



Perinton

Recreation & Parks



2017 Winter Programs

Snow Much Fun!



All About Community

Registration Begins
January 3, 2017
www.perinton.org

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

		6 Month Pass	12 Month Pass
<u>Child (13 years and under)</u>			
Daily Fee	\$3.00		
Month Pass	\$21.00	\$113.00	\$202.00
20 Visit Pass	\$32.00		

ALL INCLUSIVE AQUATIC FITNESS

		6 Month Pass	12 Month Pass
<u>Youth (14/18 years)/Senior (55+ years)</u>			
Daily Fee	\$3.50		
Month Pass	\$26.00	\$140.00	\$250.00
20 Visit Pass	\$39.00		

Adult (19-54 years)

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

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

Month Pass	\$26.00	\$140.00	\$250.00
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NON-RESIDENT

AQUATIC PASS ONLY

		6 Month Pass	12 Month Pass
<u>Child (13 years and under)</u>			
Daily Fee	\$4.25		
Month Pass	\$25.00	\$134.00	\$242.00
20 Visit Pass	\$55.00		

ALL INCLUSIVE AQUATIC FITNESS

		6 Month Pass	12 Month Pass
<u>Youth (14/18 years)/Senior (55+ years)</u>			
Daily Fee	\$5.25		
Month Pass	\$31.00	\$168.00	\$300.00
20 Visit Pass	\$80.00		

Adult (19-54 years)

Daily Fee	\$8.25		
Month Pass	\$49.00	\$264.00	\$472.00
20 Visit Pass	\$140.00		

Prices are subject to change.

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).

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

Drop-In Programs are available for all ages. Admission is \$3.50 per person with proof of residency. Admission for non-residents is \$4.75. All participants **must show ID every time.** Schedule is subject to change without notice.

10X stamp passes are available to residents (\$31.00) and non-residents (\$43.00). **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).**

***Please note: Gym not available 1/7 or 1/8**

BASKETBALL (1/23-3/25)

(exception dates to be added as needed)

<u>Youth & Teen (grades 6-8)</u>		<u>Teen (grades 9-12)</u>	
M., W., F.	3:00-4:30 PM	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
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Adult (30+ years)

M., W.	8:15-9:45 PM
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VOLLEYBALL (1/26-3/23)

(exception dates to be added as needed)

Adult (18+ years)

Th.	7:30-9:45 PM
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PICKLEBALL (1/22-3/24)

Adult (18-54 years)

M., W.	6:00-8:00 PM
Sun.	4:15-5:45 PM

Adult (55+ years) (ex. 2/21-2/24)

M., W.	1:30-3:00 PM
Tu., Th., F.	1:30-3:00 PM

TABLE TENNIS (1/27-3/24)

(exception dates to be added as needed)

Adult (55+ years)

F.	1:00-3:00 PM	Room 209
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DROP-IN FITNESS CLASSES

Drop-In Fitness/Spin is 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. Move It classes are \$8.50 for residents and \$9.50 for non-residents. Only the classes on the Fitness pages are eligible for drop-in rates.

PERSONAL TRAINING

Personal training will help you achieve your fitness goals. \$38 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).

Fairport Central School Holidays:

Monday – Friday, February 20-24	Mid-Winter Recess
Friday, March 17	Elementary Parent Conference Day, No school K-5

What's New This Winter/Spring

Preschool

- Baton Twirling Private Lessons
- Fun Desserts
- Jumping Gymnastics
- Kindergarteners Rock the Afternoons!
- Little Dynamo Sports & Games
- Paint n Puddles
- Parachutes n Puddles
- Playful Learning Playgroup
- Prehistoric Party
- Pre-K Hooray Winter Edition
- The Lunchbox Gang
- Up, Up and Away!
- Winter Wonder Art

Youth and Teen

- Science of Pokemon Go
- 13-14 Year Old Soccer

Youth Arts & Crafts and Cooking

- Glow Fish
- Valentine Treasure Box

Aquatics

- Aquafit

Fitness

- Move It Functional Training

Adult

- Detox Your Home and Body
with Essential Oils
- Intro to Woodturning
- Keep On Moving
- L.E.A.N. Start
- Let's Get Organized
- Practicing Meditation and Mindfulness in
Daily Life
- Prime-Time Health
- Writing a Family Portrait
- Your Life is a Treasure Chest

Adult Arts & Crafts and Cooking

- Crochet a Baby Hat
- Fast and Fancy Desserts
- Loose Watercolor Florals

Special Events

SAVE THE DATE!!

Thursday	January 19	Town Open House
Tuesday	January 24	27th Annual Perinton Popular Pizza Parlor Poll
Friday	February 10	Father Son Sports Night
Saturday	February 11	Father Daughter Valentine's Ball
Friday	March 3	Father Daughter Sports Night
Friday	March 10	The Mitten
Friday	March 17	Blarney Bingo
Saturday	April 8	Egg Hunt
Saturday	April 8	Mr. E Bunny

Town Open House
 Thursday, January 19, 2017
 Perinton Community Center
 6:30-8:30PM

The Town has an incredible and comprehensive system of parks and trails enjoyed by all throughout the year. It is time to refresh and update our 2009 Comprehensive Parks and Open Space plan. We need your comments, opinions and creative ideas to inform the future vision on Perinton's Parks and Trails. Come to the Open House to learn how you can stay involved and engaged in 2017 while the town updates Perinton's Parks, Open Space and Trails Master Plan.

Visit Perinton's website at www.perinton.org for more information.

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 session)
 \$10 per person
Enroll all family members who will be attending.



Register early to avoid program cancellation due to low enrollment.

Father Son Sports Night WEB

Ages: 5-12 years
Content: Boys night out! Join us for games in the gym, swimming in the pool, pizza and prizes.
Instructors: Pat Ruscio & Diana Weber
Location: PCC, Room 208B
Dates: **Code: 162819-A** F., 2/10 6:30-8:30 PM (1 class) \$9 per person
Enroll all family members who will be attending.
Fee is charged per person.

Father Daughter Valentine's Ball

Ages: Open to families
Content: Dads and Grandpas bring your daughter or granddaughters for an afternoon full of dancing, fun, snacks and more! Be sure to bring a camera to capture a special memory in our photo corner.
Instructors: Sharilyn Ross & Anette Messer
Location: PCC, Rooms 204A & B
Dates: **Code: 126808-A** Sat., 2/11 1:00-2:30 PM (1 class)
 \$16 per couple, \$7 each additional child
Enroll all family members who will be attending.



Father Daughter Sports Night WEB

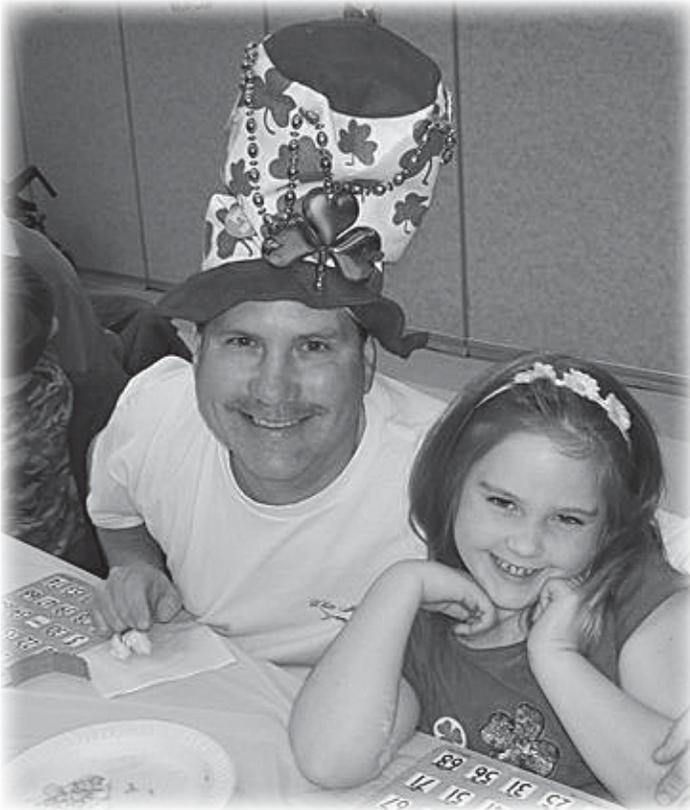
Ages: 5-12 years
Content: Make memories with your daughter playing fun games in the gym and swimming in the pool! Pizza will be provided for dinner.
Instructors: Pat Ruscio & Diana Weber
Location: PCC, Room 208B
Dates: **Code: 162819-B** F., 3/3 6:30-8:30 PM (1 class) \$9 per person
Enroll all family members who will be attending.
Fee is charged per person.

The Mitten WEB

Ages: Open to families (parental 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 204A
Date: **Code: 125844-A** F., 3/10 6:00-7:00 PM (1 class) \$5 per child
Only enroll child(ren).

Special Events

Register early to avoid program cancellation due to low enrollment.



Blarney Bingo

Ages: Open to families
Content: Come celebrate St. Patrick's Day at the PCC! Fun prizes are up for grabs and pizza will be served for dinner. Let's see who can open the leprechaun's treasure box filled with gold! Bring the whole family for a great time together. Do you have the luck o' the Irish? Come join us for Blarney Bingo to find out!

Instructor: Pat Ruscio
Location: PCC, Room 208B
Date: **Code: 162811-A** F., 3/17 6:30-8:00 PM (1 class)
 \$8 per person/\$23 family max
Enroll all family members who will be attending.

Egg Hunt WEB

Ages: 1-8 years
Content: Join us for the annual Egg Hunt at Center Park. The hunt will take place rain, snow or shine so please dress accordingly. **NEW:** Egg hunts will be offered for bunnies (ages 1-4) and rabbits (ages 5-8) on separate areas of the soccer fields at Center Park. A container or basket to carry eggs is recommended. Registration is helpful, but not required. Both hunts will start promptly at 9:30am. Please don't be late!

Location: Center Park, 1100 Ayrault Road
Date: **1-4 years**
Code: 122830-A Sat., 4/8 9:30 AM (1 session) No charge
5-8 years
Code: 122830-B Sat., 4/8 9:30 AM (1 session) No charge

Mr. E. Bunny WEB

Ages: Open to families
Content: Hippity hop on over to the Perinton Community Center to visit with Mr. E Bunny! There will be a small craft, preschool play time, and special treats. Be sure to bring your camera for great photo opportunities! Children of all ages are welcome to attend (with an adult), however the activities offered will be geared towards ages 2-6. Please register all who will be attending.

Location: PCC Gymnasium
Date: **Code: 162834-A** Sat., 4/8 10:00-11:30 AM (1 session)
 No charge
Enroll all family members who will be attending.



Perinton Concert Band

Friday, March 3, 7:30 PM,
 Minerva DeLand Auditorium

Land of Make Believe Concert

Register early to avoid program cancellation due to low enrollment.



2017 Parks Reservations

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 Building, Perinton Park Building and White Brook Nature Area Building will be available for reservations from January 2017-December 2017. 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.

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. Unreserved shelters are available for use on a first come, first served basis.

Please note: Fees will be increasing in 2017.

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.

2017 Registration for Community Garden

8' x 4' (single)	548100-A	\$25
16' x 4' (double)	548100-B	\$45
24' x 4' (triple)	548100-C	\$60
“Share the Harvest”	548100-D	\$15

Crescent Trail Guided Hikes

Free monthly hikes are organized and hosted by the Crescent Trail Association. Adults, teens and children under age 16 (if supervised by an adult) are welcome to participate. **Each hike starts at 1:30 PM on the second Sunday of the month, year round duration. At any point of hike, you may turn around and return to the start.** Call **585-234-1621** for more information or go to our website www.crescenttrail.org or visit us at www.facebook.com/crescenttrail to stay in touch with our events and hikes.

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 7:00 PM at the Community Center. Meetings are open to the public.

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.

February 12 – Valentine’s Day Hike. Hike, snowshoe or XC ski on the Erie Canalway Trail. Meet, park and end at the Lift Bridge Lane parking lot in the Village of Fairport behind the Box Factory building next to the Canal. After the hike, bring or rent ice skates (weather permitting) for a spin around the Fairport-Perinton ice rink which is just across the street.

March 12 – Winter Outing on RS&E Trolley Trail. Meet and park in the lower parking lot of Center Park, off Ayrault Road (opposite the cow and sheep pasture). Hike, XC ski, or snowshoe east on the RS&E Trolley Trail to the hamlet of Egypt or beyond. Turn around at any point to return to Center Park, or stay with us all the way to Pannell Road for a return via shuttle transportation back to Center Park.

Perinton Community Garden 2017 Kick-Off Meeting

Content: Mandatory meeting for all members of the Perinton Community Garden. Schedule of events and activities will be discussed as well as a review of the rules of the Perinton Community Garden.

Location: PCC, Room 208B

Date: Wednesday, March 15, 6:00 PM

Story Walk

Penguin on Vacation

February 11 – March 18

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

Come on our INDOOR Winter Story Walk at the Perinton Community Center. Read the story **Penguin on Vacation** by loved children’s author and illustrator Salina Yoons. Penguin is tired of the snow and cold, so he tries to visit the beach and in the process, makes a warm weather friend. But when his favorite activities like skiing and skating don’t work so well on sand, can this new friend help Penguin learn how to have fun in the sun? Penguin learns that it isn’t where you go that makes a vacation special, it’s who you spend it with. ***Our indoor story walk will be placed along the north entrance hallway.***

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

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

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: 1/23-3/25 (ex. 2/20-2/24)
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: PCC 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.

FREE Child Care during scheduled hours for 6 and 12 month pass holders.



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.

Supervisor: Dana Hale

Location: PCC Gymnasium

Dates: 1/17-4/7 (ex. 2/20)
 M.-F., 9:15-11:15 AM
 AND
 F., 5:45-7:45 PM (ex. 2/10, 3/3)

SCHEDULE MAY CHANGE WITHOUT NOTICE

Fee: \$3.50/child, no charge for parent or guardian (non-residents, if space allows, \$4.75). 10X stamp passes available for residents (\$31.00) and non-residents (\$43.00).

Note: All children participating 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.

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 212

Dates: **Code: 115232-A** Th., 2/9-3/9 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 212

Dates: **Code: 115232-B** Th., 1/5-2/2 10:00-11:00 AM (5 classes) \$50



Arctic Story & Splash WEB

Ages: 6 months-6 years (parent participation required)
Content: Polar bears, whales and penguins will highlight our aquatic stories and songs. Bring a towel to sit on, take off your boots and jump into the fun. Then head down to the pool for our preschool splash. Parents may bring two children under age 5 into the pool. Enroll all participants.

Instructor: Kerry Lyon
Location: PCC, Room 204C
Dates: **Code: 113130-A** F, 1/27 9:00-11:00 AM (1 class) \$1
Code: 113130-B F, 2/17 9:00-11:00 AM (1 class) \$1
Code: 113130-C F, 3/24 9:00-11:00 AM (1 class) \$1

Baby Sing, Sign & Play WEB

Ages: 4-20 months (parent participation required)
Content: This 5 week interactive class is for babies 4-20 months old and their adult caregiver. 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 different theme. Supplies are included. Please come to play, learn and meet new friends. Research shows that babies who learn a few basic signs actually speak sooner, are less frustrated and have higher IQs than their non-signing peers.

