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FALL 2019





S WEDEN C LARKSON





Sweden Clarkson Community Center

4927 Lake Road South, Sweden Phone: 585-431-0090 Fax: 585-431-0052 www.swedenclarksonrec.recdesk.com

O R Ε B О А R D

Ι N F 0 R M A Т Ι 0 N & D T R E C 0 R

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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 my be made by cash, check or if using our on-line system by credit card.

Community Center Hours

September 1st – September 30th M-Th 6am-8pm

F-6am-6pm Sat 8am-3pm Sun 8am 12pm

Closed Sun, Sept. 1st & Mon, Sept. 2nd Labor Day October 1st - December 31st M-F 6am-8pm

Sat & Sun 8am-3pm

Close Early Thanksgiving Eve 3pm

Closed Thanksgiving Day

Close Early Christmas Eve 3pm

Closed Christmas Day

Close Early New Years Eve 3pm

Directory

Recreation Director Jill Wisnowski 431-0050

jillw@townofsweden.org

Recreation Assistant Joe Kincaid 431-0088

joek@town of sweden.org

Recreation Assistant Andre Calzone 431-0087

andrec@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

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

What a summer it has been! Lots of sunny days and plenty of opportunity to be outside with family and friends. We hope you have had a time of renewal during the longer days of summer. There is so much going on at the Community Center and the parks. We had the July 3rd celebration, summer camps and program. The Family Health Fair will be held on August 17th. The walking club began in June, and the Gaga Pit is up and running. Each season comes new adventures and our recreation programs are a great resource for our communities. Our thanks to all of the parks and recreation staff.

We are working closely with Rochester Accessible Adventures. The goal is to make our existing programs accessible to children and adults of all abilities. We don't often think of seniors has having disabilities but, it's true. As we age, there

can be disabilities brought on by a general decline or perhaps a stroke. We want to be sure that our programs address the inclusiveness of all residents. This process will begin in 2020 with staff training.

The Community Center staff will be available at the Brockport Central School Open Houses to promote healthy living using our programs. Be sure to stop in and see them.

We hope to see you at the Community Center or at any of our offsite programs. Feel free to contact us through the Town of Clarkson or Town of Sweden websites if you have questions, comments or a compliment to share. Enjoy the Fall season and stay active!

Patricia Hayles

Jackie Smith

Town of Sweden Board Member & Town of Clarkson Board Member & Liaisons to the Sweden Clarkson Community Center

News from your Sweden Clarkson Rec Director

While we are well into the dog days of August, there is no lethargy at the Sweden/Clarkson Community Center! Our re-cladding of the gymnasium is complete and the result is spectacular! Most importantly, there will be no more chunks of siding falling off and winter elements won't be able to make their way into the building.

Continuing with facility improvements - the highway department is top-coating our parking lot, it will be in much better condition this fall. The gymnasium will be closed Tuesday, August 27 through Tuesday, September 3 as we have the floor re-finished. This is something we do every other year to keep the gym floor in tip-top shape for basketball, pickleball, volleyball and all of our other activities.

We are also replacing four of our basketball backboards this fall. After 17 years of constant lowering and raising to accommodate various age groups, the mechanisms were shot and no longer replaceable. The new hoops will be installed in time for fall basketball!

Outside you will notice a new structure - a ga-ga pit! Ga-

ga ball has become a national craze. The ga-ga pit consists of flat walls (about hip high) atop a flat surface. A ball, similar to a foam dodgeball or a rubber kickball, is batted between players with their hands. The goal is to avoid being hit by the ball and be the last person standing. We may be

building another ga-ga pit

Jill Wisnowski, Rec Director

at the Sweden Town Park. Ga-ga ball is inexpensive to operate and is a ton of fun!

With the end of summer here, we return to longer hours at the Community Center. It's a great time of year to join the fitness center or try a new program. If you haven't been here before, stop in and we'll give you a tour of the best Town Community Center around!

0 U P R

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 # 4165A
 M/W 9/9-10/9 12:15-1:30pm \$44R/\$49NR

 Session II Program # 4165B
 M/W 10/16-11/20 12:15-1:30pm \$44R/\$49NR

 *No Class 11/11
 Session III Program #4165C

 M/W 12/2-1/15 12:15-1:30pm \$44R/\$49NR

 *No Class 12/23-1/1

3-4 Year Old Program

 Day
 Date
 Time
 Price

 Session I Program #4165D
 M/W 9/9-10/9 I:45-3pm \$44R/\$49NR

 Session II Program #4165E
 M/W 10/16-11/20 I:45-3pm \$44R/\$49NR

 *No Class I I / I I
 Session III Program #4165F

 M/W 12/2-1/15 I:45-3pm \$44R/\$49NR

*No Class 12/23-1/1

Launcher Craft Kit Night

Come build and decorate your own mini launcher. You'll be working with wooden dowels, rubber bands as well as other parts to create your very own masterpiece. We provide all the materials while you provide your two hands and the creativity. We'll see you soon!

