\$45

## 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 # 4057-I			
Mon-Fri	7/17-7/21	12-12:45 pm	\$45
Session II Program # 4057-J			
Mon-Fri	7/24-7/28	12-12:45 pm	\$45

## 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 # 4057-K			
Mon-Thurs	7/17-7/21	12-12:45 pm	\$45
Session II Program # 4057-L			
Mon-Fri	7/24-7/28	12-12:45 pm	\$45

# 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: <b>*Town of Sweden*</b>						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:**

<b>Name</b>	<b>Birthdate</b>	<b>Gender</b>	<b>Phone</b>
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>

**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: <b>Town of Sweden</b>			<b>Total:</b>	

**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:**

<b>Name</b>	<b>Home Phone</b>	<b>Cell Phone</b>	<b>Work Phone</b>
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>

**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:** \_\_\_\_\_

## 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. Location: SCCC Large Activity Room 2.  
Mondays 6-7 pm

## Adult Tae Kwon Do

Experience the benefits of setting new goals through a well-rounded Martial Arts exercise program. This class teaches the disciplines of Tae Kwon Do plus Shao-lin Chin-na Kung Fu specifically designed for adults. Join Rob Slocum- 3D Martial Arts  
Ages 13+

Location: SCCC Large activity room #1

Day	Date	Time	Price
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Session I Program# 4059-A

Tues/Fri	6/13-7/21	7-8pm	\$30
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\*No class 4/14\*

Session II Program # 4059-B

Tues/Fri	7/25-9/1	7-8pm	\$30
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\*\*\$50 for both sessions\*\*

\*\*No class 7/4

## Open Tae Kwon Do

This class is open to children & adults. It is a great opportunity to get an introduction to martial arts & to complement our current students' training schedule. The 1st part of this class includes warm up, basics & stretching; 2nd part, independent training to advance in belt rank. Join Rob Slocum in this class for ages 5-adult.

Location: SCCC Large activity room #1

Day	Date	Time	Price
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Session I Program# 4059-C

Sat	6/17-7/22	9-10am	\$10
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Session II Program# 4059-D

Sat	7/29-8/2	9-10am	\$10
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## Red Cross Blood Drive

**July 12th 11am-7pm @ SCCC**

Call the American Red Cross to set up an appointment time or just stop in



## Jazzercise

Register by calling 585-738-3555 or email:

bkpt\_spen\_jazz@yahoo.com

jazzercisebrockport@gmail.com

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

Location: SCCC Large Activity Room.

\* Strength 45

\*\* Strength 30

## Brockport Jazzercise

No Joining Fee with this coupon

Brockport only

## Photography for Beginners!

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed. Rec Assistant Andre Calzone will bring his camera, computer and editing software to instruct the proper use of each. The class is intended for the novice who is interested in learning the fundamentals of how digital cameras work along with editing your photos. At the end of the 4-week session, participants will have 3 printed pieces of work as well as homemade frames made in class. (Ages 18+)

Day	Date	Time	Price
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Program # 4059-E

Mon	8/2-9/6	7-7:55 pm	\$40
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# ADULT PROGRAMS

## 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 or Andre for more information and to schedule a session. Call 431-0087 or email [granth@townofsweden.org](mailto:granth@townofsweden.org) or [andrec@townofsweden.org](mailto:andrec@townofsweden.org)

## 2017 Fitness Center Memberships

Membership	1 month	3 month	1 year
Youth (16-18)	\$20	\$50	\$175
Senior (55+)	\$20	\$50	\$175
Adult (18-54)	\$25	\$65	\$235
Family (16+)*	\$75	\$185	\$640
Each addtl 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](mailto:granth@townofsweden.org) for information.

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

## \*NEW Outdoor Basketball 3 vs 3 Tournament

This 3 on 3 basketball tournament will consist of one youth and one adult tournament. Gameplay designed so that anyone can play. Male or female, young and old, short and tall. Get a team and join us outside.

