



# Perinton

## Recreation & Parks

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



# 2024

## Spring Programs

Registration Begins  
Monday, March 25th

Town Supervisor's  
Message Page 3



# JAMES E. SMITH CENTER

## JAMES E. SMITH CENTER

1350 Turk Hill Road

Mon.-Fri. 6:00 AM-9:00 PM

Sat. 7:00 AM-7:00 PM

Sun. 9:00 AM-6:00 PM

Office: 223-5050

Fax: 223-4045

Taped Info: 425-1170

### 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.

### THE AQUATIC CENTER

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

### DROP-IN FITNESS CLASSES

Drop-In Fitness is offered for \$9.00 per class. Non-resident rate is \$10.00 per class. Check out our adult and teen fitness classes inside this brochure. **Only the classes on the Fitness pages are eligible for drop-in rates.**

### 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.

### ROOMS AND GYM FOR RENT

An ideal location for family parties, birthday parties, showers, reunions, business meetings or informational seminars. We also offer group rate discounts for swim parties tied to room rentals. For information, contact Joe Kincaid at 223-5050 or jkincaid@perinton.org.

### POOL BIRTHDAY PARTIES

Birthday parties are now available to be booked online! Visit us on WebTrac and search keyword "Splash" for available dates and times. Please note, rooms and time slots are not able to be changed. The first hour of the party time slot is spent in the pool and the second hour is spent in the room. Parties are limited to 25 people. Additional party bookings need to be made for any parties over 25 people, and time slots remain as listed. Parties are \$200/resident and \$250/non-resident. Must be paid in full at time of booking and must have an active WebTrac account to book.

### GYM DROP-IN PROGRAMS

Drop-In Programs are available for all ages. Admission is \$5.50 per person with proof of residency. Admission for non-residents is \$7.00. **All participants must show ID every time.** 10X stamp passes are available to residents (\$44.00) and non-residents (\$59.00). **For RESIDENTS, 14 years and over:** Show your monthly or 20 Visit Fitness Pass and get \$1.00 off your daily drop-in fee or half 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).**

## DAILY FAMILY PASS FOR AQUATICS

(Perinton Residents)

**2 Adults, 2 Children = \$18, \$3 each additional child**

	RESIDENT						NON-RESIDENT			
	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)	College Student	Active Military	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)
<b>Daily</b>	\$4.50	\$5.00	\$7.00	\$5.00	\$5.00	\$5.00	\$6.50	\$7.50	\$11.50	\$7.50
<b>Monthly</b>	\$29.00	\$37.00	\$55.00	\$37.00	\$37.00	\$37.00	\$42.00	\$47.00	\$74.00	\$47.00
<b>20 Visit</b>	\$46.00	\$53.00	\$77.00	\$53.00	\$53.00	\$53.00	\$78.00	\$110.00	\$168.00	\$110.00
<b>6 Month</b>	\$147.00	\$179.00	\$278.00	\$179.00	\$179.00	\$179.00	\$189.00	\$236.00	\$347.00	\$236.00
<b>12 Month</b>	\$263.00	\$320.00	\$494.00	\$320.00	\$320.00	\$320.00	\$341.00	\$415.00	\$625.00	\$415.00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
Pickleball Ages 18+ 6:00-8:00 AM		Pickleball Ages 18+ 6:00-8:00 AM		Pickleball Ages 18+ 6:00-8:00 AM						
Basketball Ages 18+ 11:30 AM-1:15 PM	Beginner Pickleball 11:30 AM-1:15 PM	Basketball Ages 18+ 11:30 AM-1:15 PM	Beginner Pickleball 11:30 AM-1:15 PM	Basketball Ages 18+ 11:30 AM-1:15 PM						
Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 4:30-6:30 PM	Pickleball 4:15-5:45 PM		
Basketball Ages 30+ 8:15-9:45 PM		Basketball Ages 30+ 8:15-9:45 PM	Volleyball Ages 18+ 6:15-9:00 PM	Basketball Ages 18+ 7:30-9:00PM						

Schedule subject to change. View website for current schedule.



Ciaran Hanna  
Town Supervisor

# Town Supervisor's

## Message to the Community

Happy Spring, everyone!

While we have not seen our usual snow totals, Perinton Public Works crews have been busy handling the challenging mixture of snow, ice, sleet, wind and freezing rain this winter. As always, please remember that if you see plows, equipment, or staff members on the road, give them plenty of space to work. A big thank you to our dedicated snow and ice crews, who always stand ready to deal with whatever Mother Nature sends our way.

With the changing season, our focus shifts back to spring and summer tasks. Public Works will transition into spring and summer work like road, sidewalk, sewer, and drainage maintenance projects, along with our ongoing yard debris collection program.

This spring, we are happy to welcome back two of our popular annual events, Perinton Community Recycling Day, scheduled for Saturday, May 11, and our Free Rabies Immunization Clinic, scheduled for Saturday, June 8. Please check our website, [www.perinton.org](http://www.perinton.org), for more information.

As we gear up for another busy season here in the Town of Perinton, I'm thrilled about the progress on various initiatives, from advancing our new Disc Golf Course to finalizing the Perinton Skatepark. These projects, alongside sidewalk improvements and ongoing facility maintenance and upgrades, promise to enrich our Town further. Amidst all the new developments, the Town remains steadfast in our commitment to preserving and maintaining our existing infrastructure and amenities. It's a fundamental aspect of our daily operations, and one we're dedicated to upholding.

Speaking of the Skatepark and Disc Golf Course, I'm immensely thankful for the collaborative spirit these initiatives have ignited within our community. Partnering with Rochester Disc Golf to meticulously plan and construct the course, and rallying community support to bring a new skatepark to fruition, reflects the power of collective action and engagement. These projects epitomize the values of collaboration and civic pride that define Perinton. I eagerly anticipate the moment our residents can get outside and enjoy these new recreational opportunities. Whether actively participating or simply enjoying the vibrancy they bring to our town, these amenities enrich our community in many ways - from boosting tourism and supporting local businesses to fostering wellbeing and a sense of community.

I know it can be challenging to keep up with everything that's going on in our Town. In an effort to keep our community informed, we have an online resource called "Projects of Community Interest" on [www.perinton.org](http://www.perinton.org). Whether you're curious about the Town's Canal Conservation Overlay District or interested in learning more about the ongoing senior housing project or the Pines of Perinton Rehabilitation, our user-friendly resource has you covered. To explore the latest projects and stay informed about what's happening in the Town of Perinton, visit the "Projects of Community Interest" webpage today! If you would like to learn more or hear directly from the Town on these updates and more, please reach out. I would love to speak with your organization or neighbors. Your feedback and engagement are invaluable.

As always, if you have any questions or concerns, please do not hesitate to stop by, call or email me any time. My number is (585) 223-0770, and my email address is [channa@perinton.org](mailto:channa@perinton.org). I look forward to hearing from you.


Sincerely,

Ciaran Hanna, Town Supervisor



### Table of Contents

James E. Smith Center Info .....	2
WebTrac Info .....	16
Special Events .....	17
Parks Programs .....	18
Summer Camp .....	19
Youth Camps .....	20
Skill Development Camps .....	23
Preschool .....	24
Youth and Teen .....	30
Youth and Teen Arts & Crafts and Cooking .....	36
Golf .....	37
Aquatics .....	38
Fitness .....	46
Adult .....	47
Adult Arts & Crafts and Cooking .....	54
55+ Prime Time Programs .....	56
General Information .....	61
Refund Policy/Drop Off Policy .....	62
Registration Information .....	62
Registration Form .....	63

**THIS PROPERTY IS**  
  
**BY THE TOWN OF PERINTON**

VISIT [WWW.PERINTON.ORG](http://WWW.PERINTON.ORG)  
 OR CALL 585-223-0770  
 FOR INFORMATION

When you see this sign in your neighborhood, it means the property is scheduled to be reviewed by the Town's Planning Board, Zoning Board of Appeals or even Town Board.

Depending on the scope of work, some projects require Board approval before work may begin, which triggers a public hearing on the proposal. These signs are one of the ways the Town notifies residents of the hearing.

If you see this sign and you would like to know what is being considered for the property, go to [perinton.org](http://perinton.org) and click on Properties Under Review on the Home Page to see the plans and project description.

Town Hall Closings		PCC Closings:	
May 27	Memorial Day	May 27	Memorial Day
June 19	Juneteenth		

**Recreation & Parks Content Starts on Page 16**

**Town of Perinton**

Ph: (585) 223-0770

F: (585) 223-3629

Recorded information:

(585) 425-1170

DPW: (585) 223-5115

After Hours Emergency:

(585) 425-7380

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

Facebook: **Town of Perinton, NY**

Twitter: **@TPerinton**

Instagram: **townofperinton**

**Charles Steinman**

*Town Justice*

**Gary Muldoon**

*Town Justice*

**Wayne Pickering, IAO**

*Town Assessor*

**Joseph LaFay**

*Town Attorney*

**Robert J. Kozarits**

*Town Engineer*

**Bill Poray**

*Town Historian*

**Jason R. Kennedy**

*DPW Commissioner*

**Jeff Nutting**

*Commissioner of Recreation and Parks*

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**Board Meetings**

**Town Board**

2nd and 4th Wednesday of every month at 7:30 p.m.

**Planning Board**

3rd Wednesday of every month at 7:30 p.m.

**Conservation Board**

Tuesdays before the 1st and 3rd Wednesday of each month at 7:30 p.m.

**Zoning Board of Appeals**

4th Monday of every month at 7:30 p.m.

We also offer the public the option to join board meetings virtually. Zoom, which can be used on a computer or a phone, allows you to view, listen and comment in the meeting live via video or audio. To join a meeting virtually, please look for the web-conferencing information at the top of each meeting agenda.

**— Perinton Town Officials —**



**Ciaran Hanna**  
*Town Supervisor*



**David P. Belaskas**  
*Councilperson*



**Meredith Stockman-Broadbent**  
*Councilperson*



**Alexandra Winner**  
*Councilperson*



**Mike Folino**  
*Councilperson*



**Janelle Reed**  
*Town Clerk*

**PERINTON SKATEPARK**

*Grand opening*

**05 MONTH 18 DAY 24 YEAR**

**SAVE THE DATE**

## Clerk's Corner: Fishing Licenses



Janelle Reed, Town Clerk

Get ready for some reel excitement! Warmer days are on the horizon, and anglers can't wait to dive into the fishing season. Whether you're a seasoned angler or a newcomer to the sport, swing by the Town Clerk's Office to secure your annual fishing license.

We proudly serve as a License Issuing Agent for the NYS Department of Environmental Conservation, offering hunting and fishing licenses to both residents and non-residents of New York State. Your fishing license remains valid for an entire year from the date of purchase/activation.

For those on the lookout for the perfect fishing spot, explore our local gems:

**Spring Lake Park Creek — great for trout!**

**Powder Mills Park — great for trout!**

**Perinton Park — Erie Canal to open May 17.**

**Kreag Road Park — Erie Canal to open May 17.**

**Bushnell's Basin Crescent Trails Association parking lot — Canal opens 5/17.**

*Town of Perinton*  
**FREE RABIES  
IMMUNIZATION CLINIC**



**SAVE THE DATE**  
**SATURDAY, JUNE 8, 2024**

Appointments will open in May - Check [perinton.org](http://perinton.org) or call (585) 223-5115 for availability.

- In partnership with Monroe County and Fairport Animal Hospital -

# A Bit of History: Kreag Road Park

By: Town Historian Bill Poray

The population of Perinton doubled from 1960 to 1970, and during that time, town leadership recognized the need to create new parks within the town. An aggressive program soon resulted in the creation of Kreag Road, Spring Lake and Egypt Parks, and in the 1970s, Fellows Road Park. These new recreational places were added to the existing Perinton Park, along the Erie Canal, and Potter Park in the village of Fairport.



A view of Perinton's Kreag Road Park, in the fall, 1973.

The Kreag Road Park was built on about nine acres of land fronting on the Erie Canal, in an area where farmland was being transformed into several new residential communities. Close to Bushnell's Basin, the park provided much-needed recreation facilities for residents in the southwest portion of Perinton.

Grading and improvements of Kreag Road Park began in the summer of 1969. While the park formally opened in the spring of 1970, a temporary skating rink was installed in December of 1969 for use over the winter.

It didn't take long for the new Kreag Road Park to be a popular amenity in the town. Features included playgrounds, tennis courts, and athletic fields. Basketball courts, picnic pavilions and restroom facilities, along with ample parking, helped to make the canal-side Kreag Road Park a popular destination. Playground programs were initiated the first summer. The park even hosted overnight campouts for boys and girls, age 12 to 16, sponsored by the Perinton Recreation Department.

After 54 years, Kreag Road Park remains a great asset for Perinton residents.



## **PERINTON ELECTRONICS RECYCLING PROGRAM RETURNS THIS SPRING**

After a brief pause during the winter weather months, our Electronics Recycling Program will return this Spring. The program will kick off in May at our annual Waste, Shredding & Recycling Day on May 11. Beginning in June, the Town will offer monthly Electronics Recycling by appointment. Residents will be able to make appointments online at [www.perinton.org](http://www.perinton.org).



Electronics recycling includes everything from small devices such as cell phones and digital cameras to large devices such as TVs and computers. The Town partners with a local company EWaste+ to properly recycle all items. There will be no charge to residents.

If you are looking for a full list of recyclable electronics visit our Electronics Recycling page on [www.perinton.org](http://www.perinton.org). Scan the QR Code to learn more.



## **Make Your Home the Solution to Stormwater Pollution**



New York State law prohibits the application of phosphorus-containing fertilizers for established lawns. Stormwater runoff from yards where fertilizers have been misapplied, either by using too much or spreading it onto sidewalks or driveways, contributes to unsightly algae blooms in neighborhood stormwater ponds and frequently results in obnoxious odors. Eventually, this nutrient-polluted water will make its way to Irondequoit Bay.



Use a commercial car wash or wash your car on a lawn to prevent dirty, soapy water from flowing into the storm drain.



Check your car for leaks and make repairs as soon as possible. Clean up spilled fluids with absorbent material like kitty litter or sand and dispose of it in the trash. Never rinse a spill into a nearby storm drain.



Recycle used oil and other automotive fluids at service stations. Don't dump these liquids down the storm drain or dispose of them in your trash.



Compost grass clippings and leaves. Never dump yard waste into the storm drains, stormwater ponds, or swales, as this can cause flooding and damage water quality.



Clean up pet waste and dispose of it properly by placing it in the trash. Leaving pet waste on the ground allows harmful bacteria and nutrients to wash into the storm drain. Excessive bacteria levels can result in beach closings.



Drain your swimming pool only when a test kit does not detect chlorine. This generally takes about 24 hours. Pool water should be directed to a level, highly vegetated section of your lawn so that it can infiltrate into the ground rather than contribute to stormwater pollution. Pool chemicals should be stored in a covered area to prevent leakage and stormwater pollution.



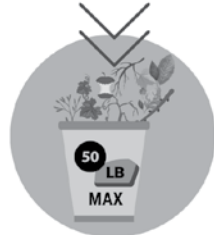
For ideas on how to reduce stormwater pollution, visit [www.stormwatercoalition.com](http://www.stormwatercoalition.com).

**PERINTON RESIDENTIAL REFUSE PROGRAM**  
WEEKLY CURBSIDE COLLECTION

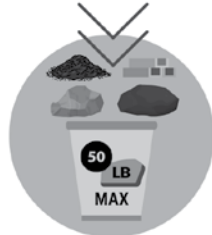
UPDATED: MARCH 2023

**YARD WASTE & LANDSCAPE DEBRIS:**

Leaves, weeds, vines, ivy, garden material, fruit.



Stone, dirt, concrete, and asphalt.



Ciaran Hanna  
Town Supervisor



4  
TIRES  
PER  
YEAR  
NO RIMS

**METAL/APPLIANCES:**



WASHERS & DRYERS



REFRIGERATORS  
(DOORS REMOVED)



STOVES



AIR CONDITIONERS & DEHUMIDIFIERS



METAL BATHTUBS



FURNACES/HOT WATER TANK



RIMS, CAR PARTS, & LAWNMOWERS



GAS OR CHARCOAL GRILLS & EMPTY PROPANE CYLINDERS



METAL POSTS & PIPES  
(CUT TO 4' LENGTHS)

- ⚠ PLACE IN CONTAINERS (NO LIDS)
- ⚠ CONTAINERS 50LBS OR LESS EACH
- ⊗ NO BAGGED/LOOSE MATERIAL
- ⚠ SEPARATE CONTAINER FROM YARD WASTE
- ⚠ NO CONTRACTOR PILES
- ⊗ NO BAGGED/LOOSE MATERIAL

**SPRING & FALL BULK LEAF COLLECTION:**

- ⚠ Leaves only - no sticks or other debris mixed in.
- ⚠ Expect 4-6 week cycles for collection.
- ⚠ No bagged material.

Follow our Leaf Collection Map!



**TREE DEBRIS:**

- ⊗ No sod, stumps, rocks, lumber, or other waste mixed with tree debris.
- ⊗ Tree Debris generated by contractors must be removed as part of their service. **CONTRACTOR PILES WILL NOT BE PICKED UP.**



**Small Piles:**

Reusable containers (no lids) 50lbs or less - collected weekly.

Brush, sticks, tree limbs, firewood, wood-chips, and stump grindings.

\* Christmas Trees included in weekly collection (do not bag).

**Medium to Large Piles:**

Tree cuttings, limbs, and logs place parallel with the road; curbside - 1-3 weeks for collection.



**ITEMS NOT COLLECTED BY THE TOWN:**

- ⊗ Grass Clippings
- ⊗ Bags of any kind with yard debris
- ⊗ Toters or wheelbarrows with yard debris
- ⊗ Containers weighing more than 50lbs
- ⊗ Household Curbside Recycling
- ⊗ Loose Material (except bulk leaves & large tree debris piles)
- ⊗ Leaves or yard debris placed in road or gutter
- ⊗ Building Material from home construction
- ⊗ Contractor Tree Debris Piles



**WHAT TO DO WITH DIFFICULT MATERIAL:**

- 🚂 Railroad Ties, Utility Poles: Alpco Recycling (800) 706-9449 / (315) 986-8900
- 🌿 Grass Clippings: Recommend Composting, or Alpco Recycling
- 🗑 Household Hazardous Waste: [www.monroecounty.gov/ecopark](http://www.monroecounty.gov/ecopark)
- 📺 Electronic Waste: Call DPW for [Appointment Info](#) (585) 223-5115

**ITEMS COLLECTED BY PRIVATE TRASH HAULERS ONLY:**

Please call your private trash hauler to determine any fees or to request a special pick-up.

- 🗑 HOUSEHOLD GARBAGE
- ♻ CURBSIDE RECYCLING → 
- 🏠 BUILDING MATERIALS (DRYWALL, ROOFING, LUMBER, ETC.)
- 🌲 WOOD FENCING, CABINETS, LADDERS, ETC.
- 🛋 FURNITURE, MATTRESSES, CARPETING
- 🚽 TOILETS, SINKS, HOT TUBS



(315) 597-1100



(585) 254-7081

**PRIVATE TRASH & RECYCLING HAULERS IN PERINTON**



(585) 505-1500



(585) 352-3900



(585) 254-3500



(585) 720-0978

**PLEASE REMEMBER THESE IMPORTANT TIPS:**

- ★ Place all loose material in reusable containers (i.e., garbage cans) without lids, 50lbs or less.
- ★ Town curbside collection and private trash/recycling hauler collection, occurs on the same day of the week, weather and holidays permitting.
- ★ Do not place material curbside more than 24 hours in advance of your scheduled collection day (except spring & fall bulk leaf collection).
- ★ We attempt to remove material from your property without causing any damage. However, minor damage may occur and is the homeowner's responsibility.
- ★ The Town does not collect yard or tree debris placed on private roads or private drives. All material must be placed in a mutually convenient place along the public road right of way.
- ★ Please visit our website, [www.perinton.org](http://www.perinton.org), for our full collection policy, interactive maps, and street schedule.





