

**T
H
E

S
C
O
R
E
B
O
A
R
D**



**SWEDEN
LARKSON**

Fall 2021



Sweden Clarkson Community Center
4927 Lake Road South, Sweden
Phone: 585-431-0090 Fax: 585-431-0052
www.swedenclarksonrec.recdesk.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 News Channel 13, 10, 8 & Spectrum News.

Payment Options

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

Community Center Hours

September 7th—November 30th
M-Th 6am-8pm, Fri 6am-6pm, Sat 8am-3pm,
Sun 8am-12pm
Closing Early at 3pm Thanksgiving Eve
Closed—Thanksgiving Day

Directory

Recreation Director Jill Wisnowski 431-0050
jillw@townofsweden.org
Recreation Assistant Joe Kincaid 431-0088
joek@townofsweden.org
Recreation Assistant George Kimball 431-0086
georgek@townofsweden.org
Recreation Assistant Tim Manuszewski 431-0087
timm@townofsweden.org
Staff: Ashley Hermance, Maranda Dobbertin,
Amanda Kinney
Clerical Assistant Diane Samons 431-0090
dianes@townofsweden.org

Sweden Town Board

Supervisor Kevin Johnson 637-7588
Councilperson Patricia Hayles
Councilperson Rhonda Humby
Councilperson Randy Hoke
Councilperson Gary Sullivan

Clarkson Town Board

Supervisor Christa Filipowicz 637-1131
Councilperson Patrick Didas
Councilperson Allan Hoy
Councilperson Tom Guarino
Councilperson Leslie Zink

Facebook

Like us on Facebook at Sweden Clarkson Recreation

Website

www.swedenclarksonrec.recdesk.com

COMMUNITY HEALTH FAIR

Wednesday, October 6th 10 am-12 pm

It's BACK! Come join us for the return of our annual health fair.

Speak with Excellus Blue Cross Blue Shield/ United Healthcare/ Aetna/ MVP/ Wellcare- Health & Wealth Advisors. To find answers to questions about your current plans, open enrollment and finding the right plan for you. Come learn not only about your financial well-being but physical as well! Walgreens will provide COVID & Flu shots (please bring your insurance card), Embrace Home Care, Caring Hearts of Rochester, Empire Justice Center, Elite Choice, Hart Hearing and URMC Wilmot Cancer Institute.

Come and join us at our first ever

JACK-O-LANTERN TRAIL!

Tuesday | October 26 | 7-8:30PM | Sweden Town Park
Walk through the trail and find your pumpkin!

We will be handing out pumpkins to the public for them to carve and drop back off to be part of the Jack-O-Lantern Trail! Cider and donuts at the end of the trail!

Both pick up and drop at the Sweden Clarkson Community Center
Pumpkin pick up: 10/22/21-10/23/21 while supplies last
Pumpkin drop: 10/25/21 by 8PM

Cider and Donuts at STP Lodge provided by: Patricia Hayles, CPA
Pumpkins donated by McCracken Farms, Brockport, NY!

THURSDAY, OCTOBER 28TH, 2021
6-8 PM

SWEDEN CLARKSON RECREATION HALLOWEEN SPECIAL

Come dressed in your favorite costume!

Enjoy a scary haunted house, a not-so-scary haunted toddler gym, face painting, tattoos, games, crafts, mountains of candy and more!

Kids 10 and under can participate in our costume contest starting at 7:15 pm prizes awarded to best costumes on in different age groups!

Family Fun Run/Walk 5K

Join our recreation department at the Sweden Town Park for a family fun run/walk! This is the perfect opportunity for parents, kids, grandparents, and all to get involved and get active! Whether you walk or run, this 5K will be sure to bring everyone closer together. At the end of the race, there will be a health carnival, full of activities for the kids to do, and once they hit all the stations- they get a goodie bag full of fun and great ways to stay healthy! Must pre-register online for this memory-making time with the family!

Ages: All Location: STP/ Lodge at STP Program #4383-A

Day	Date	Time	Price
Sat	11/06	9am-12pm	\$5R/\$10NR

SPECIAL EVENTS

**T
O
D
D
L
E
R

P
R
O
G
R
A
M
S**

Little Steps Play and Learn

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop, meet a friend, or workout? Then come join recreation assistants Maranda Dobbertin & Amanda Kinney for simple routines, story times, arts and crafts and enriching games in a learning, caring, friendly and loving environment. This program promotes social and emotional growth. Space is limited, sign up early. *Need not be potty-trained. *Sign up for this and our toddler gym jamboree and save \$5 on both! * Ages: 2-4 Max: 8 Location: SCCC PS Room

Day	Date	Time	Price
Session I Program #4366-A			
M/W/F	9/13-9/30	9-10am	\$66R/\$71NR
Session II Program #4366-B			
T/TH	9/13-10/1	9-10am	\$44R/\$49NR
Session III Program # 4366-C			
M/W/F	10/18-11/11	9-10am	\$66R/\$71NR
Session IV Program #4366-D			
T/TH	10/18-11/12	9-10am	\$44R/\$49NR
Session V Program #4366-E			
M/W/F	11/22-12/20	9-10am	\$66R/\$71NR
*No class 11/24, 11/26			
Session VI Program #4366-F			
T/TH	11/22-12/21	9-10am	\$44R/\$49NR
*No class 11/25			

Tot Acro Dance

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance. You will work towards the skills of summersault/forward roll, splits, bridge, and cart-wheels. A showcase of your skills will be presented at the end of the session.

