

# THE SWEDEN CLARKSON CORE BOARD

**WINTER 2020**



**Sweden Clarkson Community Center**

4927 Lake Road South, Sweden

Phone: 585-431-0090

Fax: 585-431-0052

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

January 1st—March 31st      M-F 6am-8pm  
    Sat 8am-4pm  
    Sun 8am-3pm

Closing Early New Years Eve @ 3pm

Closed New Years 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, Kyle Luce, Mia Harp,  
 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 Robert Muesebeck

Councilperson Mary Rich

Councilperson Lori Skoog

## Clarkson Town Board

Supervisor Christa Filipowicz      637-1131

Councilperson Patrick Didas

Councilperson Allan Hoy

Councilperson Jackie Smith

Councilperson Leslie Zink

## Facebook

Like us on Facebook at Sweden Clarkson Recreation

## Website

www.swedenclarksonrec.recdesk.com

# “Life is like riding a bicycle. To keep your balance you must keep moving.” Albert Einstein

Our programs change and evolve with each new Scoreboard issue. We are focused on serving the residents of our community in the best way possible. We have Jill and her staff to thank for their great service.

A second set of Health Living Classes will be offered beginning in January 2020, a morning class and an evening class. The evening class will be focused on families. We are coordinating this with a class offered for 3<sup>rd</sup>-5<sup>th</sup> graders on the same evening. In this way, your family can participate in both classes. These classes will become part of research at URM. The desired outcome is to reverse the trendline on childhood obesity and improve the health of all of our residents. There are many new programs this quarter.

They include:

- Body Shakra Balance Class
- Getting to Know Your Tablet
- Pickleball Workshops for Beginners
- 3 New Senior Trips
- Mommy & Me Baking Night
- Mommy & Me, Youth & Adult Dance Classes

I have heard testimonials recently from residents that have participated in past healthy living initiatives.

\* A URM Healthy Living Class participant shared that his Triglycerides have dropped from 153 to 112 and his A1C is

reduced from 6.2 to 6.0 by making dietary changes taught at the class.

\* A walking club participant has lost 12 pounds by being more active and tracking her calories.

\* Another walking club participant, who is 28 years old, has lost 13 pounds by walking and working out every day except Sunday. She also watches what she eats and has reduced portion size.

I would like to thank Jackie Smith from the Town of Clarkson for her dedication and hard work as the liaison to the Community Center. We wish her well as she takes her position as a County Legislator on January 1. I'm sure she will continue to serve our residents in her new role. We look forward to our continued work with the Town of Clarkson in the Sweden/Clarkson Recreation Program.

Please take a careful look at the program offerings in this brochure. There is something for everyone to keep active. See Walking Club information on Page 18. Feel free to contact us through the Town of Clarkson or Sweden websites if you have questions, comments or a compliment to share. Enjoy the winter season and stay active!

*Patricia Hayles*

*Town of Sweden Board Member & Liaison to the SCCC*

## News from your Sweden Clarkson Rec Director

This fall, we marked the two-year anniversary of moving all senior recreation programming to the Community Center. Those two years have flown by and I can say, with no reservations, that our seniors are “home.” The recreation staff absolutely loves having all our seniors here under one roof. I am not downplaying the attachment our seniors had for the old senior center building, staff and ways, but our seniors have adapted and embraced us in return. Our affection for each other is genuine.

Recreation Assistant Joe Kincaid has taken the lead role in senior programming, activities and trips. You will find Joe on senior trips to various shows, shopping excursions and to the casino. He's at the euchre table when needed and fills in at chair volleyball and pickleball.

Rounding out the full-time staff are George Kimball and Tim Manuszewski who have a combined eight years of experience here at SCCC. They are profes-

sionals at running our big leagues, providing hands-on in small programs and developing new activities.

I'd like to give an extra thank you to three long-time part-timers: Kyle Luce, Ashley Hermance and Diane Samons for their on-going commitment to excellence.

Please know that all of our part-time staff from before-and-after school staff to life guards to desk attendants help bring you a wide-range of recreational opportunities. Finally, thank you to the Sweden and Clarkson Town Boards who recognize the value of recreation in your lives. We want our residents to be active, healthy and engaged close to home!

**Jill Wisnowski**, Recreation Director





## 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 Miss Mary (NYS certified teacher) for simple routines, story time, arts and crafts and enriching games in a place where creativity encourages learning, caring encourages friendships and a loving environment encourages social and emotional growth. Space is limited, sign up early. \*Need not be potty-trained. Maximum 10 students per session.