**SAVE THE DATE**

**PERINTON  
COMMUNITY  
RECYCLING DAY**

**SATURDAY, MAY 11TH**

- ✓ **ELECTRONICS RECYCLING**
- ✓ **DOCUMENT SHREDDING**
- ✓ **HOUSEHOLD HAZARDOUS WASTE**
- ✓ **FREE TO RESIDENTS**

**Appointments required for Household Hazardous Waste Collection only. Book on [www.monroecounty.gov/ecopark](http://www.monroecounty.gov/ecopark) in April.**

Each year, the Town of Perinton hosts a Drive-Thru Community Recycling Day featuring electronics recycling, free shredding for residents, and household hazardous waste collection in partnership with Monroe County.

This event will return on May 11, 2024. Please visit [www.perinton.org](http://www.perinton.org), for appointment details. Residents can also recycle Household Hazardous Waste year-round by making an appointment at the Monroe County Ecopark. Check out local PaintCare drop-off sites to properly dispose of house paint as well as primers, stains, sealers, and clear coatings such as shellac and varnish. Visit [www.paintcare.org](http://www.paintcare.org) for more information.

By offering these collections, we are bringing essential services close to home while encouraging residents to recycle items that are often difficult to dispose of properly.

If you have any questions, please contact Perinton Public Works at (585) 223-5115.

**Spring Update from  
Perinton Animal  
Control**

As the warmth of spring spreads across Perinton, please be mindful of the wildlife that shares our environment. With the changing season comes a flurry of activity among local fauna, and understanding how to coexist peacefully is key to everyone's well-being.

Spring marks the birthing season for many animals, making it crucial to respect their habitats and avoid disturbing nests or dens. By adhering to the principle of "If you care, leave them there," we can ensure that mothers can care for their young without disruption.

Additionally, the increase in daytime wildlife sightings is to be expected as animals emerge from winter hibernation in search of food. Should you encounter an injured or sick animal, please reach out to Animal Control for assistance.

Feeding wildlife directly can lead to dependency and conflicts. Instead, consider using bird feeders with seed wells and removing them temporarily if wildlife becomes a nuisance. This simple adjustment can help maintain the natural balance of our ecosystem.

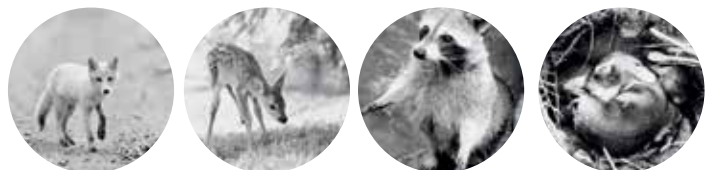
For pet owners, taking precautions such as checking yards before letting pets out at night and securing areas under decks and sheds can prevent unwanted encounters between pets and wildlife.

Additionally, now is the perfect time to check invisible fences, replace collar batteries, and make sure your physical fence is in good condition for the summer months.

By working together to understand and respect the needs of local wildlife, we can create a safe and enjoyable environment for all in Perinton. Perinton Animal Control can be reached by calling (585) 223-5115 during our operating hours Monday-Friday 7:30 a.m.-4 p.m. For After-Hour Emergencies, please call (585) 425-7380. An Animal Control Officer will be dispatched to assist the animal with the care it needs. You can find many answers to your animal control needs on the animal control portion of our webpage – check it out at [www.perinton.org](http://www.perinton.org).

*Steve*

Steve Pringle, Animal Control Officer



## **Perinton's Employee Recognition Program Celebrates Outstanding Contributions to Community**



Congratulations to our recent winner, Community Garden Coordinator Mackenzie Zerniak, and all of the nominees for the Town's "Living the Values" employee recognition program!

By "Living the Values," Town of Perinton employees are providing superior public service, exceeding expectations, and exemplifying one or more of our Town Values of integrity, community, respect, customer service, and stewardship.

Mackenzie leads the Community Garden program, created a core group of gardening volunteers, added 19 more garden beds, a vertical herb garden, and a better composting system. She also enhanced the experience for the gardeners through weekly newsletters and horticultural education. She revitalized our floral bed program by designing new native species-focused, perennial gardens in the sign beds across our park system. She coached and trained other Parks Department staff when planting. She oversees our Spotted Lanternfly management program, working with the local DEC and invasive species organizations to install and monitor traps. She spent the rest of her time as the Potter Park Supervisor, ensuring a neat and inviting park for our users. Her pride shows in the results delivered every day to our community.

Congratulations, Mackenzie, and thank you for all your hard work!

Nominees for the "Living the Values" employee recognition program include:

- Nick Anne - Lifeguard
- Justo Santiago - Zoning Officer/Assistant Fire Marshal
- Liz Vincent - Clerical in the Town Clerk's Office
- Scott Allen, Mike Sozio & Scott Ellis - Facility Maintenance Team

Each nominee has exemplified dedication and excellence in their respective roles, contributing to the overall well-being and prosperity of our community. We extend our gratitude to all nominees for their hard work and commitment.

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## **Join the Perinton Team for an Exciting Season Ahead!**



Are you ready to make a meaningful impact in your community? Look no further! The Town of Perinton is seeking dedicated individuals to join our dynamic team for seasonal positions in the Department of Public Works (DPW) and Recreation & Parks Department! To apply, visit [perinton.org](http://perinton.org).



Recreation Department



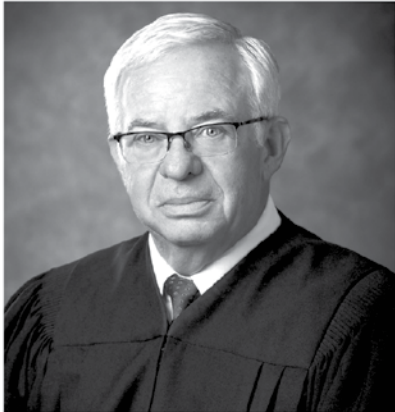
Department of Public Works



Parks Department

# Judge Thomas A. Klonick: Celebrating A Career of Service

*Perinton Town Judge Retires after 28 years on the Bench*



After 28 years of dedicated service as the Town Justice for the Town of Perinton, Thomas A. Klonick bid farewell to the bench at the end of 2023. His retirement marks the end of an era for the Perinton community, as well as the culmination of a remarkable career that spanned over three decades.

Judge Klonick's journey into the legal profession was not a predetermined path but rather a serendipitous series of events that shaped his destiny. Born and raised in Brighton, Klonick's early interests in sports, particularly soccer, led him to Lehigh University. It was there, amidst the allure of collegiate sports and the teachings of a business law professor, that his passion for the law was ignited.

Upon graduating from the Detroit College of Law, where he distinguished himself as a member of the Detroit College Law Review, Judge Klonick embarked on a legal career that would be characterized by unwavering dedication to justice and community service. Over the years, he has served in various judicial capacities, including Acting Rochester City Court Judge, Acting Fairport Village Court Justice, and Town Justice for the Town of Macedon. His commitment to upholding the principles of fairness and integrity earned him recognition, including the prestigious Monroe County Bar Association President's Award for professionalism in 2008.

Beyond the courtroom, Judge Klonick's impact extended into the community through his involvement in numerous organizations and initiatives. He served as a member and Chair of the New York State Commission on Judicial Conduct, where he played a pivotal role in ensuring the ethical conduct of judges statewide. Additionally, his passion for historic preservation led him and his wife, Evelyn Frazee, to undertake the restoration of several historic properties, preserving the cultural heritage of the Rochester area for future generations.

Married to retired New York State Supreme Court Justice Evelyn Frazee, the couple shares a deep love for the law and the environment. With two accomplished children, Kate, a law professor specializing in internet law, and Alex, an environmental economist, the Klonick household is a testament to the intersection of law, environmental stewardship, and familial bonds.

As Judge Klonick embarks on the next chapter of his journey, he leaves behind a legacy of integrity, compassion, and service. His contributions to the legal profession and the community at large have left an indelible mark on the fabric of Perinton and beyond. Though he may be stepping down from the bench, his impact will continue to resonate for years to come, serving as an inspiration to all who aspire to uphold the noble principles of justice and equality.

Town Supervisor Ciaran Hanna said, "I thank Judge Klonick for his dedication and exemplary service to the Town of Perinton. His legacy of integrity and commitment to justice has deeply influenced our community. We extend our heartfelt gratitude for his tireless efforts and wish him all the best in his well-deserved retirement from the bench."

# FROM CONCEPT TO REALITY: HOWELL RD. DISC GOLF COURSE TAKING SHAPE



The Town of Perinton is excited to share the latest updates on the Howell Rd. Disc Golf Course project, which will offer a new and unique recreational opportunity for the community. This project, which was approved by the Town Board in November 2023, is the result of positive feedback from the public through surveys and meetings. Project partners, including Rochester Disc Golf, Perinton Parks Department, and local disc golf enthusiasts, are working together to make this project a reality.

Town Supervisor Ciaran Hanna said, “The Howell Rd. Disc Golf Course project demonstrates our commitment to providing diverse and accessible amenities for our residents and visitors. We are creating a space where people of all ages and abilities can enjoy nature, exercise, and socialize. We will see great progress this summer, and we can’t wait to see everyone on the course.”

Work began in late 2023, with a focus on clearing brush and trees to create the layout for each hole. The course design is being led by Jason Phelps, who has been collaborating with the Perinton Parks staff to coordinate the work and ensure the quality and safety of the course. The course will feature 18 holes of varying difficulty and length, with natural obstacles and elevation changes to challenge players. The Parks Department is aiming to have 6-9 holes ready by this summer and the rest of the course finished by summer 2025.

The Howell Rd. Disc Golf Course will be a great addition to the town’s park system, and will provide a fun and healthy activity for people of all ages. The course will be free and open to the public, and will follow the rules and etiquette of the Professional Disc Golf Association (PDGA). To see more, check out our YouTube channel by scanning the QR code below.



# First Responder Spotlight: Chief John Overacker, Fairport Fire Department



The Fairport Fire Department is a volunteer organization that provides fire protection and emergency services to the Village of Fairport and parts of the Town of Perinton. The department is led by Fire Chief John Overacker, who has 21 years of experience as a volunteer firefighter.

Chief Overacker is a committed, skilled, and thoughtful leader who manages the fire suppression and fire rescue activities of the department, as well as the budget, public relations, and personnel. He is also a passionate and optimistic advocate for community involvement and improvement. He was elected as the Chief by the department members in 2023, and is currently serving his second and final year in this role.

During his tenure as the Chief, the department has achieved many things and faced many challenges. Some of the achievements include improving the working relationships with the other fire departments that cover the Town of Perinton, purchasing a new engine and rescue, deploying new technologies, and researching and developing a new attack hose project. Some of the challenges include balancing the needs of the department with the finances, dealing with declining volunteers, and exploring additional recruitment programs and incentives.

Chief Overacker ensures that the department is well-equipped, well-trained, and well-prepared for any emergency situation. He conducts weekly training, encourages the members to take county and state offered trainings, and routinely tests and maintains the equipment.

Chief Overacker also handles the stress and pressure that comes with being the Chief of a fire department and responding to life-threatening situations. He learned early in his volunteer career that talking through problems with other volunteers is important. He also engages in activities like exercise, hunting, and family activities as a means to cope with stress and pressure.

John is also involved in various community events and programs, such as fire prevention education, fire department tours, and standby events. He enjoys interacting with the public and showing them what the department does. He also educates them on how to prevent fires and stay safe.

Chief Overacker balances his work and personal life as the chief of a fire department. He has a supportive and understanding family, who are proud of what he does and motivate him in his career. He also likes to spend quality time with his family, visiting local parks and attractions. He advises anyone who wants to pursue a career in fire services to join their local volunteer fire department. He says it is a great way to gain knowledge, learn what it is all about, and network with others on the same career path. He also says that training is essential, and that one should take all the classes they can.

Chief Overacker says that the qualities and skills that are essential for being a good Fire Chief and a good firefighter are dedication, inquisitiveness, ingenuity, thoughtfulness, passion, and optimism. He says that these qualities and skills help him and his team to serve the community, solve problems, and adapt to different situations. He describes the culture and comradery at the fire department as "incredible" and that the best way to equate the culture is to a family. They rely on each other, support each other, and have fun together. He says that he has long thought that the coolest job in the world is to be a volunteer firefighter.

The Fairport Fire Department is grateful for the service and leadership of Chief Overacker, and for the support and trust of the community. The department is always looking for new volunteers who are willing to join their team and make a difference. If you are interested, please visit their website or call their office for more information.

## How to Volunteer

Did you know that your local fire departments are 100% volunteer? The Town of Perinton is protected by five different fire departments, and all of them are in need of new members. Each will provide all needed equipment and training courses.

### Qualifications for Membership:

- Be at least 18 years old at time of application
- Be a citizen of the United States
- Be of good moral character and physical condition
- Have a valid NYS Driver's License
- Live within the fire district

### Roles and Responsibilities

- Respond to alarms and participate in weekly training exercises
- Complete NYS mandated courses
- Attend monthly Department and quarterly company meetings
- Serve on committees and promote close working relationships with other members
- Observe the rules, regulations, and by-laws at all times
- Preserve the reputation and history of the department
- Participate in parades and other community events

### Fairport Fire Department

Email: [volunteer@fairportfd.org](mailto:volunteer@fairportfd.org)

Phone: (585) 223-9220

Monday-Friday, 7 a.m.-3 p.m.

### Bushnell's Basin Fire Department

Email:

[recruitment@bushnellsbasin.org](mailto:recruitment@bushnellsbasin.org)

Phone: (595) 248-5606

### Egypt Fire Department

Apply at [egyptfd.org/how-to-join.html](http://egyptfd.org/how-to-join.html)

Phone: (585) 223-1923

### East Rochester Fire Department

Email: [3c12@astrochester.org](mailto:3c12@astrochester.org)

Phone: (585) 381-1112

### Penfield Fire Department

Apply at [penfieldfire.org/volunteering](http://penfieldfire.org/volunteering)

Phone: (585) 586-2413

# Spring Into Action: Your Guide to Deck, Shed, and Fence Projects in Perinton

As spring approaches, many homeowners are gearing up for various home improvement projects to enhance their outdoor living spaces. Among the most popular projects are building decks, installing sheds, and erecting fences. However, it's important to be aware of the regulations and requirements to ensure compliance with local and state building codes. Whether it's a new shed, deck, fence, finished basement or any other project you can dream up, the Perinton Building & Codes Department (BCD) is available to help you plan your project and get it off the ground. Here's a rundown of what you need to know:

### Decks:

- Building permits are required for all decks that are elevated off the ground, attached to the house, or provide access to a swimming pool.
- The minimum footing depth for deck construction is 42 inches.
- Guardrails are necessary when the walking surface is 30 inches or more above grade.
- Homeowners can find valuable resources such as lumber spans, templates, and other helpful information on the deck information handout available on the BCD webpage.

### Sheds:

- Building permits are mandatory for all storage sheds, regardless of size.
- Residential properties are allowed one shed of up to 200 square feet or 1% of the total lot area, whichever is greater.
- Sheds up to 200 square feet must be situated in the rear yard, at least 5 feet from property lines and 5 feet from the home.
- The shed should complement the main home in terms of style.
- Comprehensive shed regulations and application information can be found on the shed information handout on the BCD webpage.

### Fences:

- Building permits are required for all permanent fences.
- Fences can be up to 6 feet tall in side and rear yards and up to 3 feet tall in the front yard.
- Placement of fences should avoid easements and right-of-ways, and homeowners are advised to consult their survey map for these features.
- When installing a fence near a property line, it's recommended to enlist the services of a professional surveyor for accurate placement.
- The fence handout on the BCD webpage contains a complete list of regulations and application instructions.

Throughout the project, inspectors from the Perinton Building & Codes Department will review plans and conduct inspections to ensure compliance with both town and New York State building codes. Homeowners are encouraged to reach out with any questions or concerns they may have during the process.

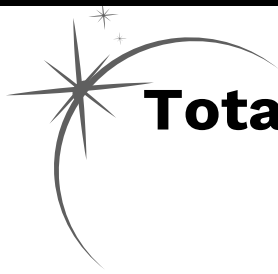
Additionally, it's essential to contact 811 before starting any digging projects to have underground utilities in the yard staked out. This free service can prevent serious injuries, utility disruptions, and costly repairs resulting from damaged infrastructure.

For more information on these projects and others, visit the Building & Codes Department webpage. Don't hesitate to contact the BCD with any inquiries or assistance you may need. Happy spring remodeling!

## Perinton Building & Codes

[www.perinton.org](http://www.perinton.org) (585) 223-0770 [building@perinton.org](mailto:building@perinton.org)





# Total Eclipse of the Park in Perinton



Are you ready for a spectacular celestial show? On April 8, 2024, a total solar eclipse will pass through Perinton for the first time since 1925. This rare and awe-inspiring phenomenon occurs when the moon blocks the sun completely, creating a brief moment of darkness in the middle of the day.

To celebrate this historic event, the town of Perinton is hosting a free festival called Total Eclipse of the Park, featuring music, food trucks, and family fun in Center Park West. The festival will run from 12:30 to 6 pm, and will offer a prime viewing spot for the eclipse, which will reach its peak at 3:18 pm.

If you want to make the most of this once in a lifetime experience, you can also purchase a fun pass for a full day of activities at the Perinton Community Center. The fun pass gives you access to *Star Wars* bounce houses and family swimming, and includes a pair of eclipse glasses that will allow you to safely observe the eclipse. You can register for the fun pass online or at the Perinton Community Center using code 162860-F. Check the Special Events section for more details.



You can also shop for Perinton Eclipse merchandise at our online store. We have a variety of items, such as t-shirts, hats, mugs, and more, that feature the official logo of the Total Eclipse of the Park. These items are not only stylish, but also support the town of Perinton and the Perinton Community Center.

The Total Eclipse of the Park is a unique opportunity to witness a natural wonder and enjoy a fun-filled day with your friends and family. Don't miss this chance to be part of history and join us on April 8, 2024. For more information and additional registration codes, please visit our Special Events section on our website or call us at 585-223-5050. We hope to see you there!

# GENERAL INFORMATION

## WebTrac Information

Save time and register for programs and parks buildings and shelters online! Register directly on the site, <https://webtrac.perinton.org>. Under the "Member Login" section, please click on the "Need an account?" link. All you need to do is fill out the 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. Please register for WebTrac prior to the first day of registration to ensure your account is active.

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.

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 the Perinton Recreation and Parks Department at 223-5050.

All classes, unless otherwise indicated, are available on WebTrac.