Instructor: Linda Schmackpfeffer
Location: PCC, Room 208A
Dates: **Code: 111850-A** Tu., 1/31-3/7 (ex. 2/21) 6:30-7:15 PM (5 classes) \$59

NEW!! Baton Twirling Private Lessons WEB

Ages: 3 years and over**
Content: Does your child not fit Baton Twirling I or II? Too young? Too old? More experienced? Faster track? Private lessons are for you! Individual instruction geared especially for your child. Any skill level invited, progress at your own pace. All aspects of twirling taught for competitive solo or school marching band. All equipment available from instructor for additional cost.

Instructor: Tina Widener
Location: PCC, Room 208B
Dates: **Code: 115883-F** W., 1/25-2/15 6:00-7:00 PM (4 classes) \$90
Code: 115883-G W., 3/1-3/22 6:00-7:00 PM (4 classes) \$90

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

Circle Time for Twos WEB

Ages: 2 years (adult participation required)
Content: Busy 2 year old? Long winter? Need a change of scenery? Come, play and meet new friends! Let us worry about set-up and clean-up! We'll play on equipment and then join our friends for 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: 115834-A** M., 1/23-2/13 9:30-10:15 AM (4 classes) \$35
Code: 115834-B M., 2/27-3/20 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: 115854-A** Sat., 1/28-3/25 9:30-10:00 AM (8 classes) \$56

NEW!! Fun Desserts WEB

Ages: 3-6 years (parent participation required)
Content: Let's make 2 healthy and delicious desserts. We'll prepare and sample Grand Slam Bananas and Good for You Apple Crisp. So, come ready to have hands on fun.

Instructor: Jackie Cannizzaro
Location: PCC, Room 205
Date: **Code: 128800-P** Sun., 2/12 2:00-3:00 PM (1 class) \$12
No charge for adult.

Fun With Ones WEB

Ages: 12-24 months (adult participation required)
Content: It's cold out, so come and join us and enjoy indoor 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, the perfect size for one year olds, new friends to meet, songs and circle time.
Instructor: Sharilyn Ross
Location: PCC, Room 204C
Dates: **Code: 115803-A** Tu., 1/24-2/14 9:30-10:15 AM (4 classes) \$35
Code: 115803-B Tu., 2/28-3/21 9:30-10:15 AM (4 classes) \$35

Happy Feet WEB

Ages: 2-4 years**
Content: Happy Feet introduces the fundamentals of soccer using nursery rhymes, songs and storytime 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.
Instructors: Rochester Futbol Club
Location: PCC Gymnasium
Dates: **Code: 125306-A** W., 1/25-2/15 4:30-5:00 PM (4 classes) \$40
Code: 125306-B W., 3/1-3/22 4:30-5:00 PM (4 classes) \$40

Indoor Fun Sports WEB

Ages: 3-5 years**
Content: The perfect time of year for indoor sports! Play with friends on equipment just our size for gymnastics, volleyball and mini-basketball. Learn additional skills for indoor soccer, jump roping and games using our parachute! Increase strength, coordination, gross motor ability but most of all, have friendly fun with other happy kids like you! Plenty of running and jumping, so have sneakers each class!
Instructor: Mary Slaughter
Location: PCC, Room 208B
Dates: **Code: 115840-A** Tu., 1/31-3/21 (ex. 2/21, 2/28) 9:40-10:25 AM (6 classes) \$59



Intro to Ice Skating & Youth Hockey WEB

Ages: 4-8 years
Content: Open to skaters with little or no skating skills. Emphasis will be on balance, forward or backward skating, cross over turns and stops. Equipment available for use through Perinton Youth Hockey. Players need to supply their own skates.
Instructors: Perinton Youth Hockey Coaches
Location: Thomas Creek Ice Arena, 80 Lyndon Road
Dates: **Code: 121200-A** Sun., 1/8-2/12 7:15-8:15 AM (6 classes) \$80
Please note: Due to early start date of this program, registration will begin on 12/19 for residents and 12/26 for non-residents.

Intro to Youth Lacrosse

See Youth and Teen page 16

Jedi Training Camp WEB

Ages: 4-9 years (adult participation required)
Content: This Jedi Training class mixes reality and fantasy, mindfulness and meditation, and seriousness and fun! Your little padawans will learn the skills necessary for a Jedi. They will learn to focus and clear their minds. To concentrate and "feel the Force". They will practice self-regulation and emotional regulation skills. They will learn how to respond, not to react. They will learn basic lightsaber skills, and gain control and mastery over their bodies. They will also construct their own lightsaber! This class teaches mindfulness skills and meditation, arts and crafts as we construct our "lightsabers" from everyday household objects, and self-discipline as we practice with our safe, soft, pool noodle "lightsabers".
Instructor: Drew Beeman, Progressive Early Learning
Location: PCC, Room 208A
Dates: **Code: 128833-A** M.-F., 2/20-2/24 9:15-10:15 AM (5 classes) \$55
Code: 128833-B M.-F., 2/20-2/24 10:30-11:30 AM (5 classes) \$55



NEW!! Jumping Gymnastics WEB

Ages: 3-6 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: 115826-A** F., 1/27-3/24 (ex. 2/17, 2/24, 3/17) 9:40-10:25 AM (6 classes) \$59
Code: 115826-B F., 1/27-3/24 (ex. 2/17, 2/24, 3/17) 1:30-2:15 PM (6 classes) \$59



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, Perinton Square Mall
Dates: **Code: 115804-A** Sat., 1/28-3/25 10:15-10:45 AM (9 classes) \$86

NEW!! Kindergarteners Rock the Afternoons! WEB

Ages: 4-6 years**
Content: Afternoons with friends are the best! The school day is over, together we will play games, use the parachute, make crafts and simply have fun. It will feel like camp in the winter.
Instructor: Kerry Lyon
Location: PCC, Rooms 204C & 207
Dates: **Code: 125884-A** Tu., 1/31-2/28 (ex. 2/21) 4:30-5:30 PM (4 classes) \$38

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: Thomas Creek Ice Arena Instructors
Location: Thomas Creek Ice Arena, 80 Lyndon Road
Dates: **Winter Break Cram Session**
Code: 135824-A M.-F., 2/20-2/24 10:00 AM-11:00 AM (5 classes) \$75

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

NEW!! Little Dynamo Sports & Games WEB

Ages: 2-3 years (adult participation required)
Content: The perfect place for busy hands and speedy feet! Join other happy tots learning how to tumble, kick, throw and catch! We will learn fundamentals from tumbling, baseball and soccer to increase our coordination, gross motor ability, cooperation and social skills. Plenty of running and jumping, so have sneakers each class.
Instructor: Mary Slaughter
Location: PCC, Room 208B
Dates: **Code: 115800-A** Tu., 1/31-3/21 (ex. 2/21, 2/28) 10:30-11:05 AM (6 classes) \$49
Code: 115800-B F., 1/27-3/24 (ex. 2/17, 2/24, 3/17) 10:30-11:05 AM (6 classes) \$49
Code: 115800-C Th., 1/26-2/16 6:30-7:05 PM (4 classes) \$39

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: 115813-K** F., 1/27-2/17 10:45-11:20 AM (4 classes) \$35
Code: 115813-L F., 3/3-3/24 10:45-11:20 AM (4 classes) \$35

Music, Instruments and Fun! WEB

Ages: 3 ½-5 years** (without parent)
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: 115824-A** Th., 1/26-2/16 5:40-6:15 PM (4 classes) \$35
Code: 115824-B Th., 3/2-3/23 5:40-6:15 PM (4 classes) \$35





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: 115813-A** Th., 1/26-2/16 6:30-7:05 PM (4 classes) \$35
Code: 115813-B F., 1/27-2/17 9:30-10:05 AM (4 classes) \$35
Code: 115813-C Th., 3/2-3/23 6:30-7:05 PM (4 classes) \$35
Code: 115813-D F., 3/3-3/24 9:30-10:05 AM (4 classes) \$35

NEW!! Paint 'n' Puddles WEB

Ages: 4-6 years**
Content: Let's spend the afternoon together. We will make crafts and play games then head down to the pool for a Red Cross swim lesson.

Instructor: Kerry Lyon
Location: PCC, Room 208A
Dates: **Code: 115861-A** F., 1/20-2/17 (ex. 2/3) 1:00-2:30 PM (4 classes) \$59

NEW!! Parachutes 'n' Puddles WEB

Ages: 4-6 years**
Content: Up, up and away! Time to play some parachute games and head down to the pool for an American Red Cross swim lesson with your pals.

Instructor: Kerry Lyon
Location: PCC, Room 204C
Dates: **Code: 115888-A** F., 3/3-3/31 (ex. 3/17) 1:00-2:30 PM (4 classes) \$59

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

Pint Sized Picassos WEB

Ages: 2-4 years (adult participation required)
Content: Come and let your young person explore all sorts of artistic material. 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!

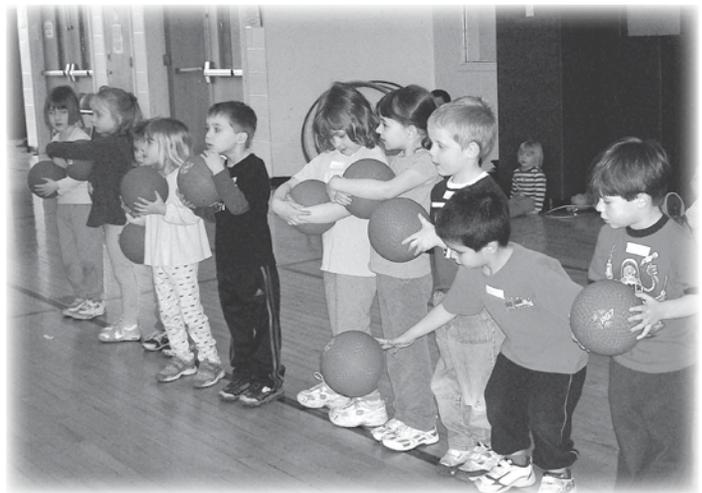
Instructor: Sharilyn Ross
Location: PCC, Room 208A (A) & Room 205 (B)
Dates: **Code: 112822-A** W., 2/1-2/15 10:00-10:45 AM (3 classes) \$30
Code: 112822-B W., 3/1-3/15 10:00-10:45 AM (3 classes) \$30



NEW!! Playful Learning Playgroup WEB

Ages: 18 months-7 years (adult participation required)
Content: Come join the fun! This Playful Learning Playgroup 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. (Science, Technology, Engineering, Arts, Math) learning. Many of our materials are natural and made from re-purposed/recycled items. Our open ended activities stimulate learning, critical thinking and problem solving. They will enjoy construction, sensory experience, dramatic play, physics and more!

Instructor: Drew Beeman, Progressive Early Learning
Location: PCC, Room 209
Dates: **Code: 128834-A** Sat., 1/28-2/18 10:30-11:30 AM (4 classes) \$50
Code: 128834-B Sat., 3/4-3/25 10:30-11:30 AM (4 classes) \$50



PRESCHOOL

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

NEW!! Prehistoric Party WEB

Ages: 4-6 years**
Content: What was it like in prehistoric times? We are headed back with the dinosaurs. Join the excitement for one day of crafting, digging and exploring in the pool. You just might find eggs with baby dinos ready to be hatched!
Instructor: Kerry Lyon
Location: PCC, Room 207
Date: **Code: 115887-A** Tu., 1/24 9:00-10:30 AM (1 class) \$7

NEW!! Pre-K Hooray Winter Edition WEB

Ages: 3-5 years**
Content: The world is a big place. We are headed into the arctic, the rainforest, the savannah and other habitats. We will climb into cultures from around the world and play games, craft, learn sports from around the world. Come join the fun. Snacks provided each day.
Instructor: Kerry Lyon
Location: PCC, Room 207
Dates: **Code: 115818-A** M.-F, 2/20-2/24 9:30-11:45 AM (5 classes) \$70



Preschool Adventures: Kids in the Kitchen WEB

Ages: 2-6 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 do 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. Section A: Kitchen Fun (pizza muffins), Winter (fried snowflakes), Valentine's Day (frozen yogurt hearts) and "The Mitten" (hedgehog bread). Section B: Dinosaurs (Dino eggs in a nest), "If You Give a Mouse a Cookie" (cookies), Five Senses (salty, sweet, bitter and sour), and Construction (build your own soft pretzel).
Instructor: Sherry Murray
Location: PCC, Room 208A
Dates: **Code: 128828-A** Th., 1/26-2/16 10:00-11:00 AM (4 classes) \$50
Code: 128828-B Th., 3/2-3/23 10:00-11:00 AM (4 classes) \$50



Scribble and Scramble WEB

Ages: 2-4 years (adult participation required)
Content: Double your fun with two classes in one! Your child can play in the gym room and visit the art room across the hall to create preschool projects to take home! Each class ends with circle time fun! New projects every session!
Instructor: Sharilyn Ross
Location: PCC, Rooms 204C & 207
Dates: **Code: 115811-A** Th., 1/26-2/16 9:30-10:30 AM (4 classes) \$38
Code: 115811-B Th., 3/2-3/23 9:30-10:30 AM (4 classes) \$38

Sensory/Science Class WEB

Ages: 18 months-6 years (adult 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 gooey 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 209 (W. & M.), Room 208A (F.)
Dates: **Code: 128832-A** W., 1/25-2/15 9:15-10:15 AM (4 classes) \$50
Code: 128832-B W., 1/25-2/15 10:30-11:30 AM (4 classes) \$50
Code: 128832-C M., 2/27-3/20 9:15-10:15 AM (4 classes) \$50
Code: 128832-D M., 2/27-3/20 10:30-11:30 AM (4 classes) \$50
Code: 128832-E F., 3/3-3/24 9:15-10:15 AM (4 classes) \$50
Code: 128832-F F., 3/3-3/24 10:30-11:30 AM (4 classes) \$50

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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 & 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: 111819-A** M., 1/23-3/6 (ex. 2/20) 1:30-2:15 PM (6 classes) \$66

STEAM Foundations Class WEB

Ages: 18 months-6 years (adult 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 (M. & W.), Room 208A (F.)
Dates: **Code: 128829-A** M., 1/23-2/13 9:15-10:15 AM (4 classes) \$50
Code: 128829-B M., 1/23-2/13 10:30-11:30 AM (4 classes) \$50
Code: 128829-C F., 1/27-2/17 9:15-10:15 AM (4 classes) \$50
Code: 128829-D F., 1/27-2/17 10:30-11:30 AM (4 classes) \$50
Code: 128829-E W., 3/1-3/22 9:15-10:15 AM (4 classes) \$50
Code: 128829-F W., 3/1-3/22 10:30-11:30 AM (4 classes) \$50

Tails, Toes, Eyes, Ears and Noses WEB

Ages: 2-4 years (parent participation required)
Content: We'll read a story about different animals' 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.
Instructor: Anne Meade
Location: PCC, Room 212
Date: **Code: 115831-A** Sat., 3/18 9:00-9:45 AM (1 class) \$10
Only enroll child(ren).