### \*NEW 2 Year Old Program

Day	Date	Time	Price
Session I Program #4180-A			
M/W	1/22-3/2	12:15-1:30pm	\$44R/\$49NR
*No Class 2/17 & 2/19			

Session II Program #4180-B			
M/W	3/4-4/15	12:15-1:30pm	\$44R/\$49NR
*No Class 4/6, 4/8 & 4/13			

### 3-4 Year Old Program

Day	Date	Time	Price
Session I Program # 4180-C			
M/W	1/22-3/2	1:45-3pm	\$44R/\$49NR
*No Class 2/17 & 2/19			
Session II Program # 4180-D			
M/W	3/4-4/15	1:45-3pm	\$44R/\$49NR
*No Class 4/6, 4/8 & 4/13			

## Make Your Own Pillow Night!

Trying to beat the winter blues? Come join recreation assistant Amanda Kinney in putting together your very own fleece tie pillow that you get to take home each week! Easy to assemble and so much fun to make, there are no supplies necessary! Hope to see you there! Ages: 7-11 Max: 6

Location: Small Activity Room 4

Day	Date	Time	Price
Program #4181-A			
Fri	1/24- 2/ 21	6:00-6:45pm	\$30R/\$35NR
Week One: Snowflake Fleece Pillow			
Week Two: Superbowl Football Fleece Pillow			
Week Three: Penguin Fleece Pillow			
Week Four: Valentines Day Heart Fleece Pillow			
Week Five: Snowman Fleece Pillow			

## 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
Program #4181-B			
Thu	1/23-2/20	6-6:45pm	\$16R/\$21NR

## 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 #4181-C			
Thu	1/9-2/13	10-10:45am	\$35R/\$40NR

## Mommy and Me Baking Night

Come join recreation assistants Amanda Kinney and Mia Harp in a super fun night out of the house! We will be making delicious baked goods that you'll be able to take home with you each week! This five-week class will teach your little one everything they need to know about baking, just bring an apron or smock and we'll supply the rest! Ages: 8-12 Max: 6 Kids (with a parent) Location: Cafeteria

Day	Date	Time	Price
Program#4181-D			
Wed	1/22-2/19	6:00-7:15pm	\$25R/\$30NR
Price: (Includes both parent and child)			

## 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. Ages 11+

Day	Date	Time	Price
Program # 4182-A			
Fri	3/13	9am-2pm	\$52

## 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 #4182-B			
Fri	3/13	2-4pm	\$29

## Fortnite Battle Royale-PlayStation 4

Test your building skills and strategic decision making in our Fortnite competition! Players will be rewarded for their placement in Solo Battles as well as the number of eliminations they have. Pizza and drinks will be served. Be sure to sign up quickly! \*May end early depending on number of kids in tournament\*

Ages: 10-13 Min: 4 Max: 6

Location: SCCC Conference Room

Day	Date	Time	Price
Session I Program #4183-A			
Mon	1/20	5-9pm	\$13R/\$18NR
Session II Program #4183-B			
Mon	2/17	5-9pm	\$13R/\$18NR

## NEW Intro to Drone Flying

Interested in learning to fly a drone? Instructor Joe Kincaid will go through the basics so you can possibly make it a hobby of your own! Hop on the bus to the community center to attend class after school! Drones provided! Ages: 8-14 (Contact BCS Transportation to arrange rides to community center after school!)

Day	Date	Time	Price
Session I (ages 11-14) Program #4183-C			
Tue	1/14-2/18	2:30-3:15 pm	\$30R/\$35NR
Session II (ages 8-10) Program #4183-D			
Tue	1/14-2/18	3:30-4:15 pm	\$30R/\$35NR

## 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 #4184-A			
Tue	1/7-2/25	4-5pm	\$40R/\$45NR

## Judo (Juniors)

Join Janet Johnson in a program designed to teach basic techniques and understanding of Kodokan Judo philosophy and principles. Please bring a judo gi if you already have one. They will also be available through purchase from the instructor.

Ages 6-16

Location: Cooper Hall at the College at Brockport

Day	Date	Time	Price
Program # 4185-A			
Tue/Thu	1/7-5/14	6-7pm	\$105R/\$110NR

## Choose Health: Food, Fun, and Fitness

This program is best suited for youth in 3rd through 5th grades. The lessons include Interactive nutrition activities, food tasting, physical activity, a goal setting challenge, and a family newsletter. The following are the six lessons that the program will include:

- Lesson 1: Replace Sweetened Drinks
- Lesson 2: Eat More Vegetables and Fruits
- Lesson 3: Read it Before You Eat it
- Lesson 4: Make Half Your Grains Whole
- Lesson 5: Healthier Foods-Fast
- Lesson 6: Power Up Your Day

Ages: 3rd-5th graders

Location: SCCC Senior lounge

Day	Date	Time	Price
Program #4186-A			
Thu	1/9-2/13	5:30-6:30pm	\$10R/\$15NR

Make Thursday nights family night in the new year! Parents can do the Healthy Living Class pg.15 and children can do Choose Health Class. These classes are offered same dates & time in different rooms so the family can participate together.

