

# Perinton Recreation & Parks

## 2016 Fall Programs



*All About Community*



Registration Begins  
August 8, 2016

[www.perinton.org](http://www.perinton.org)

Halloween Parade

Oct. 28 - See pg. 4

## JAMES E. SMITH CENTER

Located at 1350 Turk Hill Road • Office: 223-5050 • Fax: 223-4045 • Taped Info: 425-1170  
 Mon.-Fri., 6:00 AM-10:00 PM, Sat., 7:00 AM-10:00 PM, Sun., 9:00 AM-6:00 PM  
 Pool/Gym Schedules available at PCC Reception Desks or online.

### THE INDOOR TRACK

The Indoor track is available to residents at no charge and non-residents for \$1. Simply sign in daily at the window by the track and please wear rubber soled shoes. The gymnasium and track are climate controlled for your comfort. The inside lane (1/17th mile) is for walkers and the outside lane (1/16th mile) is for runners.

### THE FITNESS/WELLNESS CENTER

The Fitness/Wellness Center offers a fully equipped Cardio-Fitness Lobby and Strength-Resistance Room for participants, at least 14 years old. **Photo ID is required. Orientation optional.**

### THE AQUATIC CENTER

The Aquatic Center features a 25 yard lap pool, a leisure pool and whirlpool. The facility is totally enclosed for year round use.

### PASS FEES

Upon purchase or renewal of your pass, you will be issued a photo ID card to be used as your pass. Under this procedure, a separate pass will be required for each pass holder. **LOST PASS REPLACEMENT FEE - \$10.**

#### RESIDENT

##### AQUATIC PASS ONLY

Child (13 years and under)

	6 Month Pass	12 Month Pass
Daily Fee	\$3.00	
Month Pass	\$21.00	\$113.00
20 Visit Pass	\$32.00	\$202.00

##### ALL INCLUSIVE AQUATIC/FITNESS

Youth (14-18 years)/Senior (55+ years)

	6 Month Pass	12 Month Pass
Daily Fee	\$3.50	
Month Pass	\$26.00	\$140.00
20 Visit Pass	\$39.00	\$250.00

Adult (19-54 years)

	6 Month Pass	12 Month Pass
Daily Fee	\$5.50	
Month Pass	\$41.00	\$221.00
20 Visit Pass	\$60.00	\$394.00

Resident College Student or Active Military (w/valid ID)

	6 Month Pass	12 Month Pass
Month Pass	\$26.00	\$140.00

#### NON-RESIDENT

##### AQUATIC PASS ONLY

Child (13 years and under)

	6 Month Pass	12 Month Pass
Daily Fee	\$4.25	
<b>NEW!!</b> Month Pass	\$25.00	\$134.00
20 Visit Pass	\$55.00	\$242.00

##### ALL INCLUSIVE AQUATIC/FITNESS

Youth (14-18 years)/Senior (55+ years)

	6 Month Pass	12 Month Pass
Daily Fee	\$5.25	
<b>NEW!!</b> Month Pass	\$31.00	\$168.00
20 Visit Pass	\$80.00	\$300.00

Adult (19-54 years)

	6 Month Pass	12 Month Pass
Daily Fee	\$8.25	
<b>NEW!!</b> Month Pass	\$49.00	\$264.00
20 Visit Pass	\$140.00	\$472.00

Prices are subject to change.

**NEW!!** Free Child Care during scheduled hours for 6 and 12 month pass holders.

### 6 or 12 MONTH PASS ONLY

Receive a voucher for a one-time aerobic or aqua aerobic drop in class (swim lessons not available).

**PLEASE NOTE: Maintenance Shutdown will be 8/22 thru Labor Day - Various areas of the building will be closed at assorted times during this period. Signs will be posted and the website will be updated. Thank you for understanding our continued efforts to improve the building!**

### ROOMS AND GYM FOR RENT

Rooms and gym are for rent at reasonable rates. An ideal location for family parties, birthday parties, showers, reunions, business meetings or informational seminars. For information, contact Jeff Ackerman at 223-5050, ext. 1136 or jackerman@perinton.org.

### GYM DROP-IN PROGRAMS 8/21/16 - 1/21/17

(exception dates to be added as needed)

Drop-In Programs are available for all ages. Admission is \$3.25 per person with proof of residency. Admission for non-residents is \$4.50. All participants **must show ID every time.** Schedule is subject to change without notice.

10X stamp passes are available to residents (\$30.00) and non-residents (\$42.00). For RESIDENTS, 14 years and over. Show your monthly or 20 Visit Fitness Pass and get \$1 off your daily drop in fee or ½ off your purchase of a new stamp pass. **All participants must still sign in at the registration desk for basketball/volleyball/pickleball/table tennis and/or fitness/aquatic area(s).**

**\*Gym Closed 10/6 & 10/7 for floor maintenance\***

### BASKETBALL (ex. 10/6, 10/7, 11/24, 12/24, 12/31, 1/7)

Youth & Teen (grades 6-8)

M., W., F. 3:00-4:30 PM

Teen (grades 9-12)

M., W., F. 3:00-4:30 PM  
 F. 8:15-9:45 PM

All Adult (18+ years)

M.-F. 11:45 AM-1:15 PM  
 Sat. 8:15-9:45 PM

Adult (18-29 years)

Tu. 8:15-9:45 PM

Adult (30+ years)

M., W. 8:15-9:45 PM

### VOLLEYBALL (ex. 10/6, 11/24)

See page 21 for Youth Instructional Volleyball

Adult (18+ years)

Th. 7:30-9:45 PM

### PICKLEBALL (ex. 10/6, 10/7, 11/13, 11/20, 11/24, 12/8, 12/9, 12/25, 1/1, 1/8)

Adult (18-54 years)

M., W. 6:00-8:00 PM  
 Sun. 3:00-4:30 PM

Adult (55+ years)

Tu., Th., F. 1:30-3:30 PM

### TABLE TENNIS

(exception dates to be added as needed)

Adult (55+ years)

F. 1:00-3:00 PM Room 209

### DROP-IN FITNESS CLASSES

Drop-In Fitness Classes are offered for \$6.50 per class. Non-resident rate, \$7.50 per class. Stop in for a schedule or call 223-5050. Check out our adult and teen fitness classes inside this brochure. Spin classes are \$7.50 for residents and \$8.50 for non-residents. Only the classes on the Fitness pages 36-37 are eligible for drop in rates.

### PERSONAL TRAINING

Personal training will help you achieve your fitness goals. \$36 per hour, or purchase 6 visits for the price of 5. Call for an appointment with one of our Certified Personal Trainers.

# TABLE OF CONTENTS - GENERAL INFO

## Perinton Recreation and Parks WebTrac Information

Save time and register for programs online! We have made registering for WebTrac easier. You can now register directly on the site, <https://webtrac.perinton.org>. Under the "Member Login" section, please click the "Need an account?" link. All you need to do is fill out that required information. This information will be sent to recreation staff and they will review and confirm the account. Once the account is confirmed, you will receive an email stating that your account is now active. During the week, the turnaround time will be quick. We encourage you to register for the account during the week as there is not staff to review the account information over the weekends.

Note: Please ensure that the dates of birth and grades you provide for the participants are accurate, as the system will not allow enrollment for a program if the age and/or grade criteria are not met. **These data fields cannot be changed once they are entered.**

Classes noted with a WEB next to the title are available for enrollment using the online process. Please go online to <https://webtrac.perinton.org> and enter the 'user name' and 'password' that we have provided you. You can 'shop' by selecting your classes, placing them in your 'shopping cart' and 'check out' using Visa, Mastercard or Discover to complete your transaction on our secured site. A receipt may be printed for your records.

For more information, call Perinton Recreation and Parks Department at 223-5050.

## Stay Connected!

Follow us on Facebook, Twitter and Instagram for updates and notifications about Perinton Recreation and Parks happenings. Join the conversation, share your thoughts, and show us your Perinton pride by checking in, tagging us and using #PerintonRec.

Perinton Recreation and Parks



@PerintonRec



#PerintonRec



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## QUICK REFERENCE

**Weather Cancellation Policy:** Programs conducted in school facilities are cancelled when schools are closed. Call the Recreation Taped Information Line (425-1170) for an updated program status. Programs cancelled due to poor weather conditions will be announced by WHAM (1180 AM).

## Holidays:

Friday, October 7	Teachers Conference Day, ½ Day K-12
Monday, October 10	Columbus Day
Friday, November 11	Veterans Day
Wednesday, November 23	½ Day K-12, Thanksgiving Recess
Thursday – Friday, November 24-25	Thanksgiving Recess (Schools Closed)
Thursday, December 8	K-5 Parent Conferences, No School K-5
Friday, December 9	K-5 Parent Conferences, No School K-5
Sunday, December 25	Christmas Day (PCC Closed)
Monday, December 26	Christmas Holiday
Monday- Friday, December 26-30	Winter Recess (Schools Closed)
Sunday, January 1	New Year's Day (PCC Closed)
Monday, January 2	New Year's Holiday
Monday, January 2	Winter Recess (Schools Closed)
Monday, January 16	Martin Luther King, Jr. Day

# Special Events

## SAVE THE DATE!!

Friday	September 30	Mossy
Saturday	October 1	Breakfast with Grandma & Grandpa
Friday	October 28	Halloween Parade
Friday	November 11	Cell Phones for Soldiers
Thursday	November 24	Turkey Jam
Friday	December 2	The Animals Christmas
Saturday	December 3	Brunch with the Grinch
Saturday	December 10	Polar Express Pajama Party
Friday	January 13	The Mitten
Tuesday	January 24	27th Annual Perinton Popular Pizza Parlor Poll

## Mossy WEB

**Ages:** Open to families (parent attendance required)  
**Content:** Join us for a reading of Jan Brett's book "Mossy" followed by the opportunity to meet a variety of animals and reptiles including some turtle friends, the star of Jan Brett's book. We will get to watch our animal friends interact with each other running around in a swimming pool.  
**Instructor:** Anne Meade  
**Location:** PCC, Room 208B  
**Date:** **Code: 425844-B** F, 9/30 6:00-7:00 PM (1 class) \$5 per child **Only enroll child(ren)**



## Breakfast with Grandma & Grandpa WEB

**Ages:** Open to families  
**Content:** Celebrate your grandparents by having pancakes together and making a cute craft with one another. We will provide the pancakes and an array of toppings for your breakfast feast. Coffee, tea and juice will also be provided.  
**Instructors:** Anette Messer & Susie Lucey  
**Location:** PCC, Rooms 204 A&B  
**Date:** **Code: 418821-A** Sat., 10/1 9:30-10:30 AM (1 class) \$7 per person  
**Enroll all family members who will be attending.**  
**Fee is charged per person.**

**Register early to avoid program cancellation due to low enrollment.**

## NEW!! Community Rhythm Event WEB

**Ages:** Open to families  
**Content:** Ready for some great family friendly fun!? Come on out for some exhilarating interactive rhythm/drumming with Ed Keegan of RhythmConnect.com. Each participant will be able to choose from various drums and percussion instruments from around the world. No experience necessary! Sign up today to have fun making music together and meet some new friends.  
**Instructor:** Ed Keegan, Rhythm Connect  
**Location:** PCC, Room 204C  
**Date:** **Code: 462833-A** F., 10/14 6:30-7:45 PM (1 class) \$5 per person  
**Code: 462833-B** F., 11/11 6:30-7:45 PM (1 class) \$5 per person  
**Code: 462833-C** F., 12/9 6:30-7:45 PM (1 class) \$5 per person  
**Enroll all family members who will be attending.**  
**Fee is charged per person.**

## Halloween Parade

**Ages:** Open to families  
**Content:** Calling all "boos" and "ghouls"! Be a part of this all-ages Halloween costume parade! A costume contest will take place immediately following the arrival to Potter Park. Prizewinners will be picked in age order starting with the youngest "Tiny Tots" category and continuing with Preschool, Grades K-3, Grades 4-6, Teens, Adults and Best Group. Complimentary doughnuts and cider provided by the Fairport Fire Department. This event is co-sponsored by the Fairport Rotary Club. In case of inclement weather, the event will be cancelled.  
**Location:** Meet at Minerva Deland School parking lot to depart at 6:00 PM. Parade concludes at Potter Park.  
**Date:** F., 10/28 6:00 PM No charge.



## Cell Phones for Soldiers

**Content:** In honor of Veterans Day, Friday, November 11, the Perinton Recreation and Parks Department will be collecting old cell phones at the Perinton Community Center. "Cell Phones for Soldiers" is a cell phone recycling program that takes the proceeds from donated cell phones and uses it to purchase pre-paid calling cards for America's troops. If you have any old cell phones that you would like to donate to this cause, please drop them off at the upstairs reception desk at the Perinton Community Center during normal business hours.

# Special Events

## Turkey Jam

**Ages:** 14 years and over  
**Content:** Work out your heart in more than one way. Free aerobic and water aerobic classes and use of the fitness equipment at the PCC on Thanksgiving morning. Donation of a bag of non-perishable food requested benefits the Perinton Food Shelf. Free Turkey Jam t-shirts with donation (while supplies last). To register for aquatic aerobic class, please call 223-5050, ext. 1185.  
**Date:** Th., 11/24 8:00-10:00 AM

## The Animals' Christmas WEB

**Ages:** Open to families (parent attendance required)  
**Content:** Join us for a reading of Jan Brett's book "The Animals' Christmas" followed by the opportunity to meet a variety of animals and reptiles. We will get to watch our animal friends interact with each other and run around in a pool. What do the animals want for Christmas?  
**Instructor:** Anne Meade  
**Location:** PCC, Room 208B  
**Date:** **Code: 425844-C** F., 12/2 6:00-7:00 PM (1 class) \$5 per child **Only enroll child(ren).**

## Brunch with the Grinch WEB

**Ages:** Open to families  
**Content:** Welcome the holidays! Bring your cheer! Welcome all Who's far and near. The Grinch is coming, it will be a special day; there will be time to eat, to laugh and to play! He promises to behave his best, pre-register your family and we'll take care of the rest!  
**Instructors:** Dianne Goosey & Pat Haggett  
**Location:** PCC, Rooms 204 A&B  
**Date:** **Code: 465810-A** Sat., 12/3 10:00-11:00 AM (1 class) \$5 per person **Enroll all family members who will be attending. Fee is charged per person.**

## Polar Express Pajama Party WEB

**Ages:** Open to families  
**Content:** Wear your pajamas and join us to watch the Polar Express! We will enjoy cocoa and cookies afterward and have a visit from Santa. He will want to make sure you are on his 'good' list. A photo corner will be set up so be sure to bring your camera.  
**Instructors:** Anette Messer & Susie Lucey  
**Location:** PCC, Rooms 204 A, B & C  
**Date:** **Code: 462841-A** Sat., 12/10 1:00-3:30 PM (1 class) \$6 per person **Enroll all family members who will be attending. Fee is charged per person.**

## The Mitten WEB

**Ages:** Open to families (parent attendance required)  
**Content:** Join us for a reading of Jan Brett's "The Mitten" followed by the opportunity to meet a variety of mammals and reptiles including a hedgehog friend, one of the stars of Jan Brett's book. We will get to watch our animal friends interact with each other and dashing in and out of our mitten.  
**Instructor:** Anne Meade  
**Location:** PCC, Room 208B  
**Date:** **Code: 425844-D** F., 1/13 6:00-7:00 PM (1 class) \$5 per child **Only enroll child(ren).**

## 27th Annual Perinton Popular Pizza Parlor Poll WEB

**Ages:** Open to families  
**Content:** This popular pizza event is back for its 27th year! Join us to sample some of Perinton's finest pizza and vote to determine who makes Perinton's favorite pepperoni pizza for 2017.  
**Location:** PCC, Rooms 204 A, B & C  
**Date:** **Code: 165806-A** Tu., 1/24 6:30-7:30 PM (1 class) \$10 per person



### Remaining concerts at the Amphitheater Concerts are on Sundays at 6:00 PM

July 24	Northside Johnny
July 31	Eastside Swingtet/Bill Tiberio Educator's Band
August 7	Chet Catallo and the Cats
August 14	Mr. Mustard/Ghost Riders
August 21	Allegro
August 28	Dave Mancini Quartet/RPO Marimba Band
September 11	"A Salute to America" featuring the Perinton Concert Band and Fairport Fire Department Band



**Register early to avoid program cancellation due to low enrollment.**



### **2017 Parks Reservations for Perinton Residents to start December 1st**

The Recreation and Parks Department will accept 2017 reservation applications for the Fellows Road Park Building, Perinton Park Building, White Brook Nature Area Building and town park shelters for Perinton residents beginning Thursday, December 1, 2016. The month of December is for residents' reservations only. Reservations will be open to non-residents (and residents also), Monday, January 2, 2017.

The Fellows Road Park Building, Perinton Park Building and White Brook Nature Area Building will be available for reservations from January 2017-December 2017. The fee is \$90 for Perinton residents and \$170 for non-residents. The Fellows Road Park and the Perinton Park buildings will accommodate groups up to 65 people with tables and chairs and the White Brook Nature Area building will accommodate groups up to 48. All three buildings are heated, have rest rooms, a refrigerator and stove. The Fellows Road Building also has a fireplace.

**Please note: Fees will be increasing in 2017.**

Picnic shelters are located at Center Park, Egypt Park, Fellows Road Park, Kreag Road Park, Perinton Park and White Brook Nature Area and will be available for reservations from May 1, 2017 – September 30, 2017. Electrical outlets are provided at all shelters. The fee is \$55 for residents and \$90 for non-residents. Unreserved shelters are available for use on a first come, first served basis.

All applicants must be at least 21 years of age. Facility reservation forms are available at the Perinton Recreation and Parks office located at the Perinton Community Center, 1350 Turk Hill Road. The office is open M.-F., from 9:00 AM-5:00 PM. Reservations will be accepted on a first come, first served basis. Please list clearly a second or third choice of date/location in the event your first choice is not available. For further information, call the Perinton Recreation and Parks office at 223-5050.

**ATTENTION: The first week (December 1-7) of parks reservations will be mail-in (or drop box) ONLY and will be processed randomly. A tan drop box is available at the entrance of the Community Center to be used in lieu of mail-in reservations if desired. On Thursday, December 8, 2016, reservations will be accepted in the office.**

## **Story Walk**

***Ready and Waiting for You***

**August 20 – September 18**

**Co-Sponsored by the Fairport Area Branch of the American Association of University Women**

Come on our Fall Story Walk and read the back to school book Ready and Waiting for You by Judi Moreillon and illustrated by Catherine Stock. The bus driver, the principal, the teachers – all these and more wait behind doors, ready to welcome new students. Each school setting offers warm and friendly characters perfect for reassuring any child about to start the school year. The colorful illustrations and the exuberant text of this book will engage children as they “story walk” from page to page. This charming book will show children that all the adults at school want the new school year to be great. Ready and Waiting for You is the perfect introduction to the first day of school and will leave young readers eager to be on their way!

Story Walk begins on the sidewalk behind the shelter near the parking lot of Center Park West and ends behind the amphitheater area.

This project is dedicated to the memory of Mary Wilkinson, a long time AAUW member and Story Walk supporter.

### **Wegmans Passport to Family Wellness Thru October 31**

Hike the trails of Perinton and earn great prizes. Pick up your Passport at the Perinton Community Center or Wegmans. Bring your Passport to the indicated trails and complete the trail rubbing. Prizes to be determined.



### **Crescent Trail Guided Hikes**

**Free** monthly hikes are organized and hosted by the Crescent Trail Association. Adults, teens and children under 16 supervised by an adult are welcome to participate. All hikes start at **1:30 PM on the second Sunday of the month**, year round. Call 585-234-1621 for more information.

The Crescent Trail has 38 miles and is open to the public during daylight hours for self-guided hikes. Maps may be purchased for \$1.00 at the Perinton Community Center or the Town Hall. Crescent Trail meetings are on the 1st Thursday of each month at 7:15 PM at the Community Center. Meetings are open to the public.

**August 14** – Visit the trails at Indian Hill Recreation Area, Thayer Hill and Dewitt Hill to check out several trail modifications completed during the past year by the Town and our Silver Fox volunteers. Meet, park, start and end at off-road parking lot on south side of Pittsford-Palmyra Road a short distance east of Turk Hill Road. Parking space is limited, so please carpool if possible.

**September 11** – Hike a trails loop in Powder Mills Park and a section of the Auburn Trail. Meet, park, start and end at PMP parking area at trailhead for Daffodil Trail on north side of Park Road approximately one-third mile west of Fish Hatchery. The loop will include a Pittsford section of the Auburn Trail between Park Road Elementary School and Woolston Road.

**October 9** – Cobb's Lane to High Acres. Hike on Canalway Trail and the Crescent Trail to High Acres. Climb to the summit of the landfill for wonderful views (weather permitting) of surrounding areas. Meet at the Parks Operations Center, 50 Cobb's Lane, north bank of canal, east of Turk Hill Road.

**November 13** – Old Foley Road. Hike on Upland trails between Moseley and Turk Hill Roads. Meet in off-road parking lot at “Old Foley Road” on east side of Moseley Road, between Garnsey Road and Woodcliff Drive.

**December 11** – Hike, XC ski or snowshoe around the trails at Center Park and adjoining fields. Meet at the parking lot at Center Park East (1466 Ayrault Road).

**January 8** – Howell Road Park. Start the new year off by hiking, XC skiing or snowshoeing on several loops on mostly flat trails within the Park and adjacent open spaces. Meet at off-road parking area on east side of Howell Road opposite Princeton Lane.

Crescent Trail Association in partnership with Recreation and parks requests your help for **Trail Volunteers**. Volunteers are needed for trail blazing, bridge repairs, trail maintenance, clearing brush, website support and membership communication. These are all a part of this volunteer organization. CTA members care for over 38 miles of trails in Perinton. All hikers, dog walkers and joggers enjoying Crescent Trails are invited to join us. Call 223-5050, ext. 2026 or email Stacey Piddisi, spiddisi@perinton.org to become an active CTA volunteer or member today. The trail community needs your help!

Crescent Trail South Map



Crescent Trail East Map



**Capture the Town Flag – Trail Hunt**

Stay tuned to the Town of Perinton Facebook page for Capture the Town Flag announcements. Every week from September - December, a new location will be released. Who will be the one, the family or the group to hunt down the flag and capture it?



**2017 Pre-Registration for 2016 Community Garden Members**

Attention community garden members. Please complete the program registration form in order to maintain the same garden plot that you have in 2016. All existing members are given the opportunity to keep the same garden beds or "Share the Harvest" spot until Friday, September 23rd. The winter brochure will announce the registration open to Town residents.

Deadline Friday, September 23....All beds not reserved at this time will be opened for winter registration.

8' x 4' (single)	<b>548100-A</b>	\$25
16' x 4' (double)	<b>548100-B</b>	\$45
24' x 4' (triple)	<b>548100-C</b>	\$60
"Share the Harvest"	<b>548100-D</b>	\$15

**Perennial Plant & Seed Swap**

**Ages:** 18 years and over  
**Content:** Perennials love to be divided, so bring your favorite perennials to share with your neighbors in Perinton. Bring one, take one. Strictly a trade, no monetary transactions permitted. Please label each plant with its common name and whether it is shade or sun loving.  
**Location:** Perinton Community Garden  
**Date:** Sat, 9/10 11:00 AM-1:00 PM (1 session) No charge. No prior registration required.

**What's New This Fall**

**Special Events**

Community Rhythm Event

**Preschool**

Acting Up: Chicka Chicka Boom Boom  
 Animal Adventures  
 Books, Cooks & Crafts  
 Fall Cooking Fun  
 Friendly Fall Sports  
 Mermaid Story Splash  
 Nutcracker Party  
 Peppy Painters  
 Tiny Teambuilders

**Youth and Teen**

Books, Cooks & Crafts for Homeschoolers

**Teen Center**

Focus Fridays  
 Teen Party at PCC  
 Caring Perin-Teens  
 Community Service

**Youth and Teen Arts & Crafts and Cooking**

Arts and Crafts for Kids  
 Halloween Pens  
 Intro to Art Studio  
 Loom Knitting  
 Origami Card Making  
 The Art of Greeting Cards  
 The Art of Star Wars: Rogue One

**Aquatics**

Winter and Water Wonderland: Pool Camp  
 Intro to Club Swimming  
 Intro to Competitive Swim Training  
 Deep Water Challenge

**Fitness**

Beginner Yoga  
 Fit-spiration

**Adult**

Autumn Nature and Macro Photography  
 Explore Montezuma National Wildlife Refuge  
 Healthy Happy Feet  
 Pickleball Instruction  
 Re-Thinking Your Thoughts Around Weight Loss & Exercise  
 Western Style Square Dancing  
 Yoga for Stress Relief  
 Youth Mental Health First Aid

**Adult Arts & Crafts and Cooking**

Coffee and Cards  
 Dinner with the Czar  
 Fall Desserts  
 Needles at Noon: Crochet  
 Vegan Cooking  
 Watercolor 101: Washes



# PRESCHOOL

**Register early to avoid program cancellation due to low enrollment.**

## PRESCHOOL

A note on Preschool Programs:

**CHILD MUST MEET THE AGE REQUIREMENT OF PROGRAM BY PROGRAM START DATE.**

**\*Please do not drop off your child prior to designated class time and be prompt in picking up your child.**

**You may register for more than 1 session during the registration period.**

**\*\*Please note: When registering for a program that requires enrollment of both parent and child, it is imperative that both names appear on the registration form.**

### Wee Care

Ages: 1-6 years (children must be walking)  
Days: Monday – Friday (excluding holidays)  
Dates: 9/6-1/13 (ex. 10/10, 11/11, 11/23, 11/24, 11/25, 12/12-1/2)  
Times: 8:30 AM-1:00 PM\*  
\* If you need child care for a class from 1:00-2:30 PM, please make arrangements with Wee Care staff in advance.

Supervisor: Rosemary Pomponio & Staff

Location: PCC, Room 206

Content: Supervised playtime activity. Leave your child with us while you shop, have a meal with a friend or join one of our Perinton Recreation classes. Space is subject to availability. Reservations are confirmed on a first-called, first-served basis. A registration form with medical information is required before participation. Pre-registration is required to guarantee a space. Call 223-5050, ext. 1152, 8:30 AM-1:00 PM, Monday – Friday, to register for a time slot. Children must be at least 12 months old and walking.

Cost is \$4.50 per hour (non-residents, \$5.50 per hour). Punch passes are available.

Residents: \$40 for 10 hours, same family, second member discount, \$25 for 10 hours if purchased at the same time.

Non-residents: \$50 for 10 hours, same family, second member discount, \$35 for 10 hours if purchased at the same time.

Times are calculated in ½ hour increments.

**PLEASE NOTE:** If diapers are required, adults are requested to supply extra diapers, wipes and a change of clothing. If child is being potty trained, replacement clothes and undies are requested. Please do not bring your child if they are not feeling well. Thank you. Please call 223-5050 for more information.



### Preschooler and Parent Drop-In Gym

Ages: 1-5 years (infants in arms permitted)  
Content: Playtime in the gym for parents and children 1-5 years (infants in arms permitted). Colorful equipment to climb on, riding toys, ball crawl, etc. for active fun. Dry sneakers and comfortable clothes are required.

Supervisors: Dana Hale

Location: PCC Gymnasium

Dates: 9/19-1/13 (ex. 10/6, 10/7, 10/10, 11/11, 11/23, 11/24, 11/25, 12/26-1/2)

M.-F., 9:15-11:15 AM

AND

F., 5:45-7:45 PM

**SCHEDULE MAY CHANGE WITHOUT NOTICE**

Fee: \$3.25/child, no charge for parent or guardian (non-residents, if space allows, \$4.50). 10X stamp passes available for residents (\$30.00) and non-residents (\$42.00).

Note: All children participation in the drop in gym program must pay at the registration desk.

**For your child's health and safety, the preschool gym equipment is sanitized for daily use.**

### NEW!! Acting Up – Chicka Chicka Boom Boom WEB

Ages: 2-5 years (parent participation required)

Content: Race to the top of the coconut tree with this delightful alphabet rhyme from the creators of Chicka Chicka Boom Boom. A fun story that has been adapted into an age appropriate production. A told B, and B told C, "I'll meet you at the top of the coconut tree."

Instructor: Edward Rocha

Location: PCC, Room 207

Dates: **Code: 415232-A** W., 9/14-10/12 10:00-11:00 AM (5 classes) \$50

### Acting Up – Story Drama WEB

Ages: 2-5 years (parent participation required)

Content: In this class, we take selected children's books\* and use them as the base for a dramatic exploration. Students will create new characters and dramatic situations in which we work together to overcome all sorts of challenges, while using the stories as inspiration. Props and costumes will be used to further enhance our sensory experience of the story. Come experience some great stories with us this Winter!  
\*Note: New stories are used each session.