Teeny Tiny Tot Tap & Ballet WEB

Ages: 3-4 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: 116810-A** Tu., 1/24-3/21 (ex. 2/21) 10:00-10:45 AM (8 classes) \$80
Code: 116810-B F., 1/27-3/24 (ex. 2/24) 10:00-10:45 AM (8 classes) \$80

NEW!! The Lunchbox Gang WEB

Ages: 4-6 years**
Content: Pack your lunch! Wear your sneakers! Bring your suit! We are going to eat, play, make a craft and swim together. What fun afternoons are planned. Each week a different theme.
Instructor: Kerry Lyon
Location: PCC, Room 207
Dates: **Code: 115869-A** Tu., 1/31-2/28 (ex. 2/21) 12:15-2:15 PM (4 classes) \$35

Themed Birthday Parties

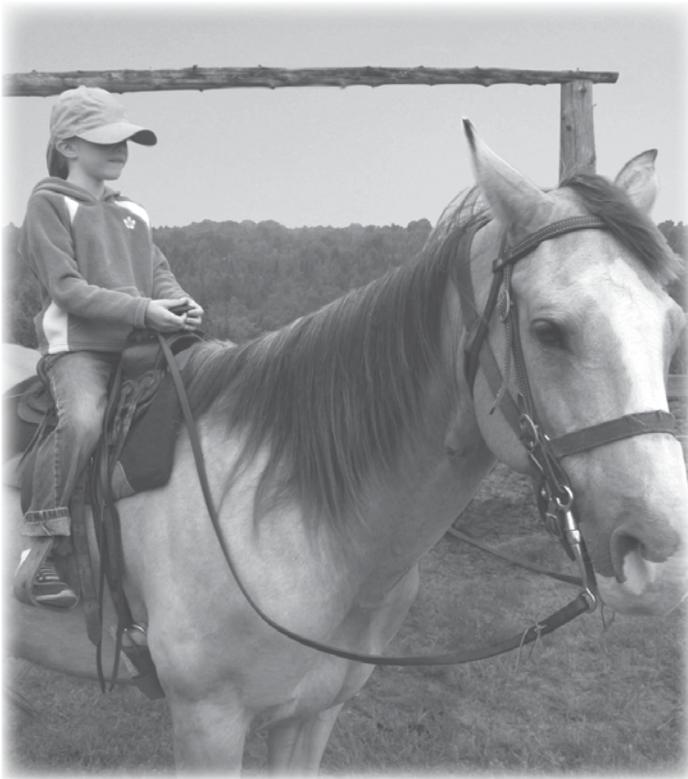
Did you know that Perinton Recreation and Parks offers several birthday party packages? Why not enjoy a stress and worry-free planning process? We have Disney, Princesses, Sports, Minions and Superheroes party themes, just to name a few.

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.



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



Tiny Tot Tap & Ballet WEB

Ages: 4-6 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, the other half covers ballet. Tap and ballet shoes are required. Shoes may be available to buy or trade – contact Shirley Reback at 381-0022.
Instructor: Shirley Reback
Location: PCC, Room 209
Dates: **Code: 116815-A** Tu., 1/24-3/21 (ex. 2/21) 9:15-10:00 AM (8 classes) \$80
Code: 116815-B F., 1/27-3/24 (ex. 2/24) 9:15-10:00 AM (8 classes) \$80



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: 125752-A** M., 1/23-2/13 3:00-3:30 PM (4 classes) \$80
Code: 125752-B M., 1/23-2/13 3:30-4:00 PM (4 classes) \$80
Code: 125752-C Tu., 1/24-2/14 3:00-3:30 PM (4 classes) \$80
Code: 125752-D Tu., 1/24-2/14 3:30-4:00 PM (4 classes) \$80
Code: 125752-E M., 2/27-3/20 3:00-3:30 PM (4 classes) \$80
Code: 125752-F M., 2/27-3/20 3:30-4:00 PM (4 classes) \$80
Code: 125752-G Tu., 2/28-3/21 3:00-3:30 PM (4 classes) \$80
Code: 125752-H Tu., 2/28-3/21 3:30-4:00 PM (4 classes) \$80

NEW!! Up, Up and Away! WEB

Ages: 4-6 years**
Content: Build a rocket, an airplane, the perfect parachute for an egg! Then head down to the pool with friends to drop our eggs off the top of the slide and play in the pool.
Instructor: Kerry Lyon
Location: PCC, Room 207
Date: **Code: 115867-A** Tu., 3/7 9:30-10:30 AM (1 class) \$7

NEW!! Winter Wonder Art WEB

Ages: 3-6 years**
Content: Join us for a magical time to create a new masterpiece each class! Winter give us the perfect inspiration for paint, glitter, glues and clay! Keep those hands warm this season sculpting, painting and more! Smocks are recommended.
Instructor: Mary Slaughter
Location: PCC, Room 207
Dates: **Code: 115840-G** F., 1/27-3/24 (ex. 2/17, 2/24, 3/17) 12:40-1:25 PM (6 classes) \$49



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YOUTH AND TEEN

Acting Up - Theater Games WEB

Ages: 6-14 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 212
Dates: **Code: 125232-A** Sat., 2/4 10:00 AM-12:00 PM (1 class) \$25
Code: 125232-B Sat., 3/4 10:00 AM-12:00 PM (1 class) \$25

Acting Winter Break Camps

Ages: 6-14 years
Instructor: Edward Rocha

A Jedi's Tale - Movie Makers Day WEB

Content: Take your movie making ideas further than you could imagine, with professional techniques like Green Screen and Story-boarding. Students will have the opportunity to write their own Star Wars feature film and produce it from start to finish. With experienced professional guidance, students are encouraged to be involved in all aspects of production including acting, filming and editing. Participants will receive a copy of their finished movie. Along with theatrical events, campers will have the opportunity to enjoy a trip to the pool if they would like to.
Location: PCC, Room 208B
Dates: **Code: 125232-C** M.-F., 2/20-2/24 9:00 AM-3:30 PM (5 classes) \$150

A Fairytale Theater Camp WEB

Content: During this camp, kids will delight in the experience of creating a fairytale using their favorite characters. Their fairytale will come to life through storytelling, music and movement followed by creating props, costumes and sets for a final performance with friends and family. Along with theatrical events, campers will have the opportunity to enjoy a trip to the pool if they would like to.
Location: PCC, Room 204C
Dates: **Code: 125232-D** M.-F., 2/20-2/24 9:00 AM-3:30 PM (5 classes) \$150

Technical Theater Camp WEB

Content: The Tech Crew provides all students with an opportunity to contribute to theater together. This group of students will learn about all aspects of Technical Theater, while creating the lights, set, sound and all other technical elements for production. Each student will be assigned a leadership role on the tech crew based on his/her interests overseeing a specific technical area within production. Campers will also have an opportunity to enjoy a trip to the pool if they would like to.
Location: PCC, Room 204C
Dates: **Code: 125232-E** M.-F., 2/20-2/24 9:00 AM-3:30 PM (5 classes) \$150

***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.**



After School Fun Zone

Due to high demand, the After School Fun Zone Program is currently full with a waitlist for the remainder of the school year. Please keep an eye out for information for the 2017-2018 school year in the Summer brochure. If you have any questions, please call 223-5050 or email jnutting@perinton.org.

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: 135502-A** Tu., 2/7-3/21 (ex. 2/21) 4:15-5:15 PM (6 classes) \$35



Register early to avoid program cancellation due to low enrollment.

Introduction to Baton Twirling WEB

Ages: 7-12 years
Content: Join us for 1 hour of fun and experience the beautiful sport of Baton Twirling. After watching a video of the USA Twirlers performing their World Gold Medal winning performance, learn a twirl, basic marching and play a fun game. Borrow a baton from instructor today.
Instructor: Tina Widener
Location: PCC, Room 204C
Date: **Code: 115883-A** Sat., 1/28 10:00-11:00 AM (1 class) \$10

Beginning Baton Twirling I WEB

Ages: 7-12 years
Content: Baton Twirling is a beautiful sport teaching large motor skills, coordination, timing, confidence and grace. Learn basic twirls and marching in this fun class. March in parades, perform at local community events, and have opportunities for group and solo competitive twirling. No experience necessary.
Instructor: Tina Widener
Location: PCC, Room 208B
Dates: **Code: 115883-B** W. & F., 1/25-2/17 4:15-5:00 PM (8 classes) \$80
Code: 115883-C W. & F., 3/1-3/24 (ex.3/17) 4:15-5:00 PM (7 classes) \$70

Baton Twirling II WEB

Ages: 7-12 years
Content: Learn more twirls and combinations, perfect for marching and work as a team in performances. Your skills will amaze your friends and family. March in parades, perform at local community events and at competitive events in group or solo categories. Teacher approval required.
Instructor: Tina Widener
Location: PCC, Room 208B
Dates: **Code: 115883-D** W. & F., 1/25-2/17 5:15-6:00 PM (8 classes) \$80
Code: 115883-E W. & F., 3/1-3/24 (ex. 3/17) 5:15-6:00 PM (7 classes) \$70

Baton Twirling Private Lessons

See Preschool page 8

Eastside K-2nd Grade Introduction to Basketball Clinic

Grades: K-2
Content: Eastside coaches will introduce the basics of basketball including dribbling, passing, defense and shooting. All participants, please bring a 28.5" intermediate size basketball.
Location: PCC Gymnasium
Registration: For registration and forms, view the Eastside website. www.esbasketball.com. Contact Kevin Legg, 871 Macedon Center Road, Fairport, NY 14450. Phone: (585) 425-1883.
Dates: Sat., 3/4-3/25 (4 weeks) 1:00-2:30 PM
Fee: \$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.

Gymnastics WEB

Ages: 5-10 years
Content: Beginner to advanced tumbling skills, as well as stretching and strengthening. Great class for cheerleaders and gymnasts alike. Have fun while improving your tumbling skills.
Instructor: Wendy Reback
Location: PCC, Room 204C
Dates: **Code: 121813-A** M., 1/23-3/20 (ex. 2/20) 4:45-5:30 PM (8 classes) \$80



Intro to Youth Lacrosse WEB

Ages: 4-7 years
Content: Instruction covers rules, equipment, conditioning, position play, strategies, stick handling, etc. Sticks and balls provided.
Instructors: Fairport Youth Lacrosse staff
Location: Turin Indoor Facility, 260 Hogan Road
Dates: **Code: 125304-A** Sun., 1/8-2/12 11:30 AM-12:30 PM (6 classes) \$30
Please note: Due to early start date of this program, registration will begin on 12/19 for residents and 12/26 for non-residents.

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

Introduction to Horseback Riding **WEB**

Ages: 7 years and over
Content: This winter, learn how to ride – lessons will be held in weather proof indoor riding arenas. All the basics are taught by experienced JDL trainers. In addition to riding, children will be able to groom their pony and learn how to put on the saddle and bridle.
Instructors: JDL Trainers
Location: JDL Equine, 1942 Turk Hill Road
Dates: **Code: 135752-A** M., 1/23-2/13 5:00-6:00 PM (4 classes) \$120
Code: 135752-B F., 1/27-2/17 5:00-6:00 PM (4 classes) \$120
Code: 135752-C Sat., 1/28-2/18 11:00 AM-12:00 PM (4 classes) \$120
Code: 135752-D Sat., 1/28-2/18 1:00-2:00 PM (4 classes) \$120
Code: 135752-E M., 2/27-3/20 5:00-6:00 PM (4 classes) \$120
Code: 135752-F F., 3/3-3/24 5:00-6:00 PM (4 classes) \$120
Code: 135752-G Sat., 3/4-3/25 11:00 AM-12:00 PM (4 classes) \$120
Code: 135752-H Sat., 3/4-3/25 1:00-2:00 PM (4 classes) \$120

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, Perinton Square Mall
Dates: **Code: 115801-A** M., 1/23-3/20 (ex. 2/20) 6:00-6:40 PM (8 classes) \$77
Code: 115801-B W., 1/25-3/22 (ex. 2/22) 5:30-6:10 PM (8 classes) \$77
Code: 115801-C Th., 1/26-3/23 (ex. 2/23) 5:30-6:10 PM (8 classes) \$77



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, Perinton Square Mall
Dates: **Code: 145808-A** Tu., 1/24-3/21 (ex. 2/21) 5:30-6:20 PM (8 classes) \$77
Code: 145808-B W., 1/25-3/22 (ex. 2/22) 6:10-7:00 PM (8 classes) \$77
Code: 145808-C Th., 1/26-3/23 (ex. 2/23) 6:10-7:00 PM (8 classes) \$77
Code: 145808-D F., 1/27-3/24 (ex. 2/24, 3/17) 5:30-6:20 PM (7 classes) \$68



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: Thomas Creek Ice Arena Instructors
Location: Thomas Creek Ice Arena, 80 Lyndon Road
Dates: **Winter Break Cram Session**
Code: 135824-G M.-F., 2/20-2/24 10:00-11:00 AM (5 classes) \$75

Little Lions **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: Rochester Futbol Club
Location: PCC Gymnasium
Dates: **Code: 125306-C** W., 1/25-2/15 5:00-6:00 PM (4 classes) \$40
Code: 125306-D W., 3/1-3/22 5:00-6:00 PM (4 classes) \$40

YOUTH & TEEN



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! Take home sheet included.

Instructor: Anne Meade
Location: PCC, Room 212
Dates: **Code: 125844-B** Sat., 3/18 10:00-11:00 AM (1 class) \$10

Mystery Academy Code Name: Star Wars WEB

Ages: 7-10 years
Content: Young detectives must solve a most unusual case: the chocolate planned for a special Star Wars convention at the Community Center has vanished. During the case, detectives will learn traditional crime-fighting tools, enjoy non-competitive games, and have a nutritious morning snack. All materials will be provided for a fun and creative learning experience.

Instructor: Alan Stewart
Location: PCC, Room 209
Dates: **Code: 122864-B** M.-F., 2/20-2/24 9:30-11:30 AM (5 classes) \$40

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: 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 Aquatic Center.