Ages: 5-7 Min: 2 Max: 12
Location: Large Activity Room #1

Day	Date	Time	Price
Program #4367-A			
Sat	9/18-10/23	9-9:45am	\$50R/\$55NR

Mommy and Me Dance

With Mommy close by, students (boy or girl) will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence. Students learn to stretch and dance using exciting props such as dance scarves, rhythm sticks, musical instruments, beanbags, and other dance props. Moms, Grandparents and Dads are welcome to partner with your little one.

Ages: 2-5 Min: 2 Max: 12
Location: Large Activity Room #3

Day	Date	Time	Price
Program #4367-B			
Fri	9/17-10/22	10-10:45am	\$50R/\$55NR

***New Toddler Gym Jamboree**

Do you have a toddler between the ages of 2-4? Would you like some free time to grocery shop, meet a friend, or workout? Join recreation assistant Amanda Kinney and let your toddler come play in our toddler gym! There are mats, cars, toys, and more- so every child will have something they enjoy! *Need not be potty-trained. *Sign up for this and our Little Steps Play and Learn and save \$5 on both! *

Ages: 2-4 Max: 8 Location: SCCC Toddler Gym

Day	Date	Time	Price
Session I Program #4367-C			
M/W/F	9/13-9/30	10:15- 11:15am	\$56R/\$61NR
Session II Program #4367-D			
T/TH	9/14-10/1	10:15- 11:15am	\$34R/\$39NR
Session III Program #4367-E			
M/W/F	10/18-11/11	10:15- 11:15am	\$56R/\$61NR
Session IV Program # 4367-F			
T/TH	10/18-11/12	10:15- 11:15am	\$34R/\$39NR
Session V Program # 4367-G			
M/W/F	11/22-12/20	10:15- 11:15am	\$56R/\$61NR
*No class 11/24, 11/26			
Session VI Program # 4367-H			
T/TH	11/22-12/21	10:15- 11:15am	\$34R/\$39NR
*No class 11/25			

Instructional Tot Soccer

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

Instructor: George Kimball. Ages: 4-6 Max 8

Location: SCCC Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4368-A

Mon	9/13-10/4	5-5:45 pm	\$35R/\$40NR
-----	-----------	-----------	--------------

*NEW Thanksgiving Craft Fun!

Join Recreation Assistant Amanda Kinney for some fun Thanksgiving themed crafts! We will be making lots of memories and talking all about what we are thankful for this year! Ages: 2-5 Max: 10

Location: SCCC Cafeteria

Day	Date	Time	Price
-----	------	------	-------

Program #4368-B

Fri	11/18	5-6pm	\$12R/\$17NR
-----	-------	-------	--------------

Youth Arts and Crafts

Come join staff member Tim Manuszewski in creating a variety of different arts and crafts! We will work on a different project each week. Some of your pieces can be taken home that night! Be sure to wear an old shirt or a smock. Ages: 5-9 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
-----	------	------	-------

Session I Program #4368-C

Thu	9/9-10/7	6-6:45pm	\$18R/\$23NR
-----	----------	----------	--------------

Session II Program #4368-D

Thu	10/21-11/18	6-6:45pm	\$18R/\$23NR
-----	-------------	----------	--------------

Sea Glass Night

Come join staff member Tim Manuszewski in creating a beautiful frosted jar to show off to family and friends. Use it as a flower vase, put a scented candle in it to relax or just use it to store other Knick-knacks! Be sure to wear an old shirt or a smock.

Ages: 5-13 Max: 5

Location: SCCC Cafeteria

Day	Date	Time	Price
-----	------	------	-------

Program #4368-E

Mon	10/4	6-6:45pm	\$13R/\$18NR
-----	------	----------	--------------

Instructional Tot Football

Is your tot interested in learning the basics of football? 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.

Instructor: George Kimball Ages: 4-6 Max 8

Location: SCCC Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4369-A

Mon	10/18-11/8	5-5:45 pm	\$35R/\$40NR
-----	------------	-----------	--------------

Oobleck Night

Want to help your child with this fun project but don't want to worry about the mess? Then we have the perfect solution for you. Stay and assist your child for a nice bonding experience or pick up your child and their creation afterwards. Join us for a night of ooey-goey fun! Ages: 5-13 Max: 6

Location: SCCC Cafeteria

Day	Date	Time	Price
-----	------	------	-------

Program #4369-B

Mon	10/25	6-6:45pm	\$13R/\$18NR
-----	-------	----------	--------------

Paint-A-Piggy Bank Night

Sign your child up to paint their very own piggy bank! We provide all the materials so don't fret about bringing your own supplies. This is an excellent way for them to start saving up for college tuition! Be sure to wear an old shirt or a smock. Ages: 5-13 Max: 4

Location: SCCC Cafeteria

Day	Date	Time	Price
-----	------	------	-------

Program #4369-C

Mon	9/20	6-6:45pm	\$13R/\$18NR
-----	------	----------	--------------

*NEW Paint your own pumpkin!