Instructor: Edward Rocha

Location: PCC, Room 207

Dates: **Code: 415232-C** W., 11/30-12/28 10:00-11:00 AM (5 classes) \$50

**Acting Up – Treasure Trunk Theater WEB**

**Ages:** 2-5 years (parent participation required)  
**Content:** Our treasure trunk provides the dramatic focus for each class; it conceals something mysterious and exciting! We open the trunk to discover the spark that inspires that day's interactive adventure. Each day's adventure also ties into the session-long story that we create while simultaneously playing all the characters. We will learn how to band together as an ensemble using voice, body and imagination to overcome a myriad of dramatic challenges.

**Instructor:** Edward Rocha  
**Location:** PCC, Room 207  
**Dates:** **Code: 415232-B** W., 10/19-11/16 10:00-11:00 AM (5 classes) \$50

**NEW!! Animal Adventures WEB**

**Ages:** 3-6 years\*\*  
**Content:** Bring your own stuffed animal to meet friends and together, we will learn all about real animals. You will love a special visit from some live animals at our hands-on visit and talk with their trainers. Plus we can touch and feel pelts of animals all over the world! Learn to identify foot print tracks and make tracks of our own on our Animal Parade Day! So much animal fun!

**Instructor:** Mary Slaughter  
**Location:** PCC, Room 207  
**Dates:** **Code: 415840-A** Tu., 9/27-10/25 (ex. 10/18) 12:40-1:25 PM (4 classes) \$36  
**Code: 415840-B** F., 11/4-12/9 (ex. 11/11, 11/25) 12:40-1:25 PM (4 classes) \$36

**Baby Sing, Sign & Play WEB**

**Ages:** 4-20 months  
**Content:** This 5 week, interactive class series is for babies 4-20 months old and their adult caregiver(s). We will use songs, books and playful activities to teach adults and babies how to use simple ASL Signs for pre-verbal communication... while having fun. New signs will be taught each week and each class will have a theme (such as meal time, bath time, etc.). Supplies are included. Come to play, learn and make new friends. Research shows that babies who sign actually speak sooner and are less frustrated than their peers.

**Instructor:** Linda Schmackpfeffer  
**Location:** PCC, Room 207  
**Dates:** **Code: 411850-A** Tu., 9/27-10/25 6:30-7:15 PM (5 classes) \$57

**NEW!! Books, Cooks & Crafts WEB**

**Ages:** 3-6 years\*\*  
**Content:** Let's be inspired by the season, read stories and create! Together, we will get messy by making crafts or a snack that corresponds to the books we read.

**Instructor:** Kerry Lyon  
**Location:** PCC, Room 205  
**Dates:** **Code: 425884-B** Tu., 10/4-10/25 9:00-10:00 AM (4 classes) \$36

**\*\*CHILD MUST BE ABLE TO INDEPENDENTLY USE BATHROOM.**

**Circle Time for Twos WEB**

**Ages:** 2 years (parent participation required)  
**Content:** Busy 2 year old? Come play and meet new friends! Let us worry about set-up and clean-up! We'll play on equipment and join in circle time. In circle time, we'll sing, read books and play games all geared to a 2 year old's sense of fun.

**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 204C  
**Dates:** **Code: 415834-A** M., 9/12-10/3 9:30-10:15 AM (4 classes) \$35  
**Code: 415834-B** M., 10/17-11/7 9:30-10:15 AM (4 classes) \$35  
**Code: 415834-C** M., 11/14-12/12 (ex. 11/21) 9:30-10:15 AM (4 classes) \$35

**Creative Movement WEB**

**Ages:** 3-6 years\*\*  
**Content:** Simple dance steps are fun and energizing ways for children to develop motor skills and expand their imagination. The introduction of basic ballet movements and vocabulary provides structure, improves coordination and challenges the memory. Registrant must provide pink leotard, pink tights, pink leather ballet shoes and hair pulled back off face into a bun.

**Instructor:** Margaret Carlston, M.C. Classical Productions, (585) 355-9212 www.mcclassicalproductions.com  
**Location:** PCC, Aerobics Room  
**Dates:** **Code: 415854-A** Sat., 9/10-12/17 (ex. 11/26) 10:15-10:45 AM (14 classes) \$98



**NEW!! Fall Cooking Fun WEB**

**Ages:** 3-6 years (parent participation required)  
**Content:** Calling young chefs! Let's make fall special with baked and decorated Gingerbread Men and a delicious Pumpkin Smoothie. Bring an adult with you and enjoy this hands on class.

**Instructor:** Jackie Cannizzaro  
**Location:** PCC, Room 205  
**Dates:** **Code: 428800-P** Sun., 10/30 2:00-3:00 PM (1 class) \$12  
**No charge for adult.**

**Register Online Using  
 Our WebTrac System  
<https://webtrac.perinton.org>**



## NEW!! Friendly Fall Sports WEB

**Ages:** 3-5 years\*\*  
**Content:** This new class offers smiles and fun as we progress our way through the fundamentals of sports basics! Kids will learn catching, throwing, kicking, scoring and tumbling as we game play with the sports of Soccer, Lacrosse, Football and Tumbling! Plenty of running and jumping included as we try out teamwork, sharing and sportsmanship! Something new to try each of the 12 weeks. Come and discover your favorite! Not a parent participation class.

**Instructor:** Mary Slaughter  
**Location:** PCC, Room 208B  
**Dates:** **Code: 415840-C** Tu., 9/27-11/1 9:40-10:25 AM (6 classes) \$54  
**Code: 415840-D** Tu., 11/8-12/20 (ex. 11/22) 9:40-10:25 AM (6 classes) \$54  
**Code: 415840-E** F., 9/23-10/28 (ex. 10/7) 9:40-10:25 AM (5 classes) \$46  
**Code: 415840-F** F., 11/4-12/16 (ex. 11/11, 11/25) 9:40-10:25 AM (5 classes) \$46

## Fun With Ones WEB

**Ages:** 12-24 months (parent participation required)  
**Content:** Come and enjoy play time with your little one. Meet new friends and let us worry about set-up and clean-up! There will be equipment to play on, new friends to meet, songs and circle time.

**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 204C  
**Dates:** **Code: 415803-A** Tu., 9/13-10/4 9:30-10:15 AM (4 classes) \$35  
**Code: 415803-B** Tu., 10/11-11/1 9:30-10:15 AM (4 classes) \$35  
**Code: 415803-C** Tu., 11/8-12/13 (ex. 11/22) 9:30-10:15 AM (5 classes) \$43



**\*\*CHILD MUST BE ABLE TO INDEPENDENTLY USE BATHROOM.**

## Happy Feet WEB

**Ages:** 2-4 years  
**Content:** Happy Feet introduces the fundamentals of soccer using nursery rhymes, songs and story time with a ball. All sessions encourage individual exploration with players interacting with their own "Bob the Bobcat" ball helping to develop their motor skills on their fun adventures.

**Instructor:** Jaime Phillips  
**Location:** PCC Gymnasium  
**Dates:** **Code: 425306-A** M., 9/12-10/24 (ex. 10/10) 4:30-5:00 PM (6 classes) \$60

## Intro to Ice Skating and Youth Hockey WEB

**Ages:** 4-8 years  
**Content:** A fun, safe, basic instruction to the sport of ice skating and hockey for new and/or inexperienced skaters. Emphasis will be on balance, forward skating, having fun and becoming comfortable on the ice. Helmet, hockey pants and protective pads are provided for use through Perinton Youth Hockey (players need to provide their own skates).

**Instructors:** Perinton Youth Hockey Coaches  
**Location:** Thomas Creek Ice Arena, 80 Lyndon Road  
**Dates:** **Code: 421200-A** Sun., 10/23-12/11 (ex. 11/6, 11/27) 7:15-8:15 AM (6 classes) \$80



## Junior Karate – Beginner WEB

**Ages:** 4 years  
**Content:** An age appropriate karate curriculum that blends basic aspects of karate with life and safety skills that will improve self-confidence, balance, self-control, fitness and coordination in a fun, non-threatening environment.

**Instructor:** Fairport Karate Academy Instructor  
**Location:** Fairport Karate Academy, inside Perinton Square Mall  
**Dates:** **Code: 415804-A** Sat., 9/10-1/14 (ex. 11/26, 12/24, 12/31) 10:15-10:45 AM (16 classes) \$149

**Register Online Using Our WebTrac System**  
<https://webtrac.perinton.org>

**Learn to Skate: Mommy & Me WEB**

**Ages:** 4-6 years  
**Content:** Join your preschool child and learn to skate with them! \*Rental skates available for \$1 per class. Please arrive 15 minutes prior to the start of class. Adult must be present during session.  
**Instructor:** Amanda Bortle  
**Location:** Thomas Creek Ice Arena, 80 Lyndon Road  
**Dates:** **Code: 435824-J** Tu., 9/6-10/18 1:00-2:00 PM (7 classes) \$150  
**Code: 435824-K** F., 9/9-10/21 10:00-11:00 AM (7 classes) \$150  
**Code: 435824-L** Tu., 11/1-12/13 (ex. 11/22) 1:00-2:00 PM (6 classes) \$135  
**Code: 435824-M** F., 11/4-12/16 (ex. 11/25) 10:00-11:00 AM (6 classes) \$135  
**Code: 435824-N** Tu., 1/3-2/14 1:00-2:00 PM (7 classes) \$150  
**Code: 435824-O** F., 1/6-2/17 10:00-11:00 AM (7 classes) \$150

**Learn to Skate: Snowplow Sam WEB**

**Ages:** 4-6 years  
**Content:** Designed to help the preschooler develop preliminary coordination and strength to maneuver and be comfortable on the ice. Safety helmets are strongly recommended. Adults must be in attendance during session but are not allowed on the ice. Class includes a 20 minute group lesson. Remainder of time is for practice. \*Rental skates available for \$1 per class. Please arrive 15 minutes prior to the start of class.  
**Instructor:** Amanda Bortle  
**Location:** Thomas Creek Ice Arena, 80 Lyndon Road  
**Dates:** **Code: 435824-A** Tu., 9/6-10/18 1:00-2:00 PM (7 classes) \$105  
**Code: 435824-B** F., 9/9-10/21 10:00-11:00 AM (7 classes) \$105  
**Code: 435824-C** Sat., 9/10-10/22 9:15-10:15 AM (7 classes) \$105  
**Code: 435824-D** Tu., 11/1-12/13 (ex. 11/22) 1:00-2:00 PM (6 classes) \$90  
**Code: 435824-E** F., 11/4-12/16 (ex. 11/25) 10:00-11:00 AM (6 classes) \$90  
**Code: 435824-F** Sat., 11/5-12/17 (ex. 11/26) 9:15-10:15 AM (6 classes) \$90  
**Code: 435824-G** Tu., 1/3-2/14 1:00-2:00 PM (7 classes) \$105  
**Code: 435824-H** F., 1/6-2/17 10:00-11:00 AM (7 classes) \$105  
**Code: 435824-I** Sat., 1/7-2/18 9:15-10:15 AM (7 classes) \$105



**Little Dynamo Kickers WEB**

**Ages:** 2-3 years (parent participation required)  
**Content:** Fun, foundational sports skills for your tot! This session introduces soccer and lacrosse. We will be running, kicking and shooting goals to develop solid hand-eye coordination and agility. Begin learning the basics of teamwork and sportsmanship with Coach Mary and other enthusiastic kids just like you!  
**Instructor:** Mary Slaughter  
**Location:** PCC, Room 208B  
**Dates:** **Code: 415800-C** Tu., 9/27-11/1 10:30-11:00 AM (6 classes) \$48  
**Code: 415800-D** F., 9/23-10/28 (ex. 10/7) 10:30-11:00 AM (5 classes) \$42

**Little Dynamo QBs, Tumblers & Kickers WEB**

**Ages:** 2-3 years (parent participation required)  
**Content:** Fun, foundational sports skills for your tot! This session introduces football and tumbling and builds on soccer from previous sessions. We will be running, throwing, kicking and shooting goals to develop solid hand-eye coordination and agility. Begin learning the basics of teamwork and sportsmanship with Coach Mary and other enthusiastic kids just like you.  
**Instructor:** Mary Slaughter  
**Location:** PCC, Room 208B  
**Dates:** **Code: 415800-A** Tu., 11/8-12/20 (ex. 11/22) 10:30-11:00 AM (6 classes) \$48  
**Code: 415800-B** F., 11/4-12/16 (ex. 11/11, 11/25) 10:30-11:00 AM (5 classes) \$42



**Mini Musketeers WEB**

**Ages:** 4-6 years  
**Content:** Does your child like to pretend they are a Jedi knight or swashbuckling pirate? Try fencing! Our 45 minute class for youngsters introduces them to the discipline of fencing through safe plastic equipment appropriate for this age group. Join us for some fun swordplay. Safety equipment provided.  
**Instructor:** Rochester Fencing Club Staff  
**Location:** PCC, Room 209  
**Dates:** **Code: 421835-A** W., 9/14-10/5 1:00-1:45 PM (4 classes) \$45  
**Code: 421835-B** W., 10/12-11/2 1:00-1:45 PM (4 classes) \$45  
**Code: 421835-C** W., 11/9-12/7 (ex. 11/23) 1:00-1:45 PM (4 classes) \$45

## PRESCHOOL

**\*\*CHILD MUST BE ABLE TO INDEPENDENTLY USE BATHROOM.**

### Music Adventures, Craft and Fun! WEB

Ages: 3 ½-5 years\*\*  
Content: Snow, snow, we love to play in the snow! Your child will welcome the season of Winter through music, movement, instrument play, singing, storytime and a winter themed craft!  
Instructor: Barb Bonisteel  
Location: PCC, Room 207  
Date: **Code: 415824-H** Th., 12/8 5:45-6:45 PM (1 class) \$10

### Music, Craft and Fun! WEB

Ages: 2 ½-4 years (adult participation required)  
Content: Play the glockenspiels while the snowflakes fall, dance along to the Jingle Bell dance! Welcome snow with your child as we sing, play instruments and make a craft to celebrate the season of Winter! All materials supplied. An adult must accompany each child.  
Instructor: Barb Bonisteel  
Location: PCC, Room 207  
Dates: **Code: 415824-E** Th., 12/15 6:00-7:00 PM (1 class) \$10  
**Code: 415824-F** F., 12/16 9:30-10:30 AM (1 class) \$10



### Music for Little Ones! WEB

Ages: 6-21 months (adult participation required)  
Content: Does your child like music? You and your little one will sing, dance, move, chant and play instruments. We will explore instruments designed for little hands, sing to traditional, original and multi-cultural songs, all while fostering your child's natural curiosity for music. No older siblings in class please. AN ADULT MUST ACCOMPANY EACH CHILD. 2 CHILDREN=2 ADULTS.  
Instructor: Barb Bonisteel  
Location: PCC, Room 207  
Dates: **Code: 415813-K** F., 9/9-9/30 10:45-11:20 AM (4 classes) \$35  
**Code: 415813-L** F., 10/14-11/4 10:45-11:20 AM (4 classes) \$35



### Music, Instruments and Fun! WEB

Ages: 3 ½-5 years\*\*  
Content: Music, fun and rhythm instruments! Each week your child will experience a variety of musical activities incorporating movement, instrument play, musical games, musical story time and singing. Parachute, puppets, scarves and more! New activities and songs presented each session.  
Instructor: Barb Bonisteel  
Location: PCC, Room 207  
Dates: **Code: 415824-A** Th., 9/8-9/29 5:40-6:15 PM (4 classes) \$35  
**Code: 415824-B** Th., 10/13-11/10 5:40-6:15 PM (5 classes) \$41

### Music to Grow WEB

Ages: 22 months-3 ½ years (adult participation required)  
Content: Does your child love music? They will love this! Music is motivating and fun, therefore it provides a great opportunity to socialize, build confidence and make choices. There will be a variety of musical experiences including singing, moving and instrument playing. NEW activities and songs are presented each session. AN ADULT MUST ACCOMPANY EACH CHILD. 2 CHILDREN=2 ADULTS.  
Instructor: Barb Bonisteel  
Location: PCC, Room 207  
Dates: **Code: 415813-A** Th., 9/8-9/29 6:30-7:05 PM (4 classes) \$35  
**Code: 415813-B** F., 9/9-9/30 9:30-10:05 AM (4 classes) \$35  
**Code: 415813-C** Th., 10/13-11/10 6:30-7:05 PM (5 classes) \$41  
**Code: 415813-D** F., 10/14-11/18 (ex. 11/11) 9:30-10:05 AM (5 classes) \$41

### NEW!! Nutcracker Party WEB

Ages: 3-6 years\*\*  
Content: Join us for an enchanting afternoon full of sugar and spice in the "Land of the Sweets". Listen to a story and make a craft while enjoying sweets.  
Instructor: Margaret Carlston, M.C. Classical Productions, (585) 355-9212 www.mcclassicalproductions.com  
Location: PCC, Room 205  
Date: **Code: 425858-C** Sat., 12/3 1:00-1:50 PM (1 class) \$10

**Register Online Using  
Our WebTrac System  
<https://webtrac.perinton.org>**

**NEW!! Peppy Painters WEB**

**Ages:** 3-6 years\*\*  
**Content:** Make a masterpiece each class! Fall colors provide a great opportunity to learn about texture and mixing using paint, glitter and clay. Pounding clay and stamping stamps help us create some pretty peppy projects. \$5 materials fee due at first class.  
**Instructor:** Mary Slaughter  
**Location:** PCC, Room 207  
**Dates:** **Code: 415840-G** F., 9/23-10/28 (ex. 10/7, 10/14) 12:40-1:25 PM (4 classes) \$36

**Pint Sized Picassos WEB**

**Ages:** 2-4 years (parent participation required)  
**Content:** Come and explore all sorts of artistic materials. We'll be creating art with traditional materials like paint and brushes but also with unusual materials like marbles and sponges. Your young person will be so proud to create and bring home their own unique works of art. Different projects each session!  
**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 208A  
**Dates:** **Code: 412822-A** W., 9/21-10/5 10:00-10:45 AM (3 classes) \$30  
**Code: 412822-B** W., 10/19-11/2 10:00-10:45 AM (3 classes) \$30  
**Code: 412822-C** W., 11/30-12/14 10:00-10:45 AM (3 classes) \$30



**Run, Run, Run... WEB**

**Ages:** 3-6 years\*\*  
**Content:** Run, Run, Run, as fast as you can, you can't catch me, I'm the Gingerbread Man. Listen to the story, make crafts and decorate Gingerbread cookies.  
**Instructor:** Margaret Carlston, M.C. Classical Productions, (585) 355-9212 www.mcclassicalproductions.com  
**Location:** PCC, Room 205  
**Date:** **Code: 425858-D** Sat., 12/3 2:00-2:50 PM (1 class) \$10

**Santa Cookies and No Cook Fudge WEB**

**Ages:** 3-6 years (parent participation required)  
**Content:** Let's have some delicious fun making and decorating Santa Cookies and No Cook Fudge. Bring an adult with you and create some fun.  
**Instructor:** Jackie Cannizzaro  
**Location:** PCC, Rooms 200 & 205  
**Date:** **Code: 428800-O** Sun., 12/4 2:00-3:15 PM (1 class) \$12

**Scribble and Scramble WEB**

**Ages:** 2-4 years (parent participation required)  
**Content:** Double your fun with two classes in one! Play in the gym room and create in the art room. End each class with circle time fun! New projects every session!  
**Instructor:** Sharilyn Ross  
**Location:** PCC, Rooms 204C & 207  
**Dates:** **Code: 415811-A** Th., 9/15-10/13 (ex. 10/6) 9:30-10:30 AM (4 classes) \$38  
**Code: 415811-B** Th., 10/20-11/10 9:30-10:30 AM (4 classes) \$38  
**Code: 415811-C** Th., 11/17-12/15 (ex. 11/24) 9:30-10:30 AM (4 classes) \$38



**Preschool Adventures Kids in the Kitchen WEB**

**Ages:** 2-5 years (parent participation required)  
**Content:** In this class, toddlers and preschoolers will be able to make their own snacks by following simple instructions. They will be encouraged to mix, measure, create and taste new foods. Adults will learn some creative ways to serve old favorites. Each week will center around an age appropriate theme. We will also have a story, crafts and games. Children will practice following directions, listening to a teacher, taking turns and using classroom materials appropriately in a relaxed setting with their caregiver present. Colors, numbers and shapes will be discussed as well. New recipes each session.  
**Instructor:** Sherry Murray  
**Location:** PCC, Room 208A  
**Dates:** **Code: 428828-A** Th., 9/15-10/6 10:00-11:00 AM (4 classes) \$50  
**Code: 428828-B** Th., 10/13-11/3 10:00-11:00 AM (4 classes) \$50  
**Code: 428828-C** Th., 11/10-12/15 (ex. 11/24, 12/8) 10:00-11:00 AM (4 classes) \$50



# PRESCHOOL

## Sensory & Science Class WEB

**Ages:** 2-5 years (parent participation required)  
**Content:** This sensory and science class will thrill your young children. They get to explore a variety of materials with their senses. They will explore slimy things, ooey goeey things, wet and dry things, rough and smooth things and more! They will experience chemistry and physics as they play and explore the natural materials provided. Things will go fizzle and pop, things will go fast and slow, things will roll and fly! Children will learn concepts such as absorption, displacement, measurement, cause and effect, sensory and tactile awareness, solid, liquid, suspension, drainage, conservation, volume, mass, saturation, estimation and the learning goes on and on.

**Instructor:** Drew Beeman, Progressive Early Learning  
**Location:** PCC, Room 208A (Tuesday), Room 209 (Thursday)  
**Dates:** **Code: 428829-L** Tu., 9/6-9/27 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-LL** Tu., 9/6-9/27 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-M** Tu., 10/4-10/25 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-MM** Tu., 10/4-10/25 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-N** Tu., 11/1-11/22 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-NN** Tu., 11/1-11/22 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-O** Tu., 11/29-12/20 9:30-10:30 AM (4 classes) \$50  
**Code: 428829-P** Th., 9/8-9/29 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-PP** Th., 9/8-9/29 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-Q** Th., 10/6-10/27 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-QQ** Th., 10/6-10/27 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-R** Th., 11/3-12/1 (ex. 11/24) 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-RR** Th., 11/3-12/1 (ex. 11/24) 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-S** Th., 12/15-1/12 (ex. 12/29) 9:30-10:30 AM (4 classes) \$50

## Sporty Sprouts WEB

**Ages:** 3 ½-5 years\*\*  
**Content:** Sporty Sprouts is a pre-school tri-sports program. In this program, your child will be introduced to soccer, tennis and basketball in a fun, fast-paced setting. Our goal is to spark your child's curiosity for sports by teaching the basic skills through age-adaptive equipment and games. Come have fun! Wear your sneakers and bring a water bottle. All equipment is provided.

**Instructor:** Cathy Downs  
**Location:** PCC Gymnasium  
**Dates:** **Code: 411819-A** M., 9/19-10/31 (ex. 10/10) 1:30-2:15 PM (6 classes) \$66  
**Code: 411819-B** M., 11/7-12/19 (ex. 11/21) 1:30-2:15 PM (6 classes) \$66

**\*\*CHILD MUST BE ABLE TO INDEPENDENTLY USE BATHROOM.**

**Register Online Using  
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<https://webtrac.perinton.org>**

## STEAM Foundations Class WEB

**Ages:** 2-5 years (parent participation required)  
**Content:** This class provides a fun, meaningful and relevant playful learning experience for young children. We provide materials and activities that lay the foundation for S.T.E.A.M. learning. (S)cience, (T)echnology, (E)ngineering, (A)rts, (M)ath. Children will learn concepts and practice skills through hands on exploration and play such as pre-math and science, sensory experience, construction, creative problem solving, critical thinking and more. We provide experiences with blocks and loose parts, process oriented art, sensory and science, dramatic play and language and literacy. We take a Reggio Emilia inspired approach, similar to Kindergarten in Fairport.

**Instructor:** Drew Beeman, Progressive Early Learning  
**Location:** PCC, Room 209  
**Dates:** **Code: 428829-A** M., 9/12-10/3 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-AA** M., 9/12-10/3 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-B** W., 9/14-10/5 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-BB** W., 9/14-10/5 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-C** F., 9/9-9/30 4:15-5:15 PM (4 classes) \$50  
**Code: 428829-D** M., 10/17-11/7 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-DD** M., 10/17-11/7 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-E** W., 10/12-11/2 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-EE** W., 10/12-11/2 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-F** F., 10/14-11/4 4:15-5:15 PM (4 classes) \$50  
**Code: 428829-G** M., 11/14-12/5 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-GG** M., 11/14-12/5 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-H** M., 12/12-1/9 (ex. 12/26, 1/2) 9:30-10:30 AM (3 classes) \$38  
**Code: 428829-I** W., 11/9-12/7 (ex. 11/23) 9:15-10:15 AM (4 classes) \$50  
**Code: 428829-II** W., 11/9-12/7 (ex. 11/23) 10:30-11:30 AM (4 classes) \$50  
**Code: 428829-J** W., 12/14-1/11 (ex. 12/28) 9:30-10:30 AM (4 classes) \$50  
**Code: 428829-K** F., 12/16-1/13 (ex. 12/30) 4:15-5:15 PM (4 classes) \$50

## Story & Splash

**Ages:** 6 months-6 years  
**Content:** Bring a towel to sit on! Take your shoes off and jump into some aquatic stories, then head down to the pool for our Preschool Splash. Parents may bring two kids under age 5 into the pool. Enroll all participants.

**Instructor:** Kerry Lyon  
**Location:** PCC, Room 204C  
**Dates:** **Code: 413130-A** F., 10/7 9:00-11:00 AM (1 class) \$1 per child  
**Code: 413130-B** F., 11/4 9:00-11:00 AM (1 class) \$1 per child  
**Code: 413130-C** F., 12/2 9:00-11:00 AM (1 class) \$1 per child  
**Enroll adult(s) and child(ren). No charge for adult.**



**NEW!! Mermaid Story and Splash WEB**

**Ages:** 6 months-6 years  
**Content:** Join KatFish Mermaid from 10:00-11:00 AM for story time followed by a dip in the pool! KatFish will read a mermaid or ocean related story and then go for a swim with you! Don't miss out on the fun!  
**Dates:** **Code: 413131-A** Tu., 10/18 10:00-11:00 AM (1 class) \$12  
**Code: 413131-B** Tu., 11/15 10:00-11:00 AM (1 class) \$12  
**Code: 413131-C** Tu., 12/13 10:00-11:00 AM (1 class) \$12

**Tails, Toes, Eyes, Ears and Noses WEB**

**Ages:** 2-4 years (parent participation required)  
**Content:** We'll read a story about different animal's tails, toes, eyes, ears and noses, then we'll watch the animals move around and interact with each other. After watching them play together, you'll get a close up view and the opportunity to see what some of the animals feel like. Parent participation required.  
**Instructor:** Anne Meade  
**Location:** PCC, Room 208A  
**Date:** **Code: 415831-A** Sat., 10/22 9:00-9:45 AM (1 class) \$10

**Teeny Tiny Tot Tap & Ballet WEB**

**Ages:** 2-3 1/2 years  
**Content:** Have fun while learning the basic steps in tap and ballet personality songs and cute routines. Tap and ballet shoes are required. Used shoes may be available to buy or trade – contact Shirley Reback at 381-0022.  
**Instructor:** Shirley Reback  
**Location:** PCC, Room 209  
**Dates:** **Code: 416810-A** Tu., 9/13-11/15 10:00-10:45 AM (9 classes) \$90  
**Code: 416810-B** Tu., 11/22-1/17 10:00-10:45 AM (9 classes) \$90  
**Code: 416810-C**, F., 9/9-11/4 10:00-10:45 AM (9 classes) \$90  
**Code: 416810-D**, F., 11/18-1/20 (ex. 11/25) 10:00-10:45 AM (9 classes) \$90

**Themed Birthday Parties**

Did you know Perinton Recreation and Parks offers several birthday party packages? Why not enjoy a stress and worry-free planning process? We have Disney, Princesses, Sports, Minions and Superheroes party themes, just to name a few.



Parties will include invites, decorations, paper products, planned activities plus food and beverage options. Our featured services allow you to sit back, relax and enjoy your memorable day.

Contact Laura Silins at 223-5050, ext. 1185 or lsilins@perinton.org so we can start to plan your child's unforgettable birthday party! It is suggested that parties be booked at least three weeks in advance.