## Stay Connected!

Follow us on Facebook, X 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

## QUICK REFERENCE

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

## Holidays:

Monday, May 27 ..... Memorial Day (Schools & PCC Closed)

Wednesday, June 19..... Juneteenth (Schools Closed)

# What's New For **SPRING**

### Youth Camps

- Creative Artists: Studio Art 101 Camp
- E-Z Peasy Cooking Camp
- First LEGO League Robotics Intro
- Shrink Ray Chronicles & Survivor Challenge
- STEM Explorers

### Skills Development Camps

- Youth Wrestling Camp

### Preschool

- Intro to Dance
- Jumping Gymnastics
- Lil' Runners
- Spring Dribblers
- Spring Trainers
- Teeny Tiny Artists: Backyard Birds

### Youth and Teen

- Skateboarding Basics at Perinton Skatepark
- Youth Beginner Fencing
- Youth Tennis 101

### Youth and Teen Arts & Crafts and Cooking

- American Girl Doll Adventures: Dress Up Day
- American Girl Doll Adventures: Unicorn Fun

### Aquatics

- Snorkeling
- Try Freediving
- Try Mermaid
- Try Scuba

### Adult

- Financial Planning Boot Camp!
- Power of Journaling

### Adult Arts & Crafts and Cooking

- Crochet a Dinosaur
- How to Make a Zine





# SPECIAL EVENTS

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

## SAVE THE DATE!!

<b>Friday-Friday</b>	<b>April 12-26</b>	<b>Spring Art Show &amp; Sale</b>
<b>Sunday</b>	<b>May 5</b>	<b>Mighty Machine Mania</b>
<b>Sunday</b>	<b>May 5</b>	<b>Mother Child Tea</b>
<b>Saturday</b>	<b>June 1</b>	<b>23rd Annual Fishing Derby</b>
<b>Tuesday</b>	<b>June 4</b>	<b>An Evening With Genesee Valley Orchestra and Chorus</b>



### Spring Art Show & Sale

**Ages:** Open to all ages to attend and purchase  
 You never know what treasures you will find at the Perinton Art Group's 2024 Spring Art Show & Sale! Treat yourself to a bit of "eye candy" and perhaps discover the perfect piece of artwork to give your room that finishing touch. Opening reception on Friday, April 12 from 6:30-7:30 PM.  
**Location:** PCC Lobby  
**Dates:** 4/12-4/26

### Mighty Machine Mania

**Ages:** Open to families  
 Come see up close the huge trucks and heavy equipment you see around Perinton. This is a great family event and opportunity to learn more about these machines. You may even get a chance to sit in the equipment! This event is presented by the Town of Perinton and Airquip Heating and Air Conditioning.  
**Location:** Fellows Road Park  
**Date:** Sun., 5/5 11:00 AM-1:00 PM No pre-registration required. No charge.  
**Not available on WebTrac.**

### Mother Child Tea

**Ages:** 3 years and over  
 Moms of all ages, bring your children to celebrate Mother's Day with us! Dress in your fancy clothes and enjoy tea, punch and some sweet treats. We will have a special spot set up for photos and will make a memorable craft. Enjoy your special time together!  
**Location:** PCC  
**Dates:** **Code: 265209-A** Sun., 5/5 1:00-2:30 PM (1 class) Res \$9, Non-Res \$10  
**Enroll all family members that will be attending. Fee is charged per person.**



### 23rd Annual Fishing Derby

**Ages:** 6-15 years  
 Boys and girls, grab a fishing pole, bring your favorite bait and join us in Perinton Park for a fishing derby. This 'kids only' catch and release tournament will feature fishing, prize giveaways and food for participants! Ask an adult to accompany you for a 'reely' fun morning of fishing. (Bring your own pole and bait). Sponsored by the Knights of Columbus.  
**Location:** Perinton Park Shelter  
**Date:** **Code: 225210-A** Sat., 6/1 9:00-11:00 AM (1 class) Res \$12, Non-Res \$13

### An Evening with Genesee Valley Orchestra and Chorus

**Ages:** Open to all ages  
 The Genesee Valley Orchestra and Chorus, under its new permanent music director Dr. Yunn-Shan Ma, is delighted to present an evening of pop, movie and musical tunes, alongside classical favorites. We have been a Perinton-based organization for 48 years, starting out on a barge celebrating the 1976 bicentennial, and now regularly reaching area audiences, including with outreach programs in Perinton care facilities. Please come join us for a great evening of music! Bring a lawn chair or blanket!!  
**Supervisor:** Laura Morrissey  
**Location:** Center Stage Amphitheatre  
**Date:** Tu., 6/4 7:00-8:15 PM No charge  
**Not available on WebTrac.**



# PARKS PROGRAMS

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

## Story Walk

*Llama, Llama, Time to Share*

By Anna Dewdney

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

Does Llama, Llama love his toys? Of course! Does Llama, Llama love to share them? He's not so sure. But when new neighbors come to visit, Mama makes it clear: it's time to share. Can Llama, Llama do it? At first he thinks he can.....and then he really thinks he can't.....until Mama shows him that when he's ready to share, he'll also be ready to have more fun.

Author Anna Dewdney takes on one of the most universal challenges of childhood and delivers it in just the right warm-hearted Llama Llama way.

Story Walk starts inside the Community Center in the north corridor.

This project is dedicated to Mary Wilkinson and Marty Ey, both long time AAUW members and Story Walk supporters.



## TENNIS & PICKLEBALL COURTS

### Public Court Time

Lighted **Tennis Courts** are open and available at no charge for your enjoyment. **Courts are located at:**

**Fellows Road Park (2)**  
**Kreag Road Park (2)**  
**Perinton Park (6)**  
**Potter Park (2)**

Lighted **Pickleball Courts** are open and available at no charge for your enjoyment. **Courts are located at:**

**Fellows Road Park (6)**

**Hours:**  
**8:00 AM-10:00 PM**



Please be courteous and limit play. 1 hour for singles. 1 1/2 hours for doubles if people are waiting.



## Crescent Trail Guided Hikes

Crescent Trail Guided Hikes

Free monthly guided hikes, no pre-registration required, are organized by the Crescent Trail Hiking Association. Adults, teens and children under 16 and supervised by an adult are welcome to participate. All hikes start at 1:30 PM on the second Sunday of the month, unless otherwise noted. At any point of the hike, you may turn around and return to the start if your time is limited. Hikes are usually about 1 1/2 hours in duration. For more information, go to the Association's website, [www.crescenttrail.org](http://www.crescenttrail.org) or visit us on Facebook at [www.facebook.com/crescenttrail](http://www.facebook.com/crescenttrail). If you have an idea for a new hike or would like to lead a hike, send us an email at [crescenttrail@gmail.com](mailto:crescenttrail@gmail.com).

**Sunday, April 14, 1:30 PM** | LaSalle Loop, meet at the Perinton Veterinary Hospital Parking Lot, 11 LaSalle Parkway, Victor.

GPS Coord: 43.03700, -77.44970

**Sunday, May 12, 1:30 PM** | Mother's Day Hike, meet at the Golden Phoenix Parking Lot, 7323 Pittsford-Palmyra Road (Rt. 31), GPS Coord: 43.06741, -77.41389

**Sunday, June 9, 1:30 PM** | Old Foley Road, meet at the Old Foley Road parking lot, Moseley Road (Rt. 250) south of Garnsey Road. GPS Coord: 43.04909, -77.44627

Please check our Facebook page or website at [crescenttrail.org/monthly-guided-hikes](http://crescenttrail.org/monthly-guided-hikes) for updated information closer to the hike date.



## 2024 Community Garden

**Ages:** Open to families

The garden is a community space where people can rent a raised bed. Members (novice or expert) can grow their own produce and flowers, as well as their gardening skills.

**Location:** Potter Park

8'x4' (single) **Code: 548100-A** \$28

16'x4' (double) **Code: 548100-B** \$50

24'x4' (triple) **Code: 548100-C** \$66

Registration is open now.

# Summer Day Camp

**Register early to avoid being placed on a waitlist!**

Pre-registration on WebTrac or at the Perinton Community Center is required and the number of registrants at each site may be limited. **No on-site registration will be held at the individual parks.** Registration fee will not be pro-rated or refunded for missed days. Week 8 will have extremely limited enrollment due to staff availability.

2024 Summer Day Camp Program volunteer applications are now being accepted. Space is limited. Due to New York State Department of Health regulations, volunteers must be at least 15 years of age by the start of the program. A letter will be sent to all potential volunteers with information on a mandatory meeting in June.

**The Summer Day Camp Program is a certified day camp by the New York State Department of Health. We are required to have up-to-date vaccination records on file for all participants. Please bring these to the Perinton Community Center or fax them to (585) 223-4045 prior to the program beginning. Vaccination records cannot be accepted via email.**

Program refunds will not be given when there are emergency school cancellations that require us to cancel short, school-based programs.



## Summer Day Camp Schedule

\* Themed art project each week (Schedule subject to change)

<b>Week 1: 7/1-7/3</b>		<b>All American Week</b>	
<b>Trip to AMF Lanes</b>			
Fellows Road Park	8:00 AM-5:00 PM	<b>325799-AB</b>	Res \$108, Non-Res \$118
Potter Park	8:00 AM-5:00 PM	<b>325799-AD</b>	Res \$108, Non-Res \$118
School Site TBD	9:00 AM-4:00 PM	<b>325799-AE</b>	Res \$90, Non-Res \$99
<b>Week 2: 7/8-7/12</b>		<b>Sky's the Limit</b>	
<b>Trip to Altitude Trampoline Park</b>			
Fellows Road Park	8:00 AM-5:00 PM	<b>325799-BB</b>	Res \$180, Non-Res \$190
Potter Park	8:00 AM-5:00 PM	<b>325799-BD</b>	Res \$180, Non-Res \$190
School Site TBD	9:00 AM-4:00 PM	<b>325799-BE</b>	Res \$150, Non-Res \$160
<b>Week 3: 7/15-7/19</b>		<b>Animal Planet</b>	
<b>Trip to Seneca Park Zoo</b>			
Fellows Road Park	8:00 AM-5:00 PM	<b>325799-CB</b>	Res \$180, Non-Res \$190
Potter Park	8:00 AM-5:00 PM	<b>325799-CD</b>	Res \$180, Non-Res \$190
School Site TBD	9:00 AM-4:00 PM	<b>325799-CE</b>	Res \$150, Non-Res \$160
<b>Week 4: 7/22-7/26</b>		<b>Cinema Week</b>	
<b>Trip to the Movies</b>			
Fellows Road Park	8:00 AM-5:00 PM	<b>325799-DB</b>	Res \$180, Non-Res \$190
Potter Park	8:00 AM-5:00 PM	<b>325799-DD</b>	Res \$180, Non-Res \$190
School Site TBD	9:00 AM-4:00 PM	<b>325799-DE</b>	Res \$150, Non-Res \$160
<b>Week 5: 7/29-8/2</b>		<b>Olympic Week</b>	
<b>Olympic Games at Center Park &amp; Quackathon</b>			
Fellows Road Park	8:00 AM-5:00 PM	<b>325799-EB</b>	Res \$180, Non-Res \$190
Potter Park	8:00 AM-5:00 PM	<b>325799-ED</b>	Res \$180, Non-Res \$190
School Site TBD	9:00 AM-4:00 PM	<b>325799-EE</b>	Res \$150, Non-Res \$160
<b>Week 6: 8/5-8/9</b>		<b>Carnival Week</b>	
<b>Trip to Roc City Circus</b>			
Fellows Road Park	8:00 AM-5:00 PM	<b>325799-FB</b>	Res \$180, Non-Res \$190
Potter Park	8:00 AM-5:00 PM	<b>325799-FD</b>	Res \$180, Non-Res \$190
School Site TBD	9:00 AM-4:00 PM	<b>325799-FE</b>	Res \$150, Non-Res \$160
<b>Week 7: 8/12-8/16</b>		<b>Adventure Week</b>	
<b>Trip to Clubhouse Fun Center</b>			
Potter Park	8:00 AM-5:00 PM	<b>325799-GB</b>	Res \$180, Non-Res \$190
<b>Week 8: 8/19-8/23</b>		<b>Kickoff to Fall</b>	
<b>Trip to Wickham Farms</b>			
Potter Park	8:00 AM-5:00 PM	<b>325799-HB</b>	Res \$180, Non-Res \$190

## DAY CAMP SITES

**Fellows Road Park, Potter Park, School Site TBD**

Ages: 6-13 years or entering grades 1-8 (age 5 if completed Kindergarten)  
 Supervised activities include games, arts and crafts, and guest speakers, special events and more. New themes each week. Program is held rain or shine.  
 Schedule is subject to change.

Drop off for Potter Park and Fellows Road is anytime between 8:00 and 9:00AM and pick up is anytime between 4:00 and 5:00PM.

Children must be picked up promptly at dismissal. Please refer to the Late Policy Fee in program brochure. Your cooperation is greatly appreciated.

All fees include: 1 field trip, 1 trip to PCC Aquatics Center, weekly treat (ice cream or Kona Ice), and camper t-shirt (1 per summer). Certain weeks include on-site guests and themed art projects (based on instructor availability). Multiple kids? Families with two or more children signing up for the same week receive 20% off each additional child.



## YOUTH CAMPS

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

### **NEW!! Creative Artists: Studio Art 101 Camp!**

**Ages:** 9-12 years  
Join me for a fun, 4-day drawing class! Here's a chance to up your game and learn all the basic techniques of drawing while meeting the masters from art history! This program is taught by a NYS certified art teacher. All materials included as well as a light snack. Please bring a water bottle and art apron to class.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Dates:** **Code: 312905-A** M.-Th., 7/8-7/11 10:00 AM-12:00 PM (4 classes)  
Res \$125, Non-Res \$135

### **NEW!! E-Z Peasy Cooking Camp!**

**Ages:** 6-10 years  
Join me for an exciting 5-day cooking camp! This program is specially designed for kids ages 6-10 years to help foster a love and curiosity for cooking. We will make 2 kid friendly recipes daily following simple recipes of personal pizzas, blueberry pies, pigs in a blanket, dirt cake, soft pretzels, muffins, cupcakes and more! Please bring an apron and water bottle to class each day. Includes all supplies.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Dates:** **Code: 312906-A** M.-F., 7/15-7/19 9:00 AM-12:00 PM (5 classes)  
Res \$250, Non-Res \$260

### **NEW!! First LEGO League Robotics Intro**

**Grades:** 5-8  
Do you have a student that is interested in learning about Robotics? Come join us for an informational and hands-on session to learn about Fairport's First LEGO League Teams and how to get involved. This session is for both students and parents to attend.

**Instructors:** Fairport Robotics Team  
**Location:** PCC  
**Dates:** **Code: 322706-A** W., 7/31 6:00-7:30 PM (1 class) No charge  
**Code: 322706-B** W., 8/7 6:00-7:30 PM (1 class) No charge

### **Little Hands, Little Artists: Room to Bloom in Art Camp!**

**Ages:** 6-10 years  
In this 4-day art camp, you will enjoy learning new skills in drawing, painting and working with clay daily to create sculptures! This program is taught by a NYS certified art teacher. All materials included and a light snack each day. Please bring a nut-free lunch, water bottle and art apron to class.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Dates:** **Code: 312904-A** M.-Th., 7/29-8/1 9:00 AM-1:00 PM (4 classes)  
Res \$200, Non-Res \$210

### **Magic, Balloon Twisting & Bubble Camp**

**Ages:** 5-14 years  
Rich the Magic Man, Rochester's busiest magician, will teach your child the secrets of Magic & Balloon Twisting. In addition, ALL kids love bubbles! Rich will teach unique, cool bubble techniques. Become the Kid in a Bubble! New camper will make a Magic Wallet. The campers will keep ALL the magic tricks and all of their balloon animals & creations. At Rich the Magic Man's fun-filled camp, kids also tie-dye a camp t-shirt (please bring a white t-shirt). This camp will improve your child's self-confidence, self-esteem, and fine motor skills. It's a unique camp for ALL kids. Only held this one week, so register early.

**Instructor:** Rich Stein  
**Location:** PCC  
**Dates:** **Code: 335817-A** M.-Th., 8/5-8/8 1:00-2:30 PM (4 classes)  
Res \$99, Non-Res \$109

### **Nature Explorers**

**Ages:** 9-11 years  
Spend a week having fun exploring the White Brook Nature Area with hikes, bug catching, crafts and so much more. All activities designed to discover and identify the plants, insects and animals that live there and learn about their habitat. Don't forget to bring your lunch, water bottle, sneakers, bug repellent and your enthusiasm. Afternoon snack provided.

**Instructors:** Karen Barriault & Staff  
**Location:** PCC  
**Dates:** **Code: 325245-C** M.-F., 8/12-8/16 9:00 AM-3:00 PM (5 classes)  
Res \$185, Non-Res \$195

### **Nature Explorers Too**

**Ages:** 6-8 years  
Spend the week having fun exploring the White Brook Nature Area with hikes, bug catching, crafts and so much more. All activities designed to discover and identify the plants, insects and animals that live there and learn about their habitat. Don't forget to bring your lunch, water bottle, sneakers, bug repellent and your enthusiasm. Afternoon snack provided.

**Instructors:** Karen Barriault & Staff  
**Location:** White Brook Nature Area, 250 Aldrich Road  
**Dates:** **Code: 325245-A** M.-F., 7/29-8/2 9:00 AM-2:30 PM (5 classes)  
Res \$175, Non-Res \$185  
**Code: 325245-B** M.-F., 8/5-8/9 9:00 AM-2:30 PM (5 classes)  
Res \$175, Non-Res \$185



## Pre-K Hooray

**Ages:** 4-5 years  
Join us for Summer camp – for Preschoolers! Pre-K Hooray! will keep your little one busy and excited with crafts, games, story time, group play and more! Our instructors bring years of experience to this enriching program. Don't miss out – this program fills quickly! Please ensure enrollment age is adhered to. Snack provided.

**Instructors:** Sue Nichols & Delaney Baker  
**Location:** PCC  
**Dates:** **Red, White and Blue**  
**Code: 315818-A** M.-W., 7/1-7/3 9:30-11:30 AM (3 classes)  
Res \$51, Non-Res \$56  
**Down on the Farm**  
**Code: 315818-B** M.-F., 7/8-7/12 9:30-11:30 AM (5 classes)  
Res \$85, Non-Res \$94  
**Winter Wonderland**  
**Code: 315818-C** M.-F., 7/15-7/19 9:30-11:30 AM (5 classes)  
Res \$85, Non-Res \$94  
**Fun With Pets**  
**Code: 315818-D** M.-F., 7/22-7/26 9:30-11:30 AM (5 classes)  
Res \$85, Non-Res \$94  
**When I Grow Up**  
**Code: 315818-E** M.-F., 7/29-8/2 9:30-11:30 AM (5 classes)  
Res \$85, Non-Res \$94

## **NEW!!** Shrink Ray Chronicles & Survivor Challenge

**Grades:** 1-6  
This experience combines Fun4All's captivating escape room-style journey within a mad scientist's laboratory and the excitement of a Survivor Challenge in the great outdoors. With each day presenting a new layer of storytelling and challenges, kids will develop problem-solving skills, teamwork, and critical thinking, all while having the time of their lives.

**Instructor:** Brian Bourdon  
**Location:** White Brook Nature Center, 250 Aldrich Road  
**Dates:** **Code: 322708-A** M.-F., 8/26-8/30 9:00 AM-4:00 PM (5 classes)  
Res \$386, Non-Res \$396

## **NEW!!** STEM Explorers

**Grades:** 1-6 (entering in Fall 2024)  
Come explore STEM based principles with the Fairport Robotics Team 578 and their Coaches. We will do lots of hands-on (and possibly messy) learning experiments to expand your young scientists minds. Each session will highlight different activities and concepts. Sign up for one, two or all three sessions.

**Instructors:** Fairport Robotics Team  
**Location:** PCC  
**Dates:** **Grades 1-3**  
**Code: 322707-A** M., 7/8 5:45-6:45 PM (1 class) No charge  
**Code: 322707-B** Tu., 7/16 5:45-6:45 PM (1 class) No charge  
**Code: 322707-C** W., 7/24 5:45-6:45 PM (1 class) No charge  
**Grades 4-6**  
**Code: 322707-D** M., 7/8 7:15-8:15 PM (1 class) No charge  
**Code: 322707-E** Tu., 7/16 7:15-8:15 PM (1 class) No charge  
**Code: 322707-F** W., 7/24 7:15-8:15 PM (1 class) No charge

## Summer Pool Camp Program

**Ages:** 6 years and over (or completed Kindergarten)  
If you love the water, you will love this day camp! Held at the Community Center, kids will have a swim lesson along with water activities, crafts and outdoor games. The day is capped off with free swim in the afternoon. One of our most popular Summer programs, so register early. Must be 6 or have completed Kindergarten. \*Sibling discount applies.