Location: Outside Courts

Day	Date	Time	Price
Program # 4059-F			
Sat	7/22	9am-12pm	\$150/team

## Arts & Carafe's

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

Instructor: Local Artist Erin Uetz

Ages: 21 and up

Location: The Center Dining Room

Min: 6 Max: 24

Days	Dates	Time	Price
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Program # 4059- G

Thu	6/15, 7/13, 8/10	6-8 pm	\$25/class
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\*\* Sign up for two and get a \$5 discount!\*\*



## \*NEW Adult Coed Kickball League

Are you interested in an adult kickball league to show off your skills? The Sweden Clarkson Recreation center is putting together an Adult Coed Softball league at the Clarkson park. The league fee will be 125 dollars and a 10 dollar referee fee per team. A captains meeting will be held June first to go over rules and a schedule for the season. For any questions please call recreation assistant Andre @ 431-0087.

Day	Date	Time	Price
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Program # 4059-H

Wed	6/14-7/26	6:00pm	\$125
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Min:8 teams Max:12 teams



**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	10 am-11 am	Classic
Monday	11 am-12pm	Classic
Tuesday	10am-11am	Cardio
Tuesday	11 am-12pm	Yoga
Wednesday	11 am-12pm	Classic
Thursday	10am-11am	Cardio
Thursday	11 am-12pm	Yoga
Friday	11 am-12pm	Classic

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

## Open Programs

### Walking/Running

Monday—Friday 9 am—10 am FREE

### Open Basketball

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

Grades K-6 Open 10:30-11:45 am \$1/\$2

### Open Pickleball

Monday—Friday 10am-12noon \$1/\$2

Saturdays 8:30 am-10 am \$1/\$2  
resident/non-resident

### Toddler Gym

For ages 5 & under ONLY. \$2

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

## \*NEW\* Adult Pick-up Ping Pong

This program is for people looking for a place to play some fun games of ping pong. This is a drop in program.

Location: SCCC Ages: 18 and up  
\$2/day for residents \$3/day for nonresidents

Day	Date	Time
Tu&Th	6/13-8/24	6-7:30pm

## 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 # 4060-A			
Mon	6/19-7/10	6-6:45 pm	\$18
Session II Program # 4060-B			
Mon	6/19-7/10	7-8 pm	\$21
Session III Program # 4060-C			
Mon	7/24-8/28	6-6:45 pm	\$36
Session IV Program # 4060-D			
Mon	7/24-8/28	7-8 pm	\$42

\* No class 7/3 and 7/17

## 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 # 4060-E			
Wed	6/21- 7/12	6-6:45 pm	\$24
Session II Program # 4060-F			
Wed	7/26-8/30	6-6:45 pm	\$42

\* No class 7/19

## Yoga Stretch

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

Day	Date	Time	Price
Session I Program # 4060-G			
Wed	6/21- 7/12	7-8 pm	\$28
Session II Program # 4060-D			
Wed	7/26-8/30	7-8 pm	\$42

\* No class 7/19

## 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 21 July 19 August 16

# Sweden Clarkson Recreation's Independence Celebration

**Monday, July 3rd from 7:00-9:00 pm**  
**Entertainment, activities, games, food**  
**Fireworks at dusk!**





## Dresses for Girls Around the World at Lodge on the Canal

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 Lodge on the Canal

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

## Greece Ridge Mall Trips

Van leaves from the Lodge on the Canal at 9:30 am and returns at 1:30 pm on the 4th Thursday of each month. Cost is \$5 per person. Call 637-8161.

## Community Service Groups

If you have a community service group looking for a place to gather, please contact the Lodge on the Canal at 637-8161.

## Sweden Senior Association, Inc.

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



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 Lodge on the Canal. All activities are covered by your insurance company and simple swipe of your SilverSneakers® card. Classes at The Lodge on the Canal are taught by Ricki DeBaun and Jennifer Cimino.

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

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

## 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 Lodge on the Canal.

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: Lodge on the Canal.

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

## Knitting Club

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

Day	Time	Price
Wednesday	10am-12pm	FREE

## 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 cafe. Special events and trips are planned throughout the year at an additional cost to interested Elderberry members. Led by Joyce Henion.

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

## Bridge Group

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

Day	Game	Time
Wednesday	Bridge	12:30—3 pm



## Facility Use at Lodge on the Canal

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.

## Bingo at The Lodge on the Canal

Come join us for BINGO every Monday & Friday from 11 am—noon. All ages welcome. Prizes! No registration required. Location: Lodge on the Canal.