Ages: 8-12 Max: 6 Location: SCCC Cafeteria

Day Date

Program #4166A
Wed 11/6 6-6:45pm \$13R/\$18NR

Time

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

Session I Program # 4166B

Thu 9/19-10/17 6-6:45pm \$16R/\$21NR Session II Program # 4166C

Price

Thu 11/7-12/19 6-6:45pm \$16R/\$21NR *No Class on 11/28 or 12/5

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: 5-9 Max: 6
Location: SCCC Cafeteria

Day Date Time Price

Program #4166D

Wed 9/25 6-6:45pm \$13R/\$18NR

Stained Glass Jar Night

Come join staff member Tim Manuszewski in creating a beautiful 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

Session I Program #4166E

Wed 10/16 6-6:45pm \$13R/\$18NR

Session II Program #4166F

Wed 11/13 6-6:45pm \$13R/\$18NR

Price

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 II+

| <u>Day</u> | Date | Time | <u>Price</u> |
|------------|--------|----------|--------------|
| Program | #4167A | | |
| Fri | 11/22 | Ipm-6 pm | \$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.

| <u>Day</u> | Date | Time | <u>Price</u> |
|------------|-------|----------|--------------|
| Program #4 | 1167B | | |
| Thu | 11/21 | Ipm-3 pm | \$29 |

Sand Art Seashell Bottle Necklaces

You will get your very own seashell bottle necklace that is yours to experiment with. There are endless patterns that you can make with the colors as you layer sand together in this next gen, stylish neckwear! We provide all the materials while you provide the creativity. We'll see you soon!

Ages: 7-12 Max: 6 Location: SCCC Cafeteria

| <u>Day</u> | Date | Time | <u>Price</u> | | |
|------------|-------------------|----------|--------------|--|--|
| Progran | n # 4167 C | | | | |
| Wed | 11/20 | 6-6:30pm | \$13R/\$18NR | | |

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 masterpiece afterwards. Join us for a night of ooeygooey fun! *Kids will get messy!

Ages: 5-15 Max: 6 Location: SCCC Cafeteria

| Day | Date | Time | <u>Price</u> |
|------------|----------|----------|--------------|
| Progra | m #4167D | | |
| Mon | 10/21 | 6-6:45pm | \$13R/\$18NR |

Photography for Beginners!

Do you have an interest in learning how to use a camera to take awesome pictures of your favorite things? Do you not have hundreds of dollars to spend on a camera along with a computer to edit your work? This class is the perfect opportunity to explore your interest using a Digital (DSLR) camera and editing your work on various editing software with no equipment needed! The Recreation staff Andre Calzone will bring his camera along with his computer and editing software to instruct the proper use of each. The class is intended for a novice who is interested in learning the fundamentals of how digital camera's work along with editing the work you create. At the end of the fourweek session, participants with will have 3 printed Pieces of work as well as homemade frames made in class to house the pictures you've decided to print off.

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Youth (Ages 10-13)

<u>Day Date Time Price</u>

Program #4167E

Mon 9/9-9/30 6-6:55pm \$40R/\$45NR

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

| <u>Day</u> | Date | Time | <u>Price</u> | |
|---------------------------|-----------|----------|--------------|--|
| Session | l Progran | n #4167F | | |
| Mon | 10/14 | 5-9pm | \$13R/\$18NR | |
| Session II Program #4167G | | | | |
| Mon | 11/11 | 5-9pm | \$13R/\$18NR | |

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)

RECESS TRIPS - NEW!

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-8th Location: SCCC

Min: 10 Max: 35

Time_ **Days Dates** Trip Price Program #4168A Fri 10/11/19 8 am-4 pm Altitude Trampoline Park \$40 Program #4168B 10/14/19 8 am-4 pm Let's Cook! \$40 Mon (we will make breakfast, lunch and a treat!) Program #4168C 11/11/19 Mon 8 am-4 pm Gym Games & Pizza \$40

Westside House Basketball

This 14-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 2nd at 10 am.

Mandatory coaches meeting follows.