## Before & After School

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)\*\***

### **\* N E W - R E C E S S T R I P S !**

We are here for the coverage you need over school breaks! We will be taking trips and hosting events in house so your kids are never bored on their breaks. Below is a list of the trips/activities that we will be doing. Grades: K-8<sup>th</sup> Location: SCCC Min: 10 Max: 35

**\*Register for all of them for \$250!**

Program #4187-A	Mon	1/20	8am - 4pm	Learn to Cook	\$40
Program #4187-B	Mon	2/17	8am - 4pm	Crafts and More	\$40
Program #4187-C	Tue	2/18	8am - 4pm	Sledding & Hot Cocoa	\$40
Program #4187-D	Wed	2/19	8am - 4pm	Submarines and Slime	\$40
Program #4187-E	Thu	2/20	8am - 4pm	Foam Dart Battles w/ Roc Foam Dart League	\$40
Program #4187-F	Fri	2/21	8am - 4pm	RMSC	\$40
Program #4187-G	Mon	3/13	8am - 4pm	Gym/Board Games & Pizza	\$40

# Youth Instructional Sports

## Instructional Tot Basketball

Is your tot interested in learning the basics of basketball? Come join coach Cam! 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 6 Location: SCCC Gym

Day	Date	Time	Price
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Program #4188-A

Mon	1/6-1/27	5-5:45pm	\$25R/\$30NR
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## Instructional Youth Basketball

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

Ages: 7-10 Max: 6 Location SCCC Gym

Day	Date	Time	Price
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Program #4188-B

Mon	1/6-1/27	6-6:45pm	\$35R/\$40NR
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## Learn To Skate

Join the Campus Recreation Instructional Program staff at the College at Brockport and learn to ice skate!

Participants are split up into age groups dependent on skill level. Instruction includes safety, skating posture, balance, proper use of equipment, and other skating skills. Participants are able to skate for free after session during the Public Skate. Ages 5-adult. Max 30

Location: Tuttle Ice Arena at the College at Brockport

Dates: 1/26, 2/2, 2/9, 2/16, 2/23, and 3/1

Day	Time	Price
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Program #4188-C

Sun	2-3pm	\$77R/\$82NR
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\*\*Skate Rentals are available for \$18.00 for 6 weeks.

## 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! Day/Date/Time: By appointment only  
Instructor: Tim Manuszewski Location: SCCC Gym  
Price: \$10/hour Program #4188-D

## Instructional Tot Floor Hockey

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

Ages: 4-6. Max: 6 Location SCCC Gym

Day	Date	Time	Price
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Program #4188-E

Mon	2/10-3/2	5-5:45 pm	\$25R/\$30NR
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## Instructional Youth Floor Hockey

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

Ages: 7-10 Max: 6 Location SCCC Gym

Day	Date	Time	Price
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Program #4188-F

Mon	2/10-3/2	6-6:45pm	\$35R/\$40NR
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## 3 on 3 Basketball Tournament

Round up your friends and enter our 3 on 3 basketball tournament! All divisions are co-ed. There will be three different age divisions:

Program #4188-G 3/4th grades

Program #4188-H 5/6th grades

Program #4188-I 7/8th grades

Teams must enter the correct division based on what grade the kids are currently in. All children on team must be in correct age bracket. \*Teams must fill out roster form. Registration will not be available online.\*

Location: SCCC Gym

Day	Date	Time	Price
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Sat	3/14	TBD	\$50 per team
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## Instructional Youth Volleyball

This class will help your child refine their skills and improve as an overall player. We 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
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Program #4188-J

Tues	2/11-3/3	5-5:45pm	\$35R/\$40NR
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# First Call for Baseball

## Youth Baseball/Softball Leagues

**\* NEW REGISTRATION DEADLINE IS: February 14<sup>th</sup>**

**\*\*There will be a \$10 additional fee for late registrations**

**A copy of your child's birth certificate is required upon registration for ALL age groups, Your child's age as of May 1<sup>st</sup> will determine their level of play, Pricing is for Residents and Non-Residents\***

**\*\*Volunteer Coaches Needed\*\*    \*\*Paid Position: Umpires Needed Age 16+\*\***

### **I Base T-Ball 3-4 yrs. old**

Program #4189-A

May/June (SATURDAYS)

Fee: \$35R/\$40NR

### **Coed T-Ball 5-6 yrs. old**

Program #4189-B

May/June (WED/SAT)

Fee: \$49R/\$54NR

### **Coed Juniors 7-8 yrs. old**

Program #4189-C

May/June/July (TUE/THUR/SAT)

Fee: \$57R/\$62NR

### **Boys Minor 9-10 yrs. old**

Program #4189-D

May/June/July (TUE/THUR/SAT)

Mandatory Evaluation Day

(If needed):