Come join recreation assistant Maranda Dobbartin and paint your very own pumpkin along with enjoying a fun fall snack. You may bring it home or leave it here to showcase at our walk through Jack -O-Lantern Trail on October 26th at STP!

Location: SCCC Cafeteria

Day	Date	Time	Price
-----	------	------	-------

Program #4369-D

Fri	10/22	5:00-6:15	\$15R / \$20NR
-----	-------	-----------	----------------

Flag Football League

This six-week league will prepare kids for playing organized football. The first two weeks are practice with the remaining four weeks games. We will be playing teams from other towns. Games will be held at Sweden Town Park or the opponents' home park. Volunteer coaches are needed.

Contact George Kimball for more information at georgek@townofsweden.org

Day	Date	Time	Price
	Ages 7-9 years Program #4364-A		
	Ages 10-12 years Program #4364-B		
Sat	8/21-10/23	10 am	\$50R/\$55NR

Instructional Youth Soccer

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: 8
Location: SCCC Gym

Day	Date	Time	Price
	Program #4370-A		
Mon	9/13-10/4	6-6:45 pm	\$40R/\$45NR

Westside House Basketball

This 13-week league will consist of Thursday and Saturday practices and 10 weeks of games. Practices will continue on Thursday nights once games begin on Saturdays. All games are held at the Community Center. A jersey is included in the price for each participant. Saturday practices/games are held between the hours of 10am-3pm. Thursday practices are held between the hours of 5:30-8:30pm. Teams will play other Sweden/Clarkson teams as well as teams from Kendall and Riga. Minimum: 2 teams per age group.

Volunteer coaches are needed!
Mandatory evaluation day on November 6th At 10 am.
Mandatory coaches meeting follows. For more information please contact: George Kimball at georgek@townofsweden.org

Day	Date	Time	Price
Thu/Sat	11/6-2/5	TBD	\$100/\$110
	Program #4370-B Boys Grades 3/4		
	Program #4370-C Boys Grades 5/6		
	Program #4370-D Boys Grades 7/8		
	Program #4370-E Girls Grades 3/4		
	Program #4370-F Girls Grades 5/6		

***New Youth Kickball League**

Come sign your child up in our youth kickball league! For six Thursdays each team will compete against each other to find out who has the best skills in town!

Location: SCCC Gym
Session I Program #4371-A
Grades 3/4th
Session II Program #4371-B
Grades 5/6th

Day	Date	Time	Price
Thu	9/16-10/21	4 pm	\$25R/\$30NR

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: 7-11 Max: 10 Location SCCC Gym

Day	Date	Time	Price
	Program #4371-C		
Mon	10/18-11/8	6-6:45 pm	\$35R/\$40NR

Private Baseball Lessons

Does your child want to get serious about becoming a quality baseball player? Well we have the answer for you! Recreation Assistant Tim Manuszewski can help teach your child with one-on-one instruction about both the mental and physical aspects of the game. We can go over infield, outfield, pitching, catching, hitting, and even base running. Both recreation and travel players are welcome! Program #4371-D

Location: SCCC Gym Instructor: Tim Manuszewski
Price: \$10/hour Day/Date/Time: By appointment only

Youth Lacrosse

This class is designed to introduce children to the fundamental skills of lacrosse. Join coach George as we go-over grounding balls, cradling, catching, passing and shooting. Feel free to bring your own lacrosse sticks. The Rec Center will provide sticks for all participants. All skill levels welcome! Ages: 7-11

Day	Date	Time	Price
	Location SCCC Gym		
	Program #4371-E		
Wed	9/15-10/6	5-5:45 pm	\$35R/\$40NR

Before and After School Drop in Program



It is our pleasure to offer a safe and fun before and after school drop in program! Your child will participate in a variety of activities including board games, crafts, gym games and more! This program is designed for student's kindergarten to sixth grade. Children may be dropped off at the community center as early as **6:30 AM** and picked up after school no later than **6:00 PM**. Parents must contact the Brockport Central Schools Transportation Office, (585) 637-1880, in order to arrange transportation for their child.

Before and After School rates are as follows:

Daily Rates:

Before **OR** After School- **\$9.00**

Before **AND** After School- **\$18.00**

Weekly Rates:

Before **OR** After School- **\$40.00**

Before **AND** After School- **\$80.00**

****When registering the week of, you will pay the daily rate (\$9/\$18)****

Youth Instructional Golf

Is your child interested in learning the basics of golf? Coach George will teach the class about gripping, and basic swing techniques, as well as work on driving and chipping. Classes will be held indoors using turf mats. All clubs and balls will be supplied. We will use practice foam balls instead of real golf balls.