Location: PCC, Rooms 200 & 205
Dates: **Code: 125870-A** Tu., 2/21 8:00 AM-1:00 PM (1 class) \$28
Code: 125870-B Tu., 2/21 1:00-6:00 PM (1 class) \$28
Code: 125870-C W., 2/22 8:00 AM-1:00 PM (1 class) \$28
Code: 125870-D W., 2/22 1:00-6:00 PM (1 class) \$28
Code: 125870-E Th., 2/23 8:00 AM-1:00 PM (1 class) \$28
Code: 125870-F Th., 2/23 1:00-6:00 PM (1 class) \$28
Code: 125870-G F., 2/24 8:00 AM-1:00 PM (1 class) \$28
Code: 125870-H F., 2/24 1:00-6:00 PM (1 class) \$28

Science of Minecraft WEB

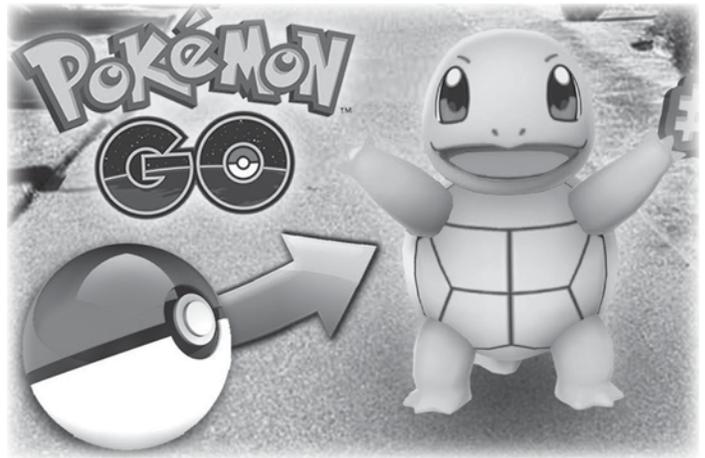
Ages: 7-11 years
Content: Join in for a fun time jumping between the world of Minecraft and the real world of science! There is math and science lurking behind every corner in Minecraft. We'll go looking to see what we can find and bring it out of the virtual and into the real world! All new experiments 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: 115853-A** Tu., 1/24-1/31 4:15-5:15 PM (2 classes) \$20

NEW!! Science of Pokemon Go WEB

Ages: 7-11 years
Content: There's math and science everywhere, even in the Pokemon Go game! In this hands-on class, we'll do experiments to answer questions like: What's up with GPS? (Really, really up!) What's the best way to hatch an egg? (There's math behind the strategies!) More fun than a barrel full of charmanders! All the experiments will be hands-on and aimed towards getting kids excited about math and science.

Instructor: Sharilyn Ross
Location: PCC, Room 212
Dates: **Code: 115853-D** M., 3/6-3/13 4:15-5:15 PM (2 classes) \$20



Themed Birthday Parties

Did you know that 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.



Youth Fencing WEB

Ages: 7-12 years
Content: Have a kid 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.
Instructor: Rochester Fencing Club Staff
Location: PCC Gymnasium
Dates: **Code: 121835-A** Tu., 2/28-3/21 4:30-5:30 PM (4 classes) \$55



NEW!! 13-14 Year Old Soccer WEB

Ages: 13-14 years
Content: Have a great time being active and playing soccer with your friends! Join us for weekly organized soccer games.
Location: Center Park
Dates: **Code: 224721-E** Th., 4/27-6/8 6:00-7:00 PM (7 classes) \$30

Youth Soccer WEB

Leagues: Co-Ed 6-7 years
 Co-Ed 8-9 years
 Boys 10-12 years
 Girls 10-12 years
Content: This is a fun, instructional soccer program. A limited number of youth may participate dependent on coach and field availability. Registration closes on April 5th, however the program may fill prior to this date!
Note: The Girls 10-12 years' league may run with a 9v9 format if there are not sufficient numbers to field 11v11 teams.
Requests: All requests must be noted on the registration form or in the notes section on WebTrac. 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. **Please email Diana Weber at dweber@perinton.org if you are interested in coaching by April 5th.** There will be a coaches meeting on Thursday, April 6th. We perform background checks on all of our youth sport coaches.

Location: Town Parks
Dates: Starts week of April 24 (4/24-6/11, ex. 5/27-5/29); 6/12-6/16 reserved for rain make-ups.
Day and Time: Weeknight practice 6:00 PM to dusk and Saturday game start time between 9AM-noon.
Fee: \$65

Co-Ed:
Code: 224721-AA 6-7 years Practice Tuesdays
Code: 224721-AB 6-7 years Practice Wednesdays
Code: 224721-AC 6-7 years Practice Thursdays

Code: 224721-BA 8-9 years Practice Tuesdays
Code: 224721-BB 8-9 years Practice Wednesdays
Code: 224721-BC 8-9 years Practice Thursdays

Boys 10-12 years league:
Code: 224721-CA 10-12 years (males) Practice Tuesdays
Code: 224721-CB 10-12 years (males) Practice Wednesdays
Code: 224721-CC 10-12 years (males) Practice Thursdays

Girls 10-12 years league:
Code: 224721-DA 10-12 years (females) Practice Tuesdays
Code: 224721-DB 10-12 years (females) Practice Wednesdays
Code: 224721-DC 10-12 years (females) Practice Thursdays



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!! Crochet a Baby Hat

See Adult Arts & Crafts and Cooking page 40

Cupcake Creators WEB

Ages: 8-13 years
Content: Learn to decorate cupcakes using simple piping techniques, molding fondant and using fun ingredients. We will decorate 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 out on this fun and delicious class. Different themes for each session.

Instructor: Anette Messer
Location: PCC, Room 208A
Dates: **Code: 135881-B** W., 2/8 6:00-7:45 PM (1 class) \$16
Code: 135881-C W., 3/15 6:00-7:45 PM (1 class) \$16



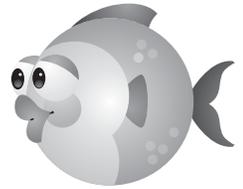
Drawing Animals and Their Friends WEB

Ages: 6-9 years
Content: Draw, paint, and model your favorite animals and pets in this unique art program. Each week, we will introduce a different media to experiment with to create our art. Programs will feature a demonstration and then practice of traditional artistic techniques. All materials will be supplied and will be of professional quality and non-toxic. A delicious, nutritious afternoon snack will also be provided.

Instructor: Alan Stewart
Location: PCC, Room 208A
Dates: **Code: 122864-A** M., 1/23-3/20 (ex. 2/20) 4:00-5:30 PM (8 classes) \$40

NEW!! Glow Fish WEB

Ages: 5 years and over (parent must attend and may participate)
Content: Make several projects with a sealife theme...all using a variety of glow-in-the-dark craft materials. Paint, paper, beads, polymer clay and more! Fee is per project. Adult **MUST** attend to supervise children but may also make their own projects for an additional fee.
Instructor: Kathy Fiete
Location: PCC, Room 205
Dates: **Code: 162807-D** Sun., 3/12 1:00-2:30 PM (1 class) \$12
Enroll all who are paying to make a project. An adult must attend.



Learn to Crochet

See Adult Arts & Crafts and Cooking page 40

Needles at Noon: Crochet

See Adult Arts & Crafts and Cooking page 41

NEW!! Valentine Treasure Box WEB

Ages: 5 years and over (parent must attend and may participate)
Content: We will make and decorate a small heart shaped box entirely from polymer clay. Fee is per project. Adult **MUST** attend to supervise children but may also make their own projects for an additional fee.
Instructor: Kathy Fiete
Location: PCC, Room 205
Dates: **Code: 162807-E** Sun., 2/5 1:00-2:30 PM (1 class) \$11
Enroll all who are paying to make a project. An adult must attend.





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
lionsdentc@perinton.org

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 lionsdentc@perinton.org 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

Grades: 6-8
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.

Time: 2:45-6:00 PM
Days: M.-F., 1/3-6/22 (ex. 1/16, 2/20-2/24, 4/3, 4/14-4/21, 5/5, 5/29)
Cost: **Code: 125536-A** \$560 Spring Semester (payable in one installment)
OR
Code: 125537-A \$600 (payable in installments of \$100)

Focus Fridays and Saturday Nights Live

Grades: 6-9
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.

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.

1/6 Learn to Play Billiards
 1/20 Movie and Popcorn
 2/3 Learn to Make Your Own Candy
 2/17 Learn and Play Table Tennis
 3/10 Movie and Popcorn
 3/24 March Madness Night

Saturday Nights Live: Saturdays will provide open activities for teens to engage in at the Teen Center with staff supervision.

1/21-3/25 (ex. 2/18, 2/25)

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

TEEN CENTER

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, serving youth and senior populations, in area parks and community facilities.

Code: 136101-A M. & W., 3/6-3/15 (4 sessions) No charge

If you have further questions or concerns, please contact Sam Barragato, Teen Program Coordinator at lionsdntc@perinton.org.



Teen Party at PCC WEB

Grades: 6-9
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 204A
Dates: **Code: 136101-B** F, 2/10 6:30-9:00 PM (1 class) \$7

Teens Got Talent WEB

Grades: 6-10
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 lionsdntc@perinton.org 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
Dates: **Code: 136101-C** W., 3/10 6:30-9:00 PM (1 class) No charge



Glacier Ridge Snow Tubing Trip WEB

Grades: 6-12
Content: Join the Teen Center for an exciting afternoon at Glacier Ridge Snow Tubing in Spencerport. Fee includes 2 hours of snow tubing and a fun day in the snow with friends. Round trip transportation is included from the Teen Center leaving at 12:00 PM. Registration needs to be completed by 1/31. Waivers need to be filled out on glacierridgesnowtubing.com prior to the event.

Location: Leaving from Teen Center
Dates: **Code: 136101-D** W., 2/22 12:00-4:00 PM (1 class) \$20

Friendship Bags for the Bivona Child Advocacy Center WEB

Grades: 6-9
Content: As a way to show we care, the Teen Center will be putting together friendship bags for the kids at the Bivona Child Advocacy Center. These bags will contain books, snacks, small toys, personal hygiene items and special cards made by you.

Location: Lions Den Teen Center
Dates: **Code: 136101-E** Th., 3/23 6:30-7:30 PM (1 class) No charge



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. Only Coast Guard approved, properly fitting personal floatation devices are 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 ****

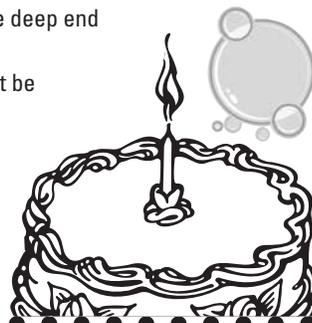
Water features schedules listed on www.perinton.org

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 lessons, register for the session you want and then contact Matt Steffen at 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, \$168 for 8 lessons
Semi-Private Lessons: \$124 for 4 lessons, \$155 for 5 lessons, \$248 for 8 lessons, for two participants, max
Participants must be of similar ability and/or close in age.

Saturdays

1/21-3/25 (ex. 2/18, 2/25)

Code: 113120-A, AA, AB or AC 9:00-9:30 AM (8 classes) \$168
Code: 113120-AD, AE, AF or AG 9:35-10:05 AM (8 classes) \$168
Code: 113120-AH, AI, AJ or AK 10:10-10:40 AM (8 classes) \$168
Code: 113120-AL, AM, AN or AO 10:45-11:15 AM (8 classes) \$168
Code: 113120-AP, AQ, AR or AS 11:20-11:50 AM (8 classes) \$168

Sundays

1/22-2/19

Code: 113120-AT, AU, AV, AW or AX 9:45-10:15 AM (5 classes) \$105
Code: 113120-AY, AZ, B, BA or BB 10:20-10:50 AM (5 classes) \$105
Code: 113120-BC, BD, BE, BF or BG 10:55-11:25 AM (5 classes) \$105
Code: 113120-BH, BI, BJ, BK or BL 11:30 AM-12:00 PM (5 classes) \$105

2/26-3/26

Code: 113120-EW, EX, EY, EZ or F 9:45-10:15 AM (5 classes) \$105
Code: 113120-FA, FB, FC, FD or FE 10:20-10:50 AM (5 classes) \$105
Code: 113120-FF, FG, FH, FI or FJ 10:55-11:25 AM (5 classes) \$105
Code: 113120-FK, FL, FM, FN or FO 11:30 AM-12:00 PM (5 classes) \$105

Mondays

1/23-2/13

Code: 113120-BM or BN 10:00-10:30 AM (4 classes) \$84
Code: 113120-BO or BP 10:30-11:00 AM (4 classes) \$84
Code: 113120-BQ or BR 11:00-11:30 AM (4 classes) \$84
Code: 113120-BS or BT 4:50-5:20 PM (4 classes) \$84
Code: 113120-BU or BV 5:25-5:55 PM (4 classes) \$84

1/23-3/20 (ex. 2/20)

Code: 113120-BW, BX or BY 4:15-4:45 PM (8 classes) \$168
Code: 113120-BZ, C or CA 4:50-5:20 PM (8 classes) \$168
Code: 113120-CB, CC or CD 5:25-5:55 PM (8 classes) \$168
Code: 113120-CE, CF or CG 6:00-6:30 PM (8 classes) \$168

2/27-3/20

Code: 113120-FP or FQ 10:00-10:30 AM (4 classes) \$84
Code: 113120-FR or FS 10:30-11:00 AM (4 classes) \$84
Code: 113120-FT or FU 11:00-11:30 AM (4 classes) \$84
Code: 113120-FV or FW 4:50-5:20 PM (4 classes) \$84
Code: 113120-FX or FY 5:25-5:55 PM (4 classes) \$84

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

Tuesdays

1/24-2/14

Code: 113120-CH or CI 10:00-10:30 AM (4 classes) \$84
Code: 113120-CJ or CK 10:30-11:00 AM (4 classes) \$84
Code: 113120-CL or CM 11:00-11:30 AM (4 classes) \$84
Code: 113120-CN or CO 4:50-5:20 PM (4 classes) \$84
Code: 113120-CP or CQ 5:25-5:55 PM (4 classes) \$84

1/24-3/21 (ex. 2/21)

Code: 113120-CR, CS or CT 4:15-4:45 PM (8 classes) \$168
Code: 113120-CU, CV or CW 4:50-5:20 PM (8 classes) \$168
Code: 113120-CX, CY or CZ 5:25-5:55 PM (8 classes) \$168
Code: 113120-D, DA or DB 6:00-6:30 PM (8 classes) \$168

2/28-3/21

Code: 113120-FZ or G 10:00-10:30 AM (4 classes) \$84
Code: 113120-GA or GB 10:30-11:00 AM (4 classes) \$84
Code: 113120-GC or GD 11:00-11:30 AM (4 classes) \$84
Code: 113120-GE or GF 4:50-5:20 PM (4 classes) \$84
Code: 113120-GG or GH 5:25-5:55 PM (4 classes) \$84

Wednesdays

1/25-2/15

Code: 113120-DC 9:30-10:00 AM (4 classes) \$84
Code: 113120-DD 10:00-10:30 AM (4 classes) \$84
Code: 113120-DE 10:30-11:00 AM (4 classes) \$84
Code: 113120-DF, DG or DH 3:50-4:20 PM (4 classes) \$84
Code: 113120-DI, DJ or DK 4:25-4:55 PM (4 classes) \$84
Code: 113120-DL, DM or DN 5:00-5:30 PM (4 classes) \$84