**Tiny Sprouts WEB**

**Ages:** 2 1/2-3 1/2 years  
**Content:** Tiny Sprouts is a younger version of our popular Sporty Sprouts pre-school sports readiness program. This program will introduce your child to age appropriate activities related to the motor skills used in basketball, soccer and tennis. Our goal is to spark your child's natural curiosity for sports through a variety of games. Come have fun!  
**Instructors:** Cathy Downs & Joline Goetz  
**Location:** PCC, Room 208B  
**Dates:** **Code: 411821-A** W., 9/21-10/26 9:30-10:15 AM (6 classes) \$60  
**Code: 411821-B** W., 11/9-12/21 (ex. 11/23) 9:30-10:15 AM (6 classes) \$60

**NEW!! Tiny Teambuilders WEB**

**Ages:** 3-6 years\*\*  
**Content:** Think out of the box, use your noodle and come play some games, find the secret...so much fun, the treasure awaits. We will meet unexpected goals!  
**Instructor:** Kerry Lyon  
**Location:** PCC, Room 205  
**Dates:** **Code: 462832-A** F., 10/7-10/28 10:30-11:15 AM (4 classes) \$36



**Tiny Tot Tap & Ballet WEB**

**Ages:** 3 1/2-5 years  
**Content:** Tap dance covers basic tap steps, personality songs and a number of routines. Ballet covers 5 ballet positions, grace, poise and style. One half class covers tap, other half covers ballet. Tap and ballet shoes are available to buy or trade – contact Shirley Reback at 381-0022.  
**Instructor:** Shirley Reback  
**Location:** PCC, Room 209  
**Dates:** **Code: 416815-A** Tu., 9/13-11/15 9:15-10:00 AM (9 classes) \$90  
**Code: 416815-B** Tu., 11/22-1/17 9:15-10:00 AM (9 classes) \$90  
**Code: 416815-C** F., 9/9-11/4 9:15-10:00 AM (9 classes) \$90  
**Code: 416815-D** F., 11/18-1/20 (ex. 11/25) 9:15-10:00 AM (9 classes) \$90

## Tiny Trotters WEB

**Ages:** 4-6 years  
**Content:** Children will be introduced to the love of horses, their care and the enjoyment of riding. Your child will be taught the basics of riding and how to groom their pony. Adult attendance required.

**Instructors:** JDL Trainers  
**Location:** JDL Equine, 1942 Turk Hill Road

**Dates:**  
**Code: 425752-A** M., 9/12-10/3 3:00-3:30 PM (4 classes) \$80  
**Code: 425752-B** M., 9/12-10/3 3:30-4:00 PM (4 classes) \$80  
**Code: 425752-C** Tu., 9/13-10/4 3:00-3:30 PM (4 classes) \$80  
**Code: 425752-D** Tu., 9/13-10/4 3:30-4:00 PM (4 classes) \$80  
**Code: 425752-E** M., 10/10-10/24 3:00-3:30 PM (3 classes) \$60  
**Code: 425752-F** M., 10/10-10/24 3:30-4:00 PM (3 classes) \$60  
**Code: 425752-G** Tu., 10/11-10/25 3:00-3:30 PM (3 classes) \$60  
**Code: 425752-H** Tu., 10/11-10/25 3:30-4:00 PM (3 classes) \$60  
**Code: 425752-I** M., 10/31-11/14 3:00-3:30 PM (3 classes) \$60  
**Code: 425752-J** M., 10/31-11/14 3:30-4:00 PM (3 classes) \$60  
**Code: 425752-K** Tu., 11/1-11/15 3:00-3:30 PM (3 classes) \$60  
**Code: 425752-L** Tu., 11/1-11/15 3:30-4:00 PM (3 classes) \$60  
**Code: 425752-M** M., 11/28-12/12 3:00-3:30 PM (3 classes) \$60  
**Code: 425752-N** M., 11/28-12/12 3:30-4:00 PM (3 classes) \$60  
**Code: 425752-O** Tu., 11/29-12/13 3:00-3:30 PM (3 classes) \$60  
**Code: 425752-P** Tu., 11/29-12/13 3:30-4:00 PM (3 classes) \$60

## Tumbling Tigers WEB

**Ages:** 3-5 years\*\*  
**Content:** Grow strong all day long by tumbling! Use bars, beam, mats and more to build upper and lower body strength, great for girls and boys alike. There is no better single sport for promoting coordination, flexibility and agility. Plus we will learn tumbling games safe enough to play at home. Right side up or upside down, tumbling is too much fun to miss. New activities each session.

**Instructor:** Mary Slaughter  
**Location:** PCC, Room 208B

**Dates:**  
**Code: 415826-A** Tu., 9/27-10/25 (ex. 10/18) 1:30-2:15 PM (4 classes) \$39  
**Code: 415826-B** F., 9/23-10/28 (ex. 10/7, 10/14) 1:30-2:15 PM (4 classes) \$39  
**Code: 415826-C** F., 11/4-12/9 (ex. 11/11, 11/25) 1:30-2:15 PM (4 classes) \$39

## Zumba® Kids

**Ages:** 2-4 years (adult participation required)  
**Content:** Do you and your child like to move and dance? Zumba® Kids is a great way to exercise with your children in a fun, non-competitive class. You will enjoy easy to follow steps and routines to international rhythms that will have you and your child moving and grooving!

**Instructor:** Lisa Valcore  
**Location:** PCC, Aerobics Room

**Dates:**  
**Code: 411811-A** Tu., 9/20-10/25 11:30 AM-12:00 PM (6 classes) \$36  
**Code: 411811-B** Tu., 11/1-12/13 (ex. 11/22) 11:30 AM-12:00 PM (6 classes) \$36  
**Enroll both adult and child. No charge for adult.**

# YOUTH AND TEEN

**\*PLEASE NOTE: PLEASE DO NOT DROP OFF YOUR CHILD PRIOR TO DESIGNATED CLASS TIME AND BE PROMPT IN PICKING UP YOUR CHILD. REFER TO THE EARLY DROP OFF/LATE PICK UP POLICY ON THE REGISTRATION INFORMATION PAGE.**

## Actors Needed to "Be a Who" WEB

**Ages:** 8-12 years, 18 years and over  
**Content:** Calling all wanna be "Whos" ages 8-12 years and adults! Join us for a fun filled morning at the "Brunch with the Grinch". No acting experience needed. All "Whos" must be available to attend rehearsal on Tuesday and Thursday, 11/29 and 12/1, and "Brunch with the Grinch" on Saturday, 12/3.

**Instructor:** Dianne Goosey  
**Location:** PCC, Room 209

**Dates:**  
**8-12 years**  
**Code: 425832-A** Tu. & Th., 11/29-12/1 6:00-7:00 PM (2 classes) No charge  
**18 years and over**  
**Code: 425832-B** Tu. & Th., 11/29-12/1 6:00-7:00 PM (2 classes) No charge

## Babysitting WEB

**Ages:** 11-14 years  
**Content:** Are you ready for your first job? Consider becoming a babysitter! Join us for six classes with a new babysitting topic each week. The pace is relaxed with plenty of time to ask questions and to discuss content with the teacher, parents and friends. We will talk about how to take care of babies, toddlers, preschoolers and elementary school age kids. We'll cover important safety topics and how to organize your own babysitting business. We will also have guest speakers from Perinton Ambulance, the Police Department and the Fairport Fire Department. At the end of the class, you'll have a chance to practice your new skills during a hands-on babysitting class. A certificate will be issued upon successful completion of the course. Bring a friend and take the class together!

**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 204B

**Dates:**  
**Code: 435502-A** Tu., 10/11-11/15 4:15-5:15 PM (6 classes) \$35



**\*\*CHILD MUST BE ABLE TO INDEPENDENTLY USE BATHROOM.**

**Register early to avoid program cancellation due to low enrollment.**

**Basic First Aid for Children WEB**

**Ages:** 6-14 years  
**Content:** This course teaches all Basic First Aid skills children can learn and perform. Choking relief, bandaging, slings and much more. Each student will receive a certificate of completion and compact First Aid Kit.  
**Instructor:** Domenic Danesi  
**Location:** PCC, Room 209  
**Date:** **Code: 425231-A** F, 10/14 6:00-7:30 PM (1 class) \$35

**BATON TWIRLING**

**Introduction to Baton Twirling WEB**

**Ages:** 7-12 years  
**Content:** Join us for one hour of fun and experience the beautiful sport of Baton Twirling. After watching a video of the USA Twirlers performing their Gold Medal winning performance, learn 3 fundamental twirls, basic marching and play a fun game.  
**Instructor:** Tina Widener  
**Location:** PCC, Room 208B  
**Dates:** **Code: 415883-C** Sat., 9/10 10:00-11:00 AM (1 class) \$10  
**Code: 415883-D** Sat., 10/29 10:00-11:00 AM (1 class) \$10

**Beginning Baton Twirling I WEB**

**Ages:** 7-12 years  
**Content:** Learn 8 basic twirls, marching and a simple routine to fun, age appropriate music in an atmosphere of encouragement and teamwork. At the conclusion of this 8 session class, students will have been introduced to the skills necessary to attend a Baton Twirling event where they can meet, twirl with, and form friendships with other girls and boys. March with us in parades and attend local community functions! Batons available for purchase from instructor for \$36 (for new students only).  
**Instructor:** Tina Widener  
**Location:** PCC, Room 208B  
**Dates:** **Code: 415883-A** W. & F, 9/14-10/12 (ex. 10/7) 4:15-5:00 PM (8 classes) \$80  
**Code: 415883-B** W. & F, 11/2-12/7 (ex. 11/11, 11/23, 11/25) 4:15-5:00 PM (8 classes) \$80



**NEW!! Books, Cooks & Crafts for Homeschoolers WEB**

**Ages:** 6-14 years  
**Content:** Join your friends, meet new friends. Let's be inspired by the season, read and create. Together, we will craft or bake a treat corresponding to the books we read.  
**Instructor:** Kerry Lyon  
**Location:** PCC, Room 205  
**Dates:** **Code: 425884-A** Tu., 10/4-10/25 10:15-11:15 AM (4 classes) \$36

**Eastside Girls Basketball Clinic**

**Grades:** 3-6  
**Content:** For registration and forms, view the Eastside website or they are available at PCC. Contact Kevin Legg, 871 Macedon Center Road, Fairport, NY 14450. Phone: 425-1883. www.ESBASKETBALL.com. Participants, please bring an intermediate size (28.5") basketball.  
**Location:** PCC Gymnasium  
**Dates:** Sat., 9/10-10/1 4:00-6:00 PM (4 weeks) \$50

**Friends 'N Fun**

**Program for people with developmental disabilities**

**Ages:** 13 years and over  
**Content:** This socially engaging program is offered throughout the school year with a wide variety of activities. Activities include arts and crafts, sports, music, bowling, field trips and much more.  
**Supervisors:** Janelle James & Lindsey Schwartz  
**Fee:** No charge for Town of Perinton residents. New program registration limited to Fairport/Perinton residents.  
**Registration:** Call 223-5050.

**Gym and Swim WEB**

**Ages:** 7-13 years  
**Content:** Let's play! Your kids will participate in a 45 minute gym activity, change and then play games and swim in the Aquatic Center. The perfect Tuesday activity choice!  
**Location:** PCC, Gym and Aquatic Center  
**Dates:** **Code: 433230-A** Tu., 9/27-10/18 6:00-8:00 PM (4 classes) \$49  
**Code: 433230-B** Tu., 10/25-11/15 6:00-8:00 PM (4 classes) \$49  
**Code: 433230-C** Tu., 11/29-12/20 6:00-8:00 PM (4 classes) \$49





## Gymnastics WEB

**Ages:** 5-14 years  
**Content:** Great class for gymnasts or cheerleaders to work on all levels of tumbling skills, as well as stretching and strengthening.  
**Instructor:** Wendy Reback  
**Location:** PCC, Room 204C  
**Dates:** 5-7 years  
**Code: 421813-A** M., 9/12-12/19 (ex. 10/10, 11/21) 4:45-5:30 PM (13 classes) \$130  
8-14 years  
**Code: 421813-B** M., 9/12-12/19 (ex. 10/10, 11/21) 5:30-6:20 PM (13 classes) \$130

## Introduction to Horseback Riding WEB

**Ages:** 7 years and over  
**Content:** Have fun while learning all the basics of riding and horse care. Students will learn how to safely participate in all stages of horse care from grooming, tacking up and riding to proper care of their horse after riding.  
**Instructors:** JDL Trainers  
**Location:** JDL Equine, 1942 Turk Hill Road  
**Dates:** **Code: 435752-A** M., 9/12-10/3 5:00-6:00 PM (4 classes) \$120  
**Code: 435752-B** F., 9/16-10/7 5:00-6:00 PM (4 classes) \$120  
**Code: 435752-C** Sat., 9/17-10/8 9:00-10:00 AM (4 classes) \$120  
**Code: 435752-D** M., 10/10-10/24 5:00-6:00 PM (3 classes) \$90  
**Code: 435752-E** F., 10/14-10/28 5:00-6:00 PM (3 classes) \$90  
**Code: 435752-F** Sat., 10/15-10/29 9:00-10:00 AM (3 classes) \$90  
**Code: 435752-G** M., 10/31-11/14 5:00-6:00 PM (3 classes) \$90  
**Code: 435752-H** F., 11/4-11/18 5:00-6:00 PM (3 classes) \$90  
**Code: 435752-I** Sat., 11/5-11/19 9:00-10:00 AM (3 classes) \$90  
**Code: 435752-J** M., 11/28-12/12 5:00-6:00 PM (3 classes) \$90  
**Code: 435752-K** F., 12/2-12/16 5:00-6:00 PM (3 classes) \$90  
**Code: 435752-L** Sat., 12/3-12/17 9:00-10:00 AM (3 classes) \$90

## Intro to Ice Skating and Youth Hockey WEB

See Preschool page 10

## Junior Karate - Beginner WEB

**Ages:** 5 & 6 years  
**Content:** An age appropriate karate curriculum that blends basic aspects of karate with life and safety skills that will improve self-confidence, balance, self-control, fitness and coordination, in a fun, non-threatening environment.  
**Instructor:** Fairport Karate Academy Instructor  
**Location:** Fairport Karate Academy, inside Perinton Square Mall  
**Dates:** **Code: 415801-A** M., 9/12-1/9 (ex. 10/10, 12/26, 1/2) 6:00-6:40 PM (15 classes) \$140  
**Code: 415801-B** W., 9/7-1/11 (ex. 11/23, 12/28) 5:30-6:10 PM (17 classes) \$158  
**Code: 415801-C** Th., 9/8-1/12 (ex. 11/24, 12/8, 12/29) 5:30-6:10 PM (16 classes) \$149

## Karate - Beginner WEB

**Ages:** 7 years and over  
**Content:** Introduction to fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. Students will learn basic blocks, kicks, punches and stances, along with personal security and self-defense basics. Learn at your own pace, while building fitness, confidence, balance and coordination in a fun, non-threatening setting. For more information visit fairportkarate.net or call 223-2670.  
**Instructor:** Fairport Karate Academy Instructor  
**Location:** Fairport Karate Academy, inside Perinton Square Mall  
**Dates:** **Code: 445808-A** Tu., 9/6-1/10 (ex. 12/27) 5:30-6:20 PM (18 classes) \$167  
**Code: 445808-B** W., 9/7-1/11 (ex. 11/23, 12/28) 6:10-7:00 PM (17 classes) \$158  
**Code: 445808-C** Th., 9/8-1/12 (ex. 11/24, 12/8, 12/29) 6:10-7:00 PM (16 classes) \$149  
**Code: 445808-D** F., 9/9-1/13 (ex. 10/7, 11/11, 11/25, 12/9, 12/30) 5:30-6:20 PM (14 classes) \$131





## Learn to Skate - Basic WEB

**Ages:** 6-18 years  
**Content:** This class introduces and develops the fundamental moves. There are eight levels that are determined by participant's ability. Class includes a 20 minute group lesson. Remainder of time is for practice. \*Rental skates are available for \$1 per class. Please arrive 15 minutes prior to the start of class. Adult must be present during session.

**Instructor:** Amanda Bortle  
**Location:** Thomas Creek Ice Arena, 80 Lyndon Road  
**Dates:** **Code: 435824-P** Sat., 9/10-10/22 9:15-10:15 AM (7 classes) \$105  
**Code: 435824-Q** Sat., 11/5-12/17 (ex. 11/26) 9:15-10:15 AM (6 classes) \$90  
**Code: 435824-R** Sat., 1/7-2/18 9:15-10:15 AM (7 classes) \$105

## Little Lions Soccer WEB

**Ages:** 5-8 years  
**Content:** The Little Lions Program teaches the fundamentals of soccer using a fun and energetic curriculum. Players are encouraged to play with a smile on their face, while experiencing adventures in a positive environment.

**Instructor:** Jaime Phillips  
**Location:** PCC Gymnasium  
**Dates:** **Code: 425306-B** M., 9/12-10/24 (ex. 10/10) 5:00-6:00 PM (6 classes) \$60

## Making Tracks with the Animal Teachers WEB

**Ages:** 5-10 years  
**Content:** Come join us to learn about animal tracks and meet the animals that made them. We will read a story about animal tracks and then look at some animal footprints in the sand. We will try to figure out something about who walked through the sand and who is coming to visit. Then we will meet representatives of six different species of animals and watch them interact in the sand. You'll get the chance to see the animals up close and see what some of the animals feel like! Educational take home sheet included.

**Instructor:** Anne Meade  
**Location:** PCC, Room 208A  
**Dates:** **Code: 425844-A** Sat., 10/22 10:00-11:00 AM (1 class) \$10

**Register Online Using  
 Our WebTrac System - See Page 3  
<https://webtrac.perinton.org>**

## Private Piano Lessons WEB

**Ages:** 5 years and over  
**Content:** A fun and experienced teacher will guide you or your child through learning to play the piano. Both music theory and basic piano techniques will be covered. Students will progress as far as they are able during this 8 week session. One book is included in each session.

**Instructor:** Beth Werner  
**Location:** PCC, Room 204A  
**Dates:** **Code: 435850-A** M., 9/12-11/14 (ex. 10/10, 10/31) 3:45-4:15 PM (8 classes) \$180  
**Code: 435850-B** M., 9/12-11/14 (ex. 10/10, 10/31) 4:15-4:45 PM (8 classes) \$180  
**Code: 435850-C** M., 9/12-11/14 (ex. 10/10, 10/31) 4:45-5:15 PM (8 classes) \$180  
**Code: 435850-D** M., 9/12-11/14 (ex. 10/10, 10/31) 5:15-5:45 PM (8 classes) \$180  
**Code: 435850-E** M., 9/12-11/14 (ex. 10/10, 10/31) 5:45-6:15 PM (8 classes) \$180



## Rock Ventures Climbing Day Camps WEB

**Ages:** 6-13 years  
**Content:** Learn the basics of rock climbing or build on skills you already have! All equipment included. A liability waiver must be completed before the first day and can be completed at [www.rockventures.net](http://www.rockventures.net). Bring 2 snacks for a full day and lunch, or purchase one at Rock Ventures. Bring 1 snack for a half day.

**Instructors:** Rock Ventures Staff  
**Location:** Rock Ventures, 1044 University Avenue, Rochester, NY 14607  
**Dates:** **Single Day Camps**

**Code: 425230-A** F., 10/7 8:00 AM-5:00 PM (1 class) \$90  
**Code: 425230-B** M., 10/10 8:00 AM-5:00 PM (1 class) \$90  
**Code: 425230-C** F., 11/11 8:00 AM-5:00 PM (1 class) \$90  
**Code: 425230-D** W., 11/23 8:00 AM-5:00 PM (1 class) \$90  
**Code: 425230-E** F., 11/25 8:00 AM-5:00 PM (1 class) \$90  
**Half day camps are available from 8:00 AM-12:00 PM or 1:00-5:00 PM for \$70. Register online through WebTrac or inquire for codes at the Perinton Community Center.**

**Winter Break Camp**  
**Code: 425230-F** M., 12/26 thru M., 1/2 8:00 AM-5:00 PM (6 classes) \$305  
**Code: 425230-G** M., 12/26 thru M., 1/2 8:00 AM-12:00 PM (6 classes) \$235  
**Code: 425230-H** M., 12/26 thru M., 1/2 1:00-5:00 PM (6 classes) \$235

**Individual days, 8:00 AM-5:00 PM (\$90) and individual half day, 8:00 AM-12:00 PM or 1:00-5:00 PM (\$70) camps are also available. Register online through WebTrac or inquire for codes at the Perinton Community Center.**

## YOUTH & TEEN

### Saturday Youth Climbing Program **WEB**

**Ages:** 6-13 years  
**Content:** Learn the basics of rock climbing or build on skills you already have! All equipment included. Please arrive at 9:45 AM to get prepared and start on time. A liability waiver must be completed before the first day and can be completed at [www.rockventures.net](http://www.rockventures.net).

**Instructors:** Rock Ventures Staff  
**Location:** Rock Ventures, 1044 University Avenue, Rochester, NY 14607

**Dates:** **Full Saturday Sessions**

**Code: 425230-SA** S., 9/17-10/22 10:00-11:30 AM (6 classes) \$149

**Code: 425230-SB** S., 11/5-12/17 (ex. 11/26) 10:00-11:30 AM (6 classes) \$149

**Individual Saturday classes are available for \$40 each. Register online through WebTrac or inquire for codes at the Perinton Community Center.**



### Science of Minecraft **WEB**

**Ages:** 7-12 years  
**Content:** Join in for a fun time jumping between the world of Minecraft and the real world of science. There is math and science lurking behind every corner in Minecraft. We'll go looking to see what we can find and bring it out of the virtual and into the real world! All new experiments every session! All the experiments will be hands on and aimed towards getting kids excited about math and science.

**Instructor:** Sharilyn Ross

**Location:** PCC, Room 208A

**Dates:** **Code: 415853-A** Tu., 9/13-9/20 4:15-5:15 PM (2 classes) \$20

### Theater Games **WEB**

**Ages:** 6-13 years

**Content:** Looking for something to do? Come join us for a two-hour class that will be packed with fun and excitement. Theater games help students enhance skills in voice, movement and in thinking on their feet. These games are exercises designed to teach a skill that can be used on stage (and in real life too!). Students in this class will have fun learning theater skills while laughing and creating. Besides all of the valuable benefits, theater games are also a ton of fun.

**Instructor:** Edward Rocha

**Location:** PCC, Room 209

**Dates:** **Code: 425232-A** Sat., 9/24 10:00 AM-12:00 PM (1 class) \$25

**Code: 425232-B** Sat., 10/22 10:00 AM-12:00 PM (1 class) \$25

**Code: 425232-C** Sat., 11/19 10:00 AM-12:00 PM (1 class) \$25

**Code: 425232-D** Sat., 12/17 10:00 AM-12:00 PM (1 class) \$25



### Schoolbreakers **WEB**

**Ages:** 5-11 years (5 & 6 year olds must be currently attending Kindergarten)

**Content:** Hey kids, school's out and the fun is in here. Schoolbreakers is for students, ages 5-11 years, who have a day off from school and would like to enjoy age appropriate activities at the Perinton Community Center. Enjoy games in the gym, fun in the pool, arts and crafts, cooking and more! Schoolbreakers is a safe and enjoyable way to spend a day off from school. Space is limited...so please register early.

**Please note:** Registrations will be accepted, as space allows, until one week prior to the day of the program. Please bring a bag lunch with child's name clearly marked for 8:00 AM-1:00 PM sessions. Please bring a swimsuit and towel for 1:00-6:00 PM sessions if you wish to swim in the Aquatics Center.

**Location:** PCC, Rooms 200 & 205

**Dates:** **Code: 425870-A** Th., 12/8 8:00 AM-1:00 PM (1 class) \$28

**Code: 425870-B** Th., 12/8 1:00-6:00 PM (1 class) \$28

**Code: 425870-C** F., 12/9 8:00 AM-1:00 PM (1 class) \$28

**Code: 425870-D** F., 12/9 1:00-6:00 PM (1 class) \$28



### Themed Birthday Parties

Did you know Perinton Recreation and Parks offers several birthday party packages? Why not enjoy a stress and worry-free planning process? We have Disney, Princesses, Sports, Minions and Superheroes party themes, just to name a few.



Parties will include invites, decorations, paper products, planned activities plus food and beverage options. Our featured services allow you to sit back, relax and enjoy your memorable day.

Contact Laura Silins at 223-5050, ext. 1185 or [lsilins@perinton.org](mailto:lsilins@perinton.org) so we can start to plan your child's unforgettable birthday party! It is suggested that parties be booked at least three weeks in advance.

**Register Online Using  
Our WebTrac System  
<https://webtrac.perinton.org>**

## When I'm in Charge - Home Alone Safety WEB

**Ages:** 8-11 years  
**Content:** A safety program that ensures children are safe while home alone – tips on answering the phone and responding to knocks at the door, basic first aid, important phone numbers, boredom busters, kitchen safety. Program includes workbook that will serve as a take home reference.  
**Instructor:** Jerry Bennett  
**Location:** PCC, Room 209  
**Dates:** **Code: 435809-C** Sat., 9/10 9:00-11:00 AM (1 class) \$20  
**Code: 435809-D** Sat., 10/1 9:00-11:00 AM (1 class) \$20  
**Code: 435809-E** Sat., 12/10 9:00-11:00 AM (1 class) \$20



## Youth Fencing WEB

**Ages:** 7-12 years  
**Content:** Have a kids who pretends they are a Jedi knight or swashbuckling pirate? Fencing activities and games are used to teach the discipline of fencing. The participants suit up in full gear and bout. This class is designed for people who are new to fencing as well as those who have taken fencing before. All safety equipment provided.  
**Instructors:** Rochester Fencing Club Staff  
**Location:** PCC Gymnasium  
**Dates:** **Code: 421835-D** Tu., 9/13-10/4 4:30-5:30 PM (4 classes) \$55  
**Code: 421835-E** Tu., 10/11-11/1 4:30-5:30 PM (4 classes) \$55  
**Code: 421835-F** Tu., 11/8-11/29 4:30-5:30 PM (4 classes) \$55



## Youth Soccer WEB

**Ages:** Boys and Girls: 6-7 years, 8-9 years, 10-12 years; 10-12 age group will be gender specific unless not enough males/females sign up for separate leagues.  
**Content:** This is a low key, instructional soccer program. A limited number of youth may participate in this program dependent on coach and field availability.  
**Note:** Registration opens on August 1st and closes on August 31st. After September 1st, registration will only be accepted as space allows. Program may fill prior to August 31st.  
**Requests:** Requests can only be made at the time of registration and must be noted in the notes section on webtrac or written on the registration form. Requests are not guaranteed.  
**Coaches:** Volunteers are needed! Teams are coached by enthusiastic people who volunteer their time so that children can have a great experience and enjoy the sport. We perform background checks on all of our youth sport coaches. **Please email Diana Weber at [dweber@perinton.org](mailto:dweber@perinton.org) if you are interested in coaching. There will be a mandatory coaches meeting at 6pm on Wednesday, August 31st for all coaches.**

**Coordinator:** John Lucey  
**Location:** Town Parks  
**Dates:** Starts week of September 12. Season runs from 9/12-10/22; 10/24-10/29 reserved for rain make ups.  
**Note:** Parents will be notified of team placement approximately one week prior to the start of the season.  
**Day and Time:** Weeknight practices 6:00 PM to dusk and Saturday games 8:30 AM-1:00 PM.  
**Fee:** \$60

**Code: 424721-AA** 6-7 years Practice Mondays  
**Code: 424721-AB** 6-7 years Practice Tuesdays  
**Code: 424721-AC** 6-7 years Practice Wednesdays  
**Code: 424721-AD** 6-7 years Practice Thursdays  
**Code: 424721-BA** 8-9 years Practice Mondays  
**Code: 424721-BB** 8-9 years Practice Tuesdays  
**Code: 424721-BC** 8-9 years Practice Wednesdays  
**Code: 424721-BD** 8-9 years Practice Thursdays  
**Code: 424721-CA** 10-12 years (males) Practice Mondays  
**Code: 424721-CB** 10-12 years (males) Practice Tuesdays  
**Code: 424721-CC** 10-12 years (males) Practice Wednesdays  
**Code: 424721-CD** 10-12 years (males) Practice Thursdays  
**Code: 424721-DA** 10-12 years (females) Practice Mondays  
**Code: 424721-DB** 10-12 years (females) Practice Tuesdays  
**Code: 424721-DC** 10-12 years (females) Practice Wednesdays  
**Code: 424721-DD** 10-12 years (females) Practice Thursdays

## Youth/Teen Instructional Volleyball WEB

**Ages:** 8-15 years  
**Content:** The purpose of this program is to teach volleyball skills and develop game knowledge and experience. It is geared toward the youth that would like to play competitive volleyball.  
**Instructor:** Paul Myers  
**Location:** PCC Gymnasium  
**Dates:** **Ages: 8-11 years (Instructional)**  
**Code: 425101-A** Sat., 11/5-12/17 (ex. 11/12, 11/19) 9:00-10:00 AM (5 classes) \$40  
**Ages: 12-15 years (Instructional & Game Play)**  
**Code: 435101-A** Sat., 11/5-12/17 (ex. 11/12, 11/19) 10:00-11:00 AM (5 classes) \$40

# YOUTH & TEEN ARTS & CRAFTS & COOKING

**Register early to avoid program cancellation due to low enrollment.**

## YOUTH AND TEEN ARTS & CRAFTS AND COOKING

**REFUNDS FOR ARTS AND CRAFTS CLASSES:** Refunds must be requested a minimum of 7 days in advance of the class, no refunds will be given otherwise. Supplies must be picked up within 7 days after the class.