**Location:** PCC  
**Dates:** **Code: 323326-A** M.-W., 7/1-7/3 9:00 AM-4:00 PM (3 classes)  
Res \$110, Non-Res \$120  
**Code: 323326-B** M.-F., 7/8-7/12 9:00 AM-4:00 PM (5 classes)  
Res \$182, Non-Res \$192  
**Code: 323326-C** M.-F., 7/15-7/19 9:00 AM-4:00 PM (5 classes)  
Res \$182, Non-Res \$192  
**Code: 323326-D** M.-F., 7/22-7/26 9:00 AM-4:00 PM (5 classes)  
Res \$182, Non-Res \$192  
**Code: 323326-E** M.-F., 8/5-8/9 9:00 AM-4:00 PM (5 classes)  
Res \$182, Non-Res \$192  
**Code: 323326-F** M.-F., 8/12-8/16 9:00 AM-4:00 PM (5 classes)  
Res \$182, Non-Res \$192

## Summer Theatre Camps

**Ages:** 5-14 years  
This program provides focused acting, singing, movement/dance and technical theatre training all within the rehearsal process. Perfect for children that love theatre or have a desire to see what it's all about! Campers will also be focusing on creating sets, props and costumes. \*All campers should wear comfortable clothing and shoes that permit movement and dancing. \*Campers staying the full day will need a packed lunch, filled water bottle, and 2 snacks each day. \*Campers staying for a half day will need a water bottle and 1 snack each day.

**Instructor:** Edward Rocha, Bravo! Creative Arts  
**Location:** Center Park Amphitheatre

## Taylor Swift: The Eras Camp (Taylor's Version)

This camp is an encore of sorts for Taylor Swift and her fans who want to perform her music. We'll learn and rehearse iconic songs that span all her 'eras' with a focus on fresh takes and a surprising performance. Students are assigned songs and parts that are tailored to them based on their age, experience and ability to learn new skills and concepts. Students will work through their parts every day, refining the skills and concepts that those songs introduce!

**Performances on 6/28 at 5:00 & 7:00 PM**

**Ages:** **5-13 years**  
**Code: 325232-A** M.-F., 6/24-6/28 8:30 AM-4:00 PM Res \$320, Non-Res \$330  
**Code: 325232-AA** M.-F., 6/24-6/28 9:00 AM-3:30 PM Res \$240, Non-Res \$250

**Ages:** **5-8 years**  
**Code: 325232-AB** M.-F., 6/24-6/28 9:00-11:30 AM Res \$160, Non-Res \$170

## Seriously Silly, Improv for Kids!

Students start to explore improv while playing fun and fast improvisational games. Learn to think creatively, work collaboratively, take risks, make strong choices, and leave the audience laughing! This session will end in a sharing of some of our favorite games and scenes.

**Performance on 7/3 at 5:00 PM.**

**Ages:** **5-13 years**  
**Code: 325232-B** M.-W., 7/1-7/3 8:30 AM-4:00 PM Res \$320, Non-Res \$330  
**Code: 325232-BA** M.-W., 7/1-7/3 9:00 AM-3:30 PM Res \$240, Non-Res \$250

**Ages:** **5-8 years**  
**Code: 325232-BB** M.-W., 7/1-7/3 9:00-11:30 AM Res \$160, Non-Res \$170

## YOUTH CAMPS

### Disney's *Beauty and the Beast*

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

**Performances 7/19 at 5:00 PM & 7:00 PM**

Ages: **5-13 years**

**Code: 325232-C** M.-F., 7/8-7/19 8:30 AM-4:00 PM Res \$400, Non-Res \$410

**Code: 325232-CA** M.-F., 7/8-7/19 9:00-3:30 PM Res \$300, Non-Res \$310

Ages: **5-8 years**

**Code: 325232-CB** M.-F., 7/8-7/19 9:00-11:30 AM Res \$200, Non-Res \$210

### Imagine a Dragon

The dragon is back in town! Well.....not really. That's the story a ragtag band of innkeepers makes up, desperate to draw questing heroes to the struggling Dancing Dragon Inn. Soon the inn is full of unexpected guests, from an army of princesses out to prove their bravery, to a group of overwhelmed heroes trying to hold onto their fame. But what happens if they all discover the innkeepers' dragon story is made up? Could there be more than one way to save the day? An epic folk-rock score brings magic to this funny, heartfelt fantasy musical.

**Performances 8/2 at 5:00 PM & 7:00 PM**

Ages: **5-13 years**

**Code: 325232-D** M.-F., 7/22-8/2 8:30 AM-4:00 PM Res \$400, Non-Res \$410

**Code: 325232-DA** M.-F., 7/22-8/2 9:00-3:30 PM Res \$300, Non-Res \$310

Ages: **5-8 years**

**Code: 325232-DB** M.-F., 7/22-8/2 9:00-11:30 AM Res \$200, Non-Res \$210

### Peter Pan

In Neverland, children stay young forever, pixie dust lets you fly, and directions like "second star to the right, and straight on 'til morning!" will help you on your journey. In this musical adaptation of J.M. Barrie's *Peter Pan*, mischievous Peter leads Wendy, Michael and John to this magical land where he flies rings around the villainous Captain Hook and forever thwarts adulthood. But when Captain Hook and his bands of pirates capture Wendy and her brothers, it's up to Peter to save the day. Fortunately, he has his Tinker Bell and the Lost Boys to back him up, and the old pirate has a crippling fear of the crocodile that took his hand. With numerous roles, everyone who signs up will receive a part in the show!

**Performances 8/16 at 5:00 PM & 7:00 PM**

Ages: **5-13 years**

**Code: 325232-E** M.-F., 8/5-8/16 8:30 AM-4:00 PM Res \$400, Non-Res \$410

**Code: 325232-EA** M.-F., 8/5-8/16 9:00-3:30 PM Res \$300, Non-Res \$310

Ages: **5-8 years**

**Code: 325232-EB** M.-F., 8/5-8/16 9:00-11:30 AM Res \$200, Non-Res \$210

### Disney's *Finding Nemo Jr.*

Disney's *Finding Nemo Jr.* is a musical adaptation of the beloved 2003 Pixar movie *Finding Nemo*, with new music by award-winning songwriting team Kristen Anderson-Lopez and Robert Lopez. Marlin, an anxious and over-protective clownfish, lives in the Great Barrier Reef with his kid, Nemo, who longs to explore the world beyond their anemone home. But when Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. With the help of lovable characters such as optimistic Dory, laid-back sea turtle Crush, and the supportive Tank Gang, Marlin and Nemo both overcome challenges on their journey to find each other and themselves.

**Performances 8/30 at 5:00 PM & 7:00 PM**

Ages: **5-13 years**

**Code: 325232-F** M.-F., 8/19-8/30 8:30 AM-4:00 PM Res \$400, Non-Res \$410

**Code: 325232-FA** M.-F., 8/19-8/30 9:00-3:30 PM Res \$300, Non-Res \$310

Ages: **5-8 years**

**Code: 325232-FB** M.-F., 8/19-8/30 9:00-11:30 AM Res \$200, Non-Res \$210

### Wee Nature Explorers

Ages: 3-5 years

Come explore all the hidden wonders of the White Brook Nature Area. There are many different activities including nature hikes, bug catching, crafts and a whole lot more. Each week explores a different topic: pond life, birds and plants, mammals, and bugs! Snack provided. Sneakers required. We will have tons of fun!

Instructors: Karen Barriault & Staff

Location: White Brook Nature Area, 250 Aldrich Road

Dates: **Code: 315215-A** M.-F., 7/1-7/5 (ex. 7/4) 9:30-11:30 AM (4 classes) Res \$98, Non-Res \$108

**Code: 315215-B** M.-F., 7/8-7/12 9:30-11:30 AM (5 classes) Res \$113, Non-Res \$123

**Code: 315215-C** M.-F., 7/15-7/19 9:30-11:30 AM (5 classes) Res \$113, Non-Res \$123

**Code: 315215-D** M.-F., 7/22-7/26 9:30-11:30 AM (5 classes) Res \$113, Non-Res \$123

### Young Nature Explorers

Ages: 5-7 years

Come explore all the hidden wonders of the White Brook Nature Area. There are many different activities including nature hikes, bug catching, crafts and a whole lot more. Each week explores a different topic: pond life, birds and plants, mammals, and bugs! Snack provided. Sneakers required. We will have tons of fun!

Instructors: Karen Barriault & Staff

Location: White Brook Nature Area, 250 Aldrich Road

Dates: **Code: 325215-A** M.-F., 7/1-7/5 (ex. 7/4) 1:00-3:30 PM (4 classes) Res \$105, Non-Res \$115

**Code: 325215-B** M.-F., 7/8-7/12 1:00-3:30 PM (5 classes) Res \$125, Non-Res \$135

**Code: 325215-C** M.-F., 7/15-7/19 1:00-3:30 PM (5 classes) Res \$125, Non-Res \$135

**Code: 325215-D** M.-F., 7/22-7/26 1:00-3:30 PM (5 classes) Res \$125, Non-Res \$135

# SKILL DEVELOPMENT

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

- Youth Skill Development programs are designed to give youth of various ages in-depth specialized instruction in different areas of interest.
- Qualified coaches and assistants work with boys and girls on both an individual and group basis.
- A t-shirt is supplied to each youth who registers in a program.
- Youth should be suitably attired (ex. sneakers and/or cleats, shorts, supporters, socks, etc.).
- Age groups are varied. If you cannot attend a session due to vacation, you may be able to be put in another session of comparable skills.
- Deadline for registration is one week prior to the scheduled start date of the session (if openings still exist).
- Sessions have limited participation.

## Fairport Basketball Camps

**Ages:** 6-12, Grades 7-9  
 These sessions include warm-ups, game rules, ball handling, passing, shooting, dribbling, one-on-one moves, and man-to-man defense. Older age groups will go into more detailed aspects of the game. Players are assigned to teams and participate in games daily. Free throw contest with trophies conclude all sessions.

**Instructors:** Scott Fitch, FHS Boys Varsity Basketball Coach and Staff  
**Location:** TBD  
**Dates:**

**6-7 years**  
**Code: 325302-A** M.-Th., 7/15-7/18 8:00-10:30 AM (4 classes)  
 Res \$180, Non-Res \$190

**8-9 years**  
**Code: 325302-B** M.-Th., 7/15-7/18 8:00-10:30 AM (4 classes)  
 Res \$180, Non-Res \$190

**10 years**  
**Code: 325302-C** M.-Th., 7/15-7/18 8:00-10:30 AM (4 classes)  
 Res \$180, Non-Res \$190

**11-12 years**  
**Code: 325302-D** M.-Th., 7/15-7/18 8:00-10:30 AM (4 classes)  
 Res \$180, Non-Res \$190

**Grades 7 & 8**  
**Code: 325302-E** M.-Th., 7/15-7/18 11:00 AM-1:30 PM (4 classes)  
 Res \$180, Non-Res \$190

**Grade 9**  
**Code: 325302-F** M.-Th., 7/15-7/18 11:00 AM-1:30 PM (4 classes)  
 Res \$180, Non-Res \$190

## Multi-Sport Camp

**Ages:** 6-10 years  
 Come experience sports such as lacrosse, soccer, basketball, badminton, volleyball, throwing, t-ball, golf, hiking and some outdoor water fun! Some basic large group activities will also be played to work on teamwork and cooperation. Other activities may be added at the instructor's discretion. Fun, good sportsmanship and teamwork and instruction for kids of all abilities is the focus.

**Instructor:** Josh Lenhard  
**Location:** Brooks Hill School Gym/Fields  
**Dates:**

**Code: 337801-A** M.-Th., 7/22-7/25 9:00 AM-12:00 PM (4 classes)  
 Res \$150, Non-Res \$160

**Code: 337801-B** M.-Th., 7/22-7/25 1:00-4:00 PM (4 classes)  
 Res \$150, Non-Res \$160

## Summer Baseball Camps

**Ages:** 6-12 or 13 years and over  
 This summer baseball camp will focus on general skill development in all phases of the game. Ran by Fairport Baseball coach, Kieran Murphy, all things baseball will be covered from hitting and pitching to base running and in game situations. This camp will be a great way for your baseball players to hone their skills for the diamond!

**Instructor:** Kieran Murphy  
**Location:** FHS Varsity Baseball Field  
**Dates:**

**6-12 years**  
**Code: 325701-A** M.-Th., 7/15-7/18 8:00-11:00 AM (4 classes)  
 Res \$120, Non-Res \$130

**Code: 325701-C** M.-Th., 8/5-8/8 8:00-11:00 AM (4 classes)  
 Res \$120, Non-Res \$130

**13 years and over**  
**Code: 325701-B** M.-Th., 7/15-7/18 12:00-3:00 PM (4 classes)  
 Res \$120, Non-Res \$130

**Code: 325701-D** M.-Th., 8/5-8/8 12:00-3:00 PM (4 classes)  
 Res \$120, Non-Res \$130

## Summer Soccer Camp

**Grades:** 1-8  
 The Perinton Recreation Summer Soccer Camp focuses on having fun while playing the game of soccer. The goal is to provide the players with a well-rounded soccer experience covering technical development and tactics while playing the game. We use small sided games with smaller teams so that all players have the opportunity to develop their skills and get involved in the games.

**Instructor:** Bill Teasdale  
**Location:** Center Park  
**Dates:**

**Code: 325306-A** M.-Th., 7/29-8/1 9:00 AM-2:00 PM (4 classes)  
 Res \$175, Non-Res \$185

## Volleyball Summer Camp

**Ages:** 8-14 years  
 This is a camp designed for beginning and intermediate level girls and boys ages 8-14 years. Instruction will develop the campers technique of passing, setting, attacking, serving and defense. In addition, training in court movement and game playing situations will be given. Campers will be divided into courts based on skill age and experience levels.

**Instructor:** John Bednarczyk  
**Location:** PCC  
**Dates:**

**Code: 335302-A** M.-F., 7/15-7/19 10:00 AM-12:00 PM (5 classes)  
 Res \$100, Non-Res \$110

**Code: 335302-B** M.-F., 8/5-8/9 10:00 AM-12:00 PM (5 classes)  
 Res \$100, Non-Res \$110

## NEW!! Youth Wrestling Camp

**Grades:** 6-8  
 Come and learn the basics about the sport of wrestling along with a few new moves. Have fun, stay active and learn to compete! Fundamental skills will be taught while incorporating fun games related to wrestling. Campers should wear a t-shirt and shorts. Wrestling shoes are recommended, but not required.

**Instructor:** Josh Lenhard  
**Location:** Johanna Perrin Gymnasium  
**Dates:**

**Code: 325350-A** Tu.-Th., 7/16-7/18 9:00-10:30 AM (3 classes)  
 Res \$30, Non-Res \$33

**Code: 325350-B** Tu.-Th., 7/16-7/18 10:30 AM-12:00 PM (3 classes)  
 Res \$30, Non-Res \$33

**Register Online Using Our WebTrac System**  
**See Page 16**  
<https://webtrac.perinton.org>

# PRESCHOOL

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

**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.**



## Preschooler and Parent Drop In Gym

**Ages:** 1-5 years (infants in arms permitted)  
 Playtime in the gym for parents and children, 1-5 years (infants in arms permitted). Colorful equipment to climb on, riding toys, etc. for active fun! Equipment is sanitized regularly! Dry sneakers and comfortable clothes are required. Check in at the downstairs desk.

**Location:** PCC

**Dates:** M.-F., 4/15-5/24 9:00-11:00 AM

**Fees:** \$5.50/child (resident), \$7.00/child (non-resident)  
 No charge for the parent or guardian.  
 10X stamp passes available for Res (\$44.00) and Non-Res (\$59.00)  
**Not available on WebTrac.**

## Acting

**Ages:** 3-5 years  
**Instructor:** Edward Rocha, Bravo! Creative Arts  
**Location:** PCC

## Broadway Babies – The Wizard of Oz, Musical Workshop

A Musical Theatre course for your young beginner that will expand skills by learning songs, dances and storytelling. Students will be introduced to vocal exercises and songs, basic dance skills and creative play using props and costumes. Perfect for children who love theatre or have a desire to see what it's all about! The program will end in a presentation where your child will shine! It's a great show for friends and family to celebrate what the cast members have learned throughout the production process!

**Dates:** **Code: 225232-A** F., 5/3-6/7 4:30-5:15 PM (at PCC) and Sat., 5/4-6/8 10:00-10:45 AM (at Pittsford Community Center) Res \$50, Non-Res \$55  
 Performance on Sun., 6/9 at 2:00 PM at PCC.

## Broadway Babies – Treasure Trunk Theatre

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.

**Dates:** **Code: 225232-B** W., 4/24-5/15 5:00-5:30 PM (4 classes)  
 Res \$30, Non-Res \$33

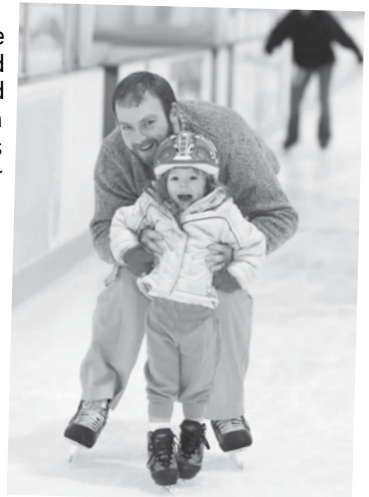
## Broadway Babies – Story Drama

In this class, we take selected children's books\* and use them as a 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 Spring! \*Note: New stories are used each session.

**Dates:** **Code: 225232-C** W., 4/24-5/15 5:45-6:15 PM (4 classes)  
 Res \$30, Non-Res \$33

## Baby Blades

**Ages:** 2-6 years  
 Introduce your baby to the ice! This program is designed to get young children excited about being on the ice in a comfortable setting. Classes focus on acquainting your child to the ice and to start developing coordination. Skaters should bring gloves and dress warmly to skate. Chaperones participating must be registered with US Figure Skating Institute for insurance (\$20 fee). Skate rental available at facility for an additional fee.



**Instructor:** Pamela Warren  
**Location:** Village Sports, 2380 Baird Road

**Dates:** **Code: 235824-A** Sun., 4/7-5/12 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145  
**Code: 235824-AA** Sun., 5/19-6/23 12:00-12:50 PM (6 classes) Res \$135, Non-Res \$145



## Butterfly Kids Yoga

**Ages:** 2-5 years  
Kids will have fun learning new yoga poses, participating in music-based yoga activities and enjoy sweet moments. This class is a great blend of active and calm - perfect for all preschool aged kids! To learn more about Butterfly Kids Yoga, please visit [www.butterflykidsyoga.com](http://www.butterflykidsyoga.com).

**Instructor:** Butterfly Kids Yoga Instructor  
**Location:** PCC

**Dates:** **Code: 221100-A** M., 4/15-5/6 10:00-10:45 AM (4 classes) Res \$44, Non-Res \$48  
**Code: 221100-B** M., 5/13-6/17 (ex. 5/27) 10:00-10:45 AM (5 classes) Res \$55, Non-Res \$61

## Creative Movement

**Ages:** 3-5 years  
Students will learn basic dance terms, ballet positions, movements, patterns and techniques. Ballet shoes recommended.

**Instructors:** M.C. Classical Productions  
**Location:** PCC

**Dates:** **Code: 215854-A** Sat., 4/20-5/18 10:00-10:30 AM (5 classes) Res \$40, Non-Res \$44  
**Code: 215854-B** Sat., 6/1-6/29 10:00-10:30 AM (5 classes) Res \$40, Non-Res \$44

## Dance With Me

**Ages:** 18 months-3 years (adult participation required)  
Dance With Me is a half hour creative movement class suitable for young dancers. Parents/guardians will participate actively in the class as children learn basic steps, movements and terminology through songs, stories and play.

**Instructors:** Studio East Dance Company  
**Location:** Studio East Dance Company, 370 Macedon Center Road

**Dates:** **Code: 215898-A** Sat., 4/20-6/1 9:00-9:30 AM (7 classes) Res \$70, Non-Res \$77  
**Code: 215898-B** F., 4/19-5/31 9:30-10:00 AM (7 classes) Res \$70, Non-Res \$77

## Fun With Ones

**Ages:** 12-24 months (adult participation required)  
Come and enjoy special play time with your little one! There will be equipment to play on, new friends to meet, songs and circle time!