3/1-3/22

Code: 113120-GI 9:30-10:00 AM (4 classes) \$84
Code: 113120-GJ 10:00-10:30 AM (4 classes) \$84
Code: 113120-GK 10:30-11:00 AM (4 classes) \$84
Code: 113120-GL, GM or GN 3:50-4:20 PM (4 classes) \$84
Code: 113120-GO, GP or GQ 4:25-4:55 PM (4 classes) \$84
Code: 113120-GR, GS or GT 5:00-5:30 PM (4 classes) \$84

Thursdays

1/26-2/16

Code: 113120-DO 9:30-10:00 AM (4 classes) \$84
Code: 113120-DP 10:00-10:30 AM (4 classes) \$84
Code: 113120-DQ 10:30-11:00 AM (4 classes) \$84
Code: 113120-DR or DS 4:50-5:20 PM (4 classes) \$84
Code: 113120-DT or DU 5:25-5:55 PM (4 classes) \$84

1/26-3/23 (ex. 2/23)

Code: 113120-DV, DW or DX 4:15-4:45 PM (8 classes) \$168
Code: 113120-DY, DZ or E 4:50-5:20 PM (8 classes) \$168
Code: 113120-EA, EB or EC 5:25-5:55 PM (8 classes) \$168
Code: 113120-ED, EE or EF 6:00-6:30 PM (8 classes) \$168

3/2-3/23

Code: 113120-GU 9:30-10:00 AM (4 classes) \$84
Code: 113120-GV 10:00-10:30 AM (4 classes) \$84
Code: 113120-GW 10:30-11:00 AM (4 classes) \$84
Code: 113120-GX or GY 4:50-5:20 PM (4 classes) \$84
Code: 113120-GZ or H 5:25-5:55 PM (4 classes) \$84

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

Fridays

1/27-2/17

- Code: 113120-EG** 1:00-1:30 PM (4 classes) \$84
- Code: 113120-EH** 1:35-2:05 PM (4 classes) \$84
- Code: 113120-EI** 2:10-2:40 PM (4 classes) \$84
- Code: 113120-EJ** 2:45-3:15 PM (4 classes) \$84
- Code: 113120-EK, EL or EM** 3:45-4:15 PM (4 classes) \$84
- Code: 113120-EN, EO or EP** 4:20-4:50 PM (4 classes) \$84
- Code: 113120-EQ, ER or ES** 4:55-5:25 PM (4 classes) \$84
- Code: 113120-ET, EU or EV** 5:30-6:00 PM (4 classes) \$84

3/3-3/24

- Code: 113120-HA** 1:00-1:30 PM (4 classes) \$84
- Code: 113120-HB** 1:35-2:05 PM (4 classes) \$84
- Code: 113120-HC** 2:10-2:40 PM (4 classes) \$84
- Code: 113120-HD** 2:45-3:15 PM (4 classes) \$84
- Code: 113120-HE, HF or HG** 3:45-4:15 PM (4 classes) \$84
- Code: 113120-HH, HI or HJ** 4:20-4:50 PM (4 classes) \$84
- Code: 113120-HK, HL or HM** 4:55-5:25 PM (4 classes) \$84
- Code: 113120-HN, HO or HP** 5:30-6:00 PM (4 classes) \$84

Arctic Story & Splash **WEB**

Ages: 6 months-6 years (parent participation required)
Content: Polar bears, whales and penguins will highlight our aquatic stories and songs. Bring a towel to sit on, take off your boots and jump into the fun. 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: 113130-A** F., 1/27 9:00-11:00 AM (1 class) \$1
Code: 113130-B F., 2/17 9:00-11:00 AM (1 class) \$1
Code: 113130-C F., 3/24 9:00-11:00 AM (1 class) \$1

Home School Swimmers **WEB**

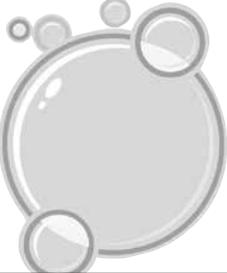
Ages: 6 years and over
Content: Do you home school? Fulfill your child's physical education requirements with swimming lessons at our pool. For ages 6 and up. Students will be grouped with others of similar abilities. Our Red Cross certified staff will help your child learn or improve their strokes, flip turns and endurance while having fun.

Instructor: Marjory Halsted Hall
Dates: **Code: 123810-A** W., 1/25-3/22 (ex. 2/22) 2:00-2:30 PM (8 classes) \$62
Code: 123810-B W., 1/25-3/22 (ex. 2/22) 2:30-3:00 PM (8 classes) \$62



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>Waterbabies I</p> <p>Ages: 6 months up to 3 years</p> <p>WEB</p> <p>(Parent participation in water, swimsuit required.)</p>	<p>Provides experiences and activities for children to:</p> <ul style="list-style-type: none"> • Learn to ask permission before entering the water • Learn how to enter and exit the water in a safe manner • Feel comfortable in the water • Explore submerging to the mouth, nose, eyes and completely • Explore buoyancy on the front and back position • Change body position in the water • Learn how to play safely 	<p>Code: 113110-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 8:25-8:55 AM (8 classes) \$62</p> <p>Code: 113110-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:35-10:05 AM (8 classes) \$62</p> <p>Code: 113110-C Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:45-11:15 AM (8 classes) \$62</p> <p>Code: 113110-D Sun., 1/22-3/26 (ex. 2/19, 2/26) 9:45-10:15 AM (8 classes) \$62</p> <p>Code: 113110-E M., 1/23-3/20 (ex. 2/20) 6:00-6:30 PM (8 classes) \$62</p> <p>Code: 113110-F Tu., 1/24-3/21 (ex. 2/21) 6:00-6:30 PM (8 classes) \$62</p> <p>Code: 113110-G W., 1/25-3/22 (ex. 2/22) 10:30-11:00 AM (8 classes) \$62</p> <p>Code: 113110-H Th., 1/26-3/23 (ex. 2/23) 10:30-11:00 AM (8 classes) \$62</p> <p>Code: 113110-I Th., 1/26-3/23 (ex. 2/23) 6:00-6:30 PM (8 classes) \$62</p>
<p>Waterbabies II</p> <p>Ages: 18 months up to 3 years</p> <p>WEB</p> <p>(Parent participation in water, swimsuit required.)</p> 	<p>Provides experiences and activities for children to:</p> <ul style="list-style-type: none"> • Establish expectation for adult supervision • Learn more ways to enter and exit the water in a safe manner • Explore submerging in a rhythmic pattern • Glide on the front and back with assistance • Perform combined stroke on front and back with assistance • Change body position in the water 	<p>Code: 113111-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:00-9:30 AM (8 classes) \$62</p> <p>Code: 113111-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:10-10:40 AM (8 classes) \$62</p> <p>Code: 113111-C Sun., 1/22-3/26 (ex. 2/19, 2/26) 10:55-11:25 AM (8 classes) \$62</p> 
<p>Nemos</p> <p>Ages: 3 years</p> <p>WEB</p> 	<ul style="list-style-type: none"> • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Submerge mouth, nose and eyes • Open eyes underwater and retrieve submerged objects • Front and back glides and recover to a vertical position • Back float and recover to a vertical position • Roll from front to back and back to front • Tread with arm and hand actions • Alternating and simultaneous arm/leg actions on front and back • Combined arm and leg actions on front and back <p>No prerequisite. Guaranteed 3:1 ratio for maximum benefit.</p>	<p>Code: 113117-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:00-9:30 AM (8 classes) \$72</p> <p>Code: 113117-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:35-10:05 AM (8 classes) \$72</p> <p>Code: 113117-C Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:45-11:15 AM (8 classes) \$72</p> <p>Code: 113117-D Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$72</p> <p>Code: 113117-E M., 1/23-3/20 (ex. 2/20) 4:15-4:45 PM (8 classes) \$72</p> <p>Code: 113117-F M., 1/23-3/20 (ex. 2/20) 5:25-5:55 PM (8 classes) \$72</p> <p>Code: 113117-G Tu., 1/24-3/21 (ex. 2/21) 4:50-5:20 PM (8 classes) \$72</p> <p>Code: 113117-H W., 1/25-3/22 (ex. 2/22) 9:30-10:00 AM (8 classes) \$72</p> <p>Code: 113117-I W., 1/25-3/22 (ex. 2/22) 10:00-10:30 AM (8 classes) \$72</p> <p>Code: 113117-J W., 1/25-3/22 (ex. 2/22) 1:00-1:30 PM (8 classes) \$72</p> <p>Code: 113117-K W., 1/25-3/22 (ex. 2/22) 1:30-2:00 PM (8 classes) \$72</p> <p>Code: 113117-L Th., 1/26-3/23 (ex. 2/23) 9:30-10:00 AM (8 classes) \$72</p> <p>Code: 113117-M Th., 1/26-3/23 (ex. 2/23) 10:00-10:30 AM (8 classes) \$72</p> <p>Code: 113117-N Th., 1/26-3/23 (ex. 2/23) 1:00-1:30 PM (8 classes) \$72</p> <p>Code: 113117-O Th., 1/26-3/23 (ex. 2/23) 1:30-2:00 PM (8 classes) \$72</p> <p>Code: 113117-P Th., 1/26-3/23 (ex. 2/23) 4:15-4:45 PM (8 classes) \$72</p> <p>Code: 113117-Q Th., 1/26-3/23 (ex. 2/23) 5:25-5:55 PM (8 classes) \$72</p>

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>Squirts</p> <p>Ages: 4-5 years</p> <p>WEB</p> 	<ul style="list-style-type: none"> • Enter water by stepping in • Exit water using ladder, steps or side • Bobbing • Open eyes under water and retrieve submerged objects • Front and back floats and glides • Recover from a front and back float and glide to a vertical position • Roll from front to back and back to front • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back <p><u>No prerequisite.</u> Guaranteed 3:1 ratio for maximum benefit.</p>	<p>Code: 113118-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:00-9:30 AM (8 classes) \$72 Code: 113118-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:35-10:05 AM (8 classes) \$72 Code: 113118-C Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:45-11:15 AM (8 classes) \$72 Code: 113118-D Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$72 Code: 113118-E M., 1/23-3/20 (ex. 2/20) 4:15-4:45 PM (8 classes) \$72 Code: 113118-F Tu., 1/24-3/21 (ex. 2/21) 4:50-5:20 PM (8 classes) \$72 Code: 113118-G Tu., 1/24-3/21 (ex. 2/21) 5:25-5:55 PM (8 classes) \$72 Code: 113118-H W., 1/25-3/22 (ex. 2/22) 9:30-10:00 AM (8 classes) \$72 Code: 113118-I W., 1/25-3/22 (ex. 2/22) 10:00-10:30 AM (8 classes) \$72 Code: 113118-J W., 1/25-3/22 (ex. 2/22) 1:00-1:30 PM (8 classes) \$72 Code: 113118-K W., 1/25-3/22 (ex. 2/22) 1:30-2:00 PM (8 classes) \$72 Code: 113118-L Th., 1/26-3/23 (ex. 2/23) 9:30-10:00 AM (8 classes) \$72 Code: 113118-M Th., 1/26-3/23 (ex. 2/23) 10:00-10:30 AM (8 classes) \$72 Code: 113118-N Th., 1/26-3/23 (ex. 2/23) 1:00-1:30 PM (8 classes) \$72 Code: 113118-O Th., 1/26-3/23 (ex. 2/23) 1:30-2:00 PM (8 classes) \$72 Code: 113118-P Th., 1/26-3/23 (ex. 2/23) 4:15-4:45 PM (8 classes) \$72 Code: 113118-Q Th., 1/26-3/23 (ex. 2/23) 5:25-5:55 PM (8 classes) \$72</p>
<p>Sea Urchins</p> <p>Ages: 3-5 years</p> <p>WEB</p>	<p>Nemos and Squirts in the same class! Children will be taught and grouped according to ability.</p> <p><u>No prerequisite.</u> Guaranteed 3:1 ratio for maximum benefit.</p>	<p>Code: 113119-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 8:25-8:55 AM (8 classes) \$72 Code: 113119-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:10-10:40 AM (8 classes) \$72 Code: 113119-C Sun., 1/22-3/26 (ex. 2/19, 2/26) 10:20-10:50 AM (8 classes) \$72 Code: 113119-D Sun., 1/22-3/26 (ex. 2/19, 2/26) 11:30-12:00 PM (8 classes) \$72 Code: 113119-E M., 1/23-3/20 (ex. 2/20) 4:50-5:20 PM (8 classes) \$72 Code: 113119-F M., 1/23-3/20 (ex. 2/20) 6:00-6:30 PM (8 classes) \$72 Code: 113119-G Tu., 1/24-3/21 (ex. 2/21) 4:15-4:45 PM (8 classes) \$72 Code: 113119-H Tu., 1/24-3/21 (ex. 2/21) 6:00-6:30 PM (8 classes) \$72 Code: 113119-I W., 1/25-3/22 (ex. 2/22) 9:30-10:00 AM (8 classes) \$72 Code: 113119-J W., 1/25-3/22 (ex. 2/22) 10:00-10:30 AM (8 classes) \$72 Code: 113119-K W., 1/25-3/22 (ex. 2/22) 10:30-11:00 AM (8 classes) \$72 Code: 113119-L W., 1/25-3/22 (ex. 2/22) 1:00-1:30 PM (8 classes) \$72 Code: 113119-M W., 1/25-3/22 (ex. 2/22) 1:30-2:00 PM (8 classes) \$72 Code: 113119-N Th., 1/26-3/23 (ex. 2/23) 9:30-10:00 AM (8 classes) \$72 Code: 113119-O Th., 1/26-3/23 (ex. 2/23) 10:00-10:30 AM (8 classes) \$72 Code: 113119-P Th., 1/26-3/23 (ex. 2/23) 10:30-11:00 AM (8 classes) \$72 Code: 113119-Q Th., 1/26-3/23 (ex. 2/23) 1:00-1:30 PM (8 classes) \$72 Code: 113119-R Th., 1/26-3/23 (ex. 2/23) 1:30-2:00 PM (8 classes) \$72 Code: 113119-S Th., 1/26-3/23 (ex. 2/23) 4:50-5:20 PM (8 classes) \$72 Code: 113119-T Th., 1/26-3/23 (ex. 2/23) 6:00-6:30 PM (8 classes) \$72</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>Red Cross Level 1 Ages: 6-8 years</p> <p>WEB</p> 	<p>Class is designed for 6-8 year olds with limited swim experience.</p> <ul style="list-style-type: none"> • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous arm/leg actions on front and back • Combined arm and leg actions on front and back <p>No prerequisite. Guaranteed 4:1 ratio for maximum benefit.</p>	<p>Code: 123111-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:35-10:05 AM (8 classes) \$62</p> <p>Code: 123111-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:10-10:40 AM (8 classes) \$62</p> <p>Code: 123111-C Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:45-11:15 AM (8 classes) \$62</p> <p>Code: 123111-D Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$62</p> <p>Code: 123111-E M., 1/23-3/20 (ex. 2/20) 4:15-4:45 PM (8 classes) \$62</p> <p>Code: 123111-F M., 1/23-3/20 (ex. 2/20) 6:00-6:30 PM (8 classes) \$62</p> <p>Code: 123111-G Tu., 1/24-3/21 (ex. 2/21) 4:15-4:45 PM (8 classes) \$62</p> <p>Code: 123111-H Tu., 1/24-3/21 (ex. 2/21) 5:25-5:55 PM (8 classes) \$62</p> <p>Code: 123111-I Tu., 1/24-3/21 (ex. 2/21) 6:00-6:30 PM (8 classes) \$62</p> <p>Code: 123111-J Th., 1/26-3/23 (ex. 2/23) 4:15-4:45 PM (8 classes) \$62</p> <p>Code: 123111-K Th., 1/26-3/23 (ex. 2/23) 4:50-5:20 PM (8 classes) \$62</p>
<p>Red Cross Level 2 Ages: 6-14 years</p> <p>WEB</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"> • Enter and exit water by stepping or jumping from the side • Fully submerge and hold breath • Bobbing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back floats and glides • Recover to vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action <p>Guaranteed 5:1 ratio for maximum benefit.</p>	<p>Code: 123112-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:00-9:30 AM (8 classes) \$62</p> <p>Code: 123112-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:35-10:05 AM (8 classes) \$62</p> <p>Code: 123112-C Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:45-11:15 AM (8 classes) \$62</p> <p>Code: 123112-D M., 1/23-3/20 (ex. 2/20) 4:15-4:45 PM (8 classes) \$62</p> <p>Code: 123112-E M., 1/23-3/20 (ex. 2/20) 5:25-5:55 PM (8 classes) \$62</p> <p>Code: 123112-F Tu., 1/24-3/21 (ex. 2/21) 4:15-4:45 PM (8 classes) \$62</p> <p>Code: 123112-G Tu., 1/24-3/21 (ex. 2/21) 4:50-5:20 PM (8 classes) \$62</p> <p>Code: 123112-H Tu., 1/24-3/21 (ex. 2/21) 6:00-6:30 PM (8 classes) \$62</p> <p>Code: 123112-I Th., 1/26-3/23 (ex. 2/23) 4:50-5:20 PM (8 classes) \$62</p> <p>Code: 123112-J Th., 1/26-3/23 (ex. 2/23) 6:00-6:30 PM (8 classes) \$62</p> 
<p>Red Cross Level 3 Ages: 6-14 years</p> <p>WEB</p>	<p><u>Child must have a Level 2 card to enroll.</u></p> <ul style="list-style-type: none"> • Enter water by jumping from the side • Headfirst entries from sitting and kneeling positions • Bobbing while moving to safety • Rotary breathing • Survival and back float • Change direction from vertical to horizontal position on front and back • Tread water • Flutter, scissor, dolphin and breaststroke kicks on front • Front crawl and elementary backstroke <p>Guaranteed 6:1 ratio for maximum benefit.</p>	<p>Code: 123113-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 9:00-9:30 AM (8 classes) \$62</p> <p>Code: 123113-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:10-10:40 AM (8 classes) \$62</p> <p>Code: 123113-C Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$62</p> <p>Code: 123113-D M., 1/23-3/20 (ex. 2/20) 5:25-5:55 PM (8 classes) \$62</p> <p>Code: 123113-E Tu., 1/24-3/21 (ex. 2/21) 4:15-4:45 PM (8 classes) \$62</p> <p>Code: 123113-F Tu., 1/24-3/21 (ex. 2/21) 5:25-5:55 PM (8 classes) \$62</p> <p>Code: 123113-G Th., 1/26-3/23 (ex. 2/23) 5:25-5:55 PM (8 classes) \$62</p>