### NEW!! Arts and Crafts for Kids WEB

**Ages:** 6-9 years  
**Content:** In this fun art class, we will work with sculpey, create origami boxes, construct paper airplanes, and make our own t-shirts. All materials will be supplied along with a nutritious afternoon snack.  
**Instructor:** Alan Stewart  
**Location:** PCC, Room 208A  
**Dates:** **Code: 422864-A** M., 9/12-10/3 4:00-5:30 PM (4 classes) \$29

### Cartooning WEB

**Ages:** 6-9 years  
**Content:** Learn how to draw your favorite characters and make up new ones! From watercolor to sculpey, we will use a range of art media to make our cartoons. All materials will be supplied along with a nutritious afternoon snack.  
**Instructor:** Alan Stewart  
**Location:** PCC, Room 208A  
**Dates:** **Code: 422864-F** M., 10/17-11/14 4:00-5:30 PM (5 classes) \$34

### Cupcake Creators WEB

**Ages:** 8-13 years  
**Content:** Learn how to decorate cupcakes using simple piping techniques, molding fondant and using fun ingredients. We will be decorating 4 cupcakes for you to bring home and show off (and eat, of course!). We will end our class with a snack. What else? A cupcake! Don't miss this fun and delicious class. Bring a box to take your creations home in. Each class will highlight different themes.  
**Instructor:** Anette Messer  
**Location:** PCC, Room 208A  
**Dates:** **Code: 435881-B** W., 9/21 6:00-7:45 PM (1 class) \$16  
**Code: 435881-C** W., 10/26 6:00-7:45 PM (1 class) \$16  
**Code: 435881-D** W., 12/7 6:00-7:45 PM (1 class) \$16



### Family Ornament Day WEB

**Ages:** 5 years and over\*\*  
**Content:** Families will have the opportunity to create a variety of holiday ornaments from polymer clay. New ornaments for 2016. Fee is per project. Adult MUST attend to supervise children but may also make their own project for an additional fee.  
**Instructor:** Kathy Fiete  
**Location:** PCC, Room 205  
**Date:** **Code: 462817-B** Sun., 12/11 1:00-2:30 PM (1 class) \$12  
**\*\*Enroll all who are paying to make a project. An adult must attend.**

### NEW!! Halloween Pens WEB

**Ages:** 5 years and over\*\*  
**Content:** Silly or spooky? What will your Halloween pen look like? We'll use polymer clay to make this treat any way you want it. Fee is per project. Adult MUST attend to supervise children but may also make their own project for an additional fee.  
**Instructor:** Kathy Fiete  
**Location:** PCC, Room 205  
**Date:** **Code: 462817-C** Sun., 10/23 1:00-2:30 PM (1 class) \$11  
**\*\*Enroll all who are paying to make a project. An adult must attend.**



### NEW!! Intro to Art Studio WEB

**Ages:** 8-11 years  
**Content:** Students will advance their drawing and painting abilities in an art studio environment; exploring different artist brushes, paint texture/densities and subject matter. New lessons each week and a home assignment to prepare for the coming week's lesson.  
**Instructor:** Danica Glamack  
**Location:** PCC, Room 209  
**Dates:** **Code: 422869-A** W., 10/5-10/26 4:00-5:00 PM (4 classes) \$44



## Learn to Crochet WEB

See Adult Arts & Crafts and Cooking page 45.

## Learn to Crochet: Mom & Me

**Ages:** 7 years and over  
**Content:** A crochet hook, some yarn, a wonderful young person and some time together! Spend three fun evenings together with your young person and learn how to crochet. Mom, Grandma or any favorite grown up is very welcome. The classes will move at a nice relaxed pace as we learn how to chain stitch, single and double crochet. Please bring size J crochet hook and medium weight yarn for each person.

**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 213  
**Dates:** **Code: 422804-B** Tu., 11/1-11/15 5:45-6:45 PM (3 classes)  
 \$30 per couple, \$10 each additional person  
**Enroll all family members that will be attending.**

## Learn to Knit WEB

See Adult Arts & Crafts and Cooking page 45.

## NEW!! Loom Knitting WEB

**Ages:** 8-14 years  
**Content:** Would you like to try a new craft? How about loom knitting? Knitting looms are easy and fun to use. In this class, we'll make a small hat suitable for a doll or baby. The cost of the class includes a loom, a loom hook and yarn for your first project. All you need to bring is yourself and your creativity.

**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 208A  
**Dates:** **Code: 422804-F** Tu., 9/27-10/4 4:15-5:15 PM (2 classes) \$25

## NEW!! Needles at Noon: Crochet WEB

See Adult Arts & Crafts and Cooking page 45.

## Needles at Noon: Learn to Knit WEB

See Adult Arts & Crafts and Cooking page 45.

## NEW!! Origami Card Making WEB

**Ages:** 8-11 years  
**Content:** Make decorative cards for the holiday season by folding and cutting papers into awesome origami shapes! All materials will be supplied along with a nutritious afternoon snack.

**Instructor:** Alan Stewart  
**Location:** PCC, Room 205  
**Date:** **Code: 422864-H** Sat., 12/17 1:00-2:30 PM (1 class) \$12

## Star Wars Arts and Crafts WEB

**Ages:** 8-11 years  
**Content:** Learn how to draw and color your favorite Star Wars characters: BB-8, Chewy, R2 D2 and the rest of the crew. Quality art supplies, markers and a nutritious morning snack will be provided.

**Instructor:** Alan Stewart  
**Location:** PCC, Room 208A  
**Dates:** **Code: 422864-B** Sat., 9/17 10:00-11:30 AM (1 class) \$10  
**Code: 422864-C** Sat., 10/29 10:00-11:30 AM (1 class) \$10  
**Code: 422864-D** Sat., 11/26 10:00-11:30 AM (1 class) \$10  
**Code: 422864-E** Sat., 12/17 10:00-11:30 AM (1 class) \$10

## NEW!! The Art of Greeting Cards WEB

**Ages:** 13-18 years  
**Content:** Experience the joy of paper crafting – a skill anyone can learn – in this card-making course. Learn to design and create your own expressions of handmade from the heart. Please bring a ruler, paper snips and fast drying craft glue. Questions may be directed to the instructor, Pat Miller 585-200-0196.

**Instructor:** Pat Miller  
**Location:** PCC, Room 208A  
**Dates:** **Code: 442900-A** W., 10/12-10/26 3:00-4:30 PM  
 (3 classes) \$49



## NEW!! The Art of Star Wars: Rogue One WEB

**Ages:** 8-11 years  
**Content:** Get ready for the new Star Wars movie with this special program! We will learn who the new characters are and how to draw them as well as make our own characters, robots and crafts. We will also make crafts that would make you comfortable entering Rogue One's World. All materials will be supplied along with a nutritious afternoon snack.

**Instructor:** Alan Stewart  
**Location:** PCC, Room 208A  
**Dates:** **Code: 422864-G** M., 11/21-12/19 4:00-5:30 PM  
 (5 classes) \$34

**Register Online Using  
 Our WebTrac System  
<https://webtrac.perinton.org>**



# Lions Den

## Teen Center Programs

**Register early to avoid program cancellation due to low enrollment.**

### Lions Den Teen Center Programs Limited to Fairport/Perinton Teens

Are you a teenager looking for a fun, safe place to hang out with your friends? The Teen Center is a home away from home for all Fairport/Perinton teens. Check out our new programs and special events. We would love to see you there. This is an adult-supervised, teen-oriented program. Pre-registration is required at Perinton Recreation and Parks.

**Teen Program Coordinator: Sam Barragato**  
lionsdenc@gmail.com

**Teen Center Phone: 223-5692**

**Location:** All programs are held at the Lions Den Teen Center, unless otherwise specified, 53 West Church Street, Fairport (behind Potter Memorial)

If you have any questions and/or comments, please call Perinton Recreation and Parks at 223-5050. Youth programs funded in part by a reimbursement from the New York State Office of Children and Family Services through the Rochester/Monroe County Youth Bureau.

### Veterans Adoption Committee

The Teen Center wants our veterans and soldiers to know how much we appreciate the sacrifices they have made for our country. During the year, veterans are invited to come in to speak with teens about their military experiences, "Cards of Thanks" are made with affection to send to veterans and soldiers, care packages are mailed to local soldiers serving overseas. If you are interested in helping with the mailing costs for this project, bottles and cans can be taken to EZ Bottle and Can return, which is located at 1259 Fairport Road, and ask that the return be designated to the Lions Den Teen Center account, or contact Sam Barragato at lionsdenc@gmail.com for more information.



**All Teen Center information is now posted on our website at**  
<http://www.perinton.org/Departments/Recreation/teens/>

### Mid-Zone After School Program (FORMERLY DETOURS PROGRAM)

**Grades:** 6-8 (entering in Fall 2016)  
**Content:** As a working parent, you may not be able to be home when your child gets out of school. If you want supervision for your middle schooler during this mid-day time, then Mid-Zone is the perfect solution. The Perinton Recreation and Parks Department provides adult supervision in a safe and caring environment that is fun and affordable. Healthy snacks, outdoor games, walking field trips, projects and more are provided. Parents must set up bus transportation through the Fairport Transportation Office. An information packet will be mailed to you as soon as we process your registration. Mid-Zone is just what working parents have been looking for. **Please note: The Mid-Zone program will close at 5 PM on Friday, October 28 due to the annual Halloween Parade which ends at Potter Park.**

**Time:** 2:45-6:00 PM  
**Days:** M.-F., 9/7-12/23 (ex. 10/7, 10/10, 11/11, 11/23, 11/24, 11/25)  
**Cost:** **Code: 425536-A \$400** Fall Semester (payable in one installment)  
OR  
**Code: 425537-A \$440** (payable in installments of \$110)

### NEW!! Focus Fridays and Saturday Nights Live

**Grades:** 6-9 (entering in Fall 2016)  
**Content:** The Teen Center is open on select Friday and Saturday evenings for teens to enjoy Ps4, Wii, billiards, table tennis, air hockey, foosball, movies, games, crafts and fun activities with their friends. A ONE TIME REGISTRATION PER SCHOOL YEAR IS REQUIRED TO BECOME A TEEN CENTER MEMBER WITH THE REGISTRATION CODE.

**Location:** Lions Den Teen Center  
**Code: 535503-A \$25\***

**Times:** 6:00-9:00 PM  
\*One time registration and fee for school year, September 2016- June 2017.

**Focus Fridays:** On select Friday evenings, teens can enjoy specific or themed activities.

- 9/9 Welcome Back Party/Open House
- 9/23 Movie and Popcorn
- 10/21 Halloween Party
- 11/4 "Cards of Thanks" for Soldiers
- 11/18 Movie and Popcorn
- 12/2 Learn to Cook Mexican Food
- 12/16 Holiday Movie and Party
- 1/6 Learn to Play Billiards
- 1/20 Movie Night

**Saturday Nights Live:** Saturdays will provide open activities for teens to engage in at the Teen Center with staff supervision.  
9/10-1/7 (ex. 10/8, 11/12, 11/26, 12/24, 12/31) 6:00-9:00 PM



**NEW!! Teen Party at PCC**

**Grades:** 6-9 (entering in Fall 2016)  
**Content:** Meet up with friends for an evening of swimming and fun at the Perinton Community Center. The iceberg and pool basketball will be set up plus games like ping pong, Wii and others. Listen to music while pizza is served after swimming. Don't forget your suit and towel!!  
**Location:** PCC, Room 208B  
**Dates:** **Code: 436101-A** F, 9/16 6:30-9:00 PM (1 class) \$7  
**Code: 436101-B** F, 10/14 6:30-9:00 PM (1 class) \$7  
**Code: 436101-C** F, 12/9 6:30-9:00 PM (1 class) \$7

**Teens Got Talent**

**Grades:** 6-10 (entering in Fall 2016)  
**Content:** This is an open stage program for Fairport/Perinton teens to showcase their individual or group talents. Teens interested in performing should contact Sam Barragato at lionsdenc@gmail.com to be scheduled. Acts such as singing, musical bands, comedy, magic, etc. are encouraged. Bands and other acts must provide their own equipment for their performance and can start setting up at 6:30 PM  
**Location:** Lions Den Teen Center  
**Date:** **Code: 436101-D** W., 12/7 6:30-9:00 PM (1 class) No charge.

**NEW!! Caring Perin-'teens' Community Service**

The Teen Center and the Perinton Community Center are always looking for teens interested in community service hours. We have designed a program for teens looking for a community service opportunity gaining at least ten hours of community service with Perinton Recreation and Parks. Here is your opportunity to give back to your community volunteering in areas of need, working with youth and senior populations, in area parks and community facilities.

**October Session: Code: 436101-E** M, 10/17, W., 10/19, M., 10/24, W., 10/26 3:00-6:00 PM

**December Session: Code: 436101-F** M., 12/12, W., 12/14, M., 12/19, W., 12/21 3:00-6:00 PM

If you have further questions or concerns, please contact Sam Barragato, Teen Program Coordinator at lionsdenc@gmail.com

**Teen Center October Coat Drive Open to the Community**

**Content:** Do you have an extra coat in your closet? The Teen Center will be collecting clean, gently used coats. Please bring coats, as well as new mittens, hats and scarves in children and adult sizes to the drop box at the Teen Center or the Perinton Community Center between October 1-31. They will make a big difference for the people who really need them. Please contact Sam Barragato at lionsdenc@gmail.com with questions.

**Play Candy Bar Bingo with the Senior Citizens at the Northfield**

**Grades:** 6-12 (entering in Fall 2016)  
**Content:** Enjoy an afternoon of candy bar bingo at the Northfield Enriched Living Facility, 4560 Nine Mile Point Road, Fairport. We will make ice cream sundaes, and then play several rounds of bingo with the residents. Meet at the Northfield at 1:30 PM. Hope to see you there.  
**Location:** Northfield Enriched Living Facility, 4560 Nine Mile Point Road, Fairport  
**Date:** **Code: 436101-L** M., 10/10 1:30-3:30 PM (1 class) No charge

**Perinton Community Garden Teen Volunteers Clean Up Day**

**Grades:** 6-12 (entering in Fall 2016)  
**Content:** With the assistance of the Parks Department, and other volunteer groups, teens will help pull plants, turn compost, spread mulch, plant winter crops, plant spring flowering bulbs, and do an overall cleanup of the Perinton Community Garden. In case of inclement weather on the morning of October 15, call the Perinton Recreation and Parks program info line at 425-1170.  
**Location:** Perinton Community Garden, Potter Park  
**Date:** **Code: 436101-P** Sat., 10/15 9:00-11:30 AM (1 class) No charge



# AQUATICS - PROUD WINNER OF THE GOLD DAISY AWARD FOR "BEST SWIM LESSONS" IN 2015!

## INCLUSIVE AQUATIC/FITNESS PASSES *Register early to avoid program cancellation due to low enrollment.*

Resident – ID Card Required	Daily Fee	20 Visit Pass	Month Pass	6 Month Pass	12 Month Pass
Senior – 55+ years	\$3.50	\$39.00	\$26.00	\$140.00	\$250.00
Adult – 19-54 years	\$5.50	\$60.00	\$41.00	\$221.00	\$394.00
Youth/Teen – 14-18 years	\$3.50	\$39.00	\$26.00	\$140.00	\$250.00
Child – 13 years and under (Note: Child pass is aquatic only)	\$3.00	\$32.00	\$21.00	\$113.00	\$202.00
College Student resident w/ID	N/A	N/A	\$26.00	\$140.00	\$250.00
Active Military resident w/ID	N/A	N/A	\$26.00	\$140.00	\$250.00
Non-Resident	Daily Fee (room permitting)	20 Visit Pass	Month Pass	6 Month Pass	12 Month Pass
Senior – 55+ years	\$5.25	\$80.00	\$31.00	\$168.00	\$300.00
Adult – 19-54 years	\$8.25	\$140.00	\$49.00	\$264.00	\$472.00
Youth/Teen – 14-18 years	\$5.25	\$80.00	\$31.00	\$168.00	\$300.00
Child – 13 years and under (Note: Child pass is aquatic only)	\$4.25	\$55.00	\$25.00	\$134.00	\$242.00

**Note:**  
Children under the age of 14 are not permitted to utilize the fitness equipment.

## GENERAL POOL RULES

### PERINTON AQUATIC CENTER POOL RULES

1. Pool area is closed when no lifeguard is on duty.
2. Instructions of the lifeguards must be obeyed at all times.
3. All patrons must shower before entering the pool.
4. Appropriate bathing attire must be worn (swim suits). No cutoffs or street clothes.
5. Street shoes are not allowed on the pool deck.
6. Children of diaper wearing age MUST wear swim diapers or plastic pants with tight fitting elastic legs. Disposable diapers will not be allowed.
7. No running, horseplay, chicken fights or pushing allowed in the pool area.
8. Diving is permitted under instructor supervision and in over seven feet of water in the lap pool.
9. No food, gum, drinking (except water) or tobacco products in the pool area.
10. No glass containers allowed in the pool area.
11. Discharge of any bodily matter is prohibited.
12. No unacceptable public displays of affection.
13. Personal floatation devices are not permitted.
14. Masks, fins and snorkels are allowed for designated programs only.
15. Swimmers wishing to swim in water deeper than their height must first pass a deep water test.
16. Children between ages 5-12 must be accompanied by an adult in the facility. Adult must be in swimwear.
17. Children under age 5 must be within an arm's reach of an adult, 1:1 ratio.
18. Failure to comply with the pool rules may result in expulsion from the facility.
19. Anyone under the age of 6 may not use the whirlpool.
20. No one under the age of 12 may use the whirlpool unless accompanied by an adult.
21. Participants must be 48" tall to go down the slide.



**\*\* Hours are Subject to Change \*\***

**Water features schedules listed on [www.perinton.org](http://www.perinton.org)**

## Birthday Splash Parties

Enjoy your birthday with friends and family in our aquatic facility. The two hour party includes a designated party room, one hour in the leisure and lap pool, and 25 party attendees. Also included are invitations, table coverings, plates, cups, napkins and plastic ware. Pool time includes your choice of water basketball or inflatable iceberg! Cost will be \$165 for residents and \$185 for non-residents.

- Children between the ages of 5-12 years must be accompanied by an adult in the pools
- Children under 5 must have an adult an arm's length away
- Children wishing to swim in the deep end must pass a deep water test
- Appropriate bathing attire must be worn by adult chaperones and guests

Registration for parties has begun and includes Friday evenings. For more information, please call **Laura Silins** at 223-5050, ext. 1185.



**New options for groups coming into the Aquatic Center. If you are bringing in a large group and will be spending over \$50, please call 223-5050 for invoicing options.**

### Maximum Capacity

Lap Pool – 162    Leisure Pool – 182    Spa – 10

# Private and Semi-Private Swimming Lessons **WEB**

**Ages:** 2 ½ years and over  
**Content:** Participants will have a 30 minute lesson with an Aquatic Safety Employee. After each lesson, there will be 5 minutes to discuss progress and set goals for future lessons. If you are interested in making it a semi-private lesson, register for the session you want and then contact Matt Steffen at [msteffen@perinton.org](mailto:msteffen@perinton.org) to enroll the second participant. The following sessions are for 2 ½ years to adults taught in either the leisure or lap pool, depending on the participant's needs.  
**Fees:** Private Lessons: \$84 for 4 lessons, \$105 for 5 lessons, \$126 for 6 lessons, \$168 for 8 lessons  
Semi-Private Lessons: \$124 for 4 lessons, \$155 for 5 lessons, \$186 for 6 lessons, \$248 for 8 lessons, for two participants, max. Participants must be of similar ability and/or close in age.

## Tuesdays

9/6-10/11

**Code: 413120-A or AA** 10:00-10:30 AM (6 classes) \$126  
**Code: 413120-AB or AC** 10:35-11:05 AM (6 classes) \$126  
**Code: 413120-AD or AE** 11:10-11:40 AM (6 classes) \$126  
**Code: 413120-AF or AG** 4:00-4:30 PM (6 classes) \$126  
**Code: 413120-AH or AI** 4:35-5:05 PM (6 classes) \$126  
**Code: 413120-AJ or AK** 5:10-5:40 PM (6 classes) \$126  
**Code: 413120-AL or AM** 5:45-6:15 PM (6 classes) \$126

9/6-10/25

**Code: 413120-AV or AW** 4:15-4:45 PM (8 classes) \$168  
**Code: 413120-AX or AY** 4:50-5:20 PM (8 classes) \$168  
**Code: 413120-AZ or B** 5:25-5:55 PM (8 classes) \$168  
**Code: 413120-BA or BB** 6:00-6:30 PM (8 classes) \$168

10/18-11/22

**Code: 413120-GV or GW** 10:00-10:30 AM (6 classes) \$126  
**Code: 413120-GX or GY** 10:35-11:05 AM (6 classes) \$126  
**Code: 413120-GZ or H** 11:10-11:40 AM (6 classes) \$126  
**Code: 413120-HA or HB** 4:00-4:30 PM (6 classes) \$126  
**Code: 413120-HC or HD** 4:35-5:05 PM (6 classes) \$126  
**Code: 413120-HE or HF** 5:10-5:40 PM (6 classes) \$126  
**Code: 413120-HG or HH** 5:45-6:15 PM (6 classes) \$126

11/1-12/20

**Code: 413120-JV or JW** 4:15-4:45 PM (8 classes) \$168  
**Code: 413120-JX or JY** 4:50-5:20 PM (8 classes) \$168  
**Code: 413120-JZ or K** 5:25-5:55 PM (8 classes) \$168  
**Code: 413120-KA or KB** 6:00-6:30 PM (8 classes) \$168

11/29-1/10 (ex. 12/27)

**Code: 413120-KR or KS** 10:00-10:30 AM (6 classes) \$126  
**Code: 413120-KT or KU** 10:35-11:05 AM (6 classes) \$126  
**Code: 413120-KV or KW** 11:10-11:40 AM (6 classes) \$126  
**Code: 413120-KX or KY** 4:00-4:30 PM (6 classes) \$126  
**Code: 413120-KZ or L** 4:35-5:05 PM (6 classes) \$126  
**Code: 413120-LA or LB** 5:10-5:40 PM (6 classes) \$126  
**Code: 413120-LC or LD** 5:45-6:15 PM (6 classes) \$126

## Tuesdays & Thursdays

9/6-9/22

**Code: 413120-AN or AO** 4:15-4:45 PM (6 classes) \$126  
**Code: 413120-AP or AQ** 4:50-5:20 PM (6 classes) \$126  
**Code: 413120-AR or AS** 5:25-5:55 PM (6 classes) \$126  
**Code: 413120-AT or AU** 6:00-6:30 PM (6 classes) \$126

9/27-10/20

**Code: 413120-EM or EN** 4:15-4:45 PM (8 classes) \$168  
**Code: 413120-EO or EP** 4:50-5:20 PM (8 classes) \$168  
**Code: 413120-EQ or ER** 5:25-5:55 PM (8 classes) \$168  
**Code: 413120-ES or ET** 6:00-6:30 PM (8 classes) \$168

12/13-12/22

**Code: 413120-OE or OF** 3:40-4:10 PM (4 classes) \$84  
**Code: 413120-OG or OH** 4:15-4:45 PM (4 classes) \$84  
**Code: 413120-OI or OJ** 4:50-5:20 PM (4 classes) \$84  
**Code: 413120-OK or OL** 5:25-5:55 PM (4 classes) \$84  
**Code: 413120-OM or ON** 6:00-6:30 PM (4 classes) \$84

1/3-1/12

**Code: 413120-PH or PI** 3:40-4:10 PM (4 classes) \$84  
**Code: 413120-PJ or PK** 4:15-4:45 PM (4 classes) \$84  
**Code: 413120-PL or PM** 4:50-5:20 PM (4 classes) \$84  
**Code: 413120-PN or PO** 5:25-5:55 PM (4 classes) \$84  
**Code: 413120-PP or PQ** 6:00-6:30 PM (4 classes) \$84

## Wednesdays

9/7-10/12

**Code: 413120-BC, BD or BE** 3:50-4:20 PM (6 classes) \$126  
**Code: 413120-BF, BG or BH** 4:25-4:55 PM (6 classes) \$126  
**Code: 413120-BI, BJ or BK** 5:00-5:30 PM (6 classes) \$126

10/19-11/16

**Code: 413120-HI, HJ, HK or HL** 3:50-4:20 PM (5 classes) \$105  
**Code: 413120-HM, HN, HO or HP** 4:25-4:55 PM (5 classes) \$105  
**Code: 413120-HQ, HR, HS, or HT** 5:00-5:30 PM (5 classes) \$105

11/30-1/11 (ex. 12/28)

**Code: 413120-LE, LF, LG or LH** 3:50-4:20 PM (6 classes) \$126  
**Code: 413120-LI, LJ, LK or LL** 4:25-4:55 PM (6 classes) \$126  
**Code: 413120-LM, LN, LO or LP** 5:00-5:30 PM (6 classes) \$126

## Thursdays

9/8-10/13

**Code: 413120-BL, BM or BN** 3:40-4:10 PM (6 classes) \$126  
**Code: 413120-BO, BP or BQ** 4:15-4:45 PM (6 classes) \$126  
**Code: 413120-BR, BS or BT** 4:50-5:20 PM (6 classes) \$126  
**Code: 413120-BU, BV or BW** 5:25-5:55 PM (6 classes) \$126  
**Code: 413120-BX, BY or BZ** 6:00-6:30 PM (6 classes) \$126

10/20-11/17

**Code: 413120-HU, HV or HW** 3:40-4:10 PM (5 classes) \$105  
**Code: 413120-HX, HY or HZ** 4:15-4:45 PM (5 classes) \$105  
**Code: 413120-IA or IB** 4:50-5:20 PM (5 classes) \$105  
**Code: 413120-IC, ID or IE** 5:25-5:55 PM (5 classes) \$105  
**Code: 413120-IF, IG or IH** 6:00-6:30 PM (5 classes) \$105

# Private and Semi-Private Swimming Lessons **WEB**

10/27-12/22 (ex. 11/24)

**Code: 413120-JN or JO** 4:15-4:45 PM (8 classes) \$168  
**Code: 413120-JP or JQ** 4:50-5:20 PM (8 classes) \$168  
**Code: 413120-JR or JS** 5:25-5:55 PM (8 classes) \$168  
**Code: 413120-JT or JU** 6:00-6:30 PM (8 classes) \$168

12/1-01/12 (ex. 12/29)

**Code: 413120-LQ, LR or LS** 3:40-4:10 PM (6 classes) \$126  
**Code: 413120-LT, LU or LV** 4:15-4:45 PM (6 classes) \$126  
**Code: 413120-LW, LX or LY** 4:50-5:20 PM (6 classes) \$126  
**Code: 413120-LZ, M or MA** 5:25-5:55 PM (6 classes) \$126  
**Code: 413120-MB, MC or MD** 6:00-6:30 PM (6 classes) \$126

## **Fridays**

9/9-10/14

**Code: 413120-C or CA** 1:00-1:30 PM (6 classes) \$126  
**Code: 413120-CB or CC** 1:35-2:05 PM (6 classes) \$126  
**Code: 413120-CD or CE** 2:10-2:40 PM (6 classes) \$126  
**Code: 413120-CF or CG** 2:45-3:15 PM (6 classes) \$126  
**Code: 413120-CH, CI or CJ** 3:45-4:15 PM (6 classes) \$126  
**Code: 413120-CK, CL or CM** 4:20-4:50 PM (6 classes) \$126  
**Code: 413120-CN, CO or CP** 4:55-5:25 PM (6 classes) \$126  
**Code: 413120-CQ, CR and CS** 5:30-6:00 PM (6 classes) \$126

10/21-11/18 (ex. 11/11)

**Code: 413120-II or IJ** 1:00-1:30 PM (4 classes) \$84  
**Code: 413120-IK or IL** 1:35-2:05 PM (4 classes) \$84  
**Code: 413120-IM or IN** 2:10-2:40 PM (4 classes) \$84  
**Code: 413120-IO or IP** 2:45-3:15 PM (4 classes) \$84  
**Code: 413120-IQ, IR, IS or IT** 3:45-4:15 PM (4 classes) \$84  
**Code: 413120-IU, IV, IW or IX** 4:20-4:50 PM (4 classes) \$84  
**Code: 413120-IY, IZ, J or JA** 4:55-5:25 PM (4 classes) \$84  
**Code: 413120-JB, JC, JD or JE** 5:30-6:00 PM (4 classes) \$84

12/2-1/13 (ex. 12/30)