For more information please contact: George Kimball at georgek@townofsweden.org

Location: SCCC Gym

| <u>Day</u> | Date | Time | <u>Price</u> |
|---------------|----------------|-----------|----------------|
| Thu/Sat | 11/2-2/1 | TBD | \$100R/\$110NR |
| | Program #4169A | Boys Grad | des 3/4 |
| Program #4169 | | Boys Gra | des 5/6 |
| | Program #4169C | Boys Gra | des 7/8 |
| | Program #4169D | Girls Ag | es 8-12 |

Blue Devils Travel Basketball

Girls Basketball Tryouts

** You must attend I of the 2 tryout dates **

3rd and 4th Grade Tryout Dates:

Saturday, October 5th: 9:00 am - 10:00 am Or Sunday, October 6th: 9:00 am - 10:00 am

5th and 6th Grade Tryout Dates:

Saturday, October 5th: 10:00 am - 11:00 am Or Sunday, October 6th: 10:00 am - 11:00 am

Boys Basketball Tryouts

** You must attend I of the 2 tryout dates **

3rd and 4th Grade Tryout Dates:

Saturday, October 5th: 11:00 am - 12:00 pm Or Sunday, October 6th: 11:00 am - 12:00 pm

5th and 6th Grade Tryout Dates:

Saturday, October 12th: 10:00 am- 11:00 am Or Sunday, October 13th: 10:00 am- 11:00 am

8th and 9th grade Tryout Dates:

Saturday, October 12th: 11:00 am-12:00 pm Or Sunday, October 13th: 11:00 am-12:00 pm

Ages: Open to Girls & Boys in Grades 3rd-6th and Boys 8th & 9th

Location: Sweden/Clarkson Community Center

What: Blue Devils Basketball is a highly competitive basketball league played throughout Monroe County.

Players must attend at least ONE of the tryout dates to make the team (kids could potentially be cut and not make the team as well). The season runs from October 2019-March 2020.

Coaches are needed prior to tryouts!

Players from Kendall, Hamlin, Sweden, Clarkson, Brockport and Holley are welcome to tryout.

Questions can be directed to George Kimball at 585-431-0086 or georgek@townofsweden.org

Y O U O G

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M

Y O U T

R O G

R A M

Ages: 8-11

Youth in Motion

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 # | 4170A | | |
| Tue/Thu | 9/10-12/19 | 6-7pm | \$105 |

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 | | |
|--------|---------|--------|-----------|--------------|
| Locati | ion: SC | CC Gym | | |
| Day | Date | | Time | Price |
| Progra | am #41 | 70B | | |
| Mon | 9/9-9 | /30 | 5-5:45 pm | \$25R/\$30NF |

Instructional Youth Soccer

Max: 8

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.

| m | |
|-----------|--------------|
| Time | <u>Price</u> |
| | |
| 6-6:45 pm | \$35R/\$40NR |
| | Time |

Teens Homeschool Group

Homeschooled kids age 13-17 meet weekly, year round, for socialization and recreation. Contact Jamie for more information - 585-205-3393.

Youth Lacrosse



Join coach Andre and George for learning the Fundamentals and basics of lacrosse. This is a great opportunity for beginners to familiarize themselves with the sport or for children who have some experience and want to sharpen some of their skills. The class will go over cradling, ground balls, passing and shooting. Get active and learn a new sport this Fall!

Ages: 8-11 Max: 8 Location: SCCC Gym

| <u>Day</u> | Date | Time | Price |
|------------|-----------|----------|--------------|
| Progra | m#4170D | | |
| Tue | 0/1-10/29 | 5-5:45pm | \$40R/\$45NR |

Instructional Tot Football



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

| Ages: | 4-6. M | ax 8 | | |
|----------------|------------|-----------|--------------|--|
| Locati | on: SCCC | Gym | | |
| <u>Day</u> | Date | Time | Price Price | |
| Program #4170E | | | | |
| Mon | 10/14-11/4 | 5-5:45 pm | \$25R/\$30NR | |

Instructional Youth Football

M 10



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

| Ages: | 8-11. Max: | 10 | | |
|----------------|--------------|-----------|--------------|--|
| Locati | ion SCCC Gyr | m | | |
| <u>Day</u> | Date | Time | <u>Price</u> | |
| Program #4170F | | | | |
| Mon | 10/14-11/4 | 6-6:45 pm | \$35R/\$40NR | |

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Youth in Action

Youth Instructional Golf

Interested in having your child learn the basics of golf? Come join coach George as he introduces the sport. Your child will learn all the skills from driving, chipping, to putting. We will use indoor mats to hit the balls. We will only be using rubber practice balls. We will supply golf clubs if needed.