Sat March 21st 9am-11:30am

Location: SCCC Gym Fee: \$70R/\$75NR

### **Boys Major 11-12 yrs. Old**

Program #4189-E

May/June/July (TUE/THUR/SAT)

Mandatory Evaluation Day

(If needed):

Sat March 21st 11:30am-1:00pm

Location: SCCC Gym Fee: \$79R/\$84NR

### **Girls Softball 10-12 yrs. old**

Program #4189-F

May/June (MON/WED/SAT)

Mandatory Evaluation Day

(If needed):

Sat March 21st 1:00pm-2:30pm

Location SCCC Gym

Fee: \$79R/\$84NR

### **PONY League Boys U-15**

**\*New Registration Deadline is:**

April 1st

Boys 13-15 yrs. Old

Program #4189-G

June-August (TUE/THUR/SAT)

Fee: \$90R/\$95NR

## **House Soccer**

### **Coed U-4 SOCCER (Ages 3 & 4)**

Program #4190-A

Wednesdays at 6:30 pm      June & July

Fee: \$35R/\$40NR

### **Coed U-6 SOCCER (Ages 5 & 6)**

Program #4190-B

Mondays at 6:30 pm      June and July

Fee: \$35R/\$40NR

### **U8 BOYS SOCCER (Ages 7 & 8)**

**\*Will travel to local towns\***

Program #4190-C

Mondays/Wednesdays      June and July

Games at 6 pm and 7:15 pm

Fee: \$54R/\$59NR

### **U-8 GIRLS SOCCER (Ages 7 & 8)**

**\*Will travel to local towns\***

Program #4190-D

Tuesdays/Thursdays      June and July

Games at 6 pm and 7:15 pm

Fee: \$54R/\$59NR

U-4 & U-6 always play at the community center & U-8 Home Fields are at the community center

Division	Ages	Birth Year
U-4	3	2017
	4	2016
U-6	5	2015
	6	2014
U-8	7	2013
	8	2012



# Sign Up Early for Summer Soccer

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

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

**Deadline!** The registration deadline is March 20, 2020

## MURSL Age matrix: U-10 and up

### U-10 GIRLS SOCCER (Ages 9 & 10)

\*Will travel to other towns

Program #4190-E

Tuesdays/Thursdays

End of May through July

Fee: \$70R/\$75NR

### U-10 BOYS SOCCER (Ages 9 & 10)

\*Will travel to other towns

Program #4190-F

Mondays/Wednesdays

End of May through July

Fee: \$70R/\$75NR

### U-13 GIRLS SOCCER (Ages 11-13)

\*Will travel to other towns

Program #4190-G

Tuesdays/Thursdays

End of May through July

Fee: \$74R/\$79NR

### U-13 BOYS SOCCER (Ages 11-13)

\*Will travel to other towns

Program #4190-H

Mondays/Wednesdays

End of May through July

Fee: \$74R/\$79NR

### U-16 GIRLS SOCCER (Ages 14-16)

\*Will travel to other towns

Program #4190-I

Tuesdays/Thursdays

End of May through July

Fee: TBD

### U-16 BOYS SOCCER (Ages 14-16)

\*Will travel to other towns

Program #4190-J

Mondays/Wednesdays

End of May through July

Fee: TBD

Division	Ages	Birth Year
U-10	9 10	2011 2010
U-13	11 12 13	2009 2008 2007
U-16	14 15 16	2006 2005 2004

## 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 6.

Day	Date	Time	Price
Session I Program #4191-A			
Wed	2/5-3/18	7pm-7:30pm	\$53R/\$58NR
Session II Program #4191-B			
Sat	2/8-3/21	12:30-1:00pm	\$53R/\$58NR
No Class 2/19 & 2/22			

## 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 #4191-C			
Wed	2/5-3/18	7pm-7:45pm	\$53R/\$58NR
Session II Program #4191-D			
Sat	2/8-3/21	12:30-1:15pm	\$53R/\$58NR
No Class 2/19 & 2/22			

## 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 #4191-E			
Wed	2/5-3/18	7pm-7:45pm	\$53R/\$58NR
Session II Program #4191-F			
Sat	2/8-3/21	12:30-1:15pm	\$53R/\$58NR
No Class 2/19 & 2/22			

## 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 #4191-G			
Wed	2/5-3/18	7:45pm-8:30pm	\$53R/\$58NR
Session II Program #4191-H			
Sat	2/8-3/21	1:15-2:00pm	\$53R/\$58NR
No Class 2/19 & 2/22			

## 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.

Day	Date	Time	Price
Session I Program #4191-I			
Wed	2/5-3/18	7:45pm-8:30pm	\$53R/\$58NR
Session II Program #4191-J			
Sat	2/8-3/21	1:15pm-2:00pm	\$53R/\$58NR
No Class 2/19 & 2/22			

## 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 #4191-K			
Wed	2/5-3/18	7:45pm-8:30pm	\$53R/\$58NR
Session II Program #4191-L			
Sat	2/8-3/21	1:15-2:00pm	\$53R/\$58NR
No Class 2/19 & 2/22			

\*If your child(ren) are new to the program or returning, please direct any questions you have about which level to sign your child up for, please contact Tim at 585-431-0087 for more information.