AMERICAN RED CROSS SWIM LESSONS: LEVELS 1-6

CLASS	LEARNING OUTCOMES	CODES/DATES/TIMES
<p>Red Cross Level 4 Ages: 6-14 years</p> <p>WEB</p>	<p>Child must have a Level 3 card to enroll.</p> <ul style="list-style-type: none"> • Headfirst entries from the side in compact and stride positions • Swim under water • Feet-first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks on back <p>Guaranteed 8:1 ratio for maximum benefit.</p>	<p>Code: 123114-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 10:10-10:40 AM (8 classes) \$62</p> <p>Code: 123114-B Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$62</p> <p>Code: 123114-C M., 1/23-3/20 (ex. 2/20) 4:50-5:20 PM (8 classes) \$62</p> <p>Code: 123114-D Tu., 1/24-3/21 (ex. 2/21) 4:50-5:20 PM (8 classes) \$62</p> <p>Code: 123114-E Th., 1/26-3/23 (ex. 2/23) 4:15-4:45 PM (8 classes) \$62</p>
<p>Red Cross Level 5 Ages: 6-14 years</p> <p>WEB</p>	<p>Child must have a Level 4 card to enroll.</p> <ul style="list-style-type: none"> • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives, submerge completely • Front flip turn and backstroke flip turn while swimming • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Sculling <p>Guaranteed 8:1 ratio for maximum benefit.</p>	<p>Code: 123115-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$62</p> <p>Code: 123115-B M., 1/23-3/20 (ex. 2/20) 5:25-5:55 PM (8 classes) \$62</p> <p>Code: 123115-C Th., 1/26-3/23 (ex. 2/23) 5:25-5:55 PM (8 classes) \$62</p> 
<p>Red Cross Level 6 Ages: 6-14 years</p> <p>WEB</p>	<p>Child must have a Level 5 card to enroll.</p> <p>Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.</p> <p>Guaranteed 8:1 ratio for maximum benefit.</p>	<p>Code: 123116-A Sat., 1/21-3/25 (ex. 2/18, 2/25) 11:20-11:50 AM (8 classes) \$62</p> <p>Code: 123116-B M., 1/23-3/20 (ex. 2/20) 5:25-5:55 PM (8 classes) \$62</p> <p>Code: 123116-C Th., 1/26-3/23 (ex. 2/23) 5:25-5:55 PM (8 classes) \$62</p>



Water Aerobic Classes

Mon.	Tues.	Wed.	Thurs.	Fri.
Total Body Aqua-Size	Aqua Fit	Heat up the Pool	H2O Aerobics	Dual Aqua Aerobics
WaterinMOTION**	8:00AM-9:00AM	9:00AM-10:00AM	8:15AM-9:00AM	WaterinMOTION**
9:00AM-10:00AM 143810-A 12+ Marjory Halsted Hall 1/23/17 - 3/20/17 ex: 2/27, 3/6, 3/13 6 classes: \$35	143831-A Marsha Young 1/24/17 - 3/21/17 ex. None 9 classes: \$52	143817-A 12+ Marjory Hall 1/25/17 - 3/22/17 ex. 3/1, 3/8 7 classes: \$41	143883-B 16+ Erin Sullivan 1/26/17 - 3/23/17 ex. 2/23 8 Classes: \$46	9:00AM-10:00AM 143812-A 12+ Marjory Halsted Hall 1/27/17 - 3/24/17 ex. 2/24, 3/3, 3/10 6 classes: \$35
H2O Aerobics	Deep Water Challenge	Dual at Dusk	Deep Water Challenge	 Sat. Weekend Wake Up 11:00AM-11:45AM 143815-A 12+ Marjory Halsted Hall 1/28/17 - 3/25/17 ex. 2/25, 3/4, 3/11 6 Classes: \$35
6:30PM-7:15PM 143883-A 16+ Erin Sullivan 1/23/17 - 3/20/17 ex. 2/20 8 Classes: \$46	6:30PM-7:15PM 143805-A 16+ Marcie Bartolotta 1/24/17 - 3/21/17 ex. TBD 8 Classes: \$46	5:30PM-6:15PM 143813-A 12+ Marjory Hall 1/25/17 - 3/22/17 ex. 3/1, 3/8 7classes: \$41	6:30PM-7:15PM 143805-B 16+ Marcie Bartolotta 1/26/17 - 3/23/17 ex. TBD 8 Classes: \$46	
	Deep Water Challenge Combo		Deep Water Challenge Combo	
	6:30PM-7:15PM 143805-C 16+ 16 classes \$88 1/24/17 - 3/23/17 ex. TBD		6:30PM-7:15PM 143805-C 16+ 16 classes \$88 1/24/17 - 3/23/17 ex. TBD	



Senior and Rehab Water Aerobic Classes

Mon.	Tues.	Wed.	Thurs.	Fri.
Bodies in Motion: Current Channel		Bodies in Motion: Current Channel	Bodies in Motion: Current Channel	Bodies in Motion: Aqua Aerobics
9:30AM-10:30M 143871-A 18+ Lisa Peacock 1/23/17 - 3/20/17 ex: 2/20, 3/6 7 classes: \$41		9:30AM-10:30M 143871-B 18+ Lisa Peacock 1/25/17 - 3/22/17 ex: 3/8 8 classes: \$46	9:30AM-10:30M 143871-C 18+ Lisa Peacock 1/26/17 - 3/23/17 ex: 3/9 8 classes: \$46	10:00AM-11:00AM 143870-B 18+ Lisa Peacock 1/27/17 - 3/24/17 ex: 3/10 8 classes: \$46
		Bodies in Motion: Combo Combo Aerobics		Water Aerobic Class Fees Available for classes without a full roster Drop-in* Rate: \$6.50 per class Non-Resident Rate: \$7.50 per class
		9:30AM-11:00M 143872-A 18+ Lisa Peacock 1/25/17 - 3/22/17 ex: 3/8 16 classes: \$88		
		Bodies in Motion: Aqua Aerobics		Water Aerobic Instructors Marcie Bartolotta - AEA Marjory Halsted Hall - AEA Lisa Peacock - AEA, Arthritis Erin Sullivan - AEA Marsha Young - AFAA
		10:00AM-11:00AM 143870-A 18+ Lisa Peacock 1/25/17 - 3/22/17 ex: 3/8 8 classes: \$46		

INTENSITY LEVEL	
LOW	X
MODERATE	XX
VIGOROUS	XXX



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

Aqua Fit – 1-hour water aerobics class with warmup, cardio, cool down and stretching.

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	
S	Strength	F Flexibility
B	Balance	E Endurance
C	Coordination	R Rehab
A	Arthritis	LIM Low-impact

Fridays

Dual Aqua – 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**

Saturdays

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**

Senior and Rehab Aerobic Fitness

Mondays, Wednesdays & Thursdays

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**

Wednesdays & 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. **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
Spinning	**Spinning**	MOVE-IT	**Spinning**	MOVE-IT	Hatha Yoga Flow
8:00 - 8:45 am 141849-C 18+ Marcie B. 1/23 - 3/20, ex. tba 8 classes \$44	5:40 - 6:20 am 141889-A 16+ Anne Marie C. 1/24 - 3/21, ex. 2/21 8 classes \$44	7:30 - 8:15am 141884-A 16+ Mike M. 1/25 - 3/22, ex. tba 8 classes \$60	5:40- 6:20 am 141889-B 16+ Anne Marie C. 1/26 - 3/23, ex. 2/23 8 classes \$44	8:45 - 9:30 am 141868-A 16+ Marcie N. 1/27 - 3/24, ex. tba 8 classes \$60	7:45 - 8:45 am 141841-B 18+ Cathy A. XX 1/28 - 3/11 7 classes \$39
AM Monday Movers	All About Strength	*Spinning*	All About Strength	MOVE-IT	Boot Camp
9:00 - 9:45 am 141874-A Adult Nancy W. X to XXXX 1/23 - 3/20, ex. 2/20, tba 7 classes \$39	9:00 - 9:45 am 141875-A Adult Nancy W. X to XXXX 1/24 - 3/21, ex. 2/14, 2/21 7 classes \$39	8:00 - 8:45 am 141849-D 18+ Marcie B. 1/25 - 3/22, ex. tba 8 classes \$44	8:45 - 9:30 am 141875-B Adult Nancy W. X to XXXX 1/26 - 3/23, ex. 2/23, tba 7 classes \$39	9:45 - 10:30 am 141868-B 16+ Marcie N. 1/27 - 3/24, ex. tba 8 classes \$60	7:45 - 8:45 am 141866-A 18+ Marcie N. XX to XXXX 1/28 - 3/25, ex. tba 8 classes \$44
All Flex-ability	AM Blend	All Aerobics	Barre	Yoga	Spinning
9:50 - 10:35 am 141877-A Adult Nancy W. X to XXXX 1/23 - 3/13, ex. 2/20, tba 6 classes \$33	9:50 - 10:35 am 141872-A Adult Nancy W. X to XXXX 1/24 - 3/14, ex. 2/14, 2/21 6 classes \$33	8:50 - 9:35 am 141876-A Adult Nancy W. X to XXXX 2/1 - 3/22, ex. 2/22, tba 6 classes \$33	10:30 - 11:15 am 141824-A 14+ X Therese B. 1/26 - 3/23, ex. 2/23, tba 7 classes \$39	11:00 - 11:50 am 141823-A 14+ Therese B. 1/27 - 3/24, ex. 2/24, tba 7 classes \$39	9:00 - 9:45 am 141849-B 18+ Marcie B. 1/28 - 3/25, ex. tba 8 classes \$44
Child Care		Tight & Toned		MOVE-IT	Zumba
Mon - Fri 8:30am - 1:00pm See page 8 of brochure for more information.		9:15 - 10:15 am 141867-A 14+ Marcie N. X to XX 1/25 - 3/22, ex. tba 8 classes \$44		12:05 - 12:35pm 141827-B 16+ Lisa B. 1/27 - 3/24, ex. tba 8 classes \$60	10:00 - 11:00 am 141810-C 14+ Samantha D. 1/28 - 3/25 9 classes \$50
Absolutely Abs		Spinning	***Fit-Spiration***	Combo Classes	
5:30 - 6:30 pm 141822-A 14+ Therese B. XX 1/23 - 3/20, ex. 2/20 8 classes \$44	4:30 - 5:30 pm 141857-A Adult Dylan M. XX 1/24 - 3/14, ex. 2/21 7 classes \$39	10:15 - 11:00 am 141849-E 18+ Marcie B. 1/25 - 3/22, ex. tba 8 classes \$44	4:30 - 5:30 pm 141852-A 16+ Lin F. XX 1/26 - 3/23, ex. 3/16 8 classes \$44	*141849-CD - Register for Mon/Wed at 8:00am - \$79 **141889-AB - Register for Tues/Thur at 5:40am - \$79 ***141857-AA - Register for Tues/Thurs Fit-Spiration at 4:30pm - \$75	
Boot Camp	Spinning	Beginner Yoga	Zumba	Drop In	
6:45 - 7:45 pm 141866-B 18+ Marcie N. XX to XXXX 1/23 - 3/20, ex. tba 8 classes \$44	5:30 - 6:15 pm 141849-A 18+ Marcie B. XX 1/24 - 3/21 ex. tba 8 classes \$44	10:45 - 11:45am 141825-A 14+ Therese B. XX 1/25 - 3/22, ex. 2/22, tba 7 classes \$39	6:00 - 7:00 pm 141810-A 14+ Frankie E. XXXX 1/26 - 3/23 9 classes \$50	Available for classes without a full roster: Aerobics / Spin: \$6.50 Res. / \$7.50 Non. Res. Move It: \$8.50 Res / \$9.50 Non Res.	
Intensity Level	Mixed Level Yoga	MOVE-IT	Spinning	Instructors	
Low X Moderate XX Vigorous XXX Scalable X to XXXX	5:45 - 7:00 pm 141858-A Adult Dylan M. 1/24 - 3/14, ex. 2/21 7 classes \$39	12:00 - 12:30pm 141827-A 16+ Lisa B. 1/25 - 3/22, ex. tba 8 classes \$60	6:15 - 7:05 pm 141889-C 16+ Anne Marie C. 1/26 - 3/23, ex. 2/23 8 classes \$44	Cathy Ames - AFAA, Pi-Yo, Yoga Alliance Therese Bason - YogaFit, IM=X, Pilates, Barre Marcie Bartolotta - ACE, AEA, YMCA Group Ex Lisa Bongard - AFAA, Move It, YMCA Group Ex Ryan Conaughty - Move It Anne Marie Cyerman - AFAA Samantha Dimora - Zumba Frankie Englebert - Zumba Lin Falzano - ACE, NASM, Silver&Fit Dylan Mariah - AFAA, Silver&Fit, YMCA Jen Neureuter - Move It Marcie Nicastro - ACE, AFAA, AEA Mike Murray - Move It Jennifer Ortenberg - YMCA Group Ex, NASM PT Nancy Waniewski - ACE, Arthritis	
	Zumba	Thighs & Tris	MOVE-IT		
	6:00 - 7:00 pm 141810-E 14+ Samantha D. 1/24 - 3/21, ex. 2/14 8 classes \$44	6:00 - 7:00 pm 141885-A 14+ Anne Marie C. XX 1/25 - 3/22, ex. 2/22 8 classes \$44	6:15 - 6:45 pm 141883-A 16+ Ryan C. 1/26 - 3/23, ex. tba 8 classes \$60		
	MOVE-IT	Hatha Yoga Flow			
	7:15 - 8:00 pm 141836-A 16+ Jen N. 1/24 - 3/21, ex. tba 8 classes \$60	6:00 - 7:00 pm 141841-A 18+ Cathy A. XX 1/25 - 3/8 7 classes \$39			