Max: 3 Min: 1 Ages: 7-10 Location: SCCC Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4372-A

Wed	11/10-12/8	5-5:45 pm	\$35R/\$40NR
-----	------------	-----------	--------------

*** No class on 11/24**

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 8-11 Max: 5

Location: SCCC Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4372-C

Wed	10/13-11/3	5-5:45 pm	\$35R/\$40NR
-----	------------	-----------	--------------

Youth Instructional Ping Pong

Bring your child to have them learn the basics of ping pong! They will Learn how to serve, return using various styles. Also the proper way to keep score and the rules. Ages: 8-11 Max:4

Location: SCCC

Day	Date	Time	Price
-----	------	------	-------

Program #4372-D

Thu	11/11-12/9	5-5:45pm	\$15R/\$20NR
-----	------------	----------	--------------

***No class on 11/25**

*NEW Veteran's Day Event

While the kids are off from school, bring them to a fun day at the community center! We will play games, make lunch, bake some treats, and do some patriotic crafts! Instructor: Amanda Kinney

Max: 30 Ages: K-6 Location: SCCC Cafeteria/Gym

Day	Date	Time	Price
-----	------	------	-------

Program #4372-B

Thu	11/11	9am-3pm	\$30R/\$35NR
-----	-------	---------	--------------

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. Parents are required to enter pool with child for participation & interaction.

Infant—4 years old. Max 8

Day	Date	Time	Price
Session I Program #4373-A			
Wed	TBD	7-7:30 pm	\$48R/\$53NR
Session II Program #4373-B			
Sat	TBD	12:30-1:00 pm	\$40R/\$45NR
Session III Program #4373-C			
Wed	TBD	7-7:30 pm	\$48R/\$53NR
Session IV Program #4373-D			
Sat	TBD	12:30-1:00 pm	\$48R/\$53NR

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 #4373-E			
Wed	TBD	7-7:45 pm	\$48R/\$53NR
Session II Program #4373-F			
Sat	TBD	12:30-1:15 pm	\$40R/\$45NR
Session III Program #4373-G			
Wed	TBD	7-7:45 pm	\$48R/\$53NR
Session IV Program #4373-H			
Sat	TBD	12:30-1:15 pm	\$48R/\$53NR

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 #4373-I			
Wed	TBD	7pm-7:45 pm	\$48R/\$53NR
Session II Program #4373-J			
Sat	TBD	12:30-1:15 pm	\$40R/\$45NR
Session III Program #4373-K			
Wed	TBD	7pm-7:45 pm	\$48R/\$53NR
Session IV Program #4373-L			
Sat	TBD	12:30-1:15 pm	\$48R/\$53NR

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 #4373-M			
Wed	TBD	7:45-8:30 pm	\$48R/\$53NR
Session II Program #4373-N			
Sat	TBD	1:15-2 pm	\$40R/\$45NR
Session III Program #4373-O			
Wed	TBD	7:45-8:30 pm	\$48R/\$53NR
Session IV Program #4373-P			
Sat	TBD	1:15-2 pm	\$48R/\$53NR

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 #4373-Q			
Wed	TBD	7:45-8:30 pm	\$48R/\$53NR
Session II Program #4373-R			
Sat	TBD	1:15-2 pm	\$40R/\$45NR
Session III Program #4373-S			
Wed	TBD	7:45-8:30 pm	\$48R/\$53NR
Session IV Program #4373-T			
Sat	TBD	1:15-2 pm	\$48R/\$53NR

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 #4373-U			
Wed	TBD	7:45-8:30 pm	\$48R/\$53NR
Session II Program #4373-V			
Sat	TBD	1:15-2 pm	\$40R/\$45NR
Session III Program #4373-W			
Wed	TBD	7:45-8:30 pm	\$48R/\$53NR
Session IV Program #4373-X			
Sat	TBD	1:15-2 pm	\$48R/\$53NR

Please direct any questions you have about which level to sign your child up for to Tim at 585-431-0087. All lessons are held at Brockport Central Schools (High School Pool)

Youth Ballet/Jazz

Girls/Boys will learn the basics of dance while engaging in hands-on movement activities essential to proper development in coordination, recognizing music and rhythms, counting and timing, and self-confidence.

Students will learn the proper ballet/jazz terminology and steps in an encouraging and positive environment.

Ages: 6-10 Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4374-A			
Tue	9/14-10/19	5-5:45 pm	\$50R/\$55NR

Youth Acro Dance

In this class, you will explore rhythms and basic dance steps. Students will learn proper stretching techniques and conditioning needed for the Art of Acro Dance.

You will work towards the skills of splits, bridges, cartwheels, back kick overs and elbow stands. A showcase of your skills will be presented at the end of the session.

Ages: 8-10 Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4374-B			
Sat	9/18-10/23	10-10:45 am	\$50R/\$55NR

Baking Class

Join recreation assistant Amanda Kinney on Tuesday nights for a class that involves making delicious baked goods. Each week you will get to create a yummy treat and learn the basics of baking. This class will teach you everything you need to know and show you how much fun you can have while doing it!

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4374-C			
Tues	09/21- 10/12	5-6:30 pm	\$35R/\$40NR

***New Tie Dye Night**

Join recreation assistant Amanda Kinney to make tie dye shirts! This one-night class will be lots of fun and allow your child to let their creativity shine through!