**Instructor:** Sharilyn Ross  
**Location:** PCC

**Dates:** **Code: 215803-A** Tu., 4/16-5/14 (ex. 5/7) 9:30-10:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 215803-B** Tu., 5/21-6/4 9:30-10:15 AM (3 classes) Res \$27, Non-Res \$30

## NEW!! Intro to Dance

**Ages:** 3-5 years  
Intro to Dance is for dancers ages 3-5 years. We will have fun learning the foundations of dance while exploring music, movement, and self-expression! The class will use props and fun songs for students to engage in musicality, balance and more. Students can wear dance attire or athletic clothes and socks or bare feet.

**Instructors:** Studio East Dance Company  
**Location:** Studio East Dance Company, 370 Macedon Center Road

**Dates:** **Code: 226866-A** F., 4/19-5/31 10:05-10:50 AM (7 classes) Res \$70, Non-Res \$77

## NEW!! Jumping Gymnastics

**Ages:** 4-6 years  
Run, jump and tumble for fun with friends! Skills using beams, mats, vaulting stacks and floor-bars will be introduced at each child's development level. There is nothing better than tumbling skills for lifelong coordination and strength!

**Instructor:** Mary Slaughter  
**Location:** PCC

**Dates:** **Code: 215826-A** F., 4/19-5/10 1:00-1:45 PM (4 classes) Res \$69, Non-Res \$76

## Kangaroo Kids!

**Ages:** 2-4 years (adult participation required)  
Jump and climb over the mat-mountains, go under the parachute and through the tunnels! Put all of that toddler energy to good use and learn a foundation for coordination and strength by tumbling, climbing and jumping. Some structures and free play time that is perfect for everyone! Taught by safety-certified gymnastics teacher, Coach Mary.

**Instructor:** Mary Slaughter  
**Location:** PCC

**Dates:** **Code: 211837-A** F., 4/19-5/10 5:45-6:15 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 211837-B** F., 5/17-6/7 5:45-6:15 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 211837-C** F., 4/19-5/10 6:15-6:45 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 211837-D** F., 5/17-6/7 6:15-6:45 PM (4 classes) Res \$59, Non-Res \$65

## Latinx Dance

**Ages:** 3-8 years  
This class is directed to participants of all ages with or without disability, who shows interest in Latin American traditional dances. No experience is required. Participants will learn different folkloric dances like Cumbia and Merengue. The program will conclude in a showcase open to the community.

**Instructors:** Evelyn D'Agostino & Carlos Chediak  
**Location:** PCC

**Dates:** **Code: 216800-B** Sun., 4/21-6/30 (ex. 5/12, 5/26, 6/16) 4:00-5:00 PM (8 classes) No charge

## Lil Athletes with Coach Lisa

**Ages:** 3-5 years  
Lil' Athletes is a positive introduction to sports of all sorts (hockey, golf, tennis, soccer, basketball and more). All games and activities promote the development of gross motor skills while encouraging peer interaction in a safe and non-competitive environment. Come join the fun!

**Instructor:** Lisa Magliato  
**Location:** PCC

**Dates:** **Code: 211819-A** M., 4/15-5/20 1:30-2:15 PM (6 classes) Res \$89, Non-Res \$98

## PRESCHOOL

### Lil' Kickers – Soccer for Kids

**Ages:** 18 months-5 years  
Lil' Kickers classes are carefully curated and wildly fun. Classes are led by high-energy coaches and packed with creative games structured to help kids tackle age-appropriate developmental milestones. Rooted in renown child development theories, our curriculum provides kids ages 18 months to 5 years the skills they need to learn soccer and grow as individuals, all while having a blast!

**Location:** Tri-County Sports Complex, 856 Walworth-Penfield Road

### Bunnies

**Ages:** 18-24 months (adult participation required)  
Often a child's first experience with group learning, the Bunnies class is designed to give them a perfect start. Toddlers are playful, sometimes skittish and easily distracted but, with the right structure and interactions, a lot of learning can happen. Activities with bubbles, parachutes, cones and other sensory toys build skills for balance, coordination, running, tracking, kicking and changing directions - all building blocks needed for playing soccer.

**Dates:** **Code: 225311-A** W., 4/17-6/26 (ex. 6/19) 10:00-10:50 AM (10 classes) Res \$160, Non-Res \$170

**Code: 225311-B** Th., 4/18-6/27 5:00-5:50 PM (11 classes) Res \$176, Non-Res \$186

**Code: 225311-C** Sat., 4/20-6/29 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225311-D** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225311-E** Sun., 4/21-6/30 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

### Thumpers

**Ages:** 2-3 years (adult participation required)  
In the Thumpers class, kids begin to learn to actively engage in parallel play with other toddlers and their coach. Hang out enough with this group of older toddlers and you will hear the word "why" a lot. In these classes, we welcome their inquisitive nature and sense of wonderment in learning. We use those traits to shape confidence and self-esteem to further build core movements like balance, coordination and timing - all necessary for mastering a soccer ball.

**Dates:** **Code: 225319-A** W., 4/17-6/26 (ex. 6/19) 10:00-10:50 AM (10 classes) Res \$160, Non-Res \$170

**Code: 225319-AA** W., 4/17-6/26 (ex. 6/19) 4:00-4:50 PM (10 classes) Res \$160, Non-Res \$170

**Code: 225319-B** Th., 4/18-6/27 5:00-5:50 PM (11 classes) Res \$176, Non-Res \$186

**Code: 225319-C** Sat., 4/20-6/29 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225319-D** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225319-E** Sun., 4/21-6/30 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225319-F** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186



### Cottontails

**Ages:** 2 ½-3 ½ years (adult participation required)  
In the Cottontails class, preschoolers who are not quite ready to be on the field alone discover some independence. Terrible twos? Not in our opinion! Though toddler behavior can be puzzling, these little ones are just trying to put the pieces together to grow into the people they are meant to be. The goal is to get them to be more interactive with the coach, to play with (rather than alongside) their peers and to engage in the game. We do so with fun and engaging games that help them begin to master movement and ball control all while slowly gaining independence over the course of the season.

**Dates:** **Code: 225320-A** W., 4/17-6/26 (ex. 6/19) 4:00-4:50 PM (10 classes) Res \$160, Non-Res \$170

**Code: 225320-B** Th., 4/18-6/27 5:00-5:50 PM (11 classes) Res \$176, Non-Res \$186

**Code: 225320-C** Sat., 4/20-6/29 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225320-D** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225320-E** Sun., 4/21-6/30 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225320-F** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

### Hoppers

**Ages:** 3-4 years  
In Hoppers classes, the kids are raring to go but need lots of direction. Preschoolers have a hard time sharing, but we help get them there. After all, soccer is all about give-and-take. The goal of these classes is to create teammates who are coachable and eager to learn. Creative storylines and animated coaches keep kids engaged and having fun. They won't even know they're working hard and learning. They'll come away with important skills for soccer and beyond.

**Dates:** **Code: 225321-C** W., 4/17-6/26 (ex. 6/19) 4:00-4:50 PM (10 classes) Res \$160, Non-Res \$170

**Code: 225321-D** Sat., 4/20-6/29 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225321-E** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225321-F** Sun., 4/21-6/30 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186

**Code: 225321-G** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

## Jackrabbits

**Ages:** 3-4 years  
Jackrabbits classes are fun and fast-paced, for kids who are naturally a little more competitive or with previous class experience. These preschoolers are eager for action and ready to learn. With a curriculum chock full of imaginative games and adventures, these players are going to have a blast and won't even realize just how much they're learning. Coaches will guide them towards great soccer skills (specifically passing, trapping, shooting, attacking and defending) and introduce them to scrimmaging. Look a little closer and you'll also notice improved communication, listening, sharing, perseverance and resilience.

**Dates:**  
**Code: 225324-C** W., 4/17-6/26 (ex. 6/19) 4:00-4:50 PM (10 classes) Res \$160, Non-Res \$170  
**Code: 225324-D** Sat., 4/20-6/29 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186  
**Code: 225324-E** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186  
**Code: 225324-F** Sun., 4/21-6/30 9:00-9:50 AM (11 classes) Res \$176, Non-Res \$186  
**Code: 225324-G** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

## Micro 4/5

**Ages:** 4-5 years  
Micro 4/5 classes are designed for kids who always have a ball at their feet, who constantly talk about soccer, and love to practice new and challenging things. Created for kids who are motivated soccer players, Micro classes keep the coaching child-centered and fun while adopting a curriculum focused on teaching the fundamentals of soccer through game-like situations each week that help solidify learning. Micro classes feature 30 minutes of age-appropriate instruction and a 20-minute small-sided scrimmage each week.

**Dates:**  
**Code: 225322-B** W., 4/17-6/26 (ex. 6/19) 5:00-5:50 PM (10 classes) Res \$160, Non-Res \$170  
**Code: 225322-C** Th., 4/18-6/27 5:00-5:50 PM (11 classes) Res \$176, Non-Res \$186  
**Code: 225322-D** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186  
**Code: 225322-E** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

## **NEW!!** Lil' Runners

**Ages:** 4-7 years  
Run for fun and run for sports! Come and learn how to run with proper technique for safety, speed and agility! This session uses multiple sports to learn to dribble and run or zig-zag, and the technique of jump-land-go! This small group is a great introduction to the popular "Running Club" for kids just like you!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:**  
**Code: 224866-C** Th., 4/18-5/9 4:15-4:45 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 224866-D** Th., 5/16-6/6 4:15-4:45 PM (4 classes) Res \$59, Non-Res \$65

## Little Hands, Little Bakers: "Pinkalicious Cupcakes!"

**Ages:** 3-7 years (adult participation required)  
Do you love cupcakes and the color pink? Then this is the class for you! As our cupcakes bake, we will read the story *Pinkalicious* and decorate our own crowns and magical wands! Children will decorate a Pinkalicious cupcake to take home! Includes all supplies and a party favor. An adult must accompany each child.  
2 children=2 adults.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Dates:**  
**Code: 221820-A** Sat., 4/13 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

## Moving and Grooving

**Ages:** 2-4 years (adult participation required)  
Shake your sillies out and make music too! Join us for moving and grooving where your little one will be provided with an outlet to release all that crazy energy while also making music. Your child will have a great time while also learning new songs, moving and playing instruments! Instruments and equipment will be provided.

**Instructor:** Elizabeth Clough  
**Location:** PCC  
**Dates:**  
**Code: 216831-A** W., 5/8-5/29 3:00-3:45 PM (4 classes) Res \$50, Non-Res \$55  
**Code: 216831-B** W., 6/5-6/26 3:00-3:45 PM (4 classes) Res \$50, Non-Res \$55

## Music for Mommy and Me

**Ages:** 0-2 years (adult participation required)  
Connect with your baby through music! Join us for an opportunity to engage with your baby through making music and movement. Different forms of sensory will be provided throughout the class to increase your connection with your baby as well as encourage developmental growth in your infant. Instruments and equipment will be provided.

**Instructor:** Elizabeth Clough  
**Location:** PCC  
**Dates:**  
**Code: 216830-A** W., 5/8-5/29 2:00-2:45 PM (4 classes) Res \$50, Non-Res \$55  
**Code: 216830-B** W., 6/5-6/26 2:00-2:45 PM (4 classes) Res \$50, Non-Res \$55

## Pint Sized Picassos

**Ages:** 2-6 years (adult participation required)  
Come and explore all sorts of artistic materials! We'll be creating art with traditional materials like paint and brushes but also with unusual materials like marbles and sponges! Your young person will be so proud to create and bring home their own unique works of art. Different projects each session!

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:**  
**Code: 212822-A** W., 4/17-5/15 (ex. 5/8) 10:00-10:45 AM (4 classes) Res \$40, Non-Res \$44  
**Code: 212822-B** W., 5/22-6/5 10:00-10:45 AM (3 classes) Res \$30, Non-Res \$33  
**Code: 212822-C** W., 4/17-5/1 5:45-6:30 PM (3 classes) Res \$30, Non-Res \$33

**Register Online Using Our WebTrac System**  
**See Page 16**  
<https://webtrac.perinton.org>

# PRESCHOOL

## Pre-Ballet and Tap I

**Ages:** 2 ½-3 ½ years  
Children will have fun learning basic ballet and tap steps, exploring creative dance and developing coordination, musicality, imagination and creativity. We use lots of props and dance to a variety of styles of music. Girls wear leotards and tights, pull their hair out of the face and boys wear t-shirts, gym shorts or sweat pants. Ballet and tap shoes are required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 216815-A** F., 4/19-6/21 (ex. 4/26) 10:30-11:15 AM (9 classes) Res \$90, Non-Res \$99

## Pre-Ballet and Tap II

**Ages:** 3 ½-4 ½ years  
In Pre-Ballet and Tap, children will have fun learning basic ballet and tap steps, exploring creative dance, and developing coordination, musicality, imagination and creativity. We use lots of props and dance to a variety of styles of music. For girls, wear leotards and tights and pull hair back out of the face; boys wear shorts and t-shirts. Ballet and tap shoes required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 216815-B** F., 4/19-6/21 (ex. 4/26) 3:45-4:30 PM (9 classes) Res \$90, Non-Res \$99

## Scribble and Scramble

**Ages:** 2-6 years (adult participation required)  
Double your fun with two classes in one! Play in the gym room and explore your preschooler's creativity in the art room. Each class ends with circle time fun! New projects every session!

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 215811-A** Th., 4/18-5/16 (ex. 5/9) 9:30-10:30 AM (4 classes) Res \$44, Non-Res \$48  
**Code: 215811-B** Th., 5/23-6/6 9:30-10:30 AM (3 classes) Res \$33, Non-Res \$36



## Sensory and Science

**Ages:** 15 months-7 years (adult participation required)  
Your young children will get to explore a variety of materials with their senses. They will explore slimy things, ooey gooey things, wet & dry things, rough & smooth things and more! They will experience chemistry and physics as they play and explore the materials provided. They will explore concepts like fast and slow, fizzle and pop, roll and fly and so much more!

**Instructor:** Drew Beeman, Progressive Early Learning  
**Location:** PCC  
**Dates:** **Code: 228832-A** M., 4/15-5/6 10:30-11:30 AM (4 classes) Res \$60, Non-Res \$66

## NEW!! Spring Dribblers

**Ages:** 2-4 years (adult participation required)  
Ramp up that hand-eye coordination while playing with basketballs, volleyballs and volley-balloons! Plus get running and use eye-foot coordination with soccer balls. Come to learn, run and laugh with happy kids just like you!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 215827-A** Th., 4/18-5/9 5:30-6:05 PM (4 classes) Res \$59, Non-Res \$65

## NEW!! Spring Trainers

**Ages:** 2-4 years (adult participation required)  
Fun for the littlest athletes to learn and practice throwing, catching and kicking with an emphasis on baseball and soccer! If the weather cooperates, we may play outdoors! Make friends while learning, running and laughing along the way!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 224868-A** Th., 5/16-6/6 5:30-6:05 PM (4 classes) Res \$59, Non-Res \$65

## STEAM Powered Play

**Ages:** 15 months-7 years (adult participation required)  
Your child will enjoy materials & activities that lay the foundation for S.T.E.A.M. learning (Science, Technology, Engineering, Arts and Math). Through their play and exploration of the materials provided, the children will be introduced to S.T.E.A.M. concepts and practice skills such as creative problem solving, critical thinking, self-regulation and more.

**Instructor:** Drew Beeman, Progressive Early Learning  
**Location:** PCC  
**Dates:** **Code: 228829-A** M., 5/13-6/10 (ex. 5/27) 10:30-11:30 AM (4 classes) Res \$60, Non-Res \$66

## NEW!! Teeny Tiny Artists: "Backyard Birds!"

**Ages:** 20 months-4 years (adult participation required)  
Come explore the world of birds in your backyard! You'll love this class where we will paint a miniature wooden birdhouse, explore painting with crafting feathers, make paper binoculars for bird watching and design and name your own bird puppet! We will end class with a mini-circle time of stories and songs!

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Dates:** **Code: 212901-A** Sat., 4/20 10:00-10:45 AM (1 class) Res \$18, Non-Res \$20

## Terrific Twos and Threes

**Ages:** 2-3 years (adult participation required)  
 Busy 2 or 3 year old? Come play and meet new friends! We'll play on gym equipment and end the class with circle time fun. In circle time we'll sing, show and tell, read books and play games geared towards a toddler's sense of fun and creativity.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 211820-A** Tu., 4/16-5/14 (ex. 5/7) 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 211820-B** Tu., 5/21-6/4 10:30-11:15 AM (3 classes) Res \$27, Non-Res \$30

## Tiny Trotters

**Ages:** 4-6 years (adult attendance required)  
 A beginner class designed for the younger rider. They will learn safety around horses, plus how to groom and lead their pony on foot. In the saddle they will learn safety rules for riding plus the basics of steering while walking and halting their pony.

**Instructors:** JLD Equine  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 225752-A** Tu., 4/16-4/30 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130  
**Code: 225752-C** F., 4/19-5/3 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130  
**Code: 225752-D** Tu., 5/7-5/28 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 225752-F** F., 5/10-5/31 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 225752-G** Tu., 6/4-6/25 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 225752-I** F., 6/7-6/28 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170



## Tots 1 Tap and Ballet

**Ages:** 3-4 years  
 Tots 1 is comprised of tap and ballet. This class will be focused on the foundations for correct, safe and successful dancing in years to follow. Students will learn the basic steps and terminology in ballet and tap, along with the introduction of more skills and techniques. Instructors will foster creativity and imagination in class through movement and imaginary games.

**Instructors:** Studio East Dance Company  
**Location:** Studio East Dance Company, 370 Macedon Center Road  
**Dates:** **Code: 226865-A** W., 4/17-5/29 4:30-5:15 PM (7 classes) Res \$68, Non-Res \$75

## Tots Hip-Hop and Tumble

**Ages:** 3-6 years  
 This class is designed for students that are beginner - intermediate level. We will work on body positions, forward and backward rolls, tabletops/bridge, bridge recover, donkey kicks, handstands, cartwheels and their variations, roundoffs, front and back limbers, front and back walkovers and more. Each class will incorporate strengthening and flexibility.