**Code: 413120-ME or MF** 1:00-1:30 PM (6 classes) \$126  
**Code: 413120-MG or MH** 1:35-2:05 PM (6 classes) \$126  
**Code: 413120-MI or MJ** 2:10-2:40 PM (6 classes) \$126  
**Code: 413120-MK or ML** 2:45-3:15 PM (6 classes) \$126  
**Code: 413120-MM, MN, MO or MP** 3:45-4:15 PM (6 classes) \$126  
**Code: 413120-MQ, MR, MS or MT** 4:20-4:50 PM (6 classes) \$126  
**Code: 413120-MU, MV, MW or MX** 4:55-5:25 PM (6 classes) \$126  
**Code: 413120-MY, MZ, N or NA** 5:30-6:00 PM (6 classes) \$126

## **Saturdays**

9/10-10/8

**Code: 413120-CT, CU, CV or CW** 10:00-10:30 AM (5 classes) \$105  
**Code: 413120-CX, CY, CZ or D** 10:35-11:05 AM (5 classes) \$105  
**Code: 413120-DA, DB, DC or DD** 11:10-11:40 AM (5 classes) \$105

10/15-12/17 (ex. 11/12, 11/26)

**Code: 413120-EU, EV, EW or EX** 9:00-9:30 AM (8 classes) \$168  
**Code: 413120-EY, EZ, F, or FA** 9:35-10:05 AM (8 classes) \$168  
**Code: 413120-FB, FC, FD or FE** 10:10-10:40 AM (8 classes) \$168  
**Code: 413120-FF, FG, FH or FI** 10:45-11:15 AM (8 classes) \$168  
**Code: 413120-FJ, FK, FL or FM** 11:20-11:50 AM (8 classes) \$168

## **Sundays**

9/11-10/9

**Code: 413120-DE, DF, DG, DH or DI** 9:45-10:15 AM (5 classes) \$105  
**Code: 413120-DJ, DK, DL, DM or DN** 10:20-10:50 AM (5 classes) \$105  
**Code: 413120-DO, DP, DQ, DR or DS** 10:55-11:25 AM (5 classes) \$105  
**Code: 413120-DT, DU, DV, DW or DX** 11:30 AM-12:00 PM (5 classes) \$105

10/16-11/20

**Code: 413120-FN, FO, FP, FQ or FR** 9:45-10:15 AM (6 classes) \$126  
**Code: 413120-FS, FT, FU, FV or FW** 10:20-10:50 AM (6 classes) \$126  
**Code: 413120-FX, FY, FZ, G or GA** 10:55-11:25 AM (6 classes) \$126  
**Code: 413120-GB, GC, GD, GE or GF** 11:30 AM-12:00 PM (6 classes) \$126

12/4-1/15 (ex. 12/25, 1/1)

**Code: 413120-NB, NC, ND, NE or NF** 9:45-10:15 AM (5 classes) \$105  
**Code: 413120-NG, NH, NI, NJ or NK** 10:20-10:50 AM (5 classes) \$105  
**Code: 413120-NL, NM, NN, NO or NP** 10:55-11:25 AM (5 classes) \$105  
**Code: 413120-NQ, NR, NS, NT or NU** 11:30 AM-12:00 PM (5 classes) \$105

## **Mondays**

9/12-10/10

**Code: 413120-DY** 10:00-10:30 AM (5 classes) \$105  
**Code: 413120-DZ** 10:35-11:05 AM (5 classes) \$105  
**Code: 413120-E** 11:10-11:40 AM (5 classes) \$105  
**Code: 413120-EA, EB or EC** 4:00-4:30 PM (5 classes) \$105  
**Code: 413120-ED, EE or EF** 4:35-5:05 PM (5 classes) \$105  
**Code: 413120-EG, EH or EI** 5:10-5:40 PM (5 classes) \$105  
**Code: 413120-EJ, EK or EL** 5:45-6:15 PM (5 classes) \$105

10/17-11/21 (ex. 10/31)

**Code: 413120-GG** 10:00-10:30 AM (5 classes) \$105  
**Code: 413120-GH** 10:35-11:05 AM (5 classes) \$105  
**Code: 413120-GI** 11:10-11:40 AM (5 classes) \$105  
**Code: 413120-GJ, GK or GL** 4:00-4:30 PM (5 classes) \$105  
**Code: 413120-GM, GN or GO** 4:35-5:05 PM (5 classes) \$105  
**Code: 413120-GP, GQ or GR** 5:10-5:40 PM (5 classes) \$105  
**Code: 413120-GS, GT or GU** 5:45-6:15 PM (5 classes) \$105

10/24-12/19 (ex. 10/31)

**Code: 413120-JF or JG** 4:15-4:45 PM (8 classes) \$168  
**Code: 413120-JH or JI** 4:50-5:20 PM (8 classes) \$168  
**Code: 413120-JJ or JK** 5:25-5:55 PM (8 classes) \$168  
**Code: 413120-JL or JM** 6:00-6:30 PM (8 classes) \$168

11/28-1/16 (ex. 12/26, 1/2)

**Code: 413120-KC** 10:00-10:30 AM (6 classes) \$126  
**Code: 413120-KD** 10:35-11:05 AM (6 classes) \$126  
**Code: 413120-KE** 11:10-11:40 AM (6 classes) \$126  
**Code: 413120-KF, KG or KH** 4:00-4:30 PM (6 classes) \$126  
**Code: 413120-KI, KJ or KK** 4:35-5:05 PM (6 classes) \$126  
**Code: 413120-KL, KM or KN** 5:10-5:40 PM (6 classes) \$126  
**Code: 413120-KO, KP or KQ** 5:45-6:15 PM (6 classes) \$126



## Private and Semi-Private Swimming Lessons WEB

### Mondays & Wednesdays

12/12-12/21

Code: 413120-NV or NW 3:45-4:15 PM (4 classes) \$84

Code: 413120-NX or NY 4:20-4:50 PM (4 classes) \$84

Code: 413120-NZ or O 4:55-5:25 PM (4 classes) \$84

Code: 413120-OA or OB 5:30-6:00 PM (4 classes) \$84

Code: 413120-OC or OD 6:05-6:35 PM (4 classes) \$84

1/2-1/11

Code: 413120-OY or OZ 3:45-4:15 PM (4 classes) \$84

Code: 413120-P or PA 4:20-4:50 PM (4 classes) \$84

Code: 413120-PB or PC 4:55-5:25 PM (4 classes) \$84

Code: 413120-PD or PE 5:30-6:00 PM (4 classes) \$84

Code: 413120-PF or PG 6:05-6:35 PM (4 classes) \$84

### Mondays thru Thursdays

12/26-12/29

Code: 413120-OO or OP 3:45-4:15 PM (4 classes) \$84

Code: 413120-OQ or OR 4:20-4:50 PM (4 classes) \$84

Code: 413120-OS or OT 4:55-5:25 PM (4 classes) \$84

Code: 413120-OU or OV 5:30-6:00 PM (4 classes) \$84

Code: 413120-OW or OX 6:05-6:35 PM (4 classes) \$84

## Preschool Splash

Ages: 0-6 years

Content: Parent and child exploration in the leisure pool. Parents must be within an arm's reach of child at all times. Parents may bring up to two children under five during this time. All children not potty trained must wear swim diapers under suit.

Dates: Tu./F., 9/6-1/20 (ex. 11/25, 12/27, 12/30) 9:00-11:00 AM

Fee: \$5.00/parent-child (resident) per visit

\$7.00/parent-child (non-resident) per visit

\$2.00 each additional child or adult

\$45 for 10X Stamp Pass (resident) and \$63 (non-resident)

## NEW!! Mermaid Story & Splash

See Preschool page 15.

## Home School Swimmers WEB

Ages: 7 years and over

Content: Do you home school? Fulfill your child's physical education requirements with swimming lessons at our pool. For ages 7 and up. Students will be grouped with others of similar abilities. Our Red Cross certified staff will help your child learn or improve their strokes, flip turns and endurance while having fun.

Instructor: Marjory Halsted Hall

Dates: Code: 423810-A W., 9/14-10/19 2:00-2:30 PM (6 classes) \$45

Code: 423810-B W., 9/14-10/19 2:30-3:00 PM (6 classes) \$45

Code: 423810-C W., 10/26-12/21 (ex. 11/23) 2:00-2:30 PM

(8 classes) \$59

Code: 423810-D W., 10/26-12/21 (ex. 11/23) 2:30-3:00 PM

(8 classes) \$59

Register Online Using  
Our WebTrac System  
<https://webtrac.perinton.org>

## NEW!! Winter and Water Wonderland: Pool Camp! WEB

Ages: 6-13 years

Content: We are taking your summer pool camp and placing it at the start of winter! Come enjoy all the Perinton Community and Aquatic Center has to offer – both inside and out. Great camp activities taking place in rooms, gyms, pools and parks. Price designed to make missing a day for holiday fun no big deal.

Location: PCC, Room 208B

Dates: Code: 423326-A M.-F., 12/26-12/30 9:00 AM-4:00 PM (5 classes) \$130

## NEW!! Intro to Club Swimming WEB

Ages: 7-13 years

Content: Come find out in a pressure-free atmosphere what club swimming is all about after the excitement from the Summer Olympic Games! Class will be taught similar to one of the many great swim clubs in the area. Develop your strokes, get one-on-one time with instructors, and meet with representatives from clubs in the area. A perfect program to try before committing to a USA Swim Club or great team atmosphere for those looking for more than swim lessons.

Dates: Code: 423222-A M./Tu./Th., 9/12-10/20 (ex. 10/10) 5:00-6:00 PM (17 classes) \$110

## NEW!! Intro to Competitive Swim Training WEB

Ages: 18 years and over

Content: Mike Murray, coach for an Olympic Trial Qualifier, is offering an intro to competitive swimming class. Designed for individuals seeking high-level stroke instruction from a nationally recognized coach. It will help you prepare for competitions or enhanced lap swimming. Triathletes, competitive and recreational swimmers encouraged to try this out. Times will drop and goals will be attained!

Instructor: Mike Murray

Dates: Code: 443901-A Tu., 9/13-10/18 10:00-11:00 AM (6 classes) \$42

Code: 443901-B Tu., 10/25-11/22 10:00-11:00 AM (5 classes) \$35

Code: 443901-C Tu., 11/29-1/10 (ex. 12/27) 10:00-11:00 AM (6 classes) \$42

## Genesee Valley Masters Swimming



USA Master's registered program offering high-quality, coached instruction for competitive swimmers, triathletes, lap swimmers and anyone else interested.

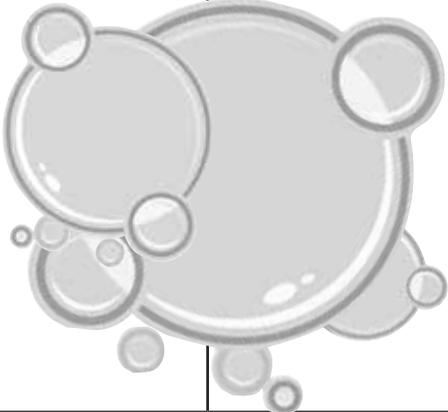
Participants have multiple options for practices – Perinton Aquatic Center Mon/Wed/Fri mornings, 6:00-7:30 AM, Tues/Thurs late mornings, 11:30 AM-1:00 PM and Mon/Wed nights, 7:30-9:00 PM, additionally, Victor High School Pool Tues/Thurs mornings 5:30-7:00 AM. Additional times may be added as the team grows. Rates and discounts vary; contact Matt at [msteffen@perinton.org](mailto:msteffen@perinton.org) to begin your free two week trial, registration details or more information.

**SWIMMING LESSONS**

Note: For safety and control reasons, parents are not allowed on the pool deck during swim lessons. You may observe from our observation areas.

CLASS	LEARNING OUTCOMES	CODES/DATES/TIMES
<p><b>Waterbabies I</b></p> <p>Ages: 6 months up to 3 years</p> <p><b>WEB</b></p> <p>(Parent participation in water, swimsuit required.)</p>	<p>Provides experiences and activities for children to:</p> <ul style="list-style-type: none"> <li>• Learn to ask permission before entering the water</li> <li>• Learn how to enter and exit the water in a safe manner</li> <li>• Feel comfortable in the water</li> <li>• Explore submerging to the mouth, nose, eyes and completely</li> <li>• Explore buoyancy on the front and back position</li> <li>• Change body position in the water</li> <li>• Learn how to play safely</li> </ul>	<p><b>Code: 413110-A</b> W., 9/14-10/19 10:30-11:00 AM (6 classes) \$45  <b>Code: 413110-B</b> Th., 9/15-10/20 10:30-11:00 AM (6 classes) \$45  <b>Code: 413110-C</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 8:30-9:00 AM (8 classes) \$59  <b>Code: 413110-D</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:35-10:05 AM (8 classes) \$59  <b>Code: 413110-E</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:45-11:15 AM (8 classes) \$59  <b>Code: 413110-F</b> Sun., 10/16-12/18 (ex. 11/13, 11/27) 9:30-10:00 AM (8 classes) \$59  <b>Code: 413110-G</b> M., 10/24-12/19 (ex. 10/31) 6:00-6:30 PM (8 classes) \$59  <b>Code: 413110-H</b> W., 10/26-12/21 (ex. 11/23) 10:30-11:00 AM (8 classes) \$59  <b>Code: 413110-I</b> Th., 10/27-12/22 (ex. 11/24) 10:30-11:00 AM (8 classes) \$59  <b>Code: 413110-J</b> Th., 10/27-12/22 (ex. 11/24) 6:00-6:30 PM (8 classes) \$59  <b>Code: 413110-K</b> Tu., 11/1-12/20 6:00-6:30 PM (8 classes) \$59</p>
<p><b>Waterbabies II</b></p> <p>Ages: 18 months up to 3 years</p> <p><b>WEB</b></p> <p>(Parent participation in water, swimsuit required.)</p> 	<p>Provides experiences and activities for children to:</p> <ul style="list-style-type: none"> <li>• Establish expectation for adult supervision</li> <li>• Learn more ways to enter and exit the water in a safe manner</li> <li>• Explore submerging in a rhythmic pattern</li> <li>• Glide on the front and back with assistance</li> <li>• Perform combined stroke on front and back with assistance</li> <li>• Change body position in the water</li> </ul>	<p><b>Code: 413111-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:00-9:30 AM (8 classes) \$59  <b>Code: 413111-B</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:10-10:40 AM (8 classes) \$59  <b>Code: 413111-C</b> Sun., 10/16-12/18 (ex. 11/13, 11/27) 10:40-11:10 AM (8 classes) \$59</p> 
<p><b>Nemos</b></p> <p>Ages: 3 years</p> <p><b>WEB</b></p> <p>For safety and control reasons, parents are not allowed on the pool deck during swim lessons. You may observe from our observation areas.</p> 	<ul style="list-style-type: none"> <li>• Enter and exit water using ladder, steps or side</li> <li>• Blow bubbles through mouth and nose</li> <li>• Submerge mouth, nose and eyes</li> <li>• Open eyes underwater and retrieve submerged objects</li> <li>• Front and back glides and recover to a vertical position</li> <li>• Back float and recover to a vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread with arm and hand actions</li> <li>• Alternating and simultaneous arm/leg actions on front and back</li> <li>• Combined arm and leg actions on front and back</li> </ul> <p><u>No prerequisite.</u></p> <p><b>Guaranteed 3:1 ratio for maximum benefit.</b></p>	<p><b>Code: 413117-A</b> W., 9/14-10/19 9:30-10:00 AM (6 classes) \$52  <b>Code: 413117-B</b> W., 9/14-10/19 10:00-10:30 AM (6 classes) \$52  <b>Code: 413117-C</b> W., 9/14-10/19 1:00-1:30 PM (6 classes) \$52  <b>Code: 413117-D</b> W., 9/14-10/19 1:30-2:00 PM (6 classes) \$52  <b>Code: 413117-E</b> Th., 9/15-10/20 9:30-10:00 AM (6 classes) \$52  <b>Code: 413117-F</b> Th., 9/15-10/20 10:00-10:30 AM (6 classes) \$52  <b>Code: 413117-G</b> Th., 9/15-10/20 1:00-1:30 PM (6 classes) \$52  <b>Code: 413117-H</b> Th., 9/15-10/20 1:30-2:00 PM (6 classes) \$52  <b>Code: 413117-I</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:00-9:30 AM (8 classes) \$69  <b>Code: 413117-J</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:35-10:05 AM (8 classes) \$69  <b>Code: 413117-K</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:45-11:15 AM (8 classes) \$69  <b>Code: 413117-L</b> M., 10/24-12/19 (ex. 10/31) 5:25-5:55 PM (8 classes) \$69  <b>Code: 413117-M</b> W., 10/26-12/21 (ex. 11/23) 9:30-10:00 AM (8 classes) \$69  <b>Code: 413117-N</b> W., 10/26-12/21 (ex. 11/23) 10:00-10:30 AM (8 classes) \$69  <b>Code: 413117-O</b> W., 10/26-12/21 (ex. 11/23) 1:00-1:30 PM (8 classes) \$69  <b>Code: 413117-P</b> W., 10/26-12/21 (ex. 11/23) 1:30-2:00 PM (8 classes) \$69  <b>Code: 413117-Q</b> Th., 10/27-12/22 (ex. 11/24) 9:30-10:00 AM (8 classes) \$69  <b>Code: 413117-R</b> Th., 10/27-12/22 (ex. 11/24) 10:00-10:30 AM (8 classes) \$69  <b>Code: 413117-S</b> Th., 10/27-12/22 (ex. 11/24) 1:00-1:30 PM (8 classes) \$69  <b>Code: 413117-T</b> Th., 10/27-12/22 (ex. 11/24) 1:30-2:00 PM (8 classes) \$69  <b>Code: 413117-U</b> Th., 10/27-12/22 (ex. 11/24) 4:50-5:20 PM (8 classes) \$69  <b>Code: 413117-V</b> Tu., 11/1-12/20 4:50-5:20 PM (8 classes) \$69  <b>Code: 413117-W</b> Tu., 11/1-12/20 6:00-6:30 PM (8 classes) \$69</p>

## SWIMMING LESSONS

CLASS	LEARNING OUTCOMES	CODES/DATES/TIMES
<p><b>Squirts</b></p> <p>Ages: 4-5 years</p> <p><b>WEB</b></p> <p>For safety and control reasons, parents are not allowed on the pool deck during swim lessons. You may observe from our observation areas.</p> 	<ul style="list-style-type: none"> <li>• Enter water by stepping in</li> <li>• Exit water using ladder, steps or side</li> <li>• Bobbing</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back floats and glides</li> <li>• Recover from a front or back float and glide to a vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action on back</li> </ul> <p>No prerequisite. <b>Guaranteed 3:1 ratio for maximum benefit.</b></p>	<p><b>Code: 413118-A</b> W., 9/14-10/19 9:30-10:00 AM (6 classes) \$52  <b>Code: 413118-B</b> W., 9/14-10/19 10:00-10:30 AM (6 classes) \$52  <b>Code: 413118-C</b> W., 9/14-10/19 1:00-1:30 PM (6 classes) \$52  <b>Code: 413118-D</b> W., 9/14-10/19 1:30-2:00 PM (6 classes) \$52  <b>Code: 413118-E</b> Th., 9/15-10/20 9:30-10:00 AM (6 classes) \$52  <b>Code: 413118-F</b> Th., 9/15-10/20 10:00-10:30 AM (6 classes) \$52  <b>Code: 413118-G</b> Th., 9/15-10/20 1:00-1:30 PM (6 classes) \$52  <b>Code: 413118-H</b> Th., 9/15-10/20 1:30-2:00 PM (6 classes) \$52  <b>Code: 413118-I</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:00-9:30 AM (8 classes) \$69  <b>Code: 413118-J</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:35-10:05 AM (8 classes) \$69  <b>Code: 413118-K</b> M., 10/24-12/19 (ex. 10/31) 5:25-5:55 PM (8 classes) \$69  <b>Code: 413118-L</b> W., 10/26-12/21 (ex. 11/23) 9:30-10:00 AM (8 classes) \$69  <b>Code: 413118-M</b> W., 10/26-12/21 (ex. 11/23) 10:00-10:30 AM (8 classes) \$69  <b>Code: 413118-N</b> W., 10/26-12/21 (ex. 11/23) 1:00-1:30 PM (8 classes) \$69  <b>Code: 413118-O</b> W., 10/26-12/21 (ex. 11/23) 1:30-2:00 PM (8 classes) \$69  <b>Code: 413118-P</b> Th., 10/27-12/22 (ex. 11/24) 9:30-10:00 AM (8 classes) \$69  <b>Code: 413118-Q</b> Th., 10/27-12/22 (ex. 11/24) 10:00-10:30 AM (8 classes) \$69  <b>Code: 413118-R</b> Th., 10/27-12/22 (ex. 11/24) 1:00-1:30 PM (8 classes) \$69  <b>Code: 413118-S</b> Th., 10/27-12/22 (ex. 11/24) 1:30-2:00 PM (8 classes) \$69  <b>Code: 413118-T</b> Th., 10/27-12/22 (ex. 11/24) 4:50-5:20 PM (8 classes) \$69  <b>Code: 413118-U</b> Tu., 11/1-12/20 4:50-5:20 PM (8 classes) \$69  <b>Code: 413118-V</b> Tu., 11/1-12/20 5:25-5:55 PM (8 classes) \$69</p>
<p><b>Sea Urchins</b></p> <p>Ages: 3-5 years</p> <p><b>WEB</b></p> <p>For safety and control reasons, parents are not allowed on the pool deck during swim lessons. You may observe from our observation areas.</p> 	<p>Nemos and Squirts in the same class! Children will be taught and grouped according to ability.</p> <p>No prerequisite. <b>Guaranteed 3:1 ratio for maximum benefit.</b></p>	<p><b>Code: 413119-A</b> W., 9/14-10/19 9:30-10:00 AM (6 classes) \$52  <b>Code: 413119-B</b> W., 9/14-10/19 10:00-10:30 AM (6 classes) \$52  <b>Code: 413119-C</b> W., 9/14-10/19 10:30-11:00 AM (6 classes) \$52  <b>Code: 413119-D</b> W., 9/14-10/19 1:00-1:30 PM (6 classes) \$52  <b>Code: 413119-E</b> W., 9/14-10/19 1:30-2:00 PM (6 classes) \$52  <b>Code: 413119-F</b> Th., 9/15-10/20 9:30-10:00 AM (6 classes) \$52  <b>Code: 413119-G</b> Th., 9/15-10/20 10:00-10:30 AM (6 classes) \$52  <b>Code: 413119-H</b> Th., 9/15-10/20 10:30-11:00 AM (6 classes) \$52  <b>Code: 413119-I</b> Th., 9/15-10/20 1:00-1:30 PM (6 classes) \$52  <b>Code: 413119-J</b> Th., 9/15-10/20 1:30-2:00 PM (6 classes) \$52  <b>Code: 413119-K</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 8:30-9:00 AM (8 classes) \$69  <b>Code: 413119-L</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:10-10:40 AM (8 classes) \$69  <b>Code: 413119-M</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:45-11:15 AM (8 classes) \$69  <b>Code: 413119-N</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 11:20-11:50 AM (8 classes) \$69  <b>Code: 413119-O</b> Sun., 10/16-12/18 (ex. 11/13, 11/27) 10:05-10:35 AM (8 classes) \$69  <b>Code: 413119-P</b> Sun., 10/16-12/18 (ex. 11/13, 11/27) 11:15-11:45 AM (8 classes) \$69  <b>Code: 413119-Q</b> M., 10/24-12/19 (ex. 10/31) 4:15-4:45 PM (8 classes) \$69  <b>Code: 413119-R</b> M., 10/24-12/19 (ex. 10/31) 4:50-5:20 PM (8 classes) \$69  <b>Code: 413119-S</b> M., 10/24-12/19 (ex. 10/31) 6:00-6:30 PM (8 classes) \$69  <b>Code: 413119-T</b> W., 10/26-12/21 (ex. 11/23) 9:30-10:00 AM (8 classes) \$69  <b>Code: 413119-U</b> W., 10/26-12/21 (ex. 11/23) 10:00-10:30 AM (8 classes) \$69  <b>Code: 413119-V</b> W., 10/26-12/21 (ex. 11/23) 10:30-11:00 AM (8 classes) \$69  <b>Code: 413119-W</b> W., 10/26-12/21 (ex. 11/23) 1:00-1:30 PM (8 classes) \$69  <b>Code: 413119-X</b> W., 10/26-12/21 (ex. 11/23) 1:30-2:00 PM (8 classes) \$69  <b>Code: 413119-Y</b> Th., 10/27-12/22 (ex. 11/24) 9:30-10:00 AM (8 classes) \$69  <b>Code: 413119-Z</b> Th., 10/27-12/22 (ex. 11/24) 10:00-10:30 AM (8 classes) \$69  <b>Code: 413119-AA</b> Th., 10/27-12/22 (ex. 11/24) 10:30-11:00 AM (8 classes) \$69  <b>Code: 413119-AB</b> Th., 10/27-12/22 (ex. 11/24) 1:00-1:30 PM (8 classes) \$69  <b>Code: 413119-AC</b> Th., 10/27-12/22 (ex. 11/24) 1:30-2:00 PM (8 classes) \$69  <b>Code: 413119-AD</b> Th., 10/27-12/22 (ex. 11/24) 4:15-4:45 PM (8 classes) \$69  <b>Code: 413119-AE</b> Th., 10/27-12/22 (ex. 11/24) 5:25-5:55 PM (8 classes) \$69  <b>Code: 413119-AF</b> Th., 10/27-12/22 (ex. 11/24) 6:00-6:30 PM (8 classes) \$69  <b>Code: 413119-AG</b> Tu., 11/1-12/20 4:15-4:45 PM (8 classes) \$69</p>

## AMERICAN RED CROSS SWIM LESSONS: LEVELS 1-6

- Participation in swim lessons does not automatically guarantee advancement to the next level.
- Completion of class requires Red Cross Card for that level. Do not sign your child up for the next level until they have received their card.