Ages: 6-11 Max: 6 Location: SAR #4

Day	Date	Time	Price
Program #4374-D			
Mon	9/13	5-6 pm	\$15R/\$20NR

Sensory Play

Do you want a little extra “me” time on Saturday mornings? Then have your child come join Maranda Dobbertin for simple sensory play activities/crafts in a welcoming, judge free environment. Sign up early to ensure that there will be no cancellations.

Location: LAR #3

Day	Date	Price
Sat	9/11- 10/9	\$45R/ \$50NR
Session I Program #4374-E		
Ages 2-3		10-10:45 am
Session II Program #4374-F		
Ages 4-7		11-11:45 am
Session III Program #4374-G		
Ages 8-11		12-12:45 pm

Par 4 Farms – Horseback Lessons

Grab a friend and experience the horse-riding experience at Par 4 Farms. Experience more than “just a ride” as you learn about horse care and the financial responsibilities of owning a horse. Build your confidence and develop leadership qualities all on a family friendly farm. Register through Sweden Clarkson Recreation, then call and schedule your lessons with Par 4 Farms. Available appointments are M-Th from 3-7pm. Lessons are \$30 per hour. Come and join the fun! Program #4374-H Ages: 8 and Up

Contact information: Carl and Tammy Par 4 Farms 3736 Sweden Walker Rd, Brockport, NY 14420

585-748-7400 info@par4farms.com

***New Healthy Snack Class**

Join recreation assistant Amanda Kinney on Monday nights for a class that involves making delicious healthy snacks. Each week you will get to create a yummy treat and learn the importance of healthy eating.

Location: SCCC Cafeteria

Day	Date	Time	Price
Program #4374-I			
Mon	10/18- 11/8	5-6:30 pm	\$35R/\$40NR



Home Alone Safety

This 2-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: Virtual

Day	Date	Time	Price
Program #4375-A			
Sat	10/16	10am-12pm	\$33R/\$38NR

Wooden Craft Night

Sign your child up to paint their very own flexible, wooden snake or shark! Imagine them seeing their very own creation “slither” and “swim” across the table with just the twist of your wrist. We provide all the materials so don’t fret about bringing your own supplies. Be sure to wear an old shirt or smock! Ages: 5-13 Max: 6 Location: Cafe

Day	Date	Time	Price
Program #4375-B			
Mon	11/1	6-6:45pm	\$13R/\$18NR

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. Boys and girls ages 11+ are welcomed. Please bring a bagged lunch and a self-addressed envelope. (for in person class only)

Location: Virtual

Day	Date	Time	Price
Program #4375-C			
Sat	10/16	12-5pm	\$53R/\$58NR

Open Programs

Toddler Gym

M-F 8 –10:15 am + 11:15 am - 7 pm

Sat 8:30 am- 2:30 pm

Sun 8:30 -11:30 am

Basketball M-F 2-4pm

Check Adult Programs for Pickleball Information

ADULT PROGRAMS

Adult Coed Volleyball League

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

You must register a complete team

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
Program #4376-A			
Tue	9/14-11/23	6-9 pm	\$150 per team

There is also a \$10 Referee fee per match

Adult Coed Pickleball League

Come grab your partner and sign up for our pickleball league! It will be an 8 week league which includes regular season and playoffs. Format and rules will be determined at start of season. Must sign up as a team

Location: SCCC Gym Ages: 18+

Day	Date	Time	Price
Program #4376-B			
Sat	9/11-10/30	10 am	\$50 per team

Healthy Living Class

Healthy Living Class is a free eight-week program that teaches participants how to make and maintain positive changes in the diet, physical activity and exposures. Class topics include healthy eating patterns, portion sizes, whole grains, processed foods, added-sugars and more. Each class features 45 minutes of nutrition education with discussion and 30 minutes of group exercise with a certified instructor. The PHPC Healthy Living Class is provided by UR Medicine’s Center for Community Health & Prevention and funded by the Wilmot Cancer Institute to provide evidence-informed health promotion and cancer prevention education to our community members.

To register for this program, please call Hannah at 315-401-1945 or email PHPC@URMC.Rochester.edu

Requirements: Participants must have access to email to complete registration and be 18 years of age or older. Ages: 18+ Min: 5 Program #4376-C

Location: SCCC Cafeteria

Day	Date	Time	Price
Mon	9/13-11/1	5:00-6:20 pm	FREE

NYS Approved Adult/Pediatric CPR/AED & First Aid for Coaches

This course fulfills New York State Department of Education requirements for coaching and the New York State Department of Health requirements for camp Health Officers and includes CPR for the Professional Rescuer certification. This course is particularly designed for coaches and trainers. Students are taught action plans that apply to all emergencies. Please note: this course meets 2010 CPR and ECC guidelines. All supply fees are included.