# YOUTH REGISTRATION FORM

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

Web: swedenclarksonrec.recdesk.com

Name	Birthdate	Gender	Pant/Shirt Size	Program Name	Program #	Cost
Make Checks Payable To: *Town of Sweden*						Total

## Medical Information:

Name	Please list any allergies, behavioral or medical issues your child's coach should be aware of to make your child's experience as positive as possible.

## Household Information:

Email	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

## Emergency Contact Name:

Relationship to Child	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

## Waiver of Participation/Refund Policy/Photo Release:

**Waiver/Refund Policy must be read and signed before registration is accepted.** In consideration of your accepting my entry, and understanding that a certain amount of risk is inherent in some recreational programs, I hereby, for my child, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child may have against the Town of Sweden and its representatives, successors, and assigns and/or Town of Clarkson and its representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups or at any recreation facility, including the skate park. I also fully realize that I must provide proper medical and hospital coverage. Furthermore, in the event a refund is granted for myself or my child for whatever reason with the activities stated, I do hereby authorize the Town of Sweden to execute a refund voucher on my behalf and submit for payment under the terms and conditions set forth in the Sweden Clarkson Recreation Department Refund Policy. Refunds are subject to processing fee. **Refund Policy:** Please refer to our brochure. **Photo Release:** I understand that photos may be taken of participants during the activity. These photos will become the property of the Town of Sweden and Recreation Department and may be used to promote the program and department.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please be sure to have entire form completed.

Incomplete payment or information will cause a processing delay for your child's registration.

Received By: \_\_\_\_\_ Date: \_\_\_\_\_

# ADULT REGISTRATION FORM

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

Web: swedenclarksonrec.recdesk.com

## Participant Information:

Name: \_\_\_\_\_

Email Address	Birthdate	Gender	Phone
Address	City	State	Zip

## Program Information: (Use Y-S, Y-M, Y-L, A-S, A-M, A-L, A-XL for sizing)

Program Name	Program #	Shirt Size	Pant Size	Program Cost

Make Checks Payable To: **Town of Sweden**

## Medical Information:

Allergy/Condition	Please list any information we should be aware of to make your participation as enjoyable and safe as possible.

## Emergency Contact:

Name	Home Phone	Cell Phone	Work Phone
Address	City	State	Zip

## Waiver of Participation/Refund Policy/Photo Release:

**Waiver/Refund Policy must be read and signed before registration is accepted.** In consideration of your accepting my entry, and understanding that a certain amount of risk is inherent in some recreational programs, I hereby, for my child, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child may have against the Town of Sweden and its representatives, successors, and assigns and/or Town of Clarkson and its representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups or at any recreation facility, including the skate park. I also fully realize that I must provide proper medical and hospital coverage. Furthermore, in the event a refund is granted for myself or my child for whatever reason with the activities stated, I do hereby authorize the Town of Sweden to execute a refund voucher on my behalf and submit for payment under the terms and conditions set forth in the Sweden Clarkson Recreation Department Refund Policy. Refunds are subject to processing fee. **Refund Policy:** Please refer to our brochure. **Photo Release:** I understand that photos may be taken of participants during the activity. These photos will become the property of the Town of Sweden and Recreation Department and may be used to promote the program and department.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please be sure to have entire form completed.  
Incomplete payment or information will cause a processing delay for your registration.

Received By: \_\_\_\_\_ Date: \_\_\_\_\_



## Senior Trip – Jesus Christ Superstar- 50th Anniversary Tour! (NEW!)

Jesus Christ Superstar is an iconic musical phenomenon with a world-wide fan base. In celebration of its 50th Anniversary, a new mesmerizing production comes to North America. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Sheader (Crazy for You, Into the Woods) and award-winning choreographer Drew McOnie (King Kong, Strictly Ballroom), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring. With music and lyrics by Emmy, Grammy, Oscar and Tony winners Andrew Lloyd Webber and Tim Rice, Jesus Christ Superstar is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes 'I Don't Know How to Love Him', 'Gethsemane' and 'Superstar'.

**\*\*Must register prior to January 24th, 2020\*\***      Maximum Number of People: 20

Program #4192-A

<u>Day</u>	<u>Date</u>	<u>Price</u>
Saturday	2/22/20	\$75

Depart- 12:30 pm (please arrive at least 15 minutes prior)      Return- Around 6 pm

## Senior Trip – Hit Makers: Origins of Classic Rock @ JCC (NEW!)

The fusion of British rock n roll from The Beatles, The Rolling Stones and The Who with American bands like The Doors, Doobie Brothers, and Led Zeppelin launched a new era of rock stars that dominated the charts in the late 60s and early 70s. An all-new show that celebrates the origins of Classic Rock.