**Instructors:** Studio East Dance Company  
**Location:** Studio East Dance Company, 370 Macedon Center Road  
**Dates:** **Code: 215910-A** F., 4/19-5/31 4:30-5:30 PM (7 classes) Res \$105, Non-Res \$115



# YOUTH AND TEEN

**\* PLEASE NOTE: DO NOT DROP OFF YOUR CHILD PRIOR TO THE 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.**

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

## Acting

Instructor: Edward Rocha, Bravo! Creative Arts  
Location: PCC

### The Wizard of Oz, Youth Edition

Ages: 5-13 years  
This is a one-hour adaptation of *The Wizard of Oz*, specially tailored for elementary and middle school-aged actors to have an exciting and rewarding experience.  
Production week and performances will be held at the Penfield Community Center.  
Production week 6/10-6/13 5:00-7:00 PM  
Performances F., 6/14 at 7:00 PM and Sat., 6/15 at 12:00 PM & 3:00 PM  
Dates: **Code: 125232-E** Sat., 4/13-6/8 11:00 AM-12:30 PM (Pittsford Community Center)  
F., 4/26-6/7 5:00-6:00 PM (PCC) Res \$200, Non-Res \$210

### You're a Good Man, Charlie Brown

Ages: 10-18 years  
Happiness is great musical theatre! With charm, wit and heart, *You're a Good Man Charlie Brown* explores life through the eyes of Charlie Brown and his friends in the Peanuts gang. This revue of songs and vignettes is based on the beloved Charles Schultz comic strip.  
Production week and performances will be held at the Penfield Community Center.  
Production week 6/10-6/13 6:30-8:30 PM  
Performances Sat., 6/15 at 6:00 PM and Sun., 6/16 at 2:00 PM  
Dates: **Code: 125232-F** Sat., 4/13-6/8 3:00-5:00 PM (Pittsford Community Center)  
Sun., 4/14-6/9 3:00-5:00 PM (Penfield Community Center)  
Res \$200, Non-Res \$210

### Spring Break Theatre Camp: Disney's Descendants

Ages: 5-14 years  
Campers will enjoy learning songs and dances from Disney's *Descendants*. Camp week will end Friday at 3:30 PM in a presentation where your child will shine! It's a great show for friends and family to celebrate what the campers have learned throughout the week. Campers will need a packed lunch, filled water bottle and 2 snacks each day. Campers should wear comfortable clothing and shoes that permit movement for dancing.  
Location: PCC  
Dates: **Code: 125232-D** M.-F., 4/1-4/5 9:00 AM-3:30 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 125232-DD** M.-F., 4/1-4/5 8:00 AM-5:00 PM (5 classes) Res \$280, Non-Res \$290

## Theatre Games

Grades: 2-5  
Looking for something to do? Come join us for a class that will be packed with fun and excitement. Theatre 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 theatre skills while laughing and creating. Besides all of the valuable benefits, theatre games are also a ton of fun. Production week and performances will be at Penfield Community Center.  
Production week: 6/10-6/13 5:00-7:00 PM  
Performances: 6/14 at 7:00 PM, 6/15 at 12:00 PM & 3:00 PM  
Dates: **Code: 225232-D** W., 4/24-5/15 6:30-7:30 PM (4 classes) Res \$40, Non-Res \$44

## Improv I

Grades: 5-8  
This class provides a fun and supportive environment for students to learn the basics of improvisational acting, storytelling and stagecraft. Help your child unlock their creative voice, learn to work collaboratively with others, and build new friendships. With an emphasis on positivity, students learn the skills of public speaking, accepting and celebrating mistakes, making bold choices, trusting their instinct, being a team player, thinking quicker on their feet, active listening, and more! The class culminates in an open class for friends and family to attend.  
Performance will be held at PCC on 6/9 at 2:00 PM.  
Dates: **Code: 225232-E** W., 4/24-5/15 7:30-8:30 PM (4 classes) Res \$40, Non-Res \$44

## Improv II

Grades: 8-12  
The Teen Improv and Sketch Comedy class explores improvisation games, techniques and concepts in a fun, supportive environment. This class encourages students to become more spontaneous, creative, playful, and imaginative, all while developing valuable theatre and interpersonal skills. The class culminates in an open class for friends and family to attend.  
Performance will be held at PCC.  
Dates: **Code: 225232-F** F., 4/26-5/24 7:00-9:00 PM Res \$100, Non-Res \$110

## All About Tumbling

Ages: 5-10 years  
Have fun while learning basic to advanced tumbling skills. All levels welcome. Skills taught to individual abilities. Stretching and strengthening exercises as well as cartwheels, handstands, walkovers up to handsprings and more. A great class for building self-confidence, motor skills, coordination and body awareness.  
Instructor: Wendy Reback  
Location: PCC  
Dates: **Code: 221813-A** M., 4/15-6/17 (ex. 5/27) 4:45-5:30 PM (9 classes) Res \$121, Non-Res \$131

**After School Fun Zone**

**Grades:** K-6  
 Fun Zone is now for grades K-6 at the Perinton Community Center. Enjoy your time after school using all of the facilities amenities, from playgrounds to the aquatics center. Fun Zone will be split into two classrooms: grades K-3 and 4-6. Staff will provide supervised activities like games, swimming, gym time, arts & crafts and much more. Grades 4-6 will have access to computers and have time to complete schoolwork. A snack will be provided each day in both classrooms. This is a safe and enjoyable way to spend your days after school.

**Days & Times:** M.-F., end of school day – 6:00 PM (ex. school holidays and half days)  
 Due to high demand, the K-3 program is currently full with a waitlist for the remainder of the school year. Please keep an eye out for information for the 2024-2025 school year in the summer brochure.

**Grades 4-6 Open for Spring - 4/1-6/26**  
**Code: 125538-C** \$765 (payable in one installment)  
**Code: 125538-D** \$795 (payable in \$265/month installments)

**Registration:** Please send form to Michael Clark at the Perinton Community Center. Please fill out a regular registration form. An information packet will be mailed as soon as we process your registration.

**Transportation:** Fairport School Bus (parents must arrange for bus transportation through the Fairport Transportation office).  
**Not available on WebTrac.**

**Ballet I**

**Ages:** 6-9 years  
 In Ballet I, strength, agility, graceful athleticism and body awareness are enhanced through the study of ballet technique. Children learn barre and center exercises and work on routines. Experienced students will continue their skill development, but first-time students are welcome too! Wear leotard and tights, pull hair out of the face. Ballet shoes required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 225851-A** M., 4/15-6/24 (ex. 4/29, 5/27) 4:30-5:15 PM (9 classes) Res \$90, Non-Res \$99

**Beginning Ballet**

**Ages:** 4 ½-6 years  
 In Beginning Ballet, children develop coordination and musicality, flexibility and good body alignment, strengthen the imagination and creativity – and it’s fun! We begin with the basics of floor warm-ups, exercises at the ballet barre and traveling steps, using lots of props and dancing to a variety of styles of music. Wear leotards and tights, pull hair out of the face. Ballet shoes are required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 225854-A** F., 4/19-6/21 (ex. 4/26) 4:30-5:15 PM (9 classes) Res \$90, Non-Res \$99

**Boatsafe NY –  
 Boating Safety Certificate Course**  
 See Adult page 47

**FITKids**

**Ages:** 5-7 years  
 Does your child like to pretend to play with lightsabers/swords? Come try the Olympic sport of fencing where they can experience the thrill of swordplay safely. Children will get a great physical and mental workout while mastering basic footwork and tactics. All equipment is provided. Please bring \$10 to your first class because all participants must register with USA Fencing that haven’t.

**Instructors:** Rochester Fencing Club Staff  
**Location:** Rochester Fencing Club, 3335 Brighton-Henrietta Town Line Road  
**Dates:** **Code: 221835-A** W., 6/5-6/26 4:00-4:45 PM (4 classes) Res \$60, Non-Res \$66

**Flag Rugby – Co-Ed**

**Ages:** 8-12 years  
 Learn a fun, fast-paced international sport that is played from youth levels to adulthood right here in Rochester. Fairport Youth Coaches with 25+ years of coaching will introduce the basics of rugby in non-contact Flag Rugby. Sessions will focus on fun games to develop passing, kicking and game-play skills.

**Instructor:** Neil Lawther  
**Location:** Egypt Park  
**Dates:** **Code: 225314-A** M. & W., 4/29-6/5 (ex. 5/27) 6:00-7:00 PM (12 classes) Res \$50, Non-Res \$55

**Friends & Fun**

**Ages:** 13 years and over  
 This inclusive, socially engaging program for teens and adults with varying abilities is offered throughout the school year. Activities include field trips, seasonal parties, bowling, movie nights, arts and crafts, cooking and much more. A one-time registration per school year (September 2023 – June 2024) is required to become a Friends & Fun member. Activity scheduled will be mailed/emailed bi-monthly. Additional costs may apply for each event. Registered members should call 223-5050 to sign up for individual events.

**Supervisors:** Lindsey Schwartz & Joyce Monnat  
**Location:** Varies  
**Residents:** **Code: 425807-A** No charge  
**Non-Residents:** **Code: 425807-B** No charge  
**Not available on WebTrac.**

**Gymnastics Club & Parkour**

**Ages:** 5-9 years  
 This class offers gymnastics lessons for a limited-size group using beams, mats, floor bars and mini-tramp vaulting. Build a solid tumbling foundation with attention to each child’s strengths. Skills will be built upon in each of the sessions with Coach Mary, safety-certified by USA Gymnastics. New skills added in each of the sessions!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 235827-A** F., 4/19-5/10 4:20-5:00 PM (4 classes) Res \$69, Non-Res \$76  
**Code: 235827-B** F., 4/19-5/10 5:00-5:40 PM (4 classes) Res \$69, Non-Res \$76  
**Code: 235827-C** F., 5/17-6/7 4:20-5:00 PM (4 classes) Res \$69, Non-Res \$76  
**Code: 235827-D** F., 5/17-6/7 5:00-5:40 PM (4 classes) Res \$69, Non-Res \$76

## YOUTH & TEEN

### Home Alone

**Ages:** 8 years and over  
A safety program that ensures children are safe while home alone. Learn tips on answering the phone and responding to knocks at the door, basic first aid, important phone numbers, boredom busters, and kitchen safety. Program includes workbook that will serve as a take-home reference.

**Instructor:** Jerry Bennett  
**Location:** PCC  
**Dates:** **Code: 235809-A** M., 4/22 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22  
**Code: 235809-B** Tu., 5/14 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22

### Iaido – Learn Samurai Sword Techniques!

See Adult page 50

### Intro to Horseback Riding

**Ages:** 7 years and over  
Parents are invited to watch! A beginner class for those who want to learn to ride. An experienced adult trainer will teach the basics of walk, trot, halt and steering their horse. Also, some classes may include grooming and how to tack up their horse.

**Instructors:** JLD Equine  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 235752-A** W., 4/17-5/1 4:00-5:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 235752-B** F., 4/19-5/3 5:00-6:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 235752-C** Sat., 4/20-5/4 11:00 AM-12:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 235752-D** Sat., 4/20-5/4 1:00-2:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 235752-E** W., 5/8-5/29 4:00-5:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-F** F., 5/10-5/31 5:00-6:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-G** Sat., 5/11-6/1 11:00 AM-12:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-H** Sat., 5/11-6/1 1:00-2:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-I** W., 6/5-6/26 4:00-5:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-J** F., 6/7-6/28 5:00-6:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-K** Sat., 6/8-6/29 11:00 AM-12:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 235752-L** Sat., 6/8-6/29 1:00-2:00 PM (4 classes) Res \$180, Non-Res \$190

### Isshin-Ryu Karate – Beginner Through Orange Belts

**Ages:** 6 years and over  
Introduction and continuation of fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. Students will learn 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.

**Instructors:** Ann Peck, Fairport Karate Academy/Collamer Jones Instructors  
**Location:** PCC  
**Dates:** **Code: 225808-A** W., 4/17-6/26 5:30-6:20 PM (11 classes) Res \$132, Non-Res \$142

### Isshin-Ryu Karate – Green Through Black Belts

**Ages:** 6 years and over  
Continuation of intermediate karate curriculum. Techniques and self-defense skills taught in a supportive and enjoyable atmosphere. Students will learn belt appropriate requirements for advancement, building on prior experience. Learn at your own pace while building fitness, confidence, balance and coordination in a fun, non-threatening setting.

**Instructors:** Ann Peck, Fairport Karate Academy/Collamer Jones Instructors  
**Location:** PCC  
**Dates:** **Code: 225808-B** W., 4/17-6/26 6:30-7:20 PM (11 classes) Res \$132, Non-Res \$142

### Isshin-Ryu Karate – Green Through Black Belts

**Ages:** 8 years and over  
This intermediate class is designed for current students who wish to expand their training. Students will learn belt appropriate requirement for advancement building on prior experience. Ideally, students will attend both Monday and Wednesday night classes for maximum benefit.

**Instructors:** Wally Peck & Ann Peck, Fairport Karate Academy/Collamer Jones Instructors  
**Location:** PCC  
**Dates:** **Code: 225808-BB** M., 4/15-6/24 (ex. 5/27) 7:00-8:30 PM (10 classes) Res \$150, Non-Res \$160

### Isshin-Ryu Karate – Black Belt

**Ages:** 12 years and over  
Advanced karate curriculum continuing with techniques, kata and self-defense skills in a supportive and enjoyable atmosphere. Students will learn belt appropriate requirements for advancement, building on prior experience. Learn at your own pace while building fitness, confidence, balance and coordination in a fun, non-threatening setting.

**Instructors:** Ann Peck, Fairport Karate Academy/Collamer Jones Instructors  
**Location:** PCC  
**Dates:** **Code: 225808-C** W., 4/17-6/26 7:30-8:20 PM (11 classes) Res \$132, Non-Res \$142

### Kali-Stick Fighting

See Adult page 50

### Kid's Fun Spanish

**Ages:** 6-11 years  
Young kids can learn a new language very easily. Learning a new language, like Spanish, at any age helps create stronger brains as well as gaining new linguistic skills. Studies show that learning new language skills builds bigger, smarter and stronger brains.

**Instructor:** Lourdes de la Colina-Scolfield  
**Location:** PCC  
**Dates:** **Code: 222875-A** Th., 4/18-5/16 3:50-4:35 PM (5 classes) Res \$120, Non-Res \$130  
**Code: 222875-B** Th., 5/30-6/27 3:50-4:35 PM (5 classes) Res \$120, Non-Res \$130



**Latinx Dance**

**Ages:** 3 years and over  
 This class is directed to participants of all ages with or without disability, who shows interest in Latin American traditional dances. No experience is required. Participants will learn different folkloric dances like Cumbia and Merengue. The program will conclude in a showcase open to the community.

**Instructors:** Evelyn D'Agostino & Carlos Chediak  
**Location:** PCC  
**Dates:** **3-8 years**  
**Code: 216800-B** Sun., 4/21-6/30 (ex. 5/12, 5/26, 6/16) 4:00-5:00 PM (8 classes) No charge  
**9 years and over**  
**Code: 216800-A** Sun., 4/21-6/30 (ex. 5/12, 5/26, 6/16) 3:00-4:00 PM (8 classes) No charge

**Learn to Skate**

**Ages:** 7-12 years  
 Class is based on the highly successful basic skills program developed by Learn to Skate USA. This beginning ice skating program is fun, challenging and rewarding. Class serves the needs of the recreational and aspiring competitive skater, and provides a strong foundation for hockey players. Parents are required to register their child with US Figure Skating Institute for insurance (\$20 fee). Skate rental available at facility for an additional fee.

**Instructor:** Pamela Warren  
**Location:** Village Sports, 2380 Baird Road  
**Dates:** **Code: 235824-B** Sun., 4/7-5/12 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145  
**Code: 235824-BB** Sun., 5/19-6/23 12:00-12:50 PM (6 classes) Res \$135, Non-Res \$145

**Lil' Kickers - Soccer for Kids**

**Ages:** 6-9 years  
 Lil' Kickers classes are carefully curated and wildly fun. Classes are led by high-energy coaches and packed with creative games structured to help kids tackle age-appropriate developmental milestones. Rooted in renown child development theories, our curriculum provides kids ages 6 to 9 years the skills they need to learn soccer and grow as individuals, all while having a blast!

**Location:** Tri-County Sports Complex, 856 Walworth-Penfield Road

**Micro 6/7**

**Ages:** 6-7 years  
 Micro 6/7 classes are designed for kids who want to engage in the sport of soccer in a fun and encouraging way. Created for kids who are motivated soccer players, Micro classes keep the coaching child-centered and fun while adopting a curriculum focused on teaching the fundamentals of soccer through game-like situations each week that help solidify learning. Micro classes feature 30 minutes of age-appropriate instruction and a 20-minute small-sided scrimmage each week.

**Dates:** **Code: 225323-B** W., 4/17-6/26 (ex. 6/19) 5:00-5:50 PM (10 classes) Res \$160, Non-Res \$170  
**Code: 225323-C** Th., 4/18-6/27 5:00-5:50 PM (11 classes) Res \$176, Non-Res \$186  
**Code: 225323-D** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186  
**Code: 225323-E** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

**Micro 8/9**

**Ages:** 8-9 years  
 Micro 8/9 classes are designed for eight and nine year olds who have little or moderate experience playing soccer. Players will learn a new fundamental soccer skill each week and have the opportunity to practice those skills in non-competitive scrimmages. Classes feature 20-25 minutes of instruction and 20-25 minutes of non-competitive scrimmaging.

**Dates:** **Code: 225325-B** W., 4/17-6/26 (ex. 6/19) 5:00-5:50 PM (10 classes) Res \$160, Non-Res \$170  
**Code: 225325-C** Th., 4/18-6/27 5:00-5:50 PM (11 classes) Res \$176, Non-Res \$186  
**Code: 225325-D** Sat., 4/20-6/29 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186  
**Code: 225325-E** Sun., 4/21-6/30 10:00-10:50 AM (11 classes) Res \$176, Non-Res \$186

**NEW!! Lil' Runners**

See Preschool page 27

**Preps Hip-Hop/Tumble**

**Ages:** 7-10 years  
 A fun-filled class perfect for kids that want to learn to dance and tumble! Each class will consist of part dance instruction followed by part tumble lesson. Students will learn hip hop moves and combinations to enhance and develop coordination followed by tumbling that will cover basic fundamentals and challenge each student at their individual skill levels.

**Instructors:** Studio East Dance Company  
**Location:** Studio East Dance Company, 370 Macedon Center Road  
**Dates:** **Code: 225914-A** F., 4/19-5/31 5:30-6:30 PM (7 classes) Res \$105, Non-Res \$115

**Running Club Spring**

**Ages:** 5-10 years  
 This last session gets us outside, weather permitting! Empower yourself while improving your running technique! Take the run-uphill challenge and try out running with a resistance parachute on your back! Lots of running games, relays and challenges for time, distance and speed to work toward your own personal best!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 224866-B** Th., 5/16-6/6 4:45-5:30 PM (4 classes) Res \$69, Non-Res \$76

**Running Club Track & Field**

**Ages:** 5-10 years  
 Run for time, distance and speed! Try out Track and Field events like the long jump, broad jump, shot-put, javelin and, of course, racing! Running every week works to improve technique and build self-confidence. Plenty of room to run with obstacle courses to tackle!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 224866-A** Th., 4/18-5/9 4:45-5:30 PM (4 classes) Res \$69, Non-Res \$76

## YOUTH & TEEN

### SAT/ACT Boot Camp

**Grades:** 9-12  
Build a powerful foundation for SAT & ACT success in just 6 hours! Taught by Chariot Learning – Upstate New York's most well-known and respected test prep organization – this SAT/ACT Boot Camp provides a thorough review of the essential reading, writing, math and test taking skills and strategies for the most current versions of both exams. Pack your calculator and come ready to learn!

**Instructor:** Chariot Learning  
**Location:** PCC  
**Date:** **Code: 235835-A** Sat., 4/20 9:00 AM-3:00 PM (1 class) Res \$200, Non-Res \$210

### **NEW!!** Skateboarding Basics at Perinton Skatepark

**Ages:** 8-13 years  
Always wanted to try skateboarding but were too intimidated to just go and get out there? Learn the basics here to get you started on the right (or left) foot. Info on proper gear for you, learning your stance, help with balance, taking the first push and more will be provided. In the event of inclement weather, class will be pushed out one week.

**Instructors:** Erik Miller & Paul Phillips  
**Location:** Perinton Skatepark  
**Dates:** **Code: 245908-A** Sun., 5/19-6/16 (ex. 5/26) 10:00 AM-12:00 PM (4 classes) Res \$35, Non-Res \$39  
**Code: 245908-B** Sun., 5/19-6/16 (ex. 5/26) 12:15-2:15 PM (4 classes) Res \$35, Non-Res \$39

### Slave Experience and the Underground Railroad See Adult page 51

## TAEKWONDO

### Children Beginning Taekwondo

**Ages:** 6-8 years  
Children's Taekwondo is taught to develop respect, discipline, self-defense, and good moral character. Taught in a traditional martial art setting that is both safe and fun. Learn the modern sport of Taekwondo. Study to earn your black belt. [www.taekwondoclub.org](http://www.taekwondoclub.org).

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 245847-G** Th., 4/18-6/27 5:45-6:20 PM (11 classes) Res \$85, Non-Res \$94

### Family Taekwondo

**Ages:** 7 years and over  
Taekwondo presented in a family setting allowing both youth and adults to learn self-defense, physical fitness, sparring and forms. A safe, controlled environment. [www.taekwondoclub.org](http://www.taekwondoclub.org).

