

# PERINTON

## Recreation & Parks

January 2017 E-Newsletter



## Move-It Fitness

We are introducing our brand new High Intensity Interval Training fitness program in January. In a small group setting, classes will utilize a variety of equipment including bulgarian bags, TRX, tires, battle ropes, and much more. Each class is 30-45 minutes in length. Check out the program at one of the five free classes to preview our equipment. Simply check in at the downstairs desk to participate. These will be offered on a first come, first served basis. Free preview schedule:

Tuesday, 1/17 - 7:15 - 8:00pm  
Wednesday, 1/18 - 7:30 - 8:15am  
Wednesday, 1/18 - 12:00 - 12:30pm  
Thursday, 1/19 - 6:15 - 6:45pm  
Friday, 1/20 - 12:05 - 12:35pm

## Master Plan Open House

The Perinton Recreation and Parks Department is in the process of updating our 2009 Master Plan. We rely on public input to guide our long term planning based on what the community desires. An Open House for public input will be held on Thursday, January 19 from 6:30 - 8:30pm at the Perinton Community Center. We encourage you to come share your opinions to ensure an accurate vision for our department. In the meantime, you may [view the current master plan here](#).

## Happy New Year

We wish a heartfelt Happy New Year to all of you. We are thankful for all our participants, volunteers, and community partners that help keep our programs and facilities running. Throughout the year, we have approximately 300 volunteers that assist in many different aspects of the department. We look forward to continuing to provide quality programs and services in the new year.



Polar Express Pajama Party

## Farewell Cathy Keating



Cathy Keating

After twenty successful years with the Perinton Recreation and Parks Department, Cathy Keating will be retiring on January 12. Cathy has served as a clerk for the department and is currently the Senior Office Clerk responsible for payroll, accounts payable, accounts receivable and much more. Cathy has been a very valued member of this department. Retirement will allow her to spend more time with her children and grandchildren. We wish her the best of luck in all her future endeavors. Thank you Cathy for your many years of dedication to the residents of Perinton!

*All About Community*

## Contact Us

For more information, call or visit:  
**Perinton Recreation and Parks Department**  
1350 Turk Hill Road  
Fairport, NY 14450

(585) 223-5050 [www.perinton.org](http://www.perinton.org)



**Winter Program Registration Begins Tuesday, January 3**



## February Preview

2/1 - 2/15 - Loose Watercolor Florals

2/4 - Acting Up - Theater Games

2/5 - Valentine Treasure Box

2/7 - 3/21 - Babysitting

2/10 - Father Son Sports Night

2/11 - Father Daughter Valentine's Ball

2/12 - Fun Desserts

2/14 - 3/7 - Crochet a Baby Hat

2/17 - Arctic Story & Splash

2/20-24 - Pre-K Hooray Winter Edition

2/21 - 2/24 - Schoolbreakers

2/27 - Let's Get Organized

2/28 - Fast and Fancy Desserts



### Peri's Program Pick

1/27 - 3/24

Winter Wonder Art  
(winter brochure pg. 14)

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## Special Events

1/24 - 27th Annual Perinton Popular Pizza Parlor Poll (winter brochure pg. 4)  
Join us to sample and vote to determine who makes Perinton's favorite pepperoni pizza.

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## Preschool

1/27 - 3/24 - Jumping Gymnastics (winter brochure pg. 9)  
Develop coordination, flexibility, and agility through tumbling.

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## Youth & Teen

1/28 - Introduction to Baton Twirling (winter brochure pg. 16)  
Learn the basics of baton twirling with a basic twirl, marching and a fun game.

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## Adult

1/24 - 3/16 - Keep on Moving (winter brochure pg. 37)  
An evidence based class to improve balance and strength.

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## Aquatics

Week of 1/21 - Swimming Lessons Begin (winter brochure pg. 26-29)  
View the Winter Brochure for details and a schedule of our swim lessons.

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## Parks & Nature

1/8 - Crescent Trail Hike: Howell Road – [Crescent Trail Website](#)  
Hike, XC ski or snowshoe on several loops of mostly flat trails. Meet at off-road parking area on east side of Howell Road opposite Princeton Lane.

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## 55+ Programming

1/18 - The Basics: "Understanding Alzheimer's Disease"  
The first in a three-part series from the Alzheimer's Association of Rochester.

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