**\*\*Must register prior to January 16th, 2020\*\***      Maximum Number of People: 20

Program #4192-B

<u>Day</u>	<u>Date</u>	<u>Price</u>
Saturday	2/8/20	\$30

Depart- 1 pm (please arrive at least 15 minutes prior)      Return- Around 5:30 pm

## Senior Trip – Eastview Mall (NEW!)

We will be taking a trip to spend some dough! We will hit the popular Eastview Mall in Victor, NY so you can grab all of the great stuff that you want. Lunch will be on you own.

**\*\*Must register prior to March 1st, 2020\*\***      Maximum Number of People: 40

Program #4192-C

<u>Day</u>	<u>Date</u>	<u>Price</u>
Monday	3/13/20	\$10

Depart- 10 am (please arrive at least 15 minutes prior)      Return- Around 3:00 pm

## 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: Large Activity Room 3.

Day	Date	Time	Price
Session I Program #4193-A			
Wed	1/8-2/12	5:30-6:15pm	\$37R/\$42NR
Session II Program #4193-B			
Wed	2/26-4/1	5:30-6:15pm	\$37R/\$42NR

\*No Class 2/19

## 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: Large Activity Room 3

Day	Date	Time	Price
Session I Program #4193-C			
Wed	1/8-2/12	6:30-7:30pm	\$43R/\$48NR
Session II Program #4193-D			
Wed	2/26-4/1	6:30-7:30pm	\$43R/\$48NR

\*No Class 2/19

## 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: Large Activity Rm 3

Day	Date	Time	Price
Session I Program #4193-E			
Mon	1/6-2/10	6:30-7:30pm	\$43R/\$48NR
Session II Program #4193-F			
Mon	2/24-3/30	6:30-7:30pm	\$43R/\$48NR

\*No Class 2/17

## Senior Yoga Stretch



Join our instructor Chrisa for a gentle yoga class that is intended for seniors who are looking to become more flexible, functional, energetic in their everyday living. The class requirements are just to bring a yoga mat and a bottle of water!

Day	Date	Time	Price
Program #4193-G			
Tue	1/7-3/3	12-12:35pm	\$35R/\$40NR

## 2020 Fitness Center Memberships

Membership	1 month	3 month	1 year
Youth (16-18)	\$25	\$55	\$180
Senior (55+)	\$25	\$55	\$180
Adult (18-54)	\$30	\$70	\$240
Family (16+)*	\$80	\$190	\$645
Each add'l family	\$15	\$35	\$115

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

Call 431-0090 to set up appointment. \* Please Note: Fitness Center closes 15 minutes before community center.

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

## Personal Training

If you need individual attention and a workout program designed for you, our personal training program is the right fit. Do you need help familiarizing yourself with the equipment? Sign up for a lesson with a personal trainer.

A trainer will provide you with information, feedback, testing and a workout designed to meet your needs. Location: SCCC gym/fitness center. Ages 16+. Rates starting at \$10! 1 Session = \$30.00, 6 Sessions = \$150.00

Please contact us for more information and to schedule a session. Call 431-0090

## On The Ball



Using the versatile fitness ball, we can strengthen our muscles and do aerobic training. We'll also have fun with our rhythmic sticks, as we work our whole body! Location: Large activity room 3.

Day	Date	Time	Price
Session I Program #4194-A			
Mon	1/6-2/10	5:45-6:15pm	\$31R/\$36NR
Session II Program #4194-B			
Mon	2/24-3/30	5:45-6:15pm	\$31R/\$36NR

## 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.

Min: 2 Max: 12

Location: Large Activity Room #1

Day	Date	Time	Price
Program #4195-A			
Tue	1/7-2/25	5:15-6:15pm	\$40R/\$45NR

## Adult Co-ed Volleyball League

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

\*You must register a complete team Ages: 18+

Location: SCCC Gym

Day	Date	Time	Price
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Program #4196-A

Tue	1/14-3/31	6-9pm	\$150
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\*There is also a \$10 Referee fee per match

## Judo Intermediate/Advanced (Adult)



Join Janet Johnson in a program designed to teach basic techniques and understanding of Kodokan Judo philosophy and principles. Please bring a judo gi if you already have one. They will also be available through purchase from the instructor. Ages 16+

Location: Cooper Hall at the College at Brockport

Day	Date	Time	Price
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Program #4197-A

Tue/Thu	1/7-5/14	7-9pm	\$165
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## \*NEW Top 10 ways to improve your pickleball game: 2 hr workshop

Come practice actual game situations such as:

How and when do I move forward?