Min: 5 Max: 15

Location: SCCC Conference Room

Day	Date	Time	Price
Adult and Child CPR/AED Program #4377-A			
Sat	10/2	9am-12pm	\$55
First Aid Program #4377-B			
Sat	10/2	12:30-2:30pm	\$45
Adult and Child CPR/AED/First Aid Program #4377-C			
Sat	10/2	9am-2:30pm	\$80

NYSED Approved Advanced CPR/First Aid for Coaches Initial Certification

Day	Date	Time	Price
Program #4377-D			
Sat	10/2	9am-3:30pm	\$90
Recertification Program #4377-E			
Sat	10/2	9am-11am	\$55
Adult and Child CPR/AED Program #4377-F			
Sat	12/4	9am-12pm	\$55
First Aid Program #4377-G			
Sat	12/4	12:30-2:30pm	\$45
Adult and Child CPR/AED/First Aid Program #4377-H			
Sat	12/4	9am-2:30pm	\$80

NYSED Approved Advanced CPR/First Aid for Coaches Initial Certification

Program #4377-I			
Sat	12/4	9am-3:30pm	\$90
Recertification Program #4377-J			
Sat	12/4	9am-11am	\$55

Adult Ballet/Jazz

Have you danced growing up and want to get back into it? Have you never danced before and want to gain the flexibility, strength, emotional benefits that dance can offer you? Come join us as we stretch, learn ballet/jazz techniques and learn fun to dance combinations.

Perfect for beginners or intermediates.

Ages 13+ Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4382-A			
Tue	9/14-10/19	6-7pm	\$40R/\$45NR

2021 Fitness Center Membership

Membership	1 month	3 month	1 year
Youth (16-18)	\$13	\$33	\$145
Senior (55+)	\$13	\$33	\$145
Adult (18-54)	\$18	\$45	\$200
Family (16+)*	\$80	\$190	\$645
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? Call 431-0090 to set up appointment. * Please Note: Fitness Center closes 15 minutes before community center.

Daily Rates: \$10 adult; \$8 senior

Personal Training

Are you looking for a personal trainer? Give one of our two personal trainers a call!

Karla Davy: 585-355-9816 kglove3@hotmail.com

Terri Steigelman-Johnson: 414-559-4992

steigelowanfitness@yahoo.com

A single session is \$30 or you can pay for a pack of six sessions for \$150.



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

Day	Time	Type
Mon	10-10:45am	Classic
Tue	10-10:45 am	Cardio
Tue	11-11:45 am	Yoga
Wed	10-10:45 am	Classic
Thu	10-10:45 am	Cardio
Thu	11-11:45 am	Yoga
Fri	10-10:45 am	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!

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

Max 10 Ages: 16+ Location: LA Rm #3

Day	Date	Time	Price
Session I Program #4378-A			
Wed	9/15-10/27	6:30-7:30	\$58R/\$63NR
Session II Program #4378-B			
Wed	11/3-12/15	6:30-7:30	\$50R/\$55NR

***No class 11/24**

Walking Club

The group walks for about an hour, new walkers are always welcome. Come enjoy the fun and get healthy! For more information call 431-0090.

Location: Main Street Canal Bridge

Day	Time	Day	Time
M,Th	6pm &	Sat	8am

*New Taiji & Qigong for Health

Taiji (Tai Chi) and Qigong are performed slowly with relaxed flowing movements using gentle exercise, deep breathing, and relaxed awareness. It strengthens legs, improves balance, increases flexibility, and relieves stress. In later stages, it calms the mind to become a "Meditation in Motion".

Learn large movement Yang style postures from the standardized, 24 posture Taiji Form, and active stretching Qigong breathing exercises using a wide range of motion.

Instructor Brian Bruning has been practicing Taiji and Qigong since 1978, studying Yang and Chen Pan-ling styles. He is an instructor for the Rochester T'ai Chi Ch'uan Venter and has taught locally since 1997.

Location: Large Activity #3

Days	Date	Time	Price
Program #4379-A			
Wed	9/8-10/27	11 am-12 pm	\$50R/\$55NR

Bingo

One Wednesday per month in the Fall season is senior bingo 12 noon—2 pm. Cost is \$2/card. A Walmart sub tray lunch is included. Prizes awarded!

Location: Small Activity Rm 4

Dates: Sept 22nd, Oct 20th, Nov 17th

Vinyasa Flow Yoga

When life gets in the way and you are feeling stressed and tight, soothe your body and soul with this user-friendly yoga workout. Bring a yoga mat.

Instructor: Barb Whited Max: 10 Ages: 16+

Location: L A Room #3

Day	Date	Time	Price
Session I Program #4378-C			
Mon	9/13-10/25	6:30-7:30 pm	\$58R/\$63NR
Session II Program #4378-D			
Tue	9/14-10/26	6:30-7:30 pm	\$58R/\$63NR
Session III Program #4378-E			
Mon	11/1-12/13	6:30-7:30 pm	\$50R/\$55NR
*No class 12/6			
Session IV Program #4378-F			
Tue	11/2-12/14	6:30-7:30 pm	\$58R/\$63NR

*NEW DIY Greeting Cards

Come use your creative skills. Make your very own unique holiday cards using stamps, papers and embellishments!