Ages: 10-12 Max: 3 Location: SCCC Gym

| <u>Day</u> | <u>Date</u> | Time | <u>Price</u> |
|------------|-------------|-----------|--------------|
| Progra | m #4171A | | |
| Wed | 9/11-10/2 | 5-5:45 pm | \$30R/\$35NR |



Mini Baseball Helmet Night

Come celebrate the start and/or the end of the baseball postseason. Each participant will get their very own mini helmet to decorate as they please with permanent markers. You can recreate the logo from your favorite team or even come up with a brand new team logo. The SCCC does not recommend wearing these helmets for live batting practice!

Ages: 7-12 Max: 5 Location: SCCC Cafeteria

| <u>Day</u> | Date | Time | <u>Price</u> |
|------------|------------|----------|--------------|
| Session | I Program | #4171B | |
| Wed | 10/2 | 6-6:30pm | \$13R/\$18NR |
| Session | II Program | #4171C | |
| Wed | 10/30 | 6-6:30pm | \$13R/\$18NR |

Youth Instructional Pickleball

Is your child interested in learning the basic skills to pickleball? Come join us to get a grasp on this growing sport and learn how to serve, hit the ball with forehand and back hand, and all the other skills it takes to become familiar with the game!

Ages: 8-11 Max: 8 Location: SCCC Gym Two Separate sessions!

 Day
 Date
 Time
 Price

 Session I Program #4171D

 Wed
 10/9-10/30
 5-5:45 pm
 \$30R/\$35NR

 Session II Program #4171E

 Wed
 11/13-12/4
 5-5:45 pm
 \$30R/\$35NR

Youth Instructional Ping Pong

Does your child enjoy ping pong? Come join coach George as he shows them the basics of the sport. He will go over various skills including: backhand, forehand and also how to serve.

Ages: 10-12 Max: 3

Location: SCCC Large Activity room 3

 Day
 Date
 Time
 Price

 Program #4171F

 Thu
 9/26-10/17
 5-5:45 pm
 \$30R/\$35NR

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!

Instructor: R.A. Tim Manuszewski

Location: SCCC Gym Program #4159F

Day/Date/Time: By appointment only

Price: \$10/hour

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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. | | | | |
|----------------------------|-------------|--------------|--------------|--|
| <u>Day</u> | Date | Time | Price | |
| Session I | Program #41 | 72A | | |
| Wed | 9/11-10/16 | 7pm-7:30pm | \$58R/\$63NR | |
| Session II Program #4172B | | | | |
| Sat | 9/14-10/19 | 12:30-1:00pm | \$58R/\$63NR | |
| Session III Program #4172C | | | | |
| Wed | TBA | 7pm-7:30pm | \$58R/\$63NR | |
| Session IV Program #4172D | | | | |
| Sat | TBA | 12:30-1:00pm | \$58R/\$63NR | |

^{*}No Class I I/27 & I I/30

Level I Tetras

Children in this group will work on entering and exiting the pool safely, submerging, changing direction while walking or swimming, floating on front & back and swimming on front & back with support. Ages 5+. Max 6.

| <u>Day</u> | Date | Time F | <u>Price</u> | |
|------------|--------------|-----------|------------------|--|
| | Program #4 | 172E | | |
| Wed | 9/11-10/16 | 7pm-7:45 | 5pm \$58R/\$63NR | |
| Session II | Program #41 | 172F | | |
| Sat | 9/14-10/19 | 12:30-1:1 | 5pm \$58R/\$63NR | |
| Session II | I Program # | 1172G | | |
| Wed | TBA | 7pm-7:45 | 5pm \$58R/\$63NR | |
| Session I | √ Program #4 | 172H | | |
| Sat | TBA | 12:30-1:1 | 5pm \$58R/\$63NR | |
| | | | | |

*No Class I I/27 & I I/30

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 | D: | ate | Time | Price |
|-------------|-------------|--------|-----------|--------------|
| Session I | Program #4 | 1721 | | |
| Wed | 9/11-10/16 | 7p | m-7:45pm | \$58R/\$63NR |
| Session II | Program #4 | 172J | | |
| Sat | 9/14-10/19 | 12:3 | 0-1:15pm | \$58R/\$63NR |
| Session III | Program # | 4172K | | |
| Wed | TBA | 7рі | m-7:45pm | \$58R/\$63NR |
| Session IV | ' Program # | 4172L | | |
| Sat | TBA | 12:3 | 30-1:15pm | \$58R/\$63NR |
| *No Clas | ss 11/27 & | I I/30 | | |