Where to best place the ball?

Why does the ball keep popping up in the air?

Why does my return of serve keep going into the net?

Where is the best place to stand on the court to win?

What is the best "ready-position" for my paddle?

How does staying back when receiving a serve increase my percentage of successful returns?

And more! Ages: 18+

Location: SCCC Gym

Day	Date	Time	Price
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Program #4198-A

Fri	2/7	6-8 pm	\$35R/\$40NR
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## Healthy Living Program

This class includes nutrition tips and exercise options for chronic disease prevention for adults. Healthy Eating:

General nutrition, calories and energy, portion sizes, label

reading, recipes, shopping smart. It will be offered on

Thursday mornings as well as evenings. Ages: 18+

Contact Sarah Merritt Phone: (585) 224-3510 or

Email: sarah\_merritt@urmc.rochester.edu

Day	Date	Time	Price
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Thu	1/9-2/27	9-10:30 am 5:30-7 pm	FREE
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## \*NEW Adult Pickleball League



Grab a partner and enter our doubles mixed league. It will be a 10 week league, all games are played on Friday evenings. Players will keep score and officiate. Playoffs will follow the regular season. All skill levels are welcome. Sign up as a team. Prizes for the winning

team! Ages: 18+ Location: SCCC gym

Day	Date	Time	Price
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Program #4198-B

Fri	1/24-3/27	6 pm	\$50
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\*No League games on 2/7, 3/6

## Open Adult 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: SCCC Gym

Day	Time	Price
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M-F	10:00am-1:00pm	\$1R/\$2NR
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Sun	8:30-11:30am	\$1R/\$2NR
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\* One court is designated for Advance Players each weekday

## \*NEW Pickleball Workshop



How to get lobs safely: 2 hour workshop

Often getting lobs causes fear, anxiety, confusion and apprehension for players. The purpose of this workshop is to remove all those feelings and make it fun, easy and safe to get this shot. Participants will:

1. Learn 3 different ways to return a lob safely and effectively from anywhere on the court.

2. Learn how to defend the lob.

3. Discuss the strategies of switching or not switching

Ages: 18+ Location: SCCC Gym

Day	Date	Time	Price
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Program #4198-C

Fri	1/17	6-8 pm	\$35R/\$40NR
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## Open Programs

### Walking/Running

Monday—Friday 9 am—10 am FREE

### Open Basketball

Mon-Fri 1-4pm \$1/\$2 All Ages

Sun 12-3:30pm \$1/\$2 Youth 12 and Under

Please call for availability and to confirm open gym

times. Open gym times may be altered to accommodate special events or facility use.

### Toddler Gym

For ages 5 & under ONLY. \$2

Children must be accompanied by an adult.

## 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	1 pm	\$1/class

## Tai Chi Beginner & Advanced 8-Week Course



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

Location: Large Activity Room 1

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

Day	Date	Time	Price
Beginner Course Session I Program #4199-A			
Monday	1/6-2/24	2-3 pm	\$40/\$33
Advanced Course Prior instruction recommended			
Advanced Course Session III Program #4199-B			
Friday	1/10-2/28	2-3 pm	\$40/\$33

## Body Chakra Balancing



Learn how to balance your body energy to balance your life in surprising ways; more energy, less stress and a peaceful inner self.

Ages: 16+ Location: Large Activity 1

Instructor: Patricia Kendall, NP

Day	Date	Time	Price
Program #4199-C			
Wed	1/8-3/11	6-7:30pm	\$60R/\$65NR

## Weekly Open Senior Cards

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

Location: Small Activity Room 4

## 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.

## 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. Not offering an intermediate class as well!

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

Day	Date	Time	Price
Tue	2/4		Free

Session I Program #4200-A Beg class: 11:30-12:30pm

Session II Program #4200-B Adv class: 12:30-1:30pm

## \*NEW Getting to Know Your Tablet

Looking to really master your fancy tablet? We can help! Instructor Joe Kincaid will go through any issues and questions you have so you can become a tablet guru!

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

Day	Date	Time	Price
Program #4200-C			
Tue	3/3/20	11:30am-12:30pm	Free

## Senior Bingo

One Wednesday per month in the Winter Time is 12 noon—2 pm. Cost is \$2/card. A Wegman's sub tray lunch is included. Prizes awarded! Ages: 55+

Location: Small Activity Rm 4

Dates: 1/22, 2/19 & 3/18

## Senior Chair Volleyball \*NEW DAY

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: SCCC Gymnasium \*Begins 1/7/20

Day	Time	Price
Tuesdays	1-3 pm	\$1

## 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
Wednesdays	9-10:45 am	\$1





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

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

## 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

## Sweden Senior Singers

### Committed Engagement Through Singing

Join our active, enthusiastic and dedicated group of seniors (and non-seniors) who love to sing! The Sweden Senior Singers are directed by Maryellen Giese and perform at local care centers, with school choruses of all ages, and for our community. Call 431-0090.