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 245847-A** Th. & Sat., 4/18-6/29 6:40-7:40 PM (Th.) & 9:15-10:00 AM (Sat.) (22 classes) Res \$95, Non-Res \$105

### Western Riding for All Ages

**Ages:** 7-77 years  
Taught by a certified western trainer, this program is great for anyone who would like to learn how to ride a gentle western trained horse. You will learn basic maneuvers, correct body positions and neck reining at a walk and trot.

**Instructors:** JLD Equine  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 225911-A** W., 4/17-5/1 7:00-8:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 225911-B** W., 5/8-5/29 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 225911-C** W., 6/5-6/26 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190

### Women's Self-Defense/Taekwondo

See Adult page 52

### Young Teen/Pre-Teen Stretch and Strength for Athletes

**Ages:** 11-14 years  
This 30-minute class will take you to the next level with your stretch and strength for athletes of all sports. This is open to boys and girls and can be used for additional training. Students will be guided in a series of stretches and strength drills in a fun and motivating way. Students will be motivated to reach their personal goals and learn new drills needed to cross train.

**Instructors:** Studio East Dance Company  
**Location:** Studio East Dance Company, 370 Macedon Center Road  
**Dates:** **Code: 225916-A** M., 4/15-5/20 7:45-8:15 PM (6 classes) Res \$65, Non-Res \$72

## Youth Activity Nights

**Grades:** 6-8  
**Location:** PCC  
Join us for select activities throughout the Spring! Students will have the ability to use the Perinton Community Center as a place to socialize, make friends and play games. Our youth team supervises all programs, so parents can have some free time. All participants will need to be picked up and dropped off at the locations listed. Foods served in the program are not allergy, or diet restriction sensitive. All programs have a registration DEADLINE a week prior to the event (ex. Dodgeball 4/19, registration deadline 4/12), unless authorized by the Recreation Supervisor. Enroll early to avoid program cancellation! If your child would like to see an event offered by the community center, please contact Michael Clark (Recreation Supervisor) [mclark@perinton.org](mailto:mclark@perinton.org) with your idea!

### Dodgeball Tournament

**Date:** **Code: 236105-A** F., 4/19 7:00-9:00 PM (1 class) Res \$10, Non-Res \$11

### World Cup Tournament

**Date:** **Code: 236105-B** F., 5/3 7:00-9:00 PM (1 class) Res \$10, Non-Res \$11

### Splash Party

**Date:** **Code: 236105-C** F., 5/10 6:30-8:00 PM (1 class) Res \$10, Non-Res \$11

### 3 vs 3 Basketball

**Date:** **Code: 236105-D** F., 6/7 7:00-9:00 PM (1 class) Res \$10, Non-Res \$11

**NEW!! Youth Beginner Fencing**

**Ages:** 8-14 years  
 Rochester Fencing Club's Youth Beginner program is perfectly designed for kids with no previous experience! The 4-class session teaches athletes the basic skills in sabre fencing: stance, rules, footwork, and blade work. Athletes can move into FRC's Intermediate Sabre class upon completion. All equipment provided.

**Instructors:** Rochester Fencing Club Staff

**Location:** Rochester Fencing Club, 3335 Brighton-Henrietta Town Line Road

**Dates:** **Code: 221835-B** Sat., 5/4-5/25 9:00-10:00 AM (4 classes)  
 Res \$200, Non-Res \$210

**Youth Soccer**

**Grades:** K-5, Co-Ed  
 This is an instructional soccer program focused on fundamentals and fun! A limited number of youth may participate dependent on coach and field availability. Registration closes on April 1st; however, the program may fill prior to this date. We will continue to accept registrations as space allows. However, please register early as your desired night may fill. **Registration already open.**

**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. No formal soccer experience is required. If interested in coaching, please complete the form, following this QR code, or email Kelly at [kattridge@perinton.org](mailto:kattridge@perinton.org) no later than April 1st. We perform background checks on all of our youth sport coaches.

**Requests:** Requests to be paired with another teammate will be reviewed on a case-by-case basis. The request must be noted on the registration form or under "Add a Note or Info to Staff" before proceeding to checkout on WebTrac. Not all requests will be granted.

**Note:** Please answer the following questions when registering your child (either during WebTrac registration or noted on the paper registration form) to help us create fair and balanced teams.

- Please share the general amount of soccer experience your child has - Beginner, Intermediate, Advanced/Travel Player.
- How many seasons has your child played in the Perinton Recreation and Parks Youth League?
- What school does your child attend?
- What size t-shirt does your child wear? Youth Small, Youth Medium, Youth Large, Youth XL, Adult Small or Adult Medium.

**Dates:** Begins the week of April 30. (4/30-6/15, ex. 5/25)

**Day & Time:** Weeknight (Tuesday - Thursday) practice at 6:00 PM to dusk and Saturday game start time between 9:00 AM-Noon.

**Location:** Center Park West, Fellows Road and Potter Park.

**Fee:** Res \$72, Non-Res \$79

**Dates:** **Grades K-1**  
**Code: 224721-AA** Practice Tuesday  
**Code: 224721-AB** Practice Wednesday  
**Code: 224721-AC** Practice Thursday  
**Grades 2-3**  
**Code: 224721-BA** Practice Tuesday  
**Code: 224721-BB** Practice Wednesday  
**Code: 224721-BC** Practice Thursday  
**Grades 4-5**  
**Code: 224721-CA** Practice Tuesday  
**Code: 224721-CB** Practice Wednesday  
**Code: 224721-CC** Practice Thursday



**NEW!! Youth Tennis 101**

**Ages:** 5-12 years  
 Try a new sport! This introductory program will feature the basics of tennis in a fun atmosphere. Kids will participate in tennis activities and games that build skills and focus on teamwork. Low compression tennis balls will be used so all can have success from the start. No prior tennis experience is required. If you have a racquet, you're welcome to bring it. Otherwise, racquets will be provided.

**Instructor:** Avi Abittan

**Location:** Perinton Park Tennis Courts

**Dates:** **5-8 years**  
**Code: 225225-A** M., 4/15-5/13 6:00-7:00 PM (5 classes)  
 Res \$90, Non-Res \$99  
**Code: 225225-B** M., 5/20-6/24 (ex. 5/27) 6:00-7:00 PM (5 classes)  
 Res \$90, Non-Res \$99  
**9-12 years**  
**Code: 225225-C** Th., 4/18-5/16 6:00-7:00 PM (5 classes)  
 Res \$90, Non-Res \$99  
**Code: 225225-D** Th., 5/23-6/27 6:00-7:00 PM (6 classes)  
 Res \$108, Non-Res \$118

**Zoom for Clear Skin, No Pimples**

**Ages:** 11 years and over  
 ONLINE CLASS. Stop scrolling through TikTok and join us online utilizing the Zoom platform. Make sure all your information is up-to-date to ensure you receive the Zoom link. Also register early for a hands-on approach so that samples can be mailed to you.

**Instructor:** Colleen Beckwith

**Location:** ONLINE CLASS

**Date:** **Code: 235891-A** F., 4/26 11:00 AM-12:00 PM (1 class) Res \$5, Non-Res \$6

**Zoom for Makeup Tips**

**Ages:** 11 years and over  
 ONLINE CLASS. Stop scrolling through TikTok and join us online utilizing the Zoom platform. Make sure all your information is up-to-date to ensure you receive the Zoom link. Also register early for a hands-on approach so that samples can be mailed to you.

**Instructor:** Colleen Beckwith

**Location:** ONLINE CLASS

**Date:** **Code: 225908-A** F., 4/26 1:00-2:00 PM (1 class) Res \$5, Non-Res \$6



# YOUTH & 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.

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



## **NEW!! AMERICAN GIRL DOLL ADVENTURES**

**Ages:** 6 years and over (adult participation required)  
Creative classes to make fun accessories to aid in imaginative play. Please bring a doll (18" or smaller) and a sharp pair of scissors to class. Photos of all crafts can be found at <http://www.dolladventuresroc.weebly.com>

**Instructor:** Sherry Murray  
**Location:** PCC

## **NEW!! UNICORN FUN**

In this class, we will make a unicorn headband, cupcake, shoes and hot chocolate for our dolls to enjoy.

**Date:** **Code: 238828-A** Th., 5/9 6:00-7:15 PM (1 class) Res \$20, Non-Res \$22

## **NEW!! DRESS UP DAY**

Let's get creative and make some no-sew outfits for our dolls. We will make a princess, mermaid and cheerleader clothes to fit 18" dolls.

**Date:** **Code: 238828-B** Th., 6/6 6:00-7:15 PM (1 class) Res \$20, Non-Res \$22



## **BEGINNER WOOD TURNING**

See Adult Arts & Crafts and Cooking page 54



## **CARTOONING FOR KIDS!**

**Ages:** 9-12 years  
Learn to draw your favorite cartoon and comic book characters. Learn to draw caricatures of yourself, family and friends! We will cover the basic fundamentals, build confidence, and foster your creativity! Students should bring a #2 pencil and a fine tip sharpie.

**Instructor:** Brian Petty  
**Location:** PCC  
**Dates:** **Code: 222870-A** Sat., 5/18 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17  
**Code: 222870-B** Sat., 6/15 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17

## **NEW!! CROCHET A DINOSAUR**

See Adult Arts & Crafts and Cooking page 54



## **LEARN TO CROCHET**

See Adult Arts & Crafts and Cooking page 55

## **NEEDLES AT NOON: LEARN TO KNIT**

See Adult Arts & Crafts and Cooking page 55

## **PROJECT HELP: CROCHET OR KNITTING**

See Adult Arts & Crafts and Cooking page 55

**Register Online Using Our WebTrac System**  
**See Page 16**  
<https://webtrac.perinton.org>

## Junior Golf Camp

**Ages:** 6-16 years  
 The 9:30-10:30 AM classes are designed for young, beginning golfers. We utilize multiple stations of activity where we are able to integrate agility, balance, throwing and catching, alongside standard golf fundamentals to keep the kids enthused, interested and focused. The later classes will still have multiple stations and focus on fundamentals, but will have different, age-appropriate skills and drills.

**Instructors:** Eagle Vale Golf Club

**Dates:** 6-10 years  
**Code: 225715-A** Sat., 5/11-6/1 9:30-10:30 AM (4 classes)  
 Res \$139, Non-Res \$149

10-13 years  
**Code: 225715-B** Sat., 5/11-6/1 10:30-11:30 AM (4 classes)  
 Res \$139, Non-Res \$149

12-16 years  
**Code: 225715-C** Sat., 5/11-6/1 11:30 AM-12:30 PM (4 classes)  
 Res \$139, Non-Res \$149

## Adult Beginner Golf - Intro to Golf

**Ages:** 18 years and over  
 This course is designed to true beginner golfers. Our PGA professional instructors will guide you through the fundamentals of golf in an entertaining 4-week course. Easy to follow fundamentals of grip, posture and aim will be a starting point with the swing shape and style introduced at the proper time. The short game, rules and etiquette will be touched on to round out the curriculum.

**Instructors:** Eagle Vale Golf Club

**Dates:** **Code: 245790-A** Tu., 4/16-5/7 5:00-6:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245790-B** W., 4/17-5/8 5:00-6:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245790-C** Th., 4/18-5/9 5:00-6:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245790-D** Tu., 5/14-6/4 5:00-6:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245790-E** W., 5/15-6/5 5:00-6:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245790-F** Th., 5/16-6/6 5:00-6:00 PM (4 classes)  
 Res \$149, Non-Res \$159

## Adult Advanced Golf

**Ages:** 18 years and over  
 A natural progression from the "Adult Beginner Golf." This course expands on what you've already learned in the previous course. More in-depth analysis of your golf swing will be the focus along with pre-swing fundamentals and pre-shot routines. Additional time will be spent on putting, short game, rules and proper etiquette. Class will include pitch shots, chip shots and bunker play.

**Instructors:** Eagle Vale Golf Club

**Dates:** **Code: 245791-A** Tu., 4/16-5/7 6:00-7:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245791-B** W., 4/17-5/8 6:00-7:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245791-C** Th., 4/18-5/9 6:00-7:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245791-D** Tu., 5/14-6/4 6:00-7:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245791-E** W., 5/15-6/5 6:00-7:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245791-F** Th., 5/16-6/6 6:00-7:00 PM (4 classes)  
 Res \$149, Non-Res \$159

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

**In case of inclement weather, please call the golf course one half hour before class time to receive information regarding class cancellation. Make up classes will be held on the same day and time the following week. Please note that there will be no make up for classes missed because of personal reasons.**

**All lessons will be taught at Eagle Vale Golf Club, 4344 Nine Mile Point Road, 377-5200.**

## Adult Short Game Clinic

**Ages:** 18 years and over  
 Emphasis will be on putting, chipping, pitching and bunker play. This is perfect for those who hit the ball relatively well, but then struggle when near the green, often taking multiple strokes and/or putts. The short game is the most overlooked part of the game, with the most impact on your ability to score low. Much of this clinic will take place on the golf course, with our extensive short game area being used.

**Instructors:** Eagle Vale Golf Club

**Dates:** **Code: 245792-A** Tu., 4/16-5/7 7:00-8:00 PM (4 classes)  
 Res \$169, Non-Res \$179

**Code: 245792-B** W., 4/17-5/8 7:00-8:00 PM (4 classes)  
 Res \$169, Non-Res \$179

**Code: 245792-C** Th., 4/18-5/9 7:00-8:00 PM (4 classes)  
 Res \$169, Non-Res \$179

**Code: 245792-D** Tu., 5/14-6/4 7:00-8:00 PM (4 classes)  
 Res \$169, Non-Res \$179

**Code: 245792-E** W., 5/15-6/5 7:00-8:00 PM (4 classes)  
 Res \$169, Non-Res \$179

**Code: 245792-F** Th., 5/16-6/6 7:00-8:00 PM (4 classes)  
 Res \$169, Non-Res \$179

## Ladies Senior Golf Camp

**Ages:** 55 years and over  
 Enjoy the camaraderie of your fellow lady golfers in this small group setting. Learn the keys behind hitting your driver further, while freeing up your swing to get the maximum distance on all of your shots. All aspects of your golf game will be worked on, but we still have the emphasis on hitting the ball further.

**Instructors:** Eagle Vale Golf Club

**Dates:** **Code: 245794-C** M., 4/22-5/13 3:00-4:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245794-D** M., 5/20-6/17 3:00-4:00 PM (4 classes)  
 Res \$149, Non-Res \$159

## Men's Senior Golf Camp

**Ages:** 55 years and over  
 Lost a little distance lately? Not as flexible as you once were? Here's a program designed to improve your distance with drills and exercises aimed at increasing your strength and flexibility. Golfers will also work on their full swing, short game and course management skills.

**Instructors:** Eagle Vale Golf Club

**Dates:** **Code: 245794-A** M., 4/22-5/13 2:00-3:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Code: 245794-B** M., 5/20-6/17 2:00-3:00 PM (4 classes)  
 Res \$149, Non-Res \$159

**Register Online Using Our WebTrac System**  
**See Page 16**  
<https://webtrac.perinton.org>

# AQUATICS



	Resident						Non-Resident			
	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)	College Student	Active Military	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)
Daily	\$4.50	\$5.00	\$7.00	\$5.00	\$5.00	\$5.00	\$6.50	\$7.50	\$11.50	\$7.50
Monthly	\$29.00	\$37.00	\$55.00	\$37.00	\$37.00	\$37.00	\$42.00	\$47.00	\$74.00	\$47.00
20 Visit	\$46.00	\$53.00	\$77.00	\$53.00	\$53.00	\$53.00	\$78.00	\$110.00	\$168.00	\$110.00
6 Month	\$147.00	\$179.00	\$278.00	\$179.00	\$179.00	\$179.00	\$189.00	\$236.00	\$347.00	\$236.00
12 Month	\$263.00	\$320.00	\$494.00	\$320.00	\$320.00	\$320.00	\$341.00	\$415.00	\$625.00	\$415.00

\* Note: Child pass is aquatics only. \*\*Hours are Subject to Change\*\*

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

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

**Daily Family Pass for Aquatics (Resident Only) • 2 Adults, 2 Children = \$18, \$3 each additional child**

**PLEASE REMEMBER RULES ARE FOR THE SAFETY OF EVERYONE. OUR GOAL IS FOR YOUR VISIT TO BE AN ENJOYABLE ONE. THANK YOU FOR YOUR COOPERATION!**

## PERINTON AQUATIC CENTER RULES

- Pool area is closed when no lifeguard is on duty.
- Instruction of lifeguard must be obeyed at all times.
- All patrons must shower before entering the pool.
- Appropriate bathing attire must be worn (designated swim suit). No cutoffs or street clothes will be allowed.
- Street shoes are not allowed on the pool deck.
- Children of diaper wearing age MUST wear swim diapers or plastic pants with tight fitting elastic legs. Regular disposable diapers will not be allowed.
- No running, horseplay, chicken fights or pushing allowed in the pool area.
- Diving is only permitted under instructor supervision and in over seven feet of water in the lap pool.
- No food, gum, drinking (except water) or tobacco products (e-cigs) in the pool area.
- No glass containers allowed in the pool area.
- Discharge of bodily matter is prohibited.
- No unacceptable public displays of affection.
- Only Coast Guard approved, properly fitting personal floatation devices are permitted.
- Masks, fins and snorkels are allowed for designated programs only.
- Swimmers wishing to swim in water deeper than their height must first pass a deep water test.
- Children ages 5-11 years must be accompanied by an adult (18+ years) in the pool area. Adult must be in proper swim attire.
- Children ages 4 and under must be within an arm's reach of an adult, 2 children to 1 adult.
- Children ages 5 and under may not use the whirlpool.
- Children ages 11 and under may not use the whirlpool unless accompanied by an adult.
- Participants must be at least 48" tall to go down the slide.
- Failure to comply with the pool rules may result in expulsion from the facility.

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



**HAPPY**  
*birthday*

***Birthday parties are now available to be booked online!***

Visit us on WebTrac and search keyword "Splash" for available dates and times. Please note, rooms and time slots are not able to be changed. The first hour of the party time slot is spent in the pool and the second hour is spent in the room. Parties are limited to 25 people. Additional party bookings need to be made for any parties over 25 people, and time slots remain as listed.

Parties are \$200/resident and \$250/non-resident. Must be paid in full at time of booking and must have an active WebTrac account to book.



**Preschool Splash**

**Ages:** 0-6 years (adult participation required)  
Parent and child exploration in the Leisure Pool. Parents must be within an arm's reach of child at all times. Parents may bring up to two children under five during this time. All children not potty trained must wear swim diapers under suit. Coast Guard PFDs allowed.

**Dates:** M., W., & F., 4/15-6/26 8:45-10:45 AM

**Fees:** Res \$5.50 (1 adult & 1 child), Non-Res \$8 (1 adult & 1 child)  
\$2.25 each additional child (either Res or Non-Res)  
10X stamp pass - Res \$50, Non-Res \$72  
**Not available on WebTrac.**

**Summer Pool Camp Program**

See Youth Camp page 21

**Fitness Swim Class**

**Ages:** 18 years and over  
Designed for individuals seeking high-level stroke instruction from a US Masters coach. This class will help prepare for competitions, enhanced lap swimming, and increase fitness potential. Triathletes, competitive and recreational swimmers are encouraged to try this out!