CLASS	LEARNING OUTCOMES	CODES/DATES/TIMES
<p><b>Red Cross Level 1</b> Ages: 6-8 years</p> <p><b>WEB</b></p> 	<p><u>Class is designed for 6-8 year olds with limited swim experience.</u></p> <ul style="list-style-type: none"> <li>• Enter and exit water using ladder, steps or side</li> <li>• Blow bubbles through mouth and nose</li> <li>• Bobbing</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front and back glides and floats</li> <li>• Recover to vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Tread water using arm and hand actions</li> <li>• Alternating and simultaneous arm/leg actions on front and back</li> <li>• Combined arm and leg actions on front and back</li> </ul> <p><u>No prerequisite. Guaranteed 5:1 ratio for maximum benefit.</u></p>	<p><b>Code: 423111-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:35-10:05 AM (8 classes) \$59</p> <p><b>Code: 423111-B</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:45-11:15 AM (8 classes) \$59</p> <p><b>Code: 423111-C</b> M., 10/24-12/19 (ex. 10/31) 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423111-D</b> M., 10/24-12/19 (ex. 10/31) 6:00-6:30 PM (8 classes) \$59</p> <p><b>Code: 423111-E</b> Th., 10/27-12/22 (ex. 11/24) 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423111-F</b> Th., 10/27-12/22 (ex. 11/24) 4:50-5:20 PM (8 classes) \$59</p> <p><b>Code: 423111-G</b> Th., 10/27-12/22 (ex. 11/24) 5:25-5:55 PM (8 classes) \$59</p> <p><b>Code: 423111-H</b> Tu., 11/1-12/20 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423111-I</b> Tu., 11/1-12/20 5:25-5:55 PM (8 classes) \$59</p>
<p><b>Red Cross Level 2</b> Ages: 6-14 years</p> <p><b>WEB</b></p>	<p><u>Child must be 6, have a Level 1 card or taken Squirts to enroll.</u></p> <ul style="list-style-type: none"> <li>• Enter and exit water by stepping or jumping from the side</li> <li>• Fully submerge and hold breath</li> <li>• Bobbing</li> <li>• Open eyes under water and retrieve submerged objects</li> <li>• Front, jellyfish and tuck floats</li> <li>• Front and back floats and glides</li> <li>• Recover to vertical position</li> <li>• Roll from front to back and back to front</li> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water using arm and leg actions</li> <li>• Combined arm and leg actions on front and back</li> <li>• Finning arm action</li> </ul> <p><b>Guaranteed 5:1 ratio for maximum benefit.</b></p>	<p><b>Code: 423112-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:00-9:30 AM (8 classes) \$59</p> <p><b>Code: 423112-B</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:10-10:40 AM (8 classes) \$59</p> <p><b>Code: 423112-C</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 11:20-11:50 AM (8 classes) \$59</p> <p><b>Code: 423112-D</b> M., 10/24-12/19 (ex. 10/31) 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423112-E</b> M., 10/24-12/19 (ex. 10/31) 5:25-5:55 PM (8 classes) \$59</p> <p><b>Code: 423112-F</b> Th., 10/27-12/22 (ex. 11/24) 4:50-5:20 PM (8 classes) \$59</p> <p><b>Code: 423112-G</b> Th., 10/27-12/22 (ex. 11/24) 6:00-6:30 PM (8 classes) \$59</p> <p><b>Code: 423112-H</b> Tu., 11/1-12/20 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423112-I</b> Tu., 11/1-12/20 4:50-5:20 PM (8 classes) \$59</p> <p><b>Code: 423112-J</b> Tu., 11/1-12/20 6:00-6:30 PM (8 classes) \$59</p> 
<p><b>Red Cross Level 3</b> Ages: 6-14 years</p> <p><b>WEB</b></p>	<p><u>Child must have a Level 2 card to enroll.</u></p> <ul style="list-style-type: none"> <li>• Enter water by jumping from the side</li> <li>• Headfirst entries from sitting and kneeling positions</li> <li>• Bobbing while moving to safety</li> <li>• Rotary breathing</li> <li>• Survival and back float</li> <li>• Change direction from vertical to horizontal position on front and back</li> <li>• Tread water</li> <li>• Flutter, scissor, dolphin and breaststroke kicks on front</li> <li>• Front crawl and elementary backstroke</li> </ul> <p><b>Guaranteed 6:1 ratio for maximum benefit.</b></p>	<p><b>Code: 423113-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 9:35-10:05 AM (8 classes) \$59</p> <p><b>Code: 423113-B</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:10-10:40 AM (8 classes) \$59</p> <p><b>Code: 423113-C</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 11:20-11:50 AM (8 classes) \$59</p> <p><b>Code: 423113-D</b> M., 10/24-12/19 (ex. 10/31) 5:25-5:55 PM (8 classes) \$59</p> <p><b>Code: 423113-E</b> Th., 10/27-12/22 (ex. 11/24) 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423113-F</b> Th., 10/27-12/22 (ex. 11/24) 5:25-5:55 PM (8 classes) \$59</p> <p><b>Code: 423113-G</b> Tu., 11/1-12/20 4:15-4:45 PM (8 classes) \$59</p> <p><b>Code: 423113-H</b> Tu., 11/1-12/20 5:25-5:55 PM (8 classes) \$59</p>

## AMERICAN RED CROSS SWIM LESSONS: LEVELS 1-6

CLASS	LEARNING OUTCOMES	CODES/DATES/TIMES
<p><b>Red Cross Level 4</b> Ages: 6-14 years</p> <p><b>WEB</b></p>	<p>Child must have a <u>Level 3 card to enroll.</u></p> <ul style="list-style-type: none"> <li>• Headfirst entries from the side in compact and stride positions</li> <li>• Swim under water</li> <li>• Feet-first surface dive</li> <li>• Survival swimming</li> <li>• Front crawl and backstroke open turns</li> <li>• Tread water using 2 different kicks</li> <li>• Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>• Flutter and dolphin kicks on back</li> </ul> <p><b>Guaranteed 8:1 ratio for maximum benefit.</b></p>	<p><b>Code: 423114-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 10:45-11:15 AM (8 classes) \$59</p> <p><b>Code: 423114-B</b> M., 10/24-12/19 (ex. 10/31) 4:50-5:20 PM (8 classes) \$59</p> <p><b>Code: 423114-C</b> Th., 10/27-12/22 (ex. 11/24) 6:00-6:30 PM (8 classes) \$59</p> <p><b>Code: 423114-D</b> Tu., 11/1-12/20 4:50-5:20 PM (8 classes) \$59</p>
<p><b>Red Cross Level 5</b> Ages: 6-14 years</p> <p><b>WEB</b></p>	<p>Child must have a <u>Level 4 card to enroll.</u></p> <ul style="list-style-type: none"> <li>• Shallow-angle dive from the side then glide and begin a front stroke</li> <li>• Tuck and pike surface dives, submerge completely</li> <li>• Front flip turn and backstroke flip turn while swimming</li> <li>• Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly</li> <li>• Sculling</li> </ul> <p><b>Guaranteed 8:1 ratio for maximum benefit.</b></p>	<p><b>Code: 423115-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 11:20-11:50 AM (8 classes) \$59</p> <p><b>Code: 423115-B</b> Th., 10/27-12/22 (ex. 11/24) 5:25-5:55 PM (8 classes) \$59</p> <p><b>Code: 423115-C</b> Tu., 11/1-12/20 6:00-6:30 PM (8 classes) \$59</p>
<p><b>Red Cross Level 6</b> Ages: 6-14 years</p> <p><b>WEB</b></p>	<p>Child must have a <u>Level 5 card to enroll.</u></p> <p>Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.</p> <p><b>Guaranteed 8:1 ratio for maximum benefit.</b></p>	<p><b>Code: 423116-A</b> Sat., 10/15-12/17 (ex. 11/12, 11/26) 11:20-11:50 AM (8 classes) \$59</p> <p><b>Code: 423116-B</b> Th., 10/27-12/22 (ex. 11/24) 5:25-5:55 PM (8 classes) \$59</p> <p><b>Code: 423116-C</b> Tu., 11/1-12/20 6:00-6:30 PM (8 classes) \$59</p>



**Water Aerobic Classes**

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>Total Body Aqua-Size</b>		<b>Heat up the Pool</b>	<b>H2O Aerobics</b>	<b>Dual Aqua Aerobics</b>
<b>WaterinMOTION**</b>		9:00AM-10:00AM	8:15AM-9:00AM	<b>WaterinMOTION**</b>
9:00AM-10:00AM 443810-A 12+ Marjory Halsted Hall 9/12/16-1/16/17 ex: 10/24, 12/26 17 classes: \$98		443817-A 12+ Marjory Hall 9/7/16-1/18/17 ex: 10/19, 11/23 18 classes: \$104	443883-B 16+ Erin Sullivan 9/15/16-12/22/16 ex: 11/24 14 Classes: \$81	9:00AM-10:00AM 443812-A 12+ Marjory Halsted Hall 9/9/16-1/20/17 ex: 10/21, 11/25 18 classes: \$104
<b>H2O Aerobics</b>	<b>Deep Water Challenge</b>	<b>Dual at Dusk</b>	<b>Deep Water Challenge</b>	
6:30PM-7:15PM 443883-A 16+ Erin Sullivan 9/12/16-12/19/16 ex: 10/10 14 Classes: \$81	6:30PM-7:15PM 443805-A 16+ Marcie Bartolotta 9/13/16-1/17/17 ex: 12/27, TBD 17 Classes: \$98	5:30PM-6:15PM 443813-A 12+ Marjory Hall 9/7/16-1/18/17 ex: 10/19; 11/23 18 classes: \$104	6:30PM-7:15PM 443805-B 16+ Marcie Bartolotta 9/22/16-1/19/16 ex: 11/24, 12/29, TBD 15 Classes: \$86	
	<b>Deep Water Challenge Combo</b>		<b>Deep Water Challenge Combo</b>	
	6:30PM-7:15PM 443805-C: 32 classes \$176 9/13/16-1/19/17 ex: 9/15, 11/24, 12/27, 12/29, TBD		6:30PM-7:15PM 443805-C: 32 classes \$176 9/13/16-1/19/17 ex: 9/15, 11/24, 12/27, 12/29, TBD	
				
				<b>Sat.</b>
				<b>Heat up the pool</b>
				9:00AM-10:00AM 443817-B 12+ Marjory Halsted Hall 9/10/16-10/8/17 ex: None 5 Classes: \$29
				<b>Sat.</b>
				<b>Weekend Wakeup</b>
				11:00AM-11:45AM 443815-A 12+ Marjory Halsted Hall 10/29/16-12/17/16 ex: 11/26 7 Classes: \$40
				<b>Sat.</b>
				<b>Heat up the pool</b>
				9:00AM-10:00AM 443817-C 12+ Marjory Halsted Hall 12/24/16-1/14/17 4 Classes: \$23



**Senior and Rehab Water Aerobic Classes: Taught by Lisa Peacock**

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>Bodies in Motion: Current Channel</b>		<b>Bodies in Motion: Current Channel</b>	<b>Bodies in Motion: Current Channel</b>	<b>Bodies in Motion: Aqua Aerobics</b>
<b>9:30AM-10:30AM</b>		9:30AM-10:30AM	9:30AM-10:30AM	10:00AM-11:00AM
443871-A (9/19/16- 11/14/16) ex: 10/10 8 classes: \$46		443871-B (9/21/16-11/16/16) ex: None 9 classes: \$52	443871-C (9/22/16-11/24/16) ex: 11/24 9 classes: \$52	443870-B (9/23/16-11/25/16) ex: 11/11, 11/25 8 classes: \$46
<b>9:30AM-10:30AM</b>		443871-E (11/23/16-1/18/17) ex: None 9 classes: \$52	443871-F (12/1/16-1/19/17) ex: None 8 classes: \$46	443870-D (12/2/16-1/20/17) ex: 12/23 7 classes: \$40
443871-D 11/21/16-1/16/17 ex: 12/26, 1/16 7 classes: \$40		<b>Bodies in Motion: Combo 9:30AM-11:00AM</b>		
		443872-A (9/21/16-11/16/16) ex: None 18 classes: \$95		
		443872-B (11/23/16-1/18/17) ex: None 18 classes: \$95		
		<b>Bodies in Motion: Aqua 10:00AM-11:00AM</b>		
		443870-A (9/21/16-11/16/16) ex: none 9 classes: \$52.00		
		443870-C (11/23/16-1/18/17) ex: None 9 classes: \$52		
				<b>Water Aerobic Class Fees</b>
				Drop-in* Rate: \$6.50 per class Non-Resident Rate: \$7.50 per class
				<b>Water Aerobic Instructors</b>
				Marjory Halsted Hall - AEA Lisa Peacock - AEA, Arthritis, Aqua Stretch Marcie Bartolotta - AEA Erin Sullivan - AEA



INTENSITY LEVEL	
LOW	X
MODERATE	X X
VIGOROUS	X X X

## **Adult Water Aerobic Fitness Mondays**

**Total Body Aqua-Size** – Work your arms, legs, abs and back using the resistance of water, bands and barbells. You can make it as challenging to your body as you want, at the same time relieving your stress (mind and body). Shallow and deep water exercises. All fitness levels invited. **C, S, B, C/RE, F**

**H2O Aerobics** - Start and end your week off right with a 45-minute energizing total body water workout! We will use both shallow and deep ends of the pool to blast away fat with cardio intervals and strength training. Water shoes recommended. **F, B, C, S, E**

### **Tuesdays**

**Deep Water Challenge** – The deep water class is a challenging class that incorporates high-intensity, non-impact strength and cardiovascular movements that provide one of the best forms of exercise. Participants wear a flotation belt during class. \*Must be comfortable in deep water. \*

### **Wednesdays**

**Heat up the Pool** – Turn up the heat with water exercise. Challenge yourself with barbells, buoys, bands and tethers. Work on cardio, flexibility and strength all in one hour. You determine the intensity – low (starting out) to vigorous (experienced). Push yourself. Both shallow (chest deep) and deep end of the pool will be used. **C/RE, F, S**

**Dual at Dusk** – Add variety to your Wednesday evenings – alternate evenings in the lap pool and current channel with a variety of equipment (balls, noodles, bands, boards) that will work your abs, legs, and arms. Challenge yourself with something new in the evening. **C/RE, S, B, C, F**

### **Thursdays**

**H2O Aerobics** - Start and end your week off right with a 45-minute energizing total body water workout! We will use both shallow and deep ends of the pool to blast away fat with cardio intervals and strength training. Water shoes recommended. **F, B, C, S, E**

**Deep Water Challenge** – The deep water class is a challenging class that incorporates high-intensity, non-impact strength and cardiovascular movements that provide one of the best forms of exercise. Participants wear a flotation belt during class. \*Must be comfortable in deep water.\*



#### **C/RE Cardiovascular/Respiratory Endurance**

<b>S</b> Strength	<b>F</b> Flexibility
<b>B</b> Balance	<b>E</b> Endurance
<b>C</b> Coordination	<b>R</b> Rehab
<b>A</b> Arthritis	<b>LIM</b> Low Impact

### **Fridays**

**Dual Aqua Aerobics** – Challenge yourself with aqua aerobics in the lap pool and an extreme workout in the current channel (alternating weeks). A Total body conditioning class for abs, legs, and arms using noodles, bands and balls. Variety is the spice of life and this class has it! All fitness levels welcome. Water shoes advised. **S, C, B, C/RE, F**

## **--- Weekend!! ---**

### **Saturday**

**Weekend Wake Up and Work Out** – Get moving in the current channel (forwards, backwards, and sideways) with and against the current. All parts of your body will be worked using the resistance of the water plus noodles, paddles, barbells and boards. Water shoes advised. **S, C, B, C/RE, F**

**Heat up the Pool** – Turn up the heat with water exercise. Challenge yourself with barbells, buoys, bands and tethers. Work on cardio, flexibility and strength all in one hour. You determine the intensity – low (starting out) to vigorous (experienced). Push yourself. Both shallow (chest deep) and deep end of the pool will be used. **C/RE, F, S**

## **Senior and Rehab Aerobic Fitness Monday, Wednesday, Thursday**

**Bodies in Motion: Current Channel** – A low-impact, full body workout walking with and against the current. Great for muscle, bone and joint rehabilitation. Class is 45 minutes; walk on your own for the last 15! **B, C, R, A**

### **Wednesday & Fridays**

**Bodies in Motion: Aqua Aerobics** – Using the water's resistance, firm and strengthen your body with this non-rebounding, low impact routine. A total body workout for anyone interested in a non-choreographed, shallow water program. **Silver&Fit and Silver Sneakers members are eligible to take this class.** **B, C, R, A**

### **Monday/Friday Silver&Fit**

**WaterinMOTION®** is the groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. With land equivalent intensity, enjoy the pure fun of this 55-minute water extravaganza! **C, S, B, C/RE, F**

# ADULT FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*Spinning*</b>	<b>**Spinning**</b>	<b>Fit-Spiration</b>	<b>**Spinning**</b>	<b>Powerbody</b>	<b>Hatha Flow Yoga</b>
8:00 - 8:45 am 441849-C 16+ Marcie B. 9/12 - 1/16 ex. 9/19, 12/26 17 classes \$111	5:40 - 6:35 am 441889-A 16+ Anne Marie C. 9/13 - 1/17, ex. tba 18 classes \$117	5:50 - 6:40 am 441852-A 16+ Lin F. 9/7 - 1/11, ex. 10/19, 12/28 17 classes \$94	5:40 - 6:35 am 441889-B 16+ Anne Marie C. 9/15 - 1/19, ex. 11/24 18 classes \$117	9:15 - 10:15 am 441865-A 14+ Marcie N. 9/9 - 1/20, ex. tba 19 classes \$105	7:45 - 8:45 am 441841-B 18+ Cathy A. <b>XX</b> 9/10 - 1/21, ex. 12/24, 12/31, 2 tba 16 classes \$88
<b>Monday Movers</b>	<b>All About Strength</b>	<b>*Spinning*</b>	<b>All About Strength</b>	<b>Yoga</b>	<b>Boot Camp</b>
8:55 - 9:40 am 441874-A Adult Nancy W. <b>X</b> to <b>XXX</b> 9/26 - 12/5, ex. 3 tba 8 classes \$44	9:00 - 9:45 am 441875-A Adult Nancy W. <b>X</b> to <b>XX</b> 9/20 - 11/29, ex. 2 tba 9 classes \$50	8:00 - 8:45 am 441849-D 16+ Marcie B. 9/7 - 1/18 ex. 9/14, 12/28 18 classes \$117	8:45 - 9:30 am 441875-B Adult Nancy W. <b>X</b> to <b>XXX</b> 9/15 - 12/1 ex. 11/24, 2 tba 9 classes \$50	11:00 - 11:50 am 441823-A 14+ Therese B. 9/16 - 1/20, ex. 11/25, 12/30, 1/6, tba 15 classes \$83	7:45 - 8:45 am 441866-A 18+ Marcie N. <b>XX</b> to <b>XXX</b> 9/10 - 1/21 ex. tba 19 classes \$105
<b>All Flex-ability</b>	<b>AM Blend</b>	<b>All Aerobics</b>	<b>Barre</b>		<b>Spinning</b>
9:45 - 10:30 am 441877-A Adult Nancy W. <b>X</b> to <b>XXX</b> 9/26 - 11/28, ex. 2 tba 8 classes \$44	9:50 - 10:35 am 441872-A Adult Nancy W. <b>X</b> to <b>XX</b> 9/20 - 11/22, 2 tba 8 classes \$44	8:45 - 9:30 am 441876-A Adult Nancy W. 9/14 - 11/23 ex. 3 tba 8 classes \$44	10:30 - 11:15 am 441824-A 14+ Therese B. 9/15 - 1/19 ex. 11/24, 12/29, 1/5, tba 15 classes \$83		9:00 - 9:45 am 441849-B 16+ Marcie B. 9/10 - 1/21 ex. 9/17, 12/24, 12/31 17 classes \$111
		<b>Tight &amp; Toned</b>			<b>Zumba Toning</b>
		9:15 - 10:15 am 441867-A 14+ Marcie N. <b>X</b> to <b>XX</b> 9/7 - 1/18, ex. tba 19 classes \$105			10:00 - 11:00 am 441810-C 14+ Lisa V. 9/10 - 1/21, ex. 11/26, 12/24, 12/31 17 classes \$94
		<b>Silver Spin</b>			
		10:15 - 11:00 am 441848-A 55+ Marcie B. 9/7 - 1/18, ex. tba 19 classes \$105	<b>Fit-Spiration</b>		
<b>Absolutely Abs</b>	<b>Fit-Spiration</b>		4:30 - 5:30 pm 441852-B 16+ Lin F. 9/8 - 1/12, ex. 10/20, 11/24, 12/29 16 classes \$88	<b>Combo Spinning Classes</b>	
5:30 - 6:30 pm 441822-A 14+ Therese B. 9/12 - 1/9, ex. 10/10, 12/26, 1/2 15 classes \$83 <b>XX</b>	4:30 - 5:30 pm 441857-A Adult Dylan M. <b>XX</b> 9/6 - 1/17, ex. 10/11, 12/27, 1/3 17 classes \$94	<b>Beginner Yoga</b>		441849-BC - Register for Mon/Wed at 8:00am - \$205	
<b>Boot Camp</b>	<b>Spinning</b>	10:45 - 11:45 am 441825-A 14+ Therese B. 9/14 - 1/18, ex. 11/23, 12/28, 1/4, tba 15 classes \$83	<b>Zumba</b>	441889-AB - Register for Tues/Thur at 5:40am - \$211	
6:45 - 7:45 pm 441866-B 18+ Marcie N. <b>XX</b> to <b>XXX</b> 9/12 - 1/16, ex. tba 18 classes \$99	5:30 - 6:15 pm 441849-A 16+ Marcie B. 9/6 - 1/17 ex. 12/27 19 classes \$124		6:00 - 7:00 pm 441810-A 14+ Lisa V. <b>XXX</b> 9/8 - 1/19, ex. 11/24, 12/29 18 classes \$99	<b>Drop In</b>	
	<b>Zumba Toning</b>	<b>Thighs &amp; Tris</b>	<b>Spinning</b>	Available for classes without a full roster: Resident: \$6.50 Exercise / \$7.50 Spin Non Resident: \$7.50 Exercise / \$8.50 Spin	
	6:00 - 7:00 pm 441810-E 14+ Lisa V. <b>XXX</b> 9/6 - 1/17, ex. 12/27 19 classes \$105	6:00 - 7:00 pm 441885-A 14+ Anne Marie C. <b>XX</b> 9/7 - 1/18, ex. 11/23 19 classes \$105	6:15 - 7:05 pm 441889-C 16+ Anne Marie C. 9/15 - 1/19, ex. 11/24 18 classes \$117	<b>Instructors</b>	
	<b>Mixed Level Yoga</b>	<b>Hatha Flow Yoga</b>		Cathy Ames - AFAA, Pi-Yo, Yoga Alliance Therese Bason - Pilates, Yoga Fit, Arthritis Marcie Bartolotta - ACE, AEA, YMCA Group Ex Anne Marie Cyerman - AFAA Lin Falzano - ACE, NASM, Silver&Fit Dylan Mariah - AFAA, Silver & Fit, YMCA Marcie Nicastro - ACE, AFAA, AEA Jennifer Ortenberg - YMCA Group Ex, NASM PT Lisa Valcore - Zumba, YMCA Group Ex. Nancy Waniewski - ACE, Arthritis	
	5:45 - 7:00 pm 441858-A Adult Dylan M. 9/6 - 1/17, ex. 10/11, 12/27, 1/3 17 classes \$94	6:00 - 7:00 pm 441841-A 18+ Cathy A. <b>XX</b> 9/7 - 1/18, ex. 11/23, 2 tba 17 classes \$94		<b>Child Care</b>	
<b>Intensity Level</b>	<b>Zumba Gold Toning</b>			Mon - Fri 8:30am - 1:00pm See page 8 of brochure for more information.	
Low <b>X</b> Moderate <b>XX</b> Vigorous <b>XXX</b> Scalable <b>X</b> to <b>XXX</b>	7:15 - 8:00 pm 441810-D 14+ Lisa V. <b>XX</b> 9/6 - 1/17, ex. 12/27 19 classes \$105				



**ADULT FITNESS**

**Absolutely Abs** – The ultimate body sculpting workout experience! This class is an intense, mat workout that will challenge your core. You will build stamina, develop superior core muscular power and postural endurance, to help optimize physical performance. Joint stabilization, back strength, and hip flexibility are just a few of the many benefits you will receive. This class will take you to the next level!! Beginners are welcome. **S F B C**

**All About Strength** – Improve bone density and stay strong. Become stronger and more flexible. Work that core. Emphasis on correct form. **S F B**

**All Aerobics** – All levels welcome! This dynamic class changes constantly. Bear your body weight to strengthen your bones. Boost mid-week energy. Covers the core and total body.

**All Flex-ability** – Youthful flexibility prevents injury – you will combine strength with resistive stretches to achieve your goals. Constant variety make it fun!

**AM Blend** – Simply thrive while doing this amazing class which blends strength, Pilates, and yoga moves. This unique technique provides many fitness benefits. Close with a relaxing flex segment. **S F C**

**Barre** – The Barre workout is a fusion program that uses Ballet Barre, Pilates, and Yoga exercises to strengthen and develop long, lean muscles. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body. No experience is necessary. Beginners are welcome!

**NEW!! Beginner Yoga** – This is the perfect class for anyone new to yoga or wanting a slower pace. Learn Yoga basics and beyond, including proper alignment of postures, breathing techniques, modification options, prop usage, and body awareness. You will improve flexibility, strength, and balance, reduce stress and find a deeper connection to self in a supportive, non-competitive environment.

**Boot Camp** – Back to “basics” exercises including cardio, interval and weight training to get you into the fighting shape you want! **C/RE S E**

**Fit-Spiration** – Fit-Spiration is a full body multi-level workout incorporating cardio, strength, abdominal strengthening, balancing, and stretching exercises. We will use a variety of dance and fitness moves, equipment and music to enhance your workout. You are welcome to move at your own pace in this energizing multi-level class. **C/RE S B F E**

**Hatha Flow Yoga** – This class is for a new student looking for a more challenging option or as an experienced yogi looking to advance their practice. This class is Hatha-inspired, meaning it will be slower paced so we can hold poses longer, develop correct alignment and move with the breath. Feel the benefits of a relaxed, strong body and a focused, clear mind.

**Mixed Level Yoga** – A mixed level yoga class for adults which offers a well-balanced asana practice combined with education and practice in meditation, breathing and other aspects of traditional yoga. This class will offer an experience of authentic yoga geared towards the contemporary lifestyle with support of deepening your Spiritual Path regardless of religious affiliation. All levels are welcome and will be accommodated.

**Monday Movers** – All health breaks loose in Monday Movers! Circuit format. Bear your body weight for improved bone density. Total body workout includes core & flex training. Cardio at target heart rate pacing!

<b>C/RE</b>	<b>Cardiovascular/Respiratory Endurance</b>		
<b>S</b>	<b>Strength</b>	<b>F</b>	<b>Flexibility</b>
<b>B</b>	<b>Balance</b>	<b>E</b>	<b>Endurance</b>
<b>C</b>	<b>Coordination</b>		

**Powerbody** - Safe & effective way to tone, tighten & trim your whole body, while increasing your overall fitness! Improves strength and endurance! Resistance (weight) training and cardio segment. **S E C**

**Silver Spin** – Enjoy a 45 minute class in the cycle room. Silver Spin is a great class to work out your heart on a stationary bike! Easy on your joints! This class is intended for participants ages 55 and better. It is instructor led with music to motivate!

**Spinning** - Have fun while burning calories to get rid of fat and achieve aerobic fitness. Spinning is a class exercise using a static bike and guided by an instructor. All fitness levels are welcome in this heart pumping class that’s easy on the joints.

**Thighs & Tris** – This class uses a variety of equipment to enhance balance and to build strength in all muscle groups especially to the Core. Class includes a cardio segment. **S F B C**

**Tight & Toned** - Not what you expected! Pilates based moves using resist-a-balls and tension bands for a total body workout. Complete CORE emphasis! **S F B**

**Yoga w/Therese** – Yoga is excellent for developing tone and fitness of the body, while creating a sense of inner calm, relaxation and overall well being. Poses are linked together in a flowing style that is accessible to individuals of all fitness levels. It works to enhance your physical and mental edge to optimize peak athletic performance. Increased strength, flexibility, balance, and mental focus are among the benefits to practitioners.

**Zumba®** - “Ditch the work-out...join the party!” Zumba® blends hypnotic international rhythms and easy to follow moves. Routines feature interval training sessions where fast & slow rhythms & resistance training combine to tone & sculpt your body while burning fat. A toning segment is included. **C/RE S E C**

**Zumba Gold Toning®** - An exciting program that utilizes the basic steps and rhythms of Zumba Gold® with an added muscle work out. Toning sticks or weights are used to focus on individual muscle groups. **S C/RE B**

**Zumba Toning®** - This class uses the international rhythms and steps of a regular Zumba® class, but incorporates the use of small hand-weights or toning sticks to get a more intensive muscle workout. Tone and dance! **S C/RE E B E**



## ADULT PROGRAMS

Register early to avoid program cancellation due to low enrollment.

### ADULT PROGRAMS

#### Adult Drop In Volleyball

Ages: 18 years and over  
Content: New teams formed nightly. Pick up volleyball games using two courts. Drop in only. See page 2 for fees.  
Location: PCC Gymnasium  
Dates: Th., 9/8-1/19 (ex. 11/24) 7:30-9:45 PM

#### Adult Horseback Riding WEB

Ages: 18 years and over  
Content: This course is designed for the adult with little or no experience with horses. Topics covered will include the basics of groundwork, elementary horse care, guidance while grooming, and explanation of the usage and care of tack, how to saddle and bridle a horse, and the beginning elements of riding.  
Instructors: JDL Trainers  
Location: JDL Equine, 1942 Turk Hill Road  
Dates: **Code: 445752-A** W., 9/14-10/5 7:00-8:00 PM (4 classes) \$120  
**Code: 445752-B** W., 10/12-10/26 7:00-8:00 PM (3 classes) \$90  
**Code: 445752-C** W., 11/2-11/16 7:00-8:00 PM (3 classes) \$90  
**Code: 445752-D** W., 11/30-12/14 7:00-8:00 PM (3 classes) \$90

#### NEW!! Autumn Nature and Macro Photography WEB

Ages: 18 years and over  
Content: The woods and fields during fall are filled with vivid scenes from close-up perspectives. In this three-session class, we'll practice our macro photography technique to capture images of butterflies, spiders, mushrooms, fall leaves and more. Participants will also gain skills in field identification and learn about the ecology of our subjects. Each session will begin at the Community Center and include a walk at Center Park or other local nature area. Bring whatever camera you shoot with. Dress for the outdoors.

Instructor: Bill Maier  
Location: PCC  
Dates: **Code: 465818-A** W., 9/28-10/12 9:00-11:15 AM (3 classes) \$24

#### Balance Your Life with Essential Oils WEB

Ages: 16 years and over  
Content: Ever feel like you need some support in making a plan to get your life into a clear state of balance and contentment? Come and make a plan! With a little help from Mother Nature and a little time to contemplate the seven most important areas of our lives: family, faith, friends, fitness, finance, field and fun...you'll leave this class with the confidence and strength all of us need to truly take control of our time and focus our energy on what means the most to each of us.