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 #4 | 172M | | | |
| Wed | 9/11-10/16 | 7:45pm-8:30pm | \$58R/\$63NR | | |
| Session II | Program #4 | 172N | | | |
| Sat | 9/14-10/19 | 1:15-2:00pm | \$58R/\$63NR | | |
| Session II | I Program# | 41720 | | | |
| Wed | TBA | 7:45pm-8:30pm | \$58R/\$63NR | | |
| Session I | √ Program # | 1172P | | | |
| Sat | TBA | 1:15-2:00pm | \$58R/\$63NR | | |
| *No Class 11/27 & 11/30 | | | | | |

Level IV Yellow Fins

Children in this group will work on performing a dive from a standing position, swimming underwater, performing feet-first surface dive, treading water with different arm and leg motions, front crawl, breaststroke, butterfly, elementary backstroke and swimming on side using scissor kicks. Max. 6.

| <u>Date</u> | Da | te | Time | <u>Price</u> |
|-------------|---------------|---------|----------|--------------|
| Session | l Program #4 | 172Q | | |
| Wed | 9/11-10/16 | 7:45pn | n-8:30pm | \$58R/\$63NR |
| Session | II Program #4 | 172R | | |
| Sat | 9/14-10/19 | 1:15-2: | 00pm | \$58R/\$63NR |
| Session | III Program # | 1172S | | |
| Wed | TBA | 7:45pm | -8:30pm | \$58R/\$63NR |
| Session | IV Program #4 | 172T | | |
| Sat | TBA | 1:15- | 2:00pm | \$58R/\$63NR |
| *No CI | ass 11/27 & 1 | 1/30 | | |

^{*}No Class 11/27 & 11/30

Level V Barracuda

Children in this group will work on standing dive, shallow dive, surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, treading water with two different kicks and survival swimming. Max. 6.

| <u>Day</u> | D | ate | Time | <u>Price</u> | |
|---------------------------|---------------|--------|----------|--------------|--|
| Session I Program #4172U | | | | | |
| Wed | 9/11-10/16 | 7:45pn | n-8:30pm | \$58R/\$63NR | |
| Session II Program #4172V | | | | | |
| Sat | 9/14-10/19 | 1:15- | 2:00pm | \$58R/\$63NR | |
| | | | | | |
| Session | III Program # | #4172W | • | | |
| Wed | TBA | 7:45pi | m-8:30pm | \$58R/\$63NR | |
| Session IV Program #4172X | | | | | |
| Sat | TBA | 1:1 | 5-2:00pm | \$58R/\$63NR | |
| *No Class 11/27 & 11/30 | | | | | |

YOUTH REGISTRATION FORM

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

| | | Web: sweden | Clarkson cc.i | ecdesik.com | | | | |
|--|---|--|--|---|--|--|--|--|
| Name | | Birthdate | Gender | Pant/Shirt Size | Program Name | Program # | Cost | |
| | | | | | | | | |
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| | | | | | | | | |
| | | Make Che | ecks Payab | le To: * Town | of Sweden* | Total | | |
| Medical Inform | nation: | | | | | | | |
| Name | Please list any a | _ | | ical issues your o | | ould be aware of | to make | |
| | | • | · · | • | - | | | |
| | | | | | | | | |
| | | | | | | | | |
| Household Info | ormation: | | | | | | | |
| Em | ail | Hoi | me Phone | Ce | Cell Phone | | Work Phone | |
| | | | | | | | | |
| Address | | | City | | State | | | |
| | | | | | | | | |
| Emergency Cor | ntact Name: | | | | | | | |
| Relationsh | ip to Child | Но | me Phone | Ce | ell Phone | Work P | hone | |
| | | | | | | | | |
| Add | ress | | City | | State | Zip | | |
| | | | | | | | | |
| Vaiver of Participation/R | efund Policy/Photo | Release: | | | | | | |
| Vaiver/Refund Policy must be rome recreational programs, I hereby, for dits representatives, successors, and uses groups or at any recreation facility hild for whatever reason with the activity weden Clarkson Recreation Departmeants during the activity. These photos was a support of the control of the con | or my child, my heirs, executo d assigns and/or Town of Clar y, including the skate park. I al ties stated, I do hereby author ent Refund Policy. Refunds are | rs, and administrators, was on and its representation fully realize that I must be the Town of Sweden subject to processing for the Town of Sweden to processing for the Town of Sweden to processing for the Town of Sweden the Sweden | vaive and release a lives, successors, al st provide proper m to execute a refund ee. Refund Policy : P | ny and all rights and clain nd assigns for any and a edical and hospital cover d voucher on my behalf a lease refer to our brochu | ms for damages I or my Il injuries suffered by my rage. Furthermore, in th and submit for payment re. Photo Release: I unde | child may have against the rself or my child at any active e event a refund is granted under the terms and conditures tratand that photos may be | Town of Swed vity sponsored I for myself or m ions set forth in | |
| Signature: | | | | | Date: | | | |
| | Ple | ease be sure to | have entire | e form complete | ed. | | | |
| Incompl | ete payment or inf | | | | | registration. | | |
| | | | | | | Date: | | |