**Instructor:** Brandon Lee  
**Location:** PCC

**Dates:** **Code: 243901-A** Tu., 4/16-5/21 7:30-8:30 AM (6 classes) Res \$48, Non-Res \$53  
**Code: 243901-B** Tu., 5/28-6/25 7:30-8:30 AM (5 classes) Res \$40, Non-Res \$44  
**Code: 243901-C** Th., 4/18-5/23 8:30-9:30 AM (6 classes) Res \$48, Non-Res \$53  
**Code: 243901-D** Th., 5/30-6/27 8:30-9:30 AM (5 classes) Res \$40, Non-Res \$44  
**Code: 243901-E** Tu. & Th., 4/16-5/23 7:30-8:30 AM (Tu.) & 8:30-9:30 AM (Th.) (12 classes) Res \$96, Non-Res \$106  
**Code: 243901-F** Tu. & Th., 5/28-6/27 7:30-8:30 AM (Tu.) & 8:30-9:30 AM (Th.) (10 classes) Res \$80, Non-Res \$88  
**Code: 243901-G** Tu., 4/16-5/21 6:30-7:30 PM (6 classes) Res \$48, Non-Res \$53  
**Code: 243901-H** Tu., 5/28-6/25 6:30-7:30 PM (5 classes) Res \$40, Non-Res \$44

**Skills and Drills**

**Ages:** 18 years and over  
This class will focus on learning the fundamentals of swimming through stroke development and technique. We will incorporate different drills focusing on all aspects of the four main strokes. Must be able to swim 25 yards.

**Instructor:** Brandon Lee  
**Location:** PCC

**Dates:** **Code: 243902-A** Th., 4/18-5/23 9:30-10:30 AM (6 classes) Res \$48, Non-Res \$53  
**Code: 243902-B** Th., 5/30-6/27 9:30-10:30 AM (5 classes) Res \$40, Non-Res \$44



## Red Cross Lifeguard Certification

**Ages:** 15 years and over  
Registrants must pass a prerequisite swim of 150 yards using front crawl or breaststroke or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water using legs only. Swim 50 yards using the front crawl, breaststroke or a combination of both. Complete a timed event in 1 minute 40 seconds. Start in the water, swim 20 yards; face may be in or out of the water. Surface dive and retrieve a 10 pound object. Swim 20 yards on the back returning to the starting point holding the object at the surface with both hands and keeping the face at or near the surface of the water. Exit water without using a ladder.

**Instructors:** ARC Lifeguard Instructors  
**Location:** PCC  
**Dates:** **Code: 243388-A** Tu.-Th., 4/2-4/4 9:00 AM-5:00 PM (3 classes)  
Res \$170, Non-Res \$180  
Due to early date of this class, registration will be 3/18 for residents and 3/25 for non-residents.

## Genesee Valley Masters Swimming

**Ages:** 18 years and over  
USA Masters registered program offering high quality, coached instruction for competitive swimmers, Triathletes, lap swimmers and anyone else interested in participating. Participants have multiple practice times. Perinton Aquatic Center, M., W. & F. mornings 6:00-7:30 AM and Tu. & Th., 5:30-7:30 AM. Contact Laura at [lsilins@perinton.org](mailto:lsilins@perinton.org) to begin your free 2 week trial!  
**Not available on WebTrac.**



## NEW!! Snorkeling

**Ages:** 10 years and over  
The Snorkeling program is an ideal introduction to snorkeling. It focuses on building confidence and comfort in the water, teaching essential skills and equipment use for safe snorkeling. Students must have strong basic swimming skills and will be required to complete a medical review to participate.

**Instructors:** Staff of RU4Scuba  
**Location:** PCC  
**Date:** **Code: 233216-A** W., 5/1 6:00-8:00 PM (1 class) Res \$25, Non-Res \$28

## NEW!! Try Freediving

**Ages:** 12 years and over  
Freediving, the purest form of diving, offers effortless underwater movement without heavy equipment, creating a unique sense of unity with the water. The Try Freediving program introduces you to this sport in confined waters, letting you discover the joy of freediving. Join today and explore your potential as a freediver! Students must have strong basic swimming skills and will be required to complete a medical review to participate.

**Instructors:** Staff of RU4Scuba  
**Location:** PCC  
**Date:** **Code: 233215-A** W., 5/8 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50

## NEW!! Try Scuba

**Ages:** 10 years and over  
The Try Scuba program is an ideal introduction to scuba diving, offering a safe, confined water experience with a professional instructor. Enjoy your first underwater breaths and discover the magic of diving. Completing this short course earns you the Try Scuba recognition card, setting you on a path of endless diving adventures. Start today! Students must have strong basic swimming skills and will be required to complete a medical review to participate.

**Instructors:** Staff of RU4Scuba  
**Location:** PCC  
**Date:** **Code: 233210-A** W., 5/22 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50





**Private and Semi-Private Swimming Lessons**

Ages: 2 ½ years and over

Participants will have a 30-minute lesson with an Aquatic Safety Employee. Classes will be tailored to the desires of the participant/parent with a small amount of time before or after class to discuss progress and new goals. If you are interested in a semi-private lesson, register for the desired class, then contact Laura Silins at [lsilins@perinton.org](mailto:lsilins@perinton.org) to enroll additional participants for an added cost. **Max of four participants per class.** Classes are taught in the lap or leisure pool, according to the participant's needs. Suitable for kids and adults.

**Semi-Private Fees:** Each additional participant

- 7 classes - Res \$70, Non-Res \$77
- 8 classes - Res \$80, Non-Res \$88



**SUNDAY**  
**4/21-6/9**  
**(8 classes) Res \$208, Non-Res \$218**  
 213120-UA, UB or UC 9:00-9:30 AM  
 213120-UD, UE or UF 9:35-10:05 AM  
 213120-UG, UH or UI 10:10-10:40 AM  
 213120-UJ, UK or UL 10:45-11:15 AM  
 213120-UM, UN or UO 11:20-11:50 AM

**MONDAY**  
**4/15-6/3 (ex. 5/27)**  
**(7 classes) Res \$182, Non-Res \$192**  
 213120-MA or MB 3:45-4:15 PM  
 213120-MC or MD 4:14-4:45 PM  
 213120-ME or MF 4:50-5:20 PM  
 213120-MG or MH 5:25-5:55 PM  
 213120-MI or MJ 6:00-6:30 PM

**TUESDAY**  
**4/16-6/4**  
**(8 classes) Res \$208, Non-Res \$218**  
 213120-TA 9:00-9:30 AM  
 213120-TB 9:35-10:05 AM  
 213120-TC 10:10-10:40 AM  
 213120-TD 10:45-11:15 AM  
 213120-TE or TF 3:45-4:15 PM  
 213120-TG or TH 4:15-4:45 PM  
 213120-TI or TJ 4:50-5:20 PM  
 213120-TK or TL 5:25-5:55 PM  
 213120-TM or TN 6:00-6:30 PM

**WEDNESDAY**  
**4/17-6/5**  
**(8 classes) Res \$208, Non-Res \$218**  
 213120-WA, WB or WC 3:45-4:15 PM  
 213120-WD, WE or WF 4:15-4:45 PM  
 213120-WG, WH or WI 4:50-5:20 PM  
 213120-WJ, WK or WL 5:25-5:55 PM  
 213120-WM, WN or WO 6:00-6:30 PM

**THURSDAY**  
**4/18-6/6**  
**(8 classes) Res \$208, Non-Res \$218**  
 213120-RA 9:00-9:30 AM  
 213120-RB 9:35-10:05 AM  
 213120-RC 10:10-10:40 AM  
 213120-RD 10:45-11:15 AM  
 213120-RE or RF 3:45-4:15 PM  
 213120-RG or RH 4:15-4:45 PM  
 213120-RI or RJ 4:50-5:20 PM  
 213120-RK or RL 5:25-5:55 PM  
 213120-RM or RN 6:00-6:30 PM

**FRIDAY**  
**4/19-6/7**  
**(8 classes) Res \$208, Non-Res \$218**  
 213120-FA, FB or FC 3:45-4:15 PM  
 213120-FD, FE or FG 4:15-4:45 PM  
 213120-FH, FI or FJ 4:50-5:20 PM  
 213120-FK, FL or FM 5:25-5:55 PM

**SATURDAY**  
**4/20-6/8**  
**(8 classes) Res \$208, Non-Res \$218**  
 213120-SA 8:25-8:55 AM  
 213120-SB 9:00-9:30 AM  
 213120-SC 9:35-10:05 AM  
 213120-SD or SE 10:10-10:40 AM  
 213120-SF or SG 10:45-11:15 AM  
 213120-SH 11:20-11:50 AM

# AQUATICS

## GROUP SWIMMING LESSONS

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

### Waterbabies

**Ages: 6 months - 2.99 years**  
**(parent participation in water, swimsuit required)**

Waterbabies will help familiarize children between the ages of 6 months up to 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water. No skill prerequisites, child must be at least 6 months old, parent must accompany child to each class.

**8 classes - Res \$72, Non-Res \$79**

- 213110-TA Tu., 4/16-6/4 10:45-11:15 AM (8 classes)
- 213110-TB Tu., 4/16-6/4 6:00-6:30 PM (8 classes)
- 213110-WA W., 4/17-6/5 10:45-11:15 AM (8 classes)
- 213110-RA Th., 4/18-6/6 10:45-11:15 AM (8 classes)
- 213110-RB Th., 4/18-6/6 6:00-6:30 PM (8 classes)
- 213110-SA Sat., 4/20-6/8 8:25-8:55 AM (8 classes)
- 213110-SB Sat., 4/20-6/8 9:00-9:30 AM (8 classes)
- 213110-SC Sat., 4/20-6/8 9:35-10:05 AM (8 classes)
- 213110-SD Sat., 4/20-6/8 10:10-10:40 AM (8 classes)
- 213110-SE Sat., 4/20-6/8 10:45-11:15 AM (8 classes)
- 213110-UA Sun., 4/21-6/9 9:00-9:30 AM (8 classes)
- 213110-UB Sun., 4/21-6/9 10:10-10:40 AM (8 classes)
- 213110-UC Sun., 4/21-6/9 10:45-11:15 AM (8 classes)

### Sea Urchins

**Ages: 3-5.99 years**

Learning Outcomes: Nemos and Squirts in the same class! Children will be taught and grouped according to ability. No prerequisite. Guaranteed 3:1 ratio for maximum benefit.

**8 classes - Res \$84, Non-Res \$82**

- 213119-TA Tu., 4/16-6/4 9:00-9:30 AM (8 classes)
- 213119-TB Tu., 4/16-6/4 9:35-10:05 AM (8 classes)
- 213119-TC Tu., 4/16-6/4 10:10-10:40 AM (8 classes)
- 213119-TD Tu., 4/16-6/4 1:00-1:30 PM (8 classes)
- 213119-TE Tu., 4/16-6/4 1:35-2:05 PM (8 classes)
- 213119-TF Tu., 4/16-6/4 2:10-2:40 PM (8 classes)
- 213119-TG Tu., 4/16-6/4 4:15-4:45 PM (8 classes)
- 213119-TH Tu., 4/16-6/4 4:50-5:20 PM (8 classes)
- 213119-TI Tu., 4/16-6/4 5:25-5:55 PM (8 classes)
- 213119-WA W., 4/17-6/5 9:00-9:30 AM (8 classes)
- 213119-WB W., 4/17-6/5 9:35-10:05 AM (8 classes)
- 213119-WD W., 4/17-6/5 10:10-10:40 AM (8 classes)
- 213119-RA Th., 4/18-6/6 9:00-9:30 AM (8 classes)
- 213119-RB Th., 4/18-6/6 9:35-10:05 AM (8 classes)
- 213119-RC Th., 4/18-6/6 10:10-10:40 AM (8 classes)
- 213119-RD Th., 4/18-6/6 1:00-1:30 PM (8 classes)
- 213119-RE Th., 4/18-6/6 1:35-2:05 PM (8 classes)
- 213119-RF Th., 4/18-6/6 2:10-2:40 PM (8 classes)
- 213119-RG Th., 4/18-6/6 4:15-4:45 PM (8 classes)
- 213119-RH Th., 4/18-6/6 4:50-5:20 PM (8 classes)
- 213119-RI Th., 4/18-6/6 5:25-5:55 PM (8 classes)
- 213119-SA Sat., 4/20-6/8 9:00-9:30 AM (8 classes)
- 213119-SB Sat., 4/20-6/8 9:35-10:05 AM (8 classes)
- 213119-SC Sat., 4/20-6/8 10:10-10:40 AM (8 classes)
- 213119-SD Sat., 4/20-6/8 10:45-11:15 AM (8 classes)
- 213119-SE Sat., 4/20-6/8 11:20-11:50 AM (8 classes)
- 213119-UA Sun., 4/21-6/9 9:35-10:05 AM (8 classes)
- 213119-UB Sun., 4/21-6/9 10:45-11:15 AM (8 classes)
- 213119-UC Sun., 4/21-6/9 11:20-11:50 AM (8 classes)

## 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.

### Red Cross Level 1

**(Limited Experience)**

**Ages: 6-8 years**

- Class is designed for 6-8 year olds with limited swim experience.
- 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
- No prerequisite. Guaranteed 5:1 ratio for maximum benefit.

**8 classes - Res \$72, Non-Res \$79**

- 223111-TA Tu., 4/16-6/4 4:15-4:45 PM (8 classes)
- 223111-TB Tu., 4/16-6/4 4:50-5:20 PM (8 classes)
- 223111-TC Tu., 4/16-6/4 5:25-5:55 PM (8 classes)
- 223111-RA Th., 4/18-6/6 4:15-4:45 PM (8 classes)
- 223111-RB Th., 4/18-6/6 4:50-5:20 PM (8 classes)
- 223111-RC Th., 4/18-6/6 5:25-5:55 PM (8 classes)
- 223111-UA Sun., 4/21-6/9 9:00-9:30 AM (8 classes)

### Red Cross Level 2

**Ages: 6-10 years**

Child must be 6, have a Level 1 card or taken Squirts to enroll.

- 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
- Guaranteed 5:1 ratio for maximum benefit

**8 classes - Res \$72, Non-Res \$79**

- 223112-TA Tu., 4/16-6/4 4:15-4:45 PM (8 classes)
- 223112-TB Tu., 4/16-6/4 4:50-5:20 PM (8 classes)
- 223112-TC Tu., 4/16-6/4 5:25-5:55 PM (8 classes)
- 223112-RA Th., 4/18-6/6 4:15-4:45 PM (8 classes)
- 223112-RB Th., 4/18-6/6 4:50-5:20 PM (8 classes)
- 223112-RC Th., 4/18-6/6 5:25-5:55 PM (8 classes)
- 223112-SA Sat., 4/20-6/8 9:00-9:30 AM (8 classes)
- 223112-SB Sat., 4/20-6/8 9:35-10:05 AM (8 classes)
- 223112-SC Sat., 4/20-6/8 10:45-11:15 AM (8 classes)
- 223112-UA Sun., 4/21-6/9 9:35-10:05 AM (8 classes)



## Red Cross Level 3

**Ages: 6-12 years**

Child must have a Level 2 card to enroll.

- 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
- Guaranteed 6:1 ratio for maximum benefit

**8 classes - Res \$72, Non-Res \$79**

**223113-TA** Tu., 4/16-6/4 4:15-4:45 PM (8 classes)

**223113-TB** Tu., 4/16-6/4 6:00-6:30 PM (8 classes)

**223113-RA** Th., 4/18-6/6 4:15-4:45 PM (8 classes)

**223113-RB** Th., 4/18-6/6 6:00-6:30 PM (8 classes)

**223113-SA** Sat., 4/20-6/8 9:00-9:30 AM (8 classes)

**223113-SB** Sat., 4/20-6/8 10:10-10:40 AM (8 classes)

**223113-UA** Sun., 4/21-6/9 10:10-10:40 AM (8 classes)

## Red Cross Level 4

**Ages: 6-14 years**

Child must have a Level 3 card to enroll.

- 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
- Guaranteed 8:1 ratio for maximum benefit

**8 classes - Res \$72, Non-Res \$79**

**223114-TA** Tu., 4/16-6/4 4:15-4:45 PM (8 classes)

**223114-TB** Tu., 4/16-6/4 6:00-6:30 PM (8 classes)

**223114-RA** Th., 4/18-6/6 4:15-4:45 PM (8 classes)

**223114-RB** Th., 4/18-6/6 6:00-6:30 PM (8 classes)

**223114-SA** Sat., 4/20-6/8 9:00-9:30 AM (8 classes)

**223114-SB** Sat., 4/20-6/8 10:10-10:40 AM (8 classes)

## Red Cross Level 5

**Ages: 6-14 years**

Child must have a Level 4 card to enroll.

- 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
- Guaranteed 8:1 ratio for maximum benefit

**8 classes - Res \$72, Non-Res \$79**

**223115-TA** Tu., 4/16-6/4 4:50-5:20 PM (8 classes)

**223115-RA** Th., 4/18-6/6 4:50-5:20 PM (8 classes)

**223115-SA** Sat., 4/20-6/8 9:35-10:05 AM (8 classes)

## Red Cross Level 6

**Ages: 6-14 years**

Child must have a Level 5 card to enroll.

- Refine the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances
- Guaranteed 8:1 ratio for maximum benefit

**8 classes - Res \$72, Non-Res \$79**

**223116-TA** Tu., 4/16-6/4 4:50-5:20 PM (8 classes)

**223116-RA** Th., 4/18-6/6 4:50-5:20 PM (8 classes)

**223116-SA** Sat., 4/20-6/8 9:35-10:05 AM (8 classes)

# AQUATIC FITNESS

## MONDAY

### Total Body Aqua Size

**Ages:** 16 years and over  
 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.

**Instructor:** Marjory Hall  
**Location:** PCC  
**Dates:** **Code: 243810-A** M., 4/15-6/24 (ex. 5/13, 5/27) 9:00-10:00 AM (9 classes) Res \$72, Non-Res \$79

### Beachball Circle Time

**Ages:** 18 years and over  
 How long can your group keep the beach ball in the air? Exercise your muscles, jump, reach, laugh and improve your reflexes. \*Not actual volleyball.\*

**Instructor:** Marjory Hall  
**Location:** PCC  
**Dates:** **Code: 243818-A** M., 4/15-6/24 (ex. 5/13, 5/27) 10:05-10:50 AM (9 classes) Res \$72, Non-Res \$79



### Aqua Fit

**Ages:** 18 years and over  
 Aqua Fit provides a well-rounded workout that includes cardio, strength, balance and flexibility. Be prepared to move the entire class; all levels benefit from this fun and challenging music based class.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243831-A** M., 4/15-6/24 (ex. 5/27) 6:00-6:45 PM (10 classes) Res \$80, Non-Res \$88



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

## TUESDAY

### Aqua Fit

**Ages:** 18 years and over  
 Aqua Fit provides a well-rounded workout that includes cardio, strength, balance and flexibility. Be prepared to move the entire class; all levels benefit from this fun and challenging music based class.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243831-B** Tu., 4/16-6/25 8:35-9:20 AM (11 classes) Res \$88, Non-Res \$97



### Aqua Endurance – Current Channel

**Ages:** 18 years and over  
 The current channel provides unique resistance, endurance and balance challenges while improving strength, stamina and posture. Participants will go with and against the current, all to motivating music.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243832-B** Tu., 4/16-6/25 9:30-10:15 AM (11 classes) Res \$88, Non-Res \$97

### Aqua Circuit

**Ages:** 55 years and over  
 The current is on for the first half, providing a cardio benefit. The current channel is turned off for the second half and using natural resistance and upper body equipment benefits include: strength and endurance, all to motivating music. Come in from 10:15-10:30 AM where we will concentrate on upper body exercises using various equipment.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243837-A** Tu., 4/16-6/25 10:30-11:15 AM (11 classes) Res \$88, Non-Res \$97

## WEDNESDAY

### Heat Up the Pool

**Ages:** 18 years and over  
 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.

**Instructor:** Marjory Hall  
**Location:** PCC  
**Dates:** **Code: 243817-A** W., 4/17-6/26 (ex. 5/8, 5/15) 9:00-10:00 AM (9 classes) Res \$72, Non-Res \$79

### Let's Get Moving

**Ages:** 55 years and over  
 Low impact! Water moves to strengthen your muscles and improve range of motion. Challenge yourself with buoys, bands, barbells and other water equipment using the resistance of the water.

**Instructor:** Marjory Hall  
**Location:** PCC  
**Dates:** **Code: 243870-A** W., 4/17-6/26 (ex. 5/8, 5/15) 10:00-11:00 AM (9 classes) Res \$72