Instructor: Chris Pecora Location: Senior Lounge

Max: 6

Days	Date	Time	Price
Session I Program #4379-B			
Tue	9/14	5-7 pm	\$16R/\$21NR
Session II Program #4379-C			
Tue	10/12	5-7 pm	\$16R/\$21NR
Session III Program #4379-D			
Tue	11/9	5-7 pm	\$16R/\$21NR



Open Pickleball

Get fit, socialize and participate in Pickleball. All skill levels welcome for a variety of games. Basic knowledge of the rules & game play is helpful. Please bring your own paddle. Ages: 18+ Location: Gym

Day	Time	Price
MWF	Session I 10-11:30am	\$1R/\$2NR
MWF	Session II 11:45am -1:15pm	\$1R/\$2NR
T, TH	Session I 10-11:30am	\$1R/\$2NR
T, TH	Session II 11:45am -1:15pm	\$1R/\$2NR
Sun	9 - 11am	\$1R/\$2NR

Please Note: weekend availability maybe affected by facility use of the gymnasium.

* T & TH 10-11:30am is Advance Play

* T & TH 11:45am-1:15pm Beginner Play

Radio City Christmas Spectacular in New York City

December 4 - 5, 2021

Package includes: Round trip motorcoach transportation, 1 night hotel accommodation, 1 breakfast, ticket to Rockettes Christmas Spectacular (3rd Mezzanine), Onondaga "Lights on the Lake" tour, First Choice Travel Tour Manager will be Mike Myers 469-0485

TENTATIVE TRAVEL ITINERARY

Saturday, 5:30 A.M. Coach arrives at Sweden/Clarkson Recreation Center for loading.

6:00 A.M. Depart for New York City with two rest stops in route.

1:00 P.M. - 1:30 P.M. – Drop off near Times Square. Explore and shop – (Perhaps you may wish to purchase tickets to your favorite Broadway Show for this afternoon), or see Rockefeller Center Christmas Tree, or visit Bryant Park Christmas Village, all within walking distance. (Map provided) Lunch and dinner in Manhattan at your expense.

VACCINATION FOR INDOOR DINING

8:45 P.M. Depart for the hotel, in New Jersey 9:45 P.M. Check into the hotel

Sunday, 7:00 A.M. Breakfast at Hotel 8:30 A.M. Depart for New York City and Radio City Music Hall

9:30 A.M. arrive at Radio City Music Hall 11:00 A.M. - 12:30 P.M. Christmas Spectacular –

ALL ATTENDING THIS SHOW MUST BE VACCINATED & SHOW PROOF.

1:00 P.M. - Meet the motorcoach 1:15 P.M. - Depart for Lunch/Dinner

3:30 P.M. - Lunch/Dinner stop at your expense and one rest stop

6:30 P.M. – Onondaga "Lights-on-the-Lake" Tour 9:30 P.M. - 10:00 P.M. Arrival back to Brockport

Program #4380-A \$319.00 per person Double Occupancy (one king or two double beds)

Program #4380-B \$309.00 per person Triple Occupancy (two double beds)

Program #4380-C \$299.00 per person Quad Occupancy (two double beds)

*Deduct \$50 from deposit if not attending the Spectacular

BASED ON A MINIMUM OF 40 PEOPLE

\$125.00 Non refundable Deposit Per person due at time of booking

Checks payable to: Town of Sweden Balance due October 8, 2021

Deposit is non-refundable unless group is able to fill slot

Senior Trip – Niagara Outlets

Come enjoy a day out, shop until we drop at the Niagara outlets! *Shopping and lunch on your own*

****Must register prior to October 25th, 2021****

Maximum Number of People: 20

Day	Date	Price
Saturday	November 6 th	\$15

Depart- 9 am (please arrive at least 15 minutes prior) Return- Around 3:00 pm

Program #4380-D

Open Walking

Each morning Monday - Friday from 8:45-9:45 am each day. Please bring dry shoes and walk the gym to avoid the cold, rainy, snowy, icy days outdoors. Thirteen laps is a mile!



Sweden Senior Singers

Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community.

Day _____ Date _____ Time _____

Wed Sept-May 10:15-11:45

Location: Large Activity Room I

Getting to Know Your Smartphone

Looking to really master that smartphone you're carrying around? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a smartphone master. This is an introductory beginners course.

***Must sign up at least one week prior to class**

Location: SCCC Lounge Max 8

Day	Date	Time	Price
Session I Program #4381-A			
Tue	9/14	11:30-12:30pm	\$5
Session II Program #4381-B			
Tue	11/2	11:30-12:30pm	\$5

Euchre Tournaments

Love playing euchre? We do too! We will be hosting a progressive euchre tournament! This means that you will play with different partners all day. At the end of the tournament, one person will be crowned euchre champion! Are you the best euchre player in the area? Come find out! *Prizes awarded to first and second place.

*Register as individual. Not as a team!

+ Pizza Lunch & Drinks Ages: 21+

Location: SCCC Lounge

Day	Date	Time	Price
*Pre-Registration Required!			
Program #4381-C			
Mon	9/20	12 pm	\$8 per person
Program #4381-D			
Mon	10/18	12 pm	\$8 per person
Program #4381-E			
Mon	11/15	12 pm	\$8 per person

Weekly Open Senior Cards

Euchre: Mondays - 12-2 pm Fee: \$1 per visit

Location: Small Activity Rm 4

Knitting Club

Meet to knit and crochet items for area cancer patients. We provide the yarn, donations gratefully accepted.