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

Location: Large Activity Room 1

## Book Discussion Club

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

Location: Small Activity Room 4

## AARP Driver Safety Program

Come take the AARP Smart Driver Course and gain valuable knowledge for when you're on the road! Please call 585-431-0090 ahead of time in order to reserve your spot. You will also need to bring a check with you payable to AARP the 1st day of the program.

Location: SCCC

Max: 15

Day	Date	Time	Price
T & W	2/11 & 2/12	10am-1pm	\$20/members \$25/non-members

## Stretch & Tone



Looking for an easy and low-key class to get some deep stretches and feel better? This is for you!

Instructor: MSPT Agape Physical Therapy

Location: Large Activity Room 3

Day	Time	Price
Th	12 pm	FREE

## 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 Room 3

Day	Time	Price
Mondays	9am-12 pm	FREE

## Dresses for Girls Around the World

Help us make dresses for needy and underprivileged girls in our own country and around the globe. No sewing experience is needed. Supply and equipment donations welcome. Come for the day or just for an hour or two.

Location: Large Activity Room 3

Day	Time	Price
4th Tuesday	9am-12pm	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: Large Activity Rm3

Day	Time	Price
4th Monday of each month	12-3pm	FREE

## 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
Wednesday	10am-12pm	FREE

## Notary Public License Law

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures.

\*There is a \$5 supply fee due at the beginning of the session! Cash Only!\*

Program #4201-A

When: Monday 3/23 & 3/30 from 6-8:30pm

Where: Quest Elementary, 225 West Avenue, Hilton Staff Development Room 23 (use the door on the West side of the building)

Hosted by: Hilton Community Education Price: \$40

## 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

Ages: 21+ Location: SCCC Lounge

Day	Date	Time	Price
Program #4201-B			
Mon	Jan 20th	12pm	\$5 per person
Program #4201-C			
Mon	Feb 17th	12pm	\$5 per person
Program #4201-D			
Mon	Mar 23rd	12pm	\$5 per person

Whether



Jazzercise Brockport  
4927 Lake Road S Brockport, NY 14420  
(585) 233-6376  
jazzercisebrockport@gmail.com

6:00 am M, T, W, Th, F\*

7:30 am T, Th, Sat, Sun

8:30 am Sat, Sun\*

9:00 am M, T\*, W, Th\*, F

4:45 pm M, T, W, Th\*, F

6:00 pm M, W

\*Strength 45

**First Class Free**  
**Jazzercise Brockport**

## Stay Toned for Bone Builders

Bone Builders is a strength training and balance exercise program. It can prevent and reverse osteoporosis and improves muscle strength, balance and bone density, along with helping with energy and general health.

Terri Steigal-Johnson will instruct this new class starting in Spring 2020 on Saturday mornings. Make sure to look for the Bone Builders dates and times in the Spring Scoreboard.



## Walking Club

The Walking Club will continue through the winter months. On Monday and Thursday evenings, we meet at 6 pm at the southeast corner of the Tuttle Gym parking lot at the College at Brockport. On Saturday mornings, we meet at 9 am at Parking Area #1 at Hamlin Beach State Park. Our walks last about an hour. The picture at the left is from one of our Saturday mornings at Hamlin Beach. Come enjoy the fun and get healthy! For more information, call 431-0090.

## 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/	\$35/day	\$45/day	\$25	Grill, sink, coolers fridge/freezer	Rec Dept. 431-0090
Covered Pavilion	\$25/day	\$35/day	\$15	Grill/picnic tables	Rec Dept. 431-0090
<b>NEW LODGE</b>	Mon-Thu \$150/day Fri-Sun \$200/day	Mon-Thu \$175/day Fri-Sun \$250.00/day	\$175 refundable Security deposit	Heated Lodge. Party capacity-99 plus outdoor area, kitchen, tables, chairs, fireplace, restrooms	Rec. Dept. 431-0090
<b>SPLASH PAD</b>	For information please visit <a href="http://www.swedenclarksonrec.recdesk.com">www.swedenclarksonrec.recdesk.com</a>				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

# Souper Bowl Tasting III

## Soup Tasting and Bake Food Sale



Saturday January 25<sup>th</sup>, 2020

11:00 am-1:00 pm

Sweden Clarkson Community Center  
Cafeteria

For tickets contact Andrea: 585-637-5648

(Limit 120 for sale)

Proceeds to benefit the Sweden Senior Association Inc.

## Family Fun Roller Skating!



Come and Join Us

Saturday, February 8th

3:30-5:00pm

\$2.00 per person

(Adult or Child)

Includes skates, pizza, drink &  
a fun afternoon activity!