Intensity Level	
Low	X
Moderate	XX
Vigorous	XXX
Scalable	X to XXXX

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 C**

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. **S C/RE F B**

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

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 B C**

AM 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! **C/RE 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!

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**



Registration Begins: Tuesday, January 3, 2017

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

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.

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/Dylan – 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. A great introduction to the diverse field of yoga as it is practiced today as well as an experience of authentic yoga geared towards the contemporary American lifestyle.

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 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**

NEW!! **MOVE IT.** **NEW!!!**

Start your 2017 New Year’s Resolution out right with our brand new Move It Interval Training program. This high intensity, fast-paced fitness program incorporates use of power ropes, tires, TRX Suspension training and a wide variety of strength equipment. Classes run in half hour and 45 minute increments. See shaded classes on facing page for registration information.

FREE Class Preview

1/17	7:15-8:00 PM
1/18	7:30-8:15 AM
1/18	12:00-12:30 PM
1/19	6:15-6:45 PM
1/20	12:05-12:35 PM

First come, first served. Check in at downstairs reception desk.

ADULT PROGRAMS

Register early to avoid program cancellation due to low enrollment.

ADULT PROGRAMS

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, an 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: 145752-A** W., 1/25-2/15 7:00-8:00 PM (4 classes) \$120
Code: 145752-B W., 3/1-3/22 7:00-8:00 PM (4 classes) \$120



Adult Softball League

Ages: 18 years and over
Content: Come play softball on the best fields in Monroe County. Teams or individuals. Contact Jeff Ackerman, jackerman@perinton.org for additional information.
Men – 35 and over – Tuesday evenings
Women – 18 and over – Wednesday evenings
Men – 18 and over – Thursday evenings

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 now 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 208A (Jan.) & 205 (Mar.)
Dates: **Code: 148103-A** Tu., 1/24 7:00-8:15 PM (1 class) \$10
Code: 148103-B Tu., 3/7 7:00-8:15 PM (1 class) \$10

DANCE PROGRAMS

Adult 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: 146830-A** Th., 1/26-3/23 (ex. 2/23) 7:00-8:15 PM (8 classes) \$100

Ballroom Dance

Ages: 14 years and over
Instructor: Maureen Hickey, M.Ed.
Location: PCC, Rooms 204A & B

Latin Workshop **WEB**

Content: This class is designed for entry level beginner dancers. We will cover basic standard patterns and take out time to explore them and build in practice time in class. Dances covered will be the Rumba and Cha Cha. Time to get flirty and sassy!
Dates: **Code: 146867-A** M., 1/23-3/20 (ex. 2/20) 6:00-7:00 PM (8 classes) \$76

Foxtrot **WEB**

Content: Intermediate Level. Musicians are giving us smooth songs again, let's roll with it! Let's explore old patterns with a new twist!
Dates: **Code: 146867-B** M., 1/23-3/20 (ex. 2/20) 7:00-8:00 PM (8 classes) \$76

Rumba **WEB**

Content: Intermediate Level. Time to get passionate and get tuned up for Valentine's Day! Bring me all of your favorite love songs and we will fill them with beautiful dance figures and new combinations.
Dates: **Code: 146867-C** M., 1/23-3/20 (ex. 2/20) 8:00-9:00 PM (8 classes) \$76

Combo Class **WEB**

Content: You can come to any two of the three classes and get a discount. As long as you are out, you might as well stay for 2 classes! Twice the fun and burn twice the calories!
Dates: **Code: 146867-D** M., 1/23-3/20 (ex. 2/20) 6:00-8:00 PM (8 classes) \$137
Code: 146867-E M., 1/23-3/20 (ex. 2/20) 7:00-9:00 PM (8 classes) \$137

NEW!! Detox Your Home and Body with Essential Oils WEB

Ages: 16 years and over
Content: Have you been asking yourself lately, "What the heck is in this air freshener?" or "Why can't I pronounce the ingredients in my shampoo?"...Well, we have a class that is going to help you identify some of the most common – and most toxic – ingredients in household and personal care products. Then, we'll help you consider substitute ingredients that can actually help you support the health and wellness of your entire family. We'll even make an all-natural household deodorizing spray with essential oils that you can take home and try out for yourself!

Instructor: Gayle Rachford
Location: PCC, Room 205
Date: **Code: 145882-A** Tu., 3/21 6:30-8:30 PM (1 class) \$10

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, wait, stay, come, drop it, trade and leash etiquette. Your puppy will have fun learning to pay attention to you. **Adult Good Dog** 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. **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. 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, Room 204 A&B
Dates: **Puppy Kindergarten**
Code: 145849-A Tu., 1/24-3/21 (ex. 2/14, 2/21) 6:15-7:00 PM (7 classes) \$105
Adult Good Dog
Code: 145849-B Tu., 1/24-3/21 (ex. 2/14, 2/21) 7:15-8:00 PM (7 classes) \$105
Teen Puppy
Code: 145849-C Tu., 1/24-3/21 (ex. 2/14, 2/21) 8:15-9:00 PM (7 classes) \$105



Line Dance WEB

Ages: 16 years and over
Content: Would you like to beat the winter blahs and dance off those holiday treats? Then come join me and learn some of the most favorite and current line dances to both country and non-country music! No partner required! Bring your family and friends and let's dance for both fun and exercise...a great way to warm up your chilly Saturday mornings this winter! Three 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: 146819-A Sat., 1/21-3/25 (ex. 3/18) 9:30-10:30 AM (9 classes) \$70
Beginner Plus: Previous beginner class required – a continuation reviewing the basics with confidence while learning the latest dances!
Code: 146819-B Sat., 1/21-3/25 (ex. 3/18) 10:30-11:15 AM (9 classes) \$70
New Beginner: No experience needed! Come learn the basics from scratch!
Code: 146819-C Sat., 1/21-3/25 (ex. 3/18) 11:15 AM-12:00 PM (9 classes) \$70

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: 146823-A** M., 1/23-3/20 (ex. 2/20) 6:30-8:00 PM (8 classes) \$40

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

ADULT PROGRAMS

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 205
Dates: **Code: 148103-C** W., 1/25 7:00-8:15 PM (1 class) \$10
Code: 148103-D W., 3/8 7:00-8:15 PM (1 class) \$10

DRIVING COURSES

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 – 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 – 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.

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, Room(s) may vary
Dates: Call Suburban Driving for specific course dates at 585-388-1260. Call to pre-register. Pre-registration fee - \$45. Walk-in fee - \$50.

Foot Activation & Mobilization Course **WEB**

Ages: 18 years and over
Content: Formerly called Healthy Happy Feet Course. If you have ever experienced any foot issues or pain, or just want to keep your feet as healthy as possible, this course is for you! Over the 4 classes, we will explore basic foot mechanics, knowledge of how foot function affects whole-body health, and the role of footwear on foot health and foot pain. You will come away with an innovative set of exercises to restore foot function and strengthen the muscles of your feet to prevent future problems. A tote bag, handouts, instructional exercise sheets, a ball, and a half-round foam roller will be given to each student to keep. Bring your yoga mat and a blanket to each class and get ready to start mobilizing the joints and strengthening the muscles of your feet! Have questions? Call Jackie at 315-1726.

Instructor: Jacqueline Holtzman
Location: PCC, Room 208A
Dates: **Code: 145871-A** W., 3/1-3/22 9:00-11:00 AM (4 classes) \$128

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 204C
Dates: **Code: 145844-A** Th., 1/26-3/2 (ex. 2/23) 6:30-7:45 PM (5 classes) \$55



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



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 212
Dates: **Code: 145883-A** Tu. & Th., 1/31-2/9 6:00-8:00 PM (4 classes) \$55

NEW!! Intro to Woodturning WEB

Ages: 16 years and over
Content: Have you been thinking about trying your hand at woodturning? Do you want to learn what is involved? Understand the kind of investment you need to make to get started? Then this demonstration is just for you. See a variety of lathes, from micro to large, learn about the tools, see different sharpening systems and learn about setting up your turning work space. Instructor will turn a variety of projects, both spindles and bowls, so you can see the process and get your creative juices flowing. The format is lecture, discussion on clubs (such as the Finger Lakes Woodturners) and resources and demonstration. So come spend an evening and learn why woodturning has become one of the fastest growing hobbies in the country.

Instructor: Jim Echter
Location: PCC, Room 208A
Date: **Code: 145879-A** W., 1/25 6:30-8:30 PM (1 class) \$6



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 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, Perinton Square Mall
Dates: **Code: 145801-A** Tu., 1/24-3/21 7:20-8:20 PM (9 classes) \$86
Code: 145801-B F., 1/27-3/24 7:20-8:20 PM (9 classes) \$86



NEW!! Keep On Moving WEB

Ages: 50 years and over
Content: This class is evidence-based and led by Robin Barclay, Physical Therapist. Developed to help improve balance and strength and decrease risk of falling. This class is for those that can walk independently and those that may need a cane or walker.

Instructor: Robin Barclay, Safe at Home Physical Therapy
Location: PCC, Aerobics Room (Tu.) & Room 208B (Th.)
Dates: **Code: 151801-A** Tu. & Th., 1/24-3/16 11:00 AM-12:00 PM (16 classes) \$125

NEW!! L.E.A.N. Start WEB

Ages: 18 years and over
Content: A comprehensive prevention plan to help families with children ages 3-12 reach their optimal level in the four pillars of health: Lifestyle (how you live), Exercise (how you move), Attitude (how you think) and Nutrition (how you eat). A series of discussions, activities and videos will equip you to help your family live healthier lives.

Instructor: Jennifer O'Donnell, Certified Health Coach
Location: PCC, Room 208A (Jan./Feb.), Room 209 (March)
Dates: **Code: 145877-A** Th., 1/26-2/9 6:00-8:00 PM (3 classes) \$85
Code: 145877-B Th., 3/2-3/16 6:00-8:00 PM (3 classes) \$85

ADULT PROGRAMS

NEW!! Let's Get Organized WEB

Ages: 18 years and over
Content: It's a New Year, so let's get organized! The January class will go over ways to store holiday decorations and winter gear, set your goals for the upcoming months and get organized for tax time. For February, we will discuss plans to reduce paper clutter, ways to organize your closet and your to do lists. For March, we will talk Spring Cleaning and Menu Plans. This is an open discussion class to share ideas.
Instructor: Kelly Zaryk, What Moms Want
Location: PCC, Room 208A
Dates: **Code: 145861-A** M., 1/23 6:30-7:30 PM (1 class) \$10
Code: 145861-B M., 2/27 6:30-7:30 PM (1 class) \$10
Code: 145861-C M., 3/20 6:30-7:30 PM (1 class) \$10



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: **Beginner:**
Code: 145302-A Sun., 1/29-2/19 1:15-2:45 PM (4 classes) \$35
Code: 145302-B Sun., 3/5-3/26 1:15-2:45 PM (4 classes) \$35
Advanced Beginner:
Code: 145302-C Sun., 1/29-2/19 2:45-4:15 PM (4 classes) \$35
Code: 145302-D Sun., 3/5-3/26 2:45-4:15 PM (4 classes) \$35

NEW!! Practicing Meditation and Mindfulness in Daily Life WEB

Ages: 18 years and over
Content: Mindfulness is a state of active, open attention on the present. When you are mindful, you are observing your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness teaches living in the moment and awakening to the experience. Scientific studies have shown that mindfulness practices improve physical, mental and emotional health. The class will include a short meditation and a dialogue on how mindfulness practices can be used to overcome life's challenges. We will examine how these difficulties can become pathways to greater psychological freedom.
Instructor: Usha Shah
Location: PCC, Room 204C
Dates: **Code: 145874-A** Tu., 1/24-2/28 (ex. 2/21) 6:30-7:45 PM (5 classes) \$55

NEW!! Prime-Time Health WEB

Ages: 55 years and over
Content: Learn to take charge of your health, prevent disease, avoid disability and spend money on something other than doctors. In this workshop, you will learn how our bodies change with age, how to prevent diseases, boost energy, sleep better, sharpen thinking, reduce cancer risk and the 'highs' (blood pressure and cholesterol), become fit, strong and flexible.
Instructor: Jennifer O'Donnell, Certified Health Coach
Location: PCC, Room 212
Dates: **Code: 145876-A** Tu., 1/24-2/14 10:00-11:30 AM (4 classes) \$70

Remodeling Your Kitchen 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 counter-tops, 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 209
Date: **Code: 145862-A** Th., 2/2 6:30-9:00 PM (1 class) \$15

Supervised Bridge Play WEB

Ages: 18 years and over
Content: This class is designed for the bridge student who needs to review bidding and practice their play. We will review opening bids and responses, as well as play techniques. The bridge hands will give you a chance to improve your bidding and play. We will play eight hands in each two-hour class followed by an in-depth discussion of bidding and play. Structured hands will give you the opportunity to review bidding and make a plan for achieving successful contracts.
Instructor: Mary Lou Lawson
Location: PCC, Room 209
Dates: **Code: 145825-A** Th., 3/2-3/23 1:00-3:00 PM (4 classes) \$30



Understanding Your DSLR Camera **WEB**

Ages: 18 years and over
Content: Do you own a DSLR* and would like to know more about it? *Digital Single Lens Reflex (DSLR) 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 209 (M.&W.), Room 208A (Tu.&Th.)
Dates: **Code: 145863-A** M. & W., 1/23-2/1 6:00-8:30 PM (4 classes) \$69
Code: 145863-B Tu. & Th., 3/14-3/23 6:00-8:30 PM (4 classes) \$69



Women and Investing Financial Workshop **WEB**

Ages: 18 years and over
Content: At this 4-week financial workshop, you'll learn key principles of saving and investing and also learn specific strategies to help reach your long-term goals. Plus it covers how to protect yourself and your loved ones as women are typically responsible for making financial decisions in later life stages. An estate attorney will be present at the last class to answer questions.