Instructor: Gayle Rachford  
Location: PCC, Room 208A  
Dates: **Code: 445882-F** Tu., 11/1 6:00-8:15 PM (1 class) \$20  
**Code: 445882-G** Tu., 1/3 6:00-8:15 PM (1 class) \$20

#### Basic Upholstery WEB

Ages: 16 years and over  
Content: This class will teach basic upholstery. Students must bring in project and all materials and tools. Instructor will provide information on what is needed and what type of project is acceptable.

Instructor: Lance Ladue  
Location: PCC, Room 205  
Dates: **Code: 445822-A** Sat., 10/22 10:00 AM-4:00 PM (1 class) \$95  
**Code: 445822-B** Sat., 11/19 10:00 AM-4:00 PM (1 class) \$95  
**Code: 445822-C** Sat., 12/10 10:00 AM-4:00 PM (1 class) \$95

#### Bicycling Drop In

Ages: 16 years and over  
Content: Leisurely rides from various locations in and around Perinton, sometimes with ice cream at the end. We go as long as it's not raining at the start time, and we return to the starting point by 11:30 AM or noon. **Helmet, bell and rear-view mirror required.** For more information, visit <http://perinton.org/Departments/Recreation/bicycling> OR email [rhilgert@rochester.rr.com](mailto:rhilgert@rochester.rr.com)

Supervisor: Ron Hilgert  
Dates: Tuesdays AND Thursdays thru 9/1, starting at 9:30 AM  
No charge. No pre-registration required.  
Tuesday, July 26 & Thursday, July 28  
Seneca Park Zoo (first parking lot)  
Tuesday, August 2 & Thursday, August 4  
Long Acre Farm  
Tuesday, August 9 & Thursday, August 11  
Mendon Ponds Park (beach parking area)  
Tuesday, August 16 & Thursday, August 18  
Webster Arboretum (Schlegel Road)  
Tuesday, August 23 & Thursday, August 25  
Egypt Park  
Tuesday, August 30 & Thursday, September 1  
Kreag Road Park

### BRIDGE

#### Learn to Play Bridge (Part 2) WEB

Ages: 18 years and over  
Content: In this class, we will review initial bidding concepts and cover the last three chapters of the ACBL's *Bidding in the 21st Century* textbook – Overcalls, Take-Out Doubles and the Stayman Convention. The bridge hands will give students a chance to practice their bidding and improve their play. If you need to review bidding and learn some new competitive bids, this class is the one for you.

Instructor: Mary Lou Lawson  
Location: PCC  
Dates: **Code: 445825-A** W., 9/7-9/28 1:00-3:00 PM (4 classes) \$30

#### Essential Bridge Conventions WEB

Ages: 18 years and over  
Content: These are the 4 conventions you must learn to complete your basic bidding arsenal. Common conventions played today in Standard American Bridge will be covered in depth. They include Blackwood (when is 4 no-trump NOT asking for aces?), Negative Doubles, Jacoby Transfers and Weak Two Bids. This sequential series builds a solid and detailed foundation for bidding.

Instructor: Mary Lou Lawson  
Location: PCC  
Dates: **Code: 445825-B** Th., 10/6-11/3 1:00-3:00 PM (5 classes) \$38

## Structured Bridge Play for the Advancing Player WEB

**Ages:** 18 years and over  
**Content:** Come together and play hands which present challenges to the intermediate bridge player. Based on the needs of the class, we will review rules, guidelines and conventions from declarers' and defenders' point of view and play many hands.  
**Instructor:** Mary Lou Lawson  
**Location:** PCC  
**Dates:** **Code: 445825-C** M., 9/12-10/3 9:30-11:30 AM (4 classes) \$30

## Buying Your First Home WEB

**Ages:** 18 years and over  
**Content:** Learn how to navigate the process of buying a home, whether it is the first time or you are a move up buyer ready for a refresher. We will cover mortgages, inspections and negotiations. Participants will learn the Ten Mistakes People Make When Buying a Home. Save money and find the home of your dreams!  
**Instructor:** Rob Opett  
**Location:** PCC, Room 205 (9/13), Room 200 (10/18)  
**Dates:** **Code: 448103-A** Tu., 9/13 7:00-8:15 PM (1 class) \$10  
**Code: 448103-B** Tu., 10/18 7:00-8:15 PM (1 class) \$10

## DANCE PROGRAMS

### Ballet WEB

**Ages:** 14 years and over  
**Content:** This class is for students with little or no dance training or for those students returning to ballet after any number of years. It is good for body toning and getting back into shape.  
**Instructor:** Margaret Carlston, M.C. Classical Productions, (585) 355-9212 www.mcclassicalproductions.com  
**Location:** PCC, Aerobics Room  
**Dates:** **Code: 446830-A** Th., 9/8-12/15 (ex. 11/24) 7:00-8:15 PM (14 classes) \$140

### Ballroom Dancing

**Ages:** 14 years and over  
**Instructor:** Maureen C. Hickey, M.Ed.

### Ballroom Workshop - East Coast Swing WEB

**Content:** Get in the swing of things with all time favorite songs from the Big Band Era! Come get "In the Mood" and fall in love with dancing! Beginner Level - singles and couples are always welcome.  
**Location:** PCC, Room 204B  
**Dates:** **Code: 446867-A** M., 9/12-10/24 (ex. 10/10) 6:00-7:00 PM (6 classes) \$57

### Night Club Two Steps WEB

**Content:** Intermediate Level - Singles and couples welcome. With this dance, you can learn to float around the room to romantic ballads. This is one of my all time favorite dances to teach and to dance!  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446867-B** M., 9/12-10/24 (ex. 10/10) 7:00-8:00 PM (6 classes) \$57

### Hustle WEB

**Content:** Intermediate Level. This dance has come a long ways since the 70s. It is still popular and the perfect night club dance or for wedding receptions. No polyester suits required! Couples and singles are always welcome.  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446867-C** M., 9/12-10/24 (ex. 10/10) 8:00-9:00 PM (6 classes) \$57

### Combo Class I WEB

**Content:** As long as you are out, you might as well stay for 2 classes! Twice the fun and twice the calories burned! You can combine the 6 & 7 PM classes or the 7 & 8 PM classes!  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446867-D** M., 9/12-10/24 (ex. 10/10) 6:00-8:00 PM (12 classes) \$103  
**Code: 446867-E** M., 9/12-10/24 (ex. 10/10) 7:00-9:00 PM (12 classes) \$103

### Ballroom Workshop - Foxtrot & Waltz WEB

**Content:** Beginner Level, couples and singles are always welcome. Two super smooth dances that will make you feel like you are riding in a Rolls Royce!  
**Location:** PCC, Room 204B  
**Dates:** **Code: 446867-F** M., 11/7-12/19 6:00-7:00 PM (7 classes) \$67

### Samba WEB

**Content:** Intermediate Level. The word "samba" is thought to be derived from the Kimbundu (Angolan) term *samba*, which referred to an "invitation to dance". The most popular music and dance style ever to emerge from Brazil. Samba evolved in Rio de Janeiro by the early 20th century and grew to become the quintessential music and dance form associated with Rio's Carnival. Couples and singles are always welcome.  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446867-G** M., 11/7-12/19 7:00-8:00 PM (7 classes) \$67

### Viennese Waltz WEB

**Content:** Intermediate to Advanced Level. Dance to the oldest and most traditional of all of the ballroom dances. It is a good idea if you have a good foundation in Foxtrot and Waltz before starting this dance.  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446867-H** M., 11/7-12/19 8:00-9:00 PM (7 classes) \$67

### Combo Class II WEB

**Content:** As long as you are out, you might as well stay for 2 classes! Twice the fun and twice the calories burned! You can combine the 6 & 7 PM classes or the 7 & 8 PM classes!  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446867-I** M., 11/7-12/19 6:00-8:00 PM (14 classes) \$120  
**Code: 446867-J** M., 11/7-12/19 7:00-9:00 PM (14 classes) \$120

### Wedding Workshop WEB

**Content:** Get ready for wedding season now or just want to try something new and different? This class is designed to be a crash course in Ballroom Dancing. Dances taught will be the Foxtrot, Waltz and Jitterbug. After this course, you won't have "I can't dance" as an excuse anymore. Beginner Level - couples and singles are always welcome.  
**Location:** PCC, Rooms 204A & B  
**Dates:** **Code: 446824-A** M. & Tu., 1/9-1/10 7:00-9:00 PM (2 classes) \$50

**Register Online Using  
 Our WebTrac System - See Page 3  
<https://webtrac.perinton.org>**

## ADULT PROGRAMS

### Line Dance **WEB**

**Ages:** 16 years and over  
**Content:** Come learn the most favorite and current line dances to ALL types of music...country, non-country, pop and oldies! No partner required! Bring your family and friends and let's dance for both the fun and exercise...a great way to start your Saturday mornings this Fall. Three fun classes to choose from.  
**Instructor:** Terri Anderson  
**Location:** PCC, Room 208B  
**Dates:** **Intermediate:** Previous intermediate experience required. Come have fun learning those tips that help make your dance steps easier to execute and more fun to do and watch!  
**Code: 446819-A** Sat., 10/1-12/17 (ex. 10/29, 11/26)  
9:30-10:30 AM (10 classes) \$70  
**Beginner Plus:** Previous beginner class required – a continuation reviewing the basics with confidence while learning some of the latest dances!  
**Code: 446819-B** Sat., 10/1-12/17 (ex. 10/29, 11/26)  
10:30-11:15 AM (10 classes) \$70  
**New Beginner:** No experience needed! Come learn the basics from scratch.  
**Code: 446819-C** Sat., 10/1-12/17 (ex. 10/29, 11/26)  
11:15 AM-12:00 PM (10 classes) \$70

### **NEW!!** Western Style Square Dancing **WEB**

**Ages:** 18 years and over  
**Content:** A condensed course in Basic and Mainstream Western Style square dancing. Couples are preferred but singles are welcome. Dancing is in couples so partners will be assigned. Graduates will be able to enroll in a second course which will complete the square dance Mainstream list if desired.  
**Instructor:** Gil Porter  
**Location:** PCC, Room 208B  
**Dates:** **Code: 446823-A** M., 9/12-12/5 (ex. 10/31) 6:30-8:00 PM (12 classes) \$60

### DIY With Gayle: Organic Personal Care with Essential Oils **WEB**

**Ages:** 14 years and over  
**Content:** Join Gayle for an informative and fun evening of learning how to use essential oils to make your own personal care products and optimize your health. In each class, we'll focus on making three products that support a specific system of the body. September is Back to School Immune Support. In October, we'll charge up our energy with Nervous System and Endocrine Support. November is all about making products to strengthen our Digestive System and December is our DIY Gifts Galore Make & Take!  
**Instructor:** Gayle Rachford  
**Location:** PCC, Room 208A  
**Dates:** **Code: 445882-A** Tu., 9/20 6:30-8:30 PM (1 class) \$25  
**Code: 445882-B** Tu., 10/18 6:30-8:30 PM (1 class) \$25  
**Code: 445882-C** Tu., 11/15 6:30-8:30 PM (1 class) \$25  
**Code: 445882-D** Tu., 12/6 6:30-8:30 PM (1 class) \$25  
**Code: 445882-E** Tu., 9/20, 10/18, 11/15, 12/6 6:30-8:30 PM (4 classes) \$80  
**Sign up for all four classes and save \$20**

**Register Online Using  
Our WebTrac System - See Page 3  
<https://webtrac.perinton.org>**



### Dog Obedience Training **WEB**

**Ages:** 18 years and over  
**Content:** A good start is essential. You will understand how puppies learn and how best to teach them through positive reinforcement. **Puppy Kindergarten** provides puppy socialization time, information on preventing common problems such as housebreaking, jumping, chewing, mouthing, etc., and puppy basic obedience, such as sit, down, stay, come, drop it, trade and leash etiquette. Your puppy will have fun learning to pay attention to you. **Teen Puppy** focuses on the basic obedience learned in Puppy Kindergarten, but at an advanced level. Consistency and reliability are the primary focus as puppies mature and become more capable. Socialization during playtime is also included. **Petite Pooch:** Don't overlook your Petite Pooch's shyness, jumping, barking, biting or other small-dog inappropriate behaviors. Petite Pooches need to learn proper manners too! This class focuses on basic obedience plus advanced behaviors: heel, settle, leave it. All these techniques help dog guardians become part of the training process as well as teach them techniques to prevent future behavior problems. Proof of vaccinations is required at first class. Do **NOT** bring your puppy/dog to the first class! Call Fran with any questions at 585-388-7482 or 585-752-9398.

**Instructor:** Fran Schoenfeld  
**Location:** PCC, Rooms 204 A&B  
**Dates:** **Puppy Kindergarten (dogs 8-20 weeks of age)**  
**Code: 445849-A** 9/27-11/15 (ex. 10/11) 6:15-7:00 PM (7 classes) \$105  
**Petite Pooch (dogs 1 year and older, 25 pounds and under)**  
**Code: 445849-B** 9/27-11/15 (ex. 10/11) 7:15-8:00 PM (7 classes) \$105  
**Teen Puppy (dogs 6-16 months of age)**  
**Code: 445849-C** 9/27-11/15 (ex. 10/11) 8:15-9:00 PM (7 classes) \$105

### Downsizing in Today's Market **WEB**

**Ages:** 18 years and over  
**Content:** This class will show participants who are experiencing a life change (such as a loss of a job, disability, loss of a spouse, or simply becoming "empty nesters") how to properly downsize their single family residence in Today's Real Estate Market. Staging, pricing and updates will be discussed to obtain the maximum profit in the shortest amount of time for the Seller. Discussion will include strategies and options such as reverse mortgages. Participants will also learn tips on vacation purchases both within the US and abroad. Discussion will include mortgage options, benefits of Buyer agency, pitfalls, inspections, negotiations and certain legal issues.

**Instructor:** Rob Opett  
**Location:** PCC, Room 209  
**Dates:** **Code: 448103-C** W., 9/14 7:00-8:15 PM (1 class) \$10  
**Code: 448103-D** W., 10/19 7:00-8:15 PM (1 class) \$10

**DRIVING COURSES**

**8 Hour Safe Boating Course**

**Content:** Suburban Driving will be offering the NYS eight hour safe boating course. This course is needed by anyone wishing to operate a jet ski/pwc and anyone under 17 wishing to operate a motorboat.

**Instructor:** Chris Stahl – www.suburbandriving.com

**Location:** PCC

**Dates:** Tuesdays, Saturdays & Sundays. Call Suburban Driving for specific course dates at 585-388-1260. Call to pre-register. Pre-registration fee - \$45. Walk-in fee - \$50.

**Defensive Driving/Point and Insurance Reduction**

**Ages:** 16 years and over (anyone with a driver's license)

**Content:** Empire Safety Council's six (6) hour Defensive Driving Course is a New York State approved Point and Insurance Reduction Program. A 10% auto insurance discount will apply for the next 3 years for all vehicles for which you are listed as the principle operator. Also, if applicable, a maximum of four (4) points will automatically be reduced on your driving record. Course offered through Suburban Driving.

**Instructors:** Mike DeMay & Chris Stahl – www.suburbandriving.com

**Location:** PCC, Room 212

**Dates:** Tuesdays & Saturdays. Call Suburban Driving for specific class dates at 585-388-1260. Call the school to pre-register. Pre-registration fee - \$35. Walk-in fee - \$40.

**Driving - 5 Hour Pre-Licensing Class**

**Ages:** 16 years and over (anyone with a learner's permit)

**Content:** New York State DMV mandated safe driving class is required for all new drivers before they can sign up for their driving road test. Course offered through Suburban Driving.

**Instructors:** Mike DeMay & Chris Stahl – www.suburbandriving.com

**Location:** PCC, Room 212

**Dates:** Tuesdays, Saturdays & Sundays. Call Suburban Driving for specific class dates at 585-388-1260. \$40 per student. Cash or check payable to: Suburban Driving. No pre-registration required. Just walk in, everyone welcomed.

**DSLR (Digital Single Lens Reflex) Cameras Demystified WEB**

**Ages:** 18 years and over

**Content:** Do you own a DSLR or mirrorless camera\* and would like to know more about it? \*Digital Single Lens Reflex (DSLR) or mirrorless cameras have interchangeable lenses and manual controls. Learn what your camera's settings mean and how they work. Join Thom Bell, former Technical Support Manager for Kodak's Professional Division for this 10-hour hands-on workshop that will help you understand basic concepts that will have you taking better photographs. Topics will include: shooting modes, exposure settings, flash, resolution and file sizes. Prerequisite: Must break into a sweat at the thought of understanding your manual! Please bring a memory card, a fully charged battery, your manual and digital SLR camera and lenses to class.

**Instructor:** Thom Bell

**Location:** PCC, Room 208A (A), Room 208 (B), Room 209 (C)

**Dates:** **Code: 445863-A** M. & W., 9/12-9/21 6:00-8:30 PM (4 classes) \$69  
**Code: 445863-B** Tu. & Th., 11/8-11/17 6:00-8:30 PM (4 classes) \$69  
**Code: 445863-C** Tu. & Th., 1/3-1/12 6:00-8:30 PM (4 classes) \$69

**Easy Italian Beginner - Conversational and Travel WEB**

**Ages:** 16 years and over

**Content:** This short 6 week fun class is ideal for those wanting to learn Italian for the first time, as a refresher, or traveling to Italy by breaking the language barrier. Lessons include common expressions, vocabulary, grammar, culture and a video. Instructor loves Italy, the food, the land, the culture. Her passion and experience is evident in class. Instructor has attended High School in Italy and lived there for 6 years. Vieni e parliamo! Arrivederci!

**Instructor:** Carol Mancini

**Location:** PCC, Room 205

**Dates:** **Code: 445892-A** Tu., 10/4-11/8 7:00-8:00 PM (6 classes) \$100

**Exotic Tour of Ethnic Markets WEB**

**Ages:** 16 years and over

**Content:** Discover your local source of exotic foreign foods as you tour eight of Rochester's unusual ethnic markets. The quaint shops on your worldly travels will include such markets as Russian, Indian, Asian, Ukrainian, Jamaican, German, Mid-Eastern, Polish and Italian. We'll meet at PCC, where you'll get your tour information packet and driving directions. You can drive your own car, or car pool with other tour goers, as we travel from nation to nation. Bring your appetite; we'll be sampling along the way. Your experienced tour guide, Sandy Baker, also leads the tour of gourmet markets. No purchases are necessary, but we recommend you bring a cooler for possible perishable food purchases, as well as a bottle of drinking water.

**Instructor:** Sandy Baker

**Location:** Meet at PCC Lobby

**Date:** **Code: 447808-A** Sat., 10/29 9:00 AM-3:00 PM (1 class) \$36



**NEW!! Explore Montezuma National Wildlife Refuge WEB**

**Ages:** 18 years and over

**Content:** The Montezuma National Wildlife Refuge is one of the most spectacular wildlife observation hotspots in western New York. We pass it on the thruway, but many of us have never explored it. Here's your chance for a guided tour, during the peak of the waterfowl migration season. We will meet at the Perinton Community Center for an overview and then drive to the refuge. There, we'll tour Wildlife Drive, visit the refuge's best habitats, hike a trail and check out the visitor center. Bring binoculars, camera and water bottle, and dress for the outdoors.

**Instructor:** Bill Maier

**Location:** PCC, Room 205

**Dates:** **Code: 465818-B** W., 10/19-10/26 9:00 AM-12:30 PM (2 classes) \$24

## ADULT PROGRAMS

### Gourmet Specialty Markets Tour **WEB**

Ages: 16 years and over

Content: Treat your taste buds to this gourmet tasting adventure featuring seven of Rochester's finest food specialty markets. This behind-the-scenes guided tour was designed exclusively for food lovers. Bring your appetite; you'll be sampling delicious treats such as organic fair trade coffee made from freshly roasted beans; French-American artisan chocolates and gourmet ice creams; chef-inspired prepared foods; homemade nut butters; exotic olive oils and vinegars; locally produced artisan cheeses; exotic spices; smooth, rich and creamy cheesecake. You'll taste and chat with other food loving guests as you discover specialty and hard-to-find ingredients. Be sure to bring a cooler for your perishable food purchases. Tour goes will meet at PCC and drive individually, or car pool, from market to market. Map and directions will be provided. Your experienced tour guide, Sandy Baker, also leads the tour of ethnic markets.

Instructor: Sandy Baker

Location: Meet at PCC Lobby

Date: **Code: 447808-B** Sat., 11/12 9:00 AM-3:00 PM (1 class) \$36

### Healing and Transformative Power of Meditation **WEB**

Ages: 18 years and over

Content: Meditation is not just about being quiet nor is it about the absence of challenges. It is about being the witness or observer of one's life experiences. Through increasing awareness or mindfulness, we learn to transcend the ego self that thrives on drama, pain and suffering. Meditation develops concentration and promotes deep relaxation, with the brain emitting alpha and theta waves. These waves have the power to calm the mind, relax the body, and balance and harmonize the discordant energies within us. When we allow meditation to become a part of our lives, we are in reality reconnecting to the "sacred silence" that resides in us and allows the inner peace to permeate in our outer life. The sessions will include the use of the crystal singing bowls and how these sounds can expedite one's healing and transformation.

Instructor: Usha Shah

Location: PCC, Room 209

Dates: **Code: 445844-A** Th., 9/15-10/13 6:30-7:45 PM (5 classes) \$55  
**Code: 445844-B** Th., 10/20-11/17 6:30-7:45 PM (5 classes) \$55

### **NEW!!** Healthy Happy Feet **WEB**

Ages: 18 years and over

Content: If you have foot issues or pain, or just want to keep your feet as healthy as possible, this course is for you! You will learn an innovative set of exercises to restore foot function and prevent future problems. You will also learn basic foot anatomy, knowledge of how foot function affects whole-body health, and the role of footwear on foot health and foot pain. Half-round foam roller, handouts and exercise sheets will be given to each student to keep.

Instructor: Jacqueline Holtzman

Location: PCC, Room 212

Dates: **Code: 445871-A** W., 10/5-10/26 9:00-11:00 AM (4 classes) \$120



### How to Protect Yourself from Your Computer **WEB**

Ages: 18 years and over

Content: Frustrated by your computer? Bombarded by error messages? Is your computer dreadfully slow? Don't bother buying a new one! In this course, you'll learn how to protect yourself from viruses, spyware, toolbars, spam and scams. You'll learn how to speed up your computer, how to make educated purchases, and the answers to questions you may have, all in plain English. The instructor's tongue-in-cheek teaching style will keep you interested. This is the only self defense class offered where you won't break a sweat!

Instructor: Marc-Anthony Arena

Location: PCC, Room 208A

Dates: **Code: 445883-A** Tu. & Th., 9/6-9/15 6:00-8:00 PM (4 classes) \$55

### Karate - Beginner **WEB**

Ages: 16 years and over

Content: Introduction to fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. Students will learn basic blocks, kicks, punches and stances, along with personal security and self-defense basics. Learn at your pace, while building fitness, confidence, balance and coordination in a fun, non-threatening setting. For more information visit [fairportkarate.net](http://fairportkarate.net) or call 223-2670.

Instructor: Fairport Karate Academy Instructor

Location: Fairport Karate Academy, inside Perinton Square Mall

Dates: **Code: 445801-A** Tu., 9/6-1/10 (ex. 12/27) 7:20-8:20 PM (18 classes) \$167  
**Code: 445801-B** F., 9/9-1/13 (ex. 11/25, 12/30) 7:20-8:20 PM (17 classes) \$158



## Qigong for Optimum Health and Wellness **WEB**

**Ages:** 18 years and over  
**Content:** Qigong is a 5000 year old healing practice from traditional Chinese medicine. Its gentle movements stretch and strengthen muscles, improve balance and flexibility, and reduce inflammation in joints. This movement helps to improve the circulation of blood and oxygen throughout the body and helps to release toxins and deep seated emotions. Qigong is suitable for everybody even if one has physical pain as movements can be adapted to what one can do whilst sitting, standing or lying down. The session will include slow, controlled, gentle movements that are easy to learn with emphasis on awareness and deep breathing. Please bring your yoga mat and wear comfortable clothing.

**Instructor:** Usha Shah  
**Location:** PCC, Room 208B  
**Dates:** **Code: 445843-A** Tu., 9/13-10/11 7:15-8:30 PM (5 classes) \$55  
**Code: 445843-B** Tu., 10/18-11/15 7:15-8:30 PM (5 classes) \$ 55



## Raising a Nature Child **WEB**

**Ages:** 18 years and over  
**Content:** Connection to nature is vital to the healthy development of children. In this workshop, parents, grandparents, teachers and caregivers will learn how research supports this connection and will discover practical ideas for getting the kids we love, and ourselves, outside. Learn how nature play and exploration develop cognitive and physical abilities, promote positive social/emotional growth, develop independence and risk taking skills, relieve stress and attention deficits and balance the effects of technology. Become a nature mentor.

**Instructor:** Barb Rose  
**Location:** PCC, Room 205  
**Dates:** **Code: 445868-A** Tu., 9/20 7:00-9:00 PM (1 class) \$10  
**Code: 445868-B** Th., 9/29 7:00-9:00 PM (1 class) \$10

**Register Online Using  
 Our WebTrac System - See Page 3  
<https://webtrac.perinton.org>**



## Learn to Skate **WEB**

**Ages:** 18 years and over  
**Content:** This class is designed to promote physical fitness and improve balance and coordination while learning proper skating technique. \*Rental skates are available for \$1 per class. Please arrive 15 minutes prior to start of class.

**Instructor:** Amanda Bortle  
**Location:** Thomas Creek Ice Arena, 80 Lyndon Road  
**Dates:** **Code: 435824-S** Th., 9/8-10/20 10:00-11:00 AM (7 classes) \$105  
**Code: 435824-T** Sat., 9/10-10/22 10:50-11:20 AM (7 classes) \$65  
**Code: 435824-U** Th., 11/3-12/15 (ex. 11/24) 10:00-11:00 AM (6 classes) \$90  
**Code: 435824-V** Sat., 11/5-12/17 (ex. 11/26) 10:50-11:20 AM (6 classes) \$55  
**Code: 435824-W** Th., 1/5-2/16 10:00-11:00 AM (7 classes) \$105  
**Code: 435824-X** Sat., 1/7-2/18 10:50-11:20 AM (7 classes) \$65



## **NEW!!** Pickleball Instruction **WEB**

**Ages:** 18 years and over  
**Content:** Take some time to learn a new sport! Pickleball is one of the fastest growing activities in the area, so join in!

**Instructor:** Pat Danahar/Bob Stokes  
**Location:** PCC Gymnasium  
**Dates:** **Code: 445302-A** Sun., 9/11-10/9 1:15-2:45 PM (4 classes) \$35  
**Code: 445302-B** Sun., 10/16-12/6 1:15-2:45 PM (4 classes) \$35

## ADULT PROGRAMS

### Remodeling Your Kitchen: Getting Started WEB

**Ages:** 18 years and over  
**Content:** Are you planning to remodel your kitchen? Learn how to plan an efficient kitchen, what to look for in kitchen cabinets, the pros and cons of refacing versus new cabinets, the advantages of different types of countertops, flooring, sinks and lighting. Learn the elements of basic kitchen design and the best order of having your remodeling work done. Bring all your questions to be answered by a kitchen specialist.  
**Instructor:** Peter Rees  
**Location:** PCC, Room 208B  
**Dates:** **Code: 445862-A** Th., 9/15 6:30-9:00 PM (1 class) \$15

### NEW!! Re-Thinking Your Thoughts Around Weight Loss & Exercise WEB

**Ages:** 18 years and over  
**Content:** Reshape your life! Join Lin Falzano, health and wellness coach and personal trainer, to develop your action plan for weight loss and exercise success. Let go of old thought patterns and beliefs that no longer work and let's design and fill your tool box for success!  
**Instructor:** Lin Falzano  
**Location:** PCC, Room 209 (9/20) & Room 213 (10/18)  
**Dates:** **Code: 445872-A** Tu., 9/20 6:00-8:00 PM (1 class) \$25  
**Code: 445872-B** Tu., 10/18 6:00-8:00 PM (1 class) \$25



### Soccer Co-Ed Drop In

**Ages:** 16 years and over  
**Content:** Pick up soccer games. In our 32nd year! Please wear a white shirt. Pinnies provided for the alternate team color. Sign in at the program. If you have any questions, please call Larry at 259-3467.  
**Supervisor:** Larry Reynolds  
**Location:** Center Park West Soccer Fields \*CP East thru 9/11  
**Dates:** Sundays thru 11/20 6:00-8:00 PM  
**Cost:** No charge. Registration: Sign in at program.