ADULT REGISTRATION FORM

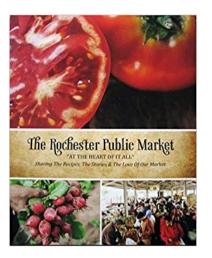
Lake Road Brockport, NY 14420 Phone:(585)431-0090 Fax:431-0052

| Participant Information: | Web | : swedenclarksonrec.r | ecdesk.com | | | |
|--|---|--|---|---|---|--|
| Name: | | | | | | |
| Email Address | | Birthdate | Gende | r | 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 | |
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| | | | | | | |
| Make Check | s Payable To: T o | our of Sundan | | | | |
| Medical Information: Allergy/Condition Plea Emergency Contact: | se list any informat | ion we should be aware of | | | | |
| Name | | Home Phone | Iome Phone Cell Phone | | Work Phone | |
| | | | | | | |
| Address | | City | State | | Zip | |
| Waiver of Participation/Refund Policy, Waiver/Refund Policy must be read and signed some recreational programs, I hereby, for my child, my heirs and its representatives, successors, and assigns and/or Tow these groups or at any recreation facility, including the skate child for whatever reason with the activities stated, I do here Sweden Clarkson Recreation Department Refund Policy. Reduring the activity. These photos will become the property of Signature: | before registration s, executors, and admini vn of Clarkson and its re park. I also fully realize by authorize the Town of efunds are subject to pro f the Town of Sweden a | is accepted. In consideration istrators, waive and release any expresentatives, successors, and that I must provide proper mediof Sweden to execute a refund voccessing fee. Refund Policy: Plea and Recreation Department and r | and all rights and claims for da assigns for any and all injuries cal and hospital coverage. Fur bucher on my behalf and subm se refer to our brochure. Photo nay be used to promote the pr | mages I or my child may hav suffered by myself or my ch thermore, in the event a refu it for payment under the tem Release: I understand that pl ogram and department. | we against the Town of Sweden ild at any activity sponsored by nd is granted for myself or my ns and conditions set forth in th notos may be taken of participa | |
| Possived By: | | | | Date: | | |

Rochester Public Market Trip

Ever been to the Rochester Public Market? It's a sight to behold! You can grab local fresh produce and, even lunch! Lunch will be on your own.

| Day | Date | Time | <u>Price</u> | |
|---|----------|------------|--------------|--|
| Progra | m #4173A | | | |
| Sat | 9/21/19 | 10 am-2 pm | \$10R/\$15NR | |
| **Please arrive 15 minutes prior to departure | | | | |



*NEW Pittsford Plaza Trip

Come & join us for a shopping spree on Monroe Avenue in Pittsford Plaza Lunch is on your own!

Day Date Price

Program #4173B

Monday 10/14/19 \$10R/\$15NR

Maximum Number of People: 40

Must register prior to October 1st, 2019

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

Del Lago Trip

Covered Wagon Tours will be taking us to the new Del Lago Resort & Casino in Waterloo! This trip is for seniors, but if you would like to bring a younger friend or family member, please feel free! If enough people want to go, everyone will receive a \$25 free play and \$5 towards lunch! Space is limited, so register early! Who's feeling lucky? **Lunch & gambling will be on your own**

** Must register prior to October 21st **

Maximum Number of People: 55

Day Date Price

Program #4173C

Friday November 15th \$35R/\$45NR

Depart- 9:00 am (please arrive 15 minutes before departure) Return- 4:15 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.