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

## Free Health Appraisals and Blood Pressure Checks

Monroe Ambulance does free health appraisals and blood pressure checks **EVERY** Wednesdays from 10:30 am to 12 noon.

Brockport Ambulance does free blood pressure checks the 4th Monday of the month from 10—11 am.

## 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.

## Book Discussion Club

Share your passion for reading with friends! Location: The Lodge on the Canal café.

Day	Time	Price
2nd Monday	11am—12:30 pm	\$1/meeting

\*For the Months of July, August & Sept

## 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. Location: The Lodge on the Canal.

Day	Time	Price
Thursdays	10-10:45 am	\$1

## Line Dancing

Different dances each week. All ages welcome. Location: Octagon Room at The Lodge on the Canal.

Day	Time	Price
Wednesdays	9:15-10:30 am	\$1

## 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 Lodge on the Canal Upstairs Activity Room.

Day	Date	Time	Price
Mon & Fr		1 pm	\$1/class

## Tai Chi Beginner & Advanced 8-Week Course

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
Beginner Course Program # 4060-A		
Mon	6/5-7/31	2-3 pm
Advanced Course Program # 4060-B		
Prior instruction recommended		
Fri	6/9-7/28	2-3 pm

## Dining at the Lodge on the Canal

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](http://swedenclarkson-rec.recdesk.com).

## Lunch Events at Lodge on the Canal

Lunches require reservations two weeks in advance. Call 637-8161. Standard Times performs from 11:15– 12:15 during each birthday luncheon.

### June birthday luncheon

June 21 11:15—12:45 pm \$5 all ages  
FREE for anyone who has a birthday in June with valid ID.

### July birthday luncheon

July 19 11:15—12:45 pm \$5 all ages  
FREE for anyone who has a birthday in July with valid ID.

### August birthday luncheon

August 16 11:15—12:45 pm \$5 all ages  
FREE for anyone who has a birthday in Aug. with valid ID.



## CarFit Educational Program

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Older drivers are often the safest drivers as they are more likely to wear seatbelts and less likely to speed or drink and drive. However, older drivers suffer more when an accident occurs. Driver safety programs improve adult driver safety by addressing cognitive abilities and skills. However, older drivers can also improve safety by ensuring cars are properly adjusted to fit them.

At a CarFit event, a team of trained technicians works with participants to ensure a good “fit.” It takes about 20 minutes to complete .

Date	Time	Price
July 12	9 am—2 pm	FREE

General Presentation is 9-10 am in the Lodge on the Canal dining room. Individual CarFit checks are in the parking lot from 10 am—2 pm. Call 637-8161 for details.



## 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
Mondays	1-2 pm	\$1/class
Thursdays	10-11 am	\$1/class

## Community Center

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

## Sweden Town Park

Park Available	Resident Fees	Non-Resident	Field Preparation Security Deposit	Amenities	Whom to Call
Sweden Park Redman Rd	Football \$50/field Other \$30/field 3 hour block	Football \$75/field Other \$50/field 3 hour block	Football \$50 All Others \$20 Per Field Per Day	Football, soccer Lacrosse, softball baseball fields	Rec Dept. 431-0090
Sweden Park Lighted Field	\$125/field 3 hour block	\$175/field 3 hour block	\$20/field Per day	Lighted multi-purpose field	Rec Dept. 431-0090
Nietopski Field	\$50/3 hours	\$75/3 hours	\$50/day	Showcase Baseball field	Rec Dept. 431-0090
Nietopski Concession	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Nietopski Covered Pavilion (not enclosed)	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090

## Lodge on the Canal

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

## Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field 3 hour block	Football \$75/field All others \$50/field per 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Ridge Road Park	\$30/field for 3 hrs 8 am-10 pm	\$50/field for 3 hrs 8 am-10 pm	\$20/field/day	Softball fields, lacrosse	Clarkson 637-1130
Ridgewood Lodge Ridge Road Park	\$175/day 8 am-10 pm	\$175/day 8 am-10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner Park	\$150/day 8 am-10 pm	\$150/day 8 am-10 pm	N/A	Kitchen, restrooms playground, tables	Clarkson Town Clerk
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130