**Register Online Using  
Our WebTrac System - See Page 3  
<https://webtrac.perinton.org>**

### The Financial Learner

**Ages:** 55 years and over  
**Content:** This series of courses is designed for those interested in making sense of their personal finances. Financial Planners Tamar Mogilski and Brian Bedford present seemingly complex subjects in a dynamic, straightforward and uncomplicated manner.  
**Instructors:** Tamar Mogilski & Brian Bedford  
**Location:** PCC, TBD  
**Time:** 1:00-2:30 PM and 6:30-8:00 PM  
**Dates:** Tu., 9/13 – Understanding Medicare & Its Parts  
Tu., 10/4 – Annuities: What Are They & How Do They Work?  
Tu., 11/8 – Setting up Retirement Income: Strategies to Help Your Money Last As Long As You Do  
Tu., 12/6 – Leaving an Inheritance – Advice on Leaving Your Wealth to Your Heirs

### The Slave Experience and the Underground Railroad WEB

**Ages:** 13 years and over  
**Content:** Follow the slaver's ship from England to West Africa; drop down into the ship's hold as she sails across the Atlantic's Middle Passage toward the Americas; witness the sale on the auction block in the South; view life on the plantation; escape; envision life on the run, and meet the many heroes on the Underground Railroad's routes to freedom. Join Jerry Bennett, Underground Railroad enthusiast, as he shares. His use of maps, songs, books, handouts, stories and visual aids will round out this very interesting presentation.  
**Instructor:** Jerry Bennett  
**Location:** PCC, Room 204C (10/4), Room 205 (11/15)  
**Dates:** **Code: 445260-A** Tu., 10/4 10:30 AM-12:00 PM (1 class) \$5  
**Code: 445260-B** Tu., 11/15 6:30-8:00 PM (1 class) \$5

### NEW!! Yoga for Stress Relief WEB

**Ages:** 16 years and over  
**Content:** Combining breath, movement, meditation and yoga nidra is a powerful way to ease anxiety, stress and trauma. This course will introduce participants to techniques that can help them find calm and peace. Other benefits include improved sleep, nervous system balance, reduction of PTSD symptoms and overall well being.  
**Instructor:** Jennifer O'Donnell, RYT  
**Location:** PCC, Room 204C  
**Dates:** **Code: 445873-A** W., 9/28-11/16 6:30-7:45 PM (8 classes) \$80

### NEW!! Youth Mental Health First Aid WEB

**Ages:** 18 years and over  
**Content:** This is a course that teaches people how to help an adolescent who is experiencing a mental health challenge, substance use disorder, or is in crisis. Participants learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.  
**Instructor:** Delphi Drug & Alcohol Council  
**Location:** PCC, Room 209  
**Date:** **Code: 448104-A** Tu. & W., 10/25-11/2 6:30-8:30 PM (4 classes) No charge

**Register early to avoid program cancellation due to low enrollment.**

## ADULT ARTS & CRAFTS AND COOKING

**REFUNDS FOR ARTS AND CRAFTS CLASSES:** Refunds must be requested a minimum of 7 days in advance of the class, no refunds will be given otherwise. Supplies have been purchased for participants. Supplies must be picked up within 7 days after the class.

### **NEW!! Coffee and Cards WEB**

**Ages:** 18 years and over  
**Content:** Experience the joy of friendship and creativity! Join us for an after lunch cup of coffee or tea and be creative without a lot of effort. We will handcraft 2 greeting cards from prepared kits while we solve the problems of the world! All supplies provided.  
**Instructor:** Pat Miller  
**Location:** PCC, Room 200  
**Dates:** **Code: 442900-B** W., 9/7 1:00-2:15 PM (1 class) \$10  
**Code: 442900-C** W., 10/5 1:00-2:15 PM (1 class) \$10  
**Code: 442900-D** W., 11/2 1:00-2:15 PM (1 class) \$10  
**Code: 442900-E** W., 12/7 1:00-2:15 PM (1 class) \$10

### **NEW!! Dinner with the Czar WEB**

**Ages:** 18 years and over  
**Content:** Join us for a dinner fit for a Czar. We will prepare and sample Chicken Kiev, Ukrainian Noodles and Strawberries Romanov. These dishes make for great dinner party fare.  
**Instructor:** Jackie Cannizzaro  
**Location:** PCC, Room 200  
**Date:** **Code: 448862-Z** Tu., 10/4 6:45-8:45 PM (1 class) \$20

### **NEW!! Fall Desserts WEB**

**Ages:** 18 years and over  
**Content:** Warm Pumpkin Bread Pudding and Trifle with Raspberries make great fare for family dinners or entertaining. Join us for a tasty evening with hands on prep and tasting too.  
**Instructor:** Jackie Cannizzaro  
**Location:** PCC, Room 200  
**Date:** **Code: 448862-Y** Tu., 10/25 6:45-8:45 PM (1 class) \$20



### **French Pastries WEB**

**Ages:** 18 years and over  
**Content:** Join us for a hands on class making French Madeleines, a delicate, shell-shaped tea cookie. We will make two flavors to sample and bring home – lemon and vanilla.  
**Instructor:** Nancy Bosy  
**Location:** PCC, Rooms 200 & 205  
**Dates:** **Code: 448882-A** M., 9/19 6:30-8:30 PM (1 class) \$22

### **Learn to Crochet WEB**

**Ages:** 12 years and over  
**Content:** If you have glanced at a craft magazine rack lately, you know crochet is back! Join in! This class is for anyone who would like to learn to crochet or re-learn if it has been awhile. Take some time for yourself and relax while we learn the basic stitches: chain, single crochet, double crochet and how to make a granny square. Please bring size J crochet hook and medium weight yarn to class.  
**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 200  
**Dates:** **Code: 422804-C** Tu., 11/1-11/15 7:00-8:00 PM (3 classes) \$25

### **Learn to Knit WEB**

**Ages:** 12 years and over  
**Content:** Come learn a new craft and join the worldwide community of knitters! This class is taught at a relaxed pace so join in and learn a new craft just in time to make gifts for the holiday season. This class is for anyone who would like to learn how to knit or re-learn if it has been awhile. Learn how to knit, purl, cast-on and cast-off. Please bring size 8 knitting needles and medium weight yarn to class.  
**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 200  
**Dates:** **Code: 422804-A** Tu., 11/29-12/13 7:00-8:00 PM (3 classes) \$25

### **NEW!! Needles at Noon: Crochet WEB**

**Ages:** 12 years and over  
**Content:** Pick up a crochet hook and join us to learn how to crochet. This class is for anyone who would like to learn to crochet or re-learn if it has been awhile. Take some time, bring a lunch and enjoy while we learn the basic stitches: chain, single crochet, double crochet and how to make a granny square. Please bring size J crochet hook and medium weight yarn to class.  
**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 200  
**Dates:** **Code: 422804-H** M., 9/12-9/26 12:00-1:00 PM (3 classes) \$25

### **Needles at Noon: Learn to Knit WEB**

**Ages:** 12 years and over  
**Content:** Come learn a new craft and join the worldwide community of knitters! This class is for anyone who would like to learn how to knit or re-learn if it has been awhile. Take some time, bring a lunch and enjoy while we learn how to knit, purl, cast-on and cast-off. Please bring size 8 knitting needles and medium weight yarn to class.  
**Instructor:** Sharilyn Ross  
**Location:** PCC, Room 200  
**Dates:** **Code: 422804-G** M., 10/17-10/31 12:00-1:00 PM (3 classes) \$25

## ADULT ARTS & CRAFTS/COOKING

### **Oil Painting - Bob Ross Landscape WEB**

**Ages:** 16 years and over  
**Content:** You will complete a 16"x20" landscape oil painting each class. As seen on television, learn the Bob Ross technique of wet on wet oil painting. All materials supplied.  
**Instructor:** K. Lynda Nuss  
**Location:** PCC, Room 205  
**Dates:** **Snow Birch Code: 442869-A** W., 9/14  
10:00 AM-2:00 PM (1 class) \$56  
**Sunset Glow Code: 442869-B** W., 10/5  
10:00 AM-2:00 PM (1 class) \$56  
**Evening at the Falls Code: 442869-C** W., 11/9  
10:00 AM-2:00 PM (1 class) \$56

### **Open Art Studio WEB**

**Ages:** 18 years and over  
**Content:** Join this wonderful class to explore your creative talents in an open studio environment. Paint or draw in a medium of your liking (oils, watercolor, pastels, ink, colored pencils or acrylics). This is a class that will motivate you to begin and continue to develop your artistic talents. Bring your project and favorite materials and join us for an afternoon of creativity and fun.  
**Instructor:** Danica Glamack  
**Location:** PCC, Room 209  
**Dates:** **Code: 442830-B** Tu., 9/6-11/1 1:30-4:00 PM (9 classes) \$74  
**Code: 442830-C** Tu., 11/8-1/10 (ex. 12/27) 1:30-4:00 PM (9 classes) \$74  
**Code: 442830-D** M., 11/7-1/9 (ex. 12/26, 1/2) 1:30-4:00 PM (8 classes) \$66

### **Painting and Drawing WEB**

**Ages:** 18 years and over  
**Content:** Art starts with desire! Come find the artist in you. Learn to paint. Choose your own medium (oil, ink, watercolor, pastel, pencil or acrylic). Plan for a fun filled adventure. Watercolor supplies provided for the first class.  
**Instructor:** Martha Sweeney  
**Location:** PCC, Room 212  
**Dates:** **Code: 442830-A** M., 9/12-10/31 1:30-4:00 PM (8 classes) \$66

### **Sew a Modern Quilted Tree Skirt WEB**

**Ages:** 18 years and over  
**Content:** Using pattern SEW-104 MODERN TREE SKIRT (included), published by the instructor, we will cut, sew, quilt and bind a Modern Tree Skirt in three sessions. This pattern is a quick Tree Skirt with a Modern slant, designed for Fat Quarters with minimal waste. Ideal for small to medium prints, blends or solids, such as a set of 3 prints with a common or compatible color used as binding. Some homework may be needed, depending on your sewing speed. Optional kits will be available for \$49 at the first class. Supply list online and examples at [www.sewartistic.com](http://www.sewartistic.com).  
**Instructor:** Julia Deal  
**Location:** PCC, Room 208A  
**Dates:** **Code: 442887-A**  
Tu., 10/4-10/18  
6:30-8:30 PM  
(3 classes) \$63



### **NEW!! Vegan Cooking WEB**

**Ages:** 16 years and over  
**Content:** These classes are designed especially for students who are interested in transitioning from the Standard American Diet to a tasty, healthy, plant-based nutritional program. Whether you are dining in or out, it can be challenging to figure out what to eat that tastes terrific and provides optimum nutrients and fiber. You will be introduced to delicious, seasonal plant-based whole foods that will satisfy your appetite while nourishing your body and brain. You'll experience hands-on cooking in the classroom, sample homemade and chef prepared foods. Bring your appetite, a paring knife and a cutting board. Get ready for an exciting culinary adventure.  
**Instructor:** Sandy Baker  
**Location:** PCC  
**Dates:** **What Every Vegan Needs to Know About Fiber**  
**Code: 447808-C** Th., 10/6 6:30-8:30 PM (1 class) \$30  
**What Every Vegan Needs to Know About Dairy Alternatives**  
**Code: 447808-D** Th., 10/13 6:30-8:30 PM (1 class) \$30  
**What Every Vegan Needs to Know About Protein/Meat Alternative**  
**Code: 447808-E** Th., 10/20 6:30-8:30 PM (1 class) \$30  
**Easy At-Home and To-Go Lunches**  
**Code: 447808-F** Th., 10/27 6:30-8:30 PM (1 class) \$30  
**Fast and Delicious Dinners**  
**Code: 447808-G** Th., 11/3 6:30-8:30 PM (1 class) \$30  
**Quick, Yummy Breakfasts**  
**Code: 447808-H** Th., 11/10 6:30-8:30 PM (1 class) \$30  
**Your Vegan Resources**  
**Code: 447808-I** Th., 11/17 6:30-8:30 PM (1 class) \$30  
**Fabulous Holiday Dinner Entrees**  
**Code: 447808-J** Th., 12/1 6:30-8:30 PM (1 class) \$30

### **NEW!! Watercolor 101: Washes WEB**

**Ages:** 13 years and over  
**Content:** This workshop will cover the work horse washes in watercolor painting: dry into wet, wet into wet, flat and graded washes. Examples from masters will be presented as well as instructor demonstrations and student exercises. Join us and learn to use watercolor more effectively while painting with others who share your passion. Supply list will be provided at registration.  
**Instructor:** Susan Micciché  
**Location:** PCC, Room 212 (1:30-4:00 PM), Room 209 (6:00-8:30 PM)  
**Dates:** **Code: 442890-A** W., 9/28 1:30-4:00 PM (1 class) \$25  
**Code: 442890-B** W., 9/28 6:00-8:30 PM (1 class) \$25  
**Code: 442890-C** W., 11/30 1:30-4:00 PM (1 class) \$25  
**Code: 442890-D** W., 11/30 6:00-8:30 PM (1 class) \$25

### **Watercolor Painting WEB**

**Ages:** 13 years and over  
**Content:** Transparent watercolor painting is making a big comeback with leisure artists around the world. Whatever your level, join us. You will improve your skill with this medium while painting with others who share your passion. Classes will consist of demonstrations and individual assistance. Demos will emphasize technical aspects of watercolor painting such as washes, softening edges, negative painting, glazing and vibrant color mixing. A suggested supply list will be provided upon registration.  
**Instructor:** Susan Micciché  
**Location:** PCC, Room 212  
**Dates:** **Code: 442890-E** W., 10/12-11/16 1:30-4:00 PM (6 classes) \$74  
**Code: 442890-F** W., 12/7-1/11 1:30-4:00 PM (6 classes) \$74

# 55+ Prime Time Programs

**55+ Information Line 223-1617**

**Residents Ages 55+**

**OFFICE HOURS ARE**

**7:30 AM-3:30 PM, Monday-Friday**

Kim Zeck - Senior Citizen Program Supervisor

**223-5050 ext. 1180**

Amanda Tinsley - Office Clerk 223-1617

Check out our monthly 55+ Prime Time Events calendar. We offer a variety of programs and events that you may want to try. Sign up for one program, or sign up for several.

## Arthritis Foundation Exercise Program

Instructor: Marie Kushner

### Aerobics

Time: 9:00am-10:00am • Room: 204 A & B

Monday - Wednesday - Friday

Improve cardiovascular fitness, increase range of motion, improve circulation, muscular strength, and general endurance.

### Stretch-n-Strengthen

Time: 10:15am-11:00am

Monday - Wednesday - Friday

Stretch and strengthen exercises help slow down the aging effects of osteoporosis and loss of motion. Through a well planned stretching program, you will increase your strength and range of motion through greater pain-free areas.

For more information on dates and cost, please call **223-1617**.

**Personal training is available.**

**Please see page 2 for details.**

**Perinton Ambulance Corps  
Blood Pressure Screenings  
- 2nd & 4th Tuesday of the Month,  
9 AM-Noon in PCC Lobby.**

## Fairport/Perinton Senior Living Council, Inc.

(SLC) is a non-profit organization dedicated to providing Fairport/Perinton seniors a care connection service that offers information and choices that enable older persons to live safely and independently at home.

For that purpose, SLC supports the Senior Options For Independence (SOFI) Care Management and Transportation Services (Elderbus).

For more information, call SOFI at (585) 377-7830.

## Senior Living Presentations

Join Dylan Mariah for her monthly informative presentations.

Fridays from 10:30-11:45 AM.

- Sept. 23 "Fall Clean-Up: Let's Detoxify for Health"
- Oct. 21 "Footloose and Fall Free"
- Nov. 18 "Essential Oils for Health"
- Dec. 16 "Holiday De-Stresser"
- Jan. 20 "Alcohol and Drug Use Concerns of Seniors"

For more detailed information and fees, please call 223-1617.

## The 1350 Café

Join us for lunch at The 1350 Café. Chef Preston Bennett is preparing a delicious lunch that includes soup and salad, entrée, dessert and beverage. Why not take a break, have lunch and stay for one of our various activities?

**The café serves lunch Monday, Tuesday and Wednesday at Noon.**

The first and third Thursday of the month, breakfast is served at 9:30 AM.

One special Tuesday a month, celebrate your birthday and special occasions.

**Cost is \$4.25 and up.**

Check out our calendar or the board outside the lounge for this month's selections. **We require that you register at least the week before the date you've selected.**

## Tuesday Super Suppers 55+

All suppers served at 5:00 PM • Pricing range from \$8 and up

**Call 223-1617**

October 11 **Oktoberfest** - Entertainment by Jeff Clough & Cindy Kingsley

December 13 **Holiday Dinner Dance**  
Entertainment by Musique

*Stay active and stay involved!!*

## 55+ PROGRAMS

★ ★ *Pick up a copy of our new complimentary 55+ monthly newsletter, available at the PCC and selected locations.* ★ ★

This is a **sample** of our many weekly program offerings. Schedule is subject to change. Please call **223-1617** for more detailed information.

	<b>Monday</b> SilverSneakers Circuit*	8:00-8:45 am
	WaterinMOTION®**	9:00-10:00 am
	Aerobics**	9:00-10:00 am
	SilverSneakers Yoga*	9:00-9:45 am
	Stretch-n-Strengthen**	10:15-11:00 am
	Silver&Fit Experience**	10:45-11:30 am
	1350 Café	Noon
	Bingo	1:00-3:15 pm
	Zumba® Gold**	1:30-2:15 pm
	55+ Drop-In Card Night	6:00-9:00 pm

	<b>Tuesday</b> SilverSneakers Classic*	8:30-9:15 am
	SilverSneakers Cardio*	9:30-10:15 am
	Mah Jongg	9:30 am
	Zumba® Gold**	10:30-11:15 am
	Retired Men's Club	Every other Tues.
	1350 Café	Noon
	Euchre	12:30-3:15 pm
	55+ Drop-In Card Night	6:00-9:00 pm

	<b>Wednesday</b> SilverSneakers Classic*	8:00-8:45 am
	Aerobics**	9:00-10:00 am
	Aqua Aerobics*	10:00-11:00 am
	Stretch-n-Strengthen**	10:15-11:00 am
	1350 Café	Noon
	Bridge	12:45-3:15 pm
	55+ Drop-In Card Night	6:00-9:00 pm

	<b>Thursday</b> SilverSneakers Classic*	8:30-9:15 am
	SilverSneakers Circuit*	9:30-10:15 am
	Silver&Fit Experience**	9:30-10:15 am
	Mah Jongg	9:30 am
	SilverSneakers Yoga*	10:30-11:15 am
	Pinochle	Noon-3:15 pm
	Zumba® Gold Toning**	1:30-2:15 pm
	55+ Drop-In Card Night	6:00-9:00 pm

	<b>Friday</b> SilverSneakers Yoga*	8:00-8:45 am
	WaterinMOTION®**	9:00-10:00 am
	Aerobics**	9:00-10:00 am
	Aqua Aerobics*	10:00-11:00 am
	Stretch-n-Strengthen**	10:15-11:00 am
	Zumba® Gold**	11:15 am-Noon
	Po ke no	12:45-3:15 pm

\*MVP Gold members stipulation, see page 49

\*\*Silver&Fit Endorsed

### Open House/Wellness Fair

Date: Thursday, September 15, 2016  
 Time: 10:00 am-2:00 pm  
 Location: Rooms 204 A, B & C  
 Cost: Free

This year marks our sixth Open House/Wellness Fair. Stop in and visit with your local Perinton/Fairport area companies and see what they have to offer you and your families. Come and check out the new features that are here to serve you. A light lunch will be provided.

### The Financial Learner

See Adult page 44

### Perinton 55+ Euchre Tournament

Ages: 55 years and over  
 Content: To all you Euchre players! Join us for a Saturday of card playing. A light lunch will be provided. There will be prizes.  
 Location: PCC, Rooms 204 A&B  
 Date: Saturday, October 15, 12:00-4:00 PM (sign in at 11:30 AM)  
 Cost: \$10. Checks made out to Perinton Seniors. Sign up deadline is October 7.

### 55+ Drop-In Card Nights

Ages: 55 years and over  
 Content: Drop in for a night of cards...kick back, rest, relax and have a chat. Tables will be set up for card games and board games.  
 Location: PCC, Senior Lounge  
 Dates: Monday – Thursday, 6:00-9:00 PM  
 No pre-registration required. No charge.

### Pickleball Instruction

See Adult page 43

### Drop-In Pickleball

See page 2

### Western Style Square Dancing

See Adult page 40

### Table Tennis – Drop-In

Ages: 55 years and over  
 Content: Open drop-in Table Tennis. Two tables available, Fridays, 1:00-3:00 PM.  
 Location: PCC, Room 209  
 Fees: Regular drop-in rates apply.  
 \$3.25 resident/\$4.50 non-resident.

### AARP Smart Driver Course

AARP Driver Safety course was renamed the AARP Smart Driver Course nationwide on January 1, 2014. This new course curriculum is the product of years of research, input from our dedicated volunteers and insight from experts across the transportation and driver safety industries. Due to the higher cost and quality of new AARP Smart Driver Course materials, there will be a moderate course fee increase for participants taking the classroom course. For AARP members, the new course fee is \$20. For non-members, it is \$25. For registration, call Amanda at 223-1617.



### Perinton Senior Chorus

Do you like to sing? Make new friends and share your talent by joining the Perinton Senior Chorus! The choir meets at 2 pm on Tuesday afternoons at the Perinton Community Center and performs seasonally for nursing homes and various senior groups. Visit the Perinton 55+ Center or call 223-1617 for more information.



# GENERAL INFORMATION/REGISTRATION INFORMATION

## Perinton Recreation & Parks Department Early Drop Off/ Late Pick Up Policy

The Perinton Recreation and Parks Department offers a wide variety of programs for youth. Parents and/or guardians are requested to drop off and pick up their children at the specified program time listed in the program and on the registration receipts.

Children are not to be dropped off early or picked up late without the expressed permission from the program supervisor or recreation administrative staff.

A late fee will be assessed to any participant(s) who do not abide by this policy. A verbal or written warning will be given for the first offense. A second offense will result in the assessing of a late fee of \$10 for each 15-minute period (or part thereof). This fee must be paid before the participant is allowed to continue participating in the activity. We incur additional costs for staff salaries and benefits when children are left in our care before or beyond the designated program time.

Emergency situations should be discussed with the program supervisor or recreation administrative staff. If you should have any questions, contact us at 223-5050. Thank you.

## REFUND POLICY

A refund for any reason will be given only if applied for at least seven calendar days prior to the start date of the program. Refunds after this period will be given on a pro-rated basis and only when accompanied by a signed doctor's certificate indicating an inability to participate, or appropriate documentation evidencing personal emergency or hardship. A \$6.00 processing fee, per participant, per program, will be charged for all refunds. A \$6.00 fee will be charged for each participant transfer request. Program cancellation and transfer requests must be made in writing, and request forms are available at the Community Center reception desk or online at [www.perinton.org](http://www.perinton.org). If the program is cancelled by our department, a full refund will be given and no processing fee will be assessed. We depend on school facilities for several programs. When school access is cancelled, our programs still incur expenses. Program refunds will not be given when there are emergency school cancellations that require us to cancel short term, school based programs.



# REGISTRATION

Residents – Registration begins Monday, August 8, 2016 • Non-Residents – Registration begins Monday, August 15, 2016  
Non-Residents must add \$6 to the total registration amount enclosed.

## REGISTRATION PROCEDURES:

1. Complete the registration form.
2. Enclose the registration form and payment in an envelope.
  - List clearly alternate choice if first choice is not available.
  - If you are enrolled in your 2nd choice, you will not be put on the waitlist of your 1st choice.
  - If paying by check, separate checks requested for each program.
  - Make checks payable to: Perinton Recreation and Parks Department
  - A \$20 fee will be charged for all returned checks.
  - Acceptable forms of payment: Credit Card     
Check or Cash
3. Place the envelope in the Drop Box located at the main entrance to the Perinton Community Center.

OR

Mail your envelope to: Perinton Recreation and Parks Department,  
1350 Turk Hill Road, Fairport, NY 14450

\*Placing CASH in the Drop Box or mail is not encouraged.

**Registration on WebTrac begins at 10:00 AM  
on 8/8 (Residents) and at 10:00 AM on  
8/15 (Non-residents).**

## HOW REGISTRATIONS ARE PROCESSED

1. All registrations are taken from the Drop Box at 10:00 AM daily (M.-F.)
  - \*Any registrations placed in the Drop Box after 10:00 AM are processed the following day.
2. Registrations from the Drop Box and registrations from the daily mail are combined and processed randomly.
3. Receipts will be mailed to you once posting is complete. This may take several days since over 2,000 registrations are received.
4. Please review your receipt carefully.
  - \*If we cannot fill your request or alternate, you will be placed on a Waiting List. This information appears on your receipt.

## PLEASE NOTE:

- Classes have minimum and maximum numbers.
- The department reserves the right to cancel classes that do not meet the minimum number of registrants.
- Registrants are not permitted to substitute anyone in their place.

## PLEASE READ THE REFUND POLICY:

- All refund requests must be made to Perinton Recreation and Parks in writing.
- Refunds are processed at the end of the month.

**PLEASE RETURN COMPLETE REGISTRATION SHEET (FULL PAGE)**

## HOUSEHOLD INFORMATION

NAME _____ (Adult's first and last name)	NAME _____ (Adult's first and last name)
ADDRESS _____ _____	ADDRESS _____ _____
HOME # _____ WORK # _____	HOME # _____ WORK# _____
EMERGENCY # _____ CELL# _____	EMERGENCY # _____ CELL# _____
E-MAIL _____	E-MAIL _____

**RELEASE:** I hereby release the Perinton Recreation and Parks Department and any of its staff from any responsibility or liability in connection with this activity. I give permission to a licensed physician or other hospital staff members to carry out emergency medical care deemed necessary to myself/child/ward when normal permission is unavailable. I certify that I am in good physical health and have no limitations other than those I have listed below which may predispose me to risk during this program. I also fully realize that I must provide proper hospitalization. The Town of Perinton does not provide accident insurance coverage. I have read and understand the department's refund policy. In the event a refund is granted for myself or my child for whatever reason with the stated activity, I do hereby authorize the Town of Perinton to execute a refund voucher on my behalf and submit for payment under the terms and conditions set forth in the Town of Perinton refund and registration policy.

**Statement of current medical conditions, allergies or medications:** \_\_\_\_\_

**Do you need special accommodations? Yes Please List:** \_\_\_\_\_

**Photographs may be taken of recreation programs and used in Recreation Dept. brochure. Initial here if you do NOT want photos of those listed on this form, used in this manner:** \_\_\_\_\_

**REFUND POLICY:** A refund for any reason will be given only if applied for at least seven calendar days prior to the starting date of the program. Refunds after this period will be given on a pro-rated basis and only when accompanied by a signed doctor's certificate indicating inability to participate, or appropriate documentation evidencing personal emergency or hardship. A \$6.00 processing fee, per participant, per program will be charged for all refunds. A \$6.00 processing fee will be charged for each participant program transfer request. Program cancellation and transfer requests must be made in writing, and request forms are available at the Community Center reception desk, or on line at [www.perinton.org](http://www.perinton.org). If the program is canceled by our department, a full refund will be given and no processing fee will be assessed. We depend on school facilities for several programs. When school access is cancelled, our programs still incur expenses. Program refunds will not be given when there are emergency school cancellations that require us to cancel short term, school-based programs.

**SIGNATURE REQUIRED:** \_\_\_\_\_

\_\_\_\_\_ Date

\_\_\_\_\_ Registrant (Parent or Guardian if under 18)

Participant Name	Grade	Birth Date	Sex	Class Code	Program Name	Fee	2nd Choice Code

**\*Would you be interested in receiving a monthly newsletter via e-mail? Yes No**

**\*Check here if you would NOT like your receipt emailed:** \_\_\_\_\_

NON-RESIDENT FEE (if applicable) \$6.00

**Total Amount: \$** \_\_\_\_\_



**(Checks payable to Perinton Recreation & Parks Department)**

INDICATE METHOD OF PAYMENT: CASH \_\_\_\_\_ CHECK\* \_\_\_\_\_



NAME AS IT APPEARS ON CARD _____	AMOUNT _____
CREDIT CARD NO. _____	EXPIRATION DATE _____
SIGNATURE OF CARD HOLDER _____	

Receipt # \_\_\_\_\_ (for office use only)

**\*Separate checks required for each program**



**Perinton Recreation and  
Parks Department**  
1350 Turk Hill Road  
Fairport, NY 14450

PRSR STD  
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Fairport, NY  
Permit #262

**ECRWSS  
POSTAL PATRON**

**PERINTON TOWN OFFICIALS**

*Councilperson Ciaran Hanna, Supervisor Mike Barker,  
Councilperson Stephen Van Vreede  
Town Clerk Jen West, Deputy Supervisor Joe LaFay,  
Councilperson Peg Havens*

*All About Community*



**Crescent Trail Hikes**



**Fitness  
For All  
Ages**



*Center Stage*



*and the  
Grinch's  
Heart grew  
3 times...*



**Perinton  
Popular  
Pizza Poll**



*Aquatic Fun!*