Location: Large Activity Room 3.

| | • | • | |
|------------|---------------|-------------|--------------|
| <u>Day</u> | Date | Time | <u>Price</u> |
| Session | I Program #4 | 174A | |
| Wed | 9/11-10/30 | 5:30-6:15pm | \$49R/\$54NR |
| Session | II Program #4 | 174B | |
| Wed | 11/6-12/18 | 5:30-6:15pm | \$39R/\$44NR |
| *No Cla | ıss 11/27 | | |

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

| <u>Day</u> | Date | Time | <u>Price</u> |
|---------------------------|------------|-------------|--------------|
| Session I Program #4174C | | | |
| Wed | 9/11-10/30 | 6:30-7:30pm | \$57R/\$52NR |
| Session II Program #4174D | | | |
| Wed | 11/6-12/18 | 6:30-7:30pm | \$43R/\$48NR |

*No Class 11/27

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

| Location | i. Lai ge / tetit | icy itili 3 | |
|----------|-------------------|-------------|--------------|
| Day | Date | Time | <u>Price</u> |
| Session | II Program # | 4174E | |
| Mon | 9/9-10/28 | 6:30-7:30pm | \$57R/\$62NR |
| Session | II Program # | 4174F | |
| Mon | 11/4-12/16 | 6:30-7:30pm | \$50/\$55NR |



2019 Fitness Center Memberships

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

*Family membership covers up to four people who reside at the same residence. Need help getting started with the equipment? 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! I Session = \$30.00, 6 Sessions = \$150.00 Please contact Andre for more information and to schedule a session. Call 431-0087

*NEW 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.

| <u>Day</u> | Date | Time | <u>Price</u> |
|------------|-------------|-------------|--------------|
| Session | I Program # | ‡4174G | |
| Mon | 9/9-10/28 | 5:15-5:45pm | \$41R/\$46NR |
| Session | II Program | #4174H | |
| Mon | 11/4-12/16 | 5:15-5:45pm | \$36R/\$41NR |

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

| <u>Day</u> | Date | Time | <u>Price</u> |
|---------------------------|----------------|------------|--------------|
| Sessio | n I Program #4 | 1741 | |
| Tue | 9/17-10/29 | 12-12:35pm | \$30R/\$35NR |
| Session II Program #4174J | | | |
| Tue | 11/5-12/17 | 12-12:35pm | \$30R/\$35NR |

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: S.C.C.C. Gym

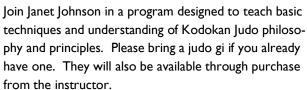
Day Date Time Price
Program #4175A

Tue 9/10-12/3 6-9pm \$150

*There is also a \$10 Referee fee per match



Judo Intermediate/ Advanced (Adult)



Ages 16+ Location: Cooper Hall at the College at Brockport

| <u>Day</u> | Date | Time | <u>Price</u> |
|------------|------------|-------------------|--------------|
| Program : | #4175B | | |
| Tue/Thu | 9/10-12/19 | 7-9 _{pm} | \$165 |

*NEW Total Body Bootcamp

This class is designed to focus on a diverse full body workout. It will include elements from kickboxing, Barre, HIIT Training, Tabata and much more. Work on building strength while increasing overall cardio fitness in a fun supportive atmosphere. All fitness levels welcome.

Please bring yoga mat and water bottle!

| <u>Day</u> | Date | Time | <u>Price</u> |
|---------------------------|--------------|-------------|--------------|
| Session | I Program #4 | 175C | |
| Sat | 9/21-10/26 | 8:30-9:15am | \$50R/\$55NR |
| Session II Program #4175D | | | |
| Sat | 11/9-12/7 | 8:30-9:15am | \$50R/\$55NR |
| *No class 11/23 | | | |

*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 Wednesday 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

<u>Day Date Time Price</u> Program #4175E Wed 9/11-11/13 6 pm \$50

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

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<u>Day Time Price</u> M-F 10:00am-12:00pm \$1R/\$2NR

* One court is designated for Advance Players each weekday

*NEW I on I Boxing

This one on one boxing class is designed to challenge yourself by learning different punching techniques that will be sure to give you a good workout. Improve your striking ability, cardiovascular endurance and much more!

Instructor: Andre Calzone. No Equipment needed!

Day Date Time Price

Session I Program #4175F

Thu 9/12-10/3 6-6:30 \$40R/\$45NR

Session II Program #4175G

Thu 10/17 - 11/7 6-6:30 \$40R/\$45NR

Open Programs

Walking/Running

Monday—Friday 9 am—10 am FREE

Open Basketball

Monday—Friday 12pm—3pm \$1/\$2

Toddler Gym

For ages 5 & under ONLY. \$2

Children must be accompanied by an adult.

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

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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 injury. Instructor: Jane Harr strain or Location: Large Activity Room I

Day Time Price Mon & Fri Ipm \$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 I

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

Date Time Price Beginner Course Session I Program #4176A Monday 9/9-10/28 2-3 pm \$40/\$33 Beginner Course Session II Program #4176B Monday 11/4-12/16 2-3 pm \$40/\$33 Advanced Course Prior instruction recommended Advanced Course Session III Program #4176C 9/13-11/1 Friday 2-3 pm \$40/\$33

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 Date Time Price **FREE** Th Resumes on 9/5 12 pm

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.