Location: Small Activity Room 4

Day	Time	Price
Wed (Begins 9/8)	10am-12pm	FREE

Blood Pressure Checks

Monroe Ambulance Deputy Chief Mike Bove will be conducting blood pressure checks each week!

Location: SCCC Main Hallway

Day	Time	Price
Wednesdays	11:30-12:30pm	Free

Beginner Line Dancing

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

Location: Large Activity Room 3.

Day	Time	Price
TBD	TBD	\$1

Senior Chair Volleyball

Looking for a new and fun way to get some exercise? Chair volleyball is a great way to do just that! We will play with a smaller net and a beach ball, all while sitting in our chairs. Pick-up games will be held weekly.

Location: Large Activity Rm 1

Day	Time	Price
Tue	1-2 pm	\$1

The Sweden Comfort Quilters

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: Large Activity Rm 3

Day	Time	Price
Mon	9am-12 pm	FREE

Book Discussion Club

Day	Time	Price
1st Wed of the month	10:30-12pm	FREE

Open Tai Chi

Tai Chi is primarily practiced today to improve health, increase energy, as moving meditation helps quiet and focus the mind. Its slow movements allow even the stiffest and most tense person the opportunity to relax and strengthen their body without risk of strain or injury.

Instructor: Jane Harr

Location: Large Activity Room 1

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

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 Bob at 455-1126 between 8am-4pm, Monday-Friday to schedule a ride or get more information on becoming a volunteer driver.

Sweden/Clarkson Community Center

4927 Lake Road South, Brockport, NY, 14420 (585) 431-0090

www.swedenclarksonrec.recdesk.com

REGISTRATION FORM

Registration Form	<p>Do NOT use this form for Before/After School Registration, School Age Summer Camp.</p> <p>These forms are available at the Sweden/Clarkson Community Center or online at www.swedenclarksonrec.recdesk.com</p> <p>Registration Procedure: Please complete ALL information below or set up an account at www.swedenclarksonrec.recdesk.com and pay online or in our office.</p> <p>We accept: Cash, Check, Money Order, Credit -online only (VISA, MasterCard, Discover *additional processing fee applies).</p> <p>Make checks payable to: Town of Sweden.</p> <p>Return Form with Payment to: Sweden Clarkson Community Center, 4927 Lake Road S, Brockport, NY, 14420</p>
-------------------	--

Participant Info.	Participant Name	D.O.B	Gender	Grade	Shirt/ Pant	Program Registering For	Program Number	Price
							TOTAL \$	

Household Information	<p>First: _____ Last: _____ D.O.B. _____</p> <p>(If different from registrant(s))</p> <p>Address: _____</p> <p style="text-align: center;">City: _____ Zip: _____</p> <p>Home Phone: _____ Cell: _____ /Carrier: _____ Work: _____</p> <p style="text-align: center;">Text Alerts: Yes No</p> <p>Email (add us to your contact list to prevent going into junk folder): _____</p> <p>Town of Sweden/Clarkson Resident (circle): Yes No</p> <p>Emergency Contact/Pick-up: _____ Phone Number: _____</p>
-----------------------	--

Note	<p>Please list any special needs /limitations/allergies/etc:</p> <p>Would you like to Volunteer Coach? Yes No</p>
------	---

Waiver of Participation	<p>Waiver of Participation/Refund Policy/Photo Release:</p> <p>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.</p> <p>Signature: _____ Date: _____</p> <p>Staff Signature: _____ Date: _____</p>
-------------------------	---

Community Center

Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour	Space Available	1st Hour Resident	1st Hour Non-Resident	Additional Hour
Full /Half Gym	\$75/\$50	\$150/\$75	\$50/\$25	Large Activity Room	\$25	\$35	\$10
Cafeteria	\$30	\$35	\$15	Small Activity Room	\$20	\$30	\$10

Sweden Town Park—Redman Road

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	\$75/field 3 hour block	\$100/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 w/ Pavilion #2	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer/ restrooms	Rec Dept. 431-0090
Covered Pavilion #1	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
LODGE	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heat/AC Lodge. Party capacity- 99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090
SPLASH PAD	For information please visit www.swedenclarksonrec.recdesk.com				Rec. Dept. 431-0090

Clarkson Parks

Park Available	Resident Fees	Non-Resident	Field Prep/ Security Deposit	Amenities	Whom to Call
Clarkson Hafner Park	Football \$50/field Other \$30/field for 3 hour block	Football \$75/field All others \$50/field for 3 hour block	Football \$50 All Others \$20 Per Field/Day	Football, soccer Lacrosse, softball, baseball fields	Rec Dept. 431-0090
Clarkson Kimball Park	\$30/field for 3 hours 8 am-10 pm	\$50/field for 3 hours 8 am—10 pm	\$20/field/day	Softball fields, lacrosse	Rec Dept. 431-0090
Clarkson The Lodge at Kimball Park	\$200/day 8 am—10 pm	\$200/day 8 am—10 pm	N/A	Kitchen, restrooms playground, tables chairs, accessible	Clarkson Town Clerk 637-1130
Goodwin Lodge Hafner 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
San Soucie Park	FREE No reservations available	FREE No reservations available	N/A	Located on Erie Canal, Clarkson	Clarkson Town Clerk 637-1130