Week 1: Foundations of Investing
 Week 2: Retirement By Design
 Week 3: Preparing for the Unexpected
 Week 4: Preparing Your Estate Plan (presented by an estate attorney with Q&A session)
 Learning materials will be provided.

Instructor: Courtney Laffler
Location: PCC, Room TBD
Dates: **Code: 145817-A** Th., 1/19-2/9 6:00-7:30 PM (4 classes)
 No charge



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 planner Tamar Mogilski will present seemingly complex subjects in a dynamic, straightforward and uncomplicated manner.

Instructor: Tamar Mogilski
Location: PCC, Room TBD
Dates: **Your Employer-Sponsored Retirement Savings Plan:** It can potentially be a core piece of your retirement income. This seminar will teach you why it's important to make retirement planning a priority now, three reasons why participating in your employer-sponsored plan makes sense, and the steps you can take today to help you pursue retirement with confidence.

Tu., 1/24 1:00-2:30 PM

Tu., 1/24 6:30-8:00 PM

Market Outlook 2017: This informative seminar brings you LPL Financial researchers' insights into the US and global economy. We'll discuss their observations and the impact it could have on your own investments in the coming year.

Tu., 2/21 6:30-8:00 PM

Tu., 2/21 1:00-2:30 PM

When Should You Begin Receiving Your Social Security Retirement Benefits? As you near retirement, one of the biggest financial decisions you'll need to make is when to begin receiving your Social Security retirement benefits. This seminar explores topics such as what your full retirement age is and how your benefit is determined, how retiring earlier than, or later than, your full retirement age will affect your Social Security benefit, strategies you can use to boost retirement and survivor's benefits, and how working after you begin receiving Social Security could affect how much you receive.

Tu., 3/14 6:30-8:00 PM

Tu., 3/14 1:00-2:30 PM





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!! Crochet a Baby Hat WEB

Ages: 12 years and over
Content: It's project time! Join in this class to make a super cute baby hat. Patterns for a plain hat, pokemon beanie or a bunny hat will be available. This class is perfect for someone who has taken the Learn to Crochet class or for someone who knows how to crochet and wants to start a project. Please bring size I crochet hook and worsted weight yarn appropriate for your project: plain hat – any color(s) of your choice; pokemon beanie – white, red and black yarn; bunny hat – pink yarn and bunny colored yarn (e.g. white).

Instructor: Sharilyn Ross
Location: PCC, Room 200
Dates: **Code: 122804-M** Tu., 2/14-3/7 (ex. 2/21) 7:00-8:00 PM (3 classes) \$25

NEW!! Fast and Fancy Desserts WEB

Ages: 18 years and over
Content: Let's prepare and sample traditional Viennese Apple Strudel and an Italian Tiramisu. We'll take the mystery out of filo dough preparation and enjoy a hands on session as we make the strudel. We will also prepare a fast pound cake tiramisu.

Instructor: Jackie Cannizzaro
Location: PCC, Room 205
Date: **Code: 148862-Y** Tu., 2/28 6:30-8:15 PM (1 class) \$20

Learn to Crochet WEB

Ages: 12 years and over
Content: It's cold out, so it's a good time to settle in with a crochet hook, some yarn and to get creative! This class is for anyone who would like to learn to crochet or re-learn if it has been awhile. Take some time 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 a light colored worsted weight yarn to the first class.

Instructor: Sharilyn Ross
Location: PCC, Room 200
Dates: **Code: 122804-A** Tu., 1/24-2/7 7:00-8:00 PM (3 classes) \$25



NEW!! Writing a Family Portrait WEB

Ages: 16 years and over
Content: Has your family had experiences that are precious to you? Did you ever wish that you knew how to get loved ones to share their memories or to capture your own? Are there stories about mom, dad, grandma, grandpa, aunts and uncles.... that will be lost unless someone writes them down? If you answered "yes" to any of these questions, join this class that will empower you with a variety of writing techniques to reveal the stories that make up your family portrait. Bring your favorite writing materials or digital device. No writing experience is necessary.

Instructor: Nancy Steinkamp
Location: PCC, Room 209 (Jan.) & 208A (Mar.)
Dates: **Code: 145819-A** Th., 1/19-1/26 6:30-8:00 PM (2 classes) \$45
Code: 145819-B W., 3/1-3/8 6:30-8:00 PM (2 classes) \$45

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-200
Location: PCC, Room 204C
Dates: **Code: 145873-A** W., 1/25-2/15 6:30-7:45 PM (4 classes) \$50

NEW!! Your Life is a Treasure Chest WEB

Ages: 55 years and over
Content: This workshop combines writing techniques with practical suggestions to gather the gems of your life experience into one place. You will learn the best way to uncover your stories and help you decide what you wish to share with family and friends. The discovery process is fun and you do not need any writing experience to begin. Materials will be provided.

Instructor: Nancy Steinkamp
Location: PCC, Room 205
Dates: **Code: 145878-A** Th., 3/16-3/23 6:30-8:00 PM (2 classes) \$45



NEW!! Loose Watercolor Florals WEB

Ages: 18 years and over
Content: Join us for a painting party! In this series of 3 classes, you will create a different painting each week in a loose, expressive style. Students will paint along with the instructor using various watercolor techniques to produce dynamic and enchanting compositions. Previous experience is not required. A supply list will be provided at registration.
Instructor: Susan Micciché
Location: PCC, Room 209
Dates: **Code: 142890-A** W., 2/1-2/15 1:30-4:00 PM (3 classes) \$55

Needles at Noon: Crochet WEB

Ages: 12 years and over
Content: New year, new craft! Join us and 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 worsted weight yarn to the first class.
Instructor: Sharilyn Ross
Location: PCC, Room 200
Dates: **Code: 122804-H** M., 1/23-2/6 12:00-1:00 PM (3 classes) \$25



Open Art Studio WEB

Ages: 18 years and over
Content: Join this vibrant class to explore your creative talents in an open art studio environment. Paint or draw in a medium of your choice (oils, watercolor, pastels, ink, colored pencils or acrylics). This class will motivate you to begin and continue to develop your artistic talents. Bring your project and favorite materials. Join us for an afternoon of creativity and fun.
Instructor: Danica Glamack
Location: PCC, Room 209
Dates: **Code: 142830-B** Tu., 1/24-3/21 1:30-4:00 PM (9 classes) \$75



Painting & 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, watercolor, pastel, ink, pencil or acrylic). Plan for a fun-filled adventure. Watercolor supplies provided for first class. Beginners welcome!
Instructor: Martha Sweeney
Location: PCC, Room 212
Dates: **Code: 142830-A** M., 1/23-3/20 (ex. 2/20) 1:30-4:00 PM (8 classes) \$66

**Register Online Using
Our WebTrac System - See Page 3
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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 • Room: 204 A & B
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.

Jan. 20 "Alcohol and Drug Use Concerns of Seniors"

Feb. 17 "Get Smart and Get Safe..."

Mar. 17 "Overcoming Arthritis Aches"

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 \$4.50 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

February 14 **Valentine's Day Dinner Dance** –
Entertainment by Ernesto LaBella
& the Moondance Band

Stay active and stay involved!!

★ ★ *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.

Monday




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

Tuesday




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

Wednesday



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

Thursday




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

Friday



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

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 38

NEW!! Your Life is a Treasure Chest

See Adult page 40

NEW!! Keep on Moving

See Adult page 37

Western Style Square Dancing

See Adult page 35

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.

COMMUNITY CENTER ROOM RENTALS



Affordable Room Rentals

The Perinton Community Center offers multifunction rooms and spaces for you to reserve for birthday parties, meetings, corporate events, baby showers, family gatherings, and more!

A complete listing of available rooms and their amenities can be found on <http://www.perinton.org/Departments/Recreation/rentals>.

We hope to see you soon!

Gift Certificates

Available in any monetary designation. Redeemable for programs in the Department brochure, Drop-In and Fitness passes, as well as Building and Shelter reservations. Non-resident restrictions still apply.

Volunteering

Volunteer opportunities are available in several areas including preschool and youth programs, sports, senior citizen and adult programs, and special events. If you have a desire to share your time and talent, please call 223-5050 for a volunteer application.

Part-Time Positions

Looking for a unique part-time opportunity? Perinton Recreation and Parks is looking for dynamic leaders to develop and instruct their own programs in Arts & Crafts, Cooking, Drama, Science or just plain fun. Call 223-5050 for more information.

Fairport Central School

A special thanks goes out to the Fairport Central School District and its staff for their cooperation, assistance and the use of school facilities for Perinton Recreation and Parks programs. The use of facilities at no cost helps us provide quality recreation programs at an affordable price.

**TOWN OF PERINTON
Perinton Town Board**

Michael G. Barker, Supervisor

Ciaran T. Hanna Peg S. Havens
Joseph H. LaFay Stephen C. Van Vreede
Jennifer A. West, Town Clerk

Recreation and Parks Advisory Board

Al Chesonis, Chairperson

Joseph R. Chenelly Michael Coppola
James A. Donahue Paul M. Fioravanti
Jayne LaFay James Unckless

Perinton Recreation and Parks Department

1350 Turk Hill Road, Fairport, New York 14450

Office Phone: 223-5050 Office Fax: 223-4045

24 Hour Program Information and Cancellation Line: 425-1170

Office Open Monday – Friday, 9:00 AM-5:00 PM

Staff serving your recreation needs:

- Jeffrey D. Myers, CPRP – Commissioner of Recreation and Parks
- Diane Riesenberger – Recreation Director
- Jeff Nutting, CPRP – Assistant Recreation Director
- Kim Zeck – Senior Citizen Program Supervisor
- Jeff Ackerman – Recreation Supervisor
- Diana Weber – Recreation Leader
- Tom Winslow – Recreation Leader
- Laura Silins, CPO – Head Guard
- Matt Steffen, CPO – Head Guard
- Cathy Keating – Senior Office Clerk
- Stephanie Kayser – Senior Office Clerk
- Michelle Reus – Office Clerk
- Maureen Holland – Office Clerk
- Amanda Tinsley – Office Clerk
- Maggie Monsen – Office Clerk
- Scott Allen – Maintenance Mechanic
- Mike Sozio – PCC Custodian
- Stacey Estrich, CPSI – Parks Director
- Dillon Dayton, CPSI – Parks Foreman
- Jim Belaskas – Ground Equipment Operator
- Jamie Baker – Ground Equipment Operator
- Rob Cooper – Ground Equipment Operator
- Robert VanCamp – Ground Equipment Operator/Shop Technician
- Michael Lioudis – Laborer
- Jamie Newcombe - Laborer

**ASSET BUILDING IN OUR
COMMUNITY**

The Healthy Communities, Healthy Youth Initiative focuses on building 40 developmental assets that are critical for a young person’s successful growth and development. These assets are positive experiences, opportunities and personal qualities that all youth need to be responsible, successful and caring. Because of the powerful impact of assets, young people who experience the most developmental assets are least likely to engage in problem behaviors and most likely to thrive.



The Fairport-Perinton Chemical Prevention Advisory Council (CPAC) is a working partnership among families, schools, students, community groups, governmental agencies and law enforcement. We are committed to promoting wellness and healthy lifestyles while addressing issues surrounding alcohol and other drug use/abuse in our schools and community. CPAC’s mission is to reduce the use of alcohol, tobacco and other drugs by our youth.

MISSION STATEMENT

The Perinton Recreation and Parks Department’s mission is to provide safe and satisfying recreation programs, well maintained parks, and clean and comfortable leisure facilities. We are committed to provide valued services that enhance the quality of life of current and future residents.

**Americans with Disabilities Act
Compliance**

The Town of Perinton Recreation and Parks Department offers programs for all residents regardless of differing abilities. If you have a question or concern about program accommodations, call us at 223-5050.

**ROCHESTER ADAPTIVE ADVENTURES
(RAA)**

Rochester Adaptive Adventures (RAA) is a Regional Resource Center for individual with disabilities and their families to connect with opportunities in their home communities and includes adaptive sports teams and the Adaptive Paddling and Cycling Center (APACC) in Fairport, NY. For more information, contact Anita O’Brien, Executive Director, (585) 491-6011. aobrien@rochesteradaptiveadventures.org

**INSURANCE INFORMATION
MVP Gold Members**

The Perinton Community Center is an authorized SilverSneaker facility. Bring in your MVP Gold card, and have access to the fitness area, the aquatic center, or take advantage of the SilverSneaker fitness classes that we offer. For more information, call MVP Member Services, or our Senior Center at 223-1617. Plan subject to change.

Excellus Blue Cross/Blue Shield

The Perinton Community Center is an In-Network facility of Silver&Fit. Members of Excellus Medicare Advantage plans may be eligible for a low-cost (\$25 annual fee) which allows access to the fitness area, aquatic center and group exercise classes (some restrictions apply).

Aetna Insurance

The Perinton Community Center is an In-Network facility of Silver&Fit. Members of Aetna Insurance plans may be eligible for no cost, which allows access to the fitness area, aquatic center and group exercise classes (some restrictions apply).

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 \$7.00 processing fee, per participant, per program, will be charged for all refunds. A \$7.00 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. 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 Tuesday, January 3, 2017 • Non-Residents – Registration begins Tuesday, January 10, 2017

Non-Residents must add \$7 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.

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.

**Registration on WebTrac begins at 10:00 AM
on 1/3 (Residents) and at 10:00 AM on
1/10 (Non-residents).**

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 \$7.00 processing fee, per participant, per program will be charged for all refunds. A \$7.00 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. 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) \$7.00

Total Amount: \$ _____



(Checks payable to Perinton Recreation & Parks Department)

INDICATE METHOD OF PAYMENT: CASH _____ CHECK* _____



NAME AS IT APPEARS ON CARD _____

CREDIT CARD NO. _____ EXPIRATION DATE _____ AMOUNT _____

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

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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*

FITNESS FOR ALL AGES



*We are so grateful
to all our patrons
who visited and
supported Perinton's
parks and recreation
facilities and
programs in 2016.*

*We wish you a
very Happy New Year!*



**Free Preview
Classes -
See Page 33**