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K 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 Date Time Day Tue 9/17 & 11/19 Free Session I Program #4176D Beg class: 11:30-12:30pm Session II Program #4176E Adv class: 12:30-1:30pm Session III Program #4176F Beg class: 11:30-12:30pm Session IV Program #4176G Adv class: 12:30-1:30pm

Weekly Open Senior Cards

Euchre: Mondays - 12:30-2:30 pm

Fee: \$1 per visit

Location: Small Activity Room 4

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: 9/18, 10/23, 11/20 & 12/18



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: SCCC Gymnasium

| <u>Day</u> | Time | Price |
|------------|--------|-------|
| Fridays | I-3 pm | \$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:

| <u>Day</u> | Time | Туре |
|------------|-------------|---------|
| Monday | 10 am-11 am | Classic |
| Monday | llam-12pm | Classic |
| Tuesday | 10am-11am | Cardio |
| Tuesday | l lam-12pm | Yoga |
| Wednesday | llam-12pm | Classic |
| Thursday | 10am-11am | Cardio |
| Thursday | l lam-12pm | Yoga |
| Friday | Ham-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 Activit | ty Room I |

Book Discussion Club

| Day | Time | Price |
|-----------------------------|-------------|-------|
| 1st Monday of the month | 11-12:30 pm | FREE |
| Location: Small Activity Ro | om 4 | |

Beginner Line Dancing



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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 |
|-----------|------------|-------|
| Thursdays | 9:30—11 am | \$1 |

Line Dancing

Different dances each week. All Ages.
Location: Large Activity Room 3

| Day | Time | Price |
|------------|---------------|-------|
| Wednesdays | 9:00-10:30 am | \$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 Room 3

| <u>Day</u> | Time | <u>Price</u> |
|------------|-----------|--------------|
| 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 | <u>Price</u> |
|-------------|----------|--------------|
| 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 | <u>Price</u> |
|---------------------------|----------|--------------|
| 2nd Tuesday of each month | 9am-11pm | 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

| <u>Day</u> | 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!

Session I Program # 4178A

When: Monday 9/16 & 9/23 from 6-8:30pm

Session II Program #4178B

When: Saturday 11/9 from 9am-2:30pm

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: \$45





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*

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

M, W

*Strength 45

6:00 pm

First Class Free Jazzercise Brockport

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! Ages: 21+

Location: SCCC Lounge

| <u>Day</u> | Date | | ime | <u>Price</u> |
|------------|------|------------|--------|--------------|
| | Prog | ram #4177 | 7A | |
| Monday | 10/7 | 12:00pm | \$5 pe | r person |
| | Prog | gram #4177 | 'B | |
| Monday | 12/9 | 12:00pm | \$5 pe | r person |

Community Center

| | 1st Hour | 1st Hour | Additional | | 1st Hour | 1st Hour | Additional |
|-----------------|-----------|------------|------------|---------------------|----------|----------|------------|
| Space Available | Resident | Non- | Hour | Space Available | Resident | Non- | Hour |
| | | Resident | | | | Resident | |
| 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 |

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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 | \$125/field 3 hour block | \$175/field 3 hour block | \$20/field Per day | Lighted multi-purpose field | Rec Dept. 431-0090 |
| Nietopski Field | \$50/3 hours | \$75/3 hours | \$50/day | Showcase Baseball field | Rec Dept. 431-0090 |
| Nietopski Concession w/ Pavilion | \$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 |
| NEW LODGE | 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 |
| SPLASH PAD | For information please visit www.swedenclarkson | | | | Rec. Dept. 431-0090 |

Clarkson Parks

| Park Available | Resident Fees | Non-Resident | Field Prep/ | Amenities | Whom |
|--|--|---|---|--|------------------------------------|
| 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 |

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Come join us

October 16th for a 4th Annual Community Health Fair! 9am - 12pm

Numerous Exhibitors focusing on health plans from youth to senior Live Medicare representatives from several major carriers answering questions about your current plan and open enrollment. Certified market place navigators helping you choose the plan best for you. Assisted living, financial services, estate planning and learn more about financial health as well as physical!





Halloween Eventii

Thursday, October 24th from 6:00-8:00pm

Come dressed up in your favorite costume.
Children grades 4th and under can take part in a costume contest at 7:15!

Enjoy a scary haunted house, not-so-scary haunted toddler gym, donuts, apple cider, face painting, tattoos, games, crafts, lots and lots of candy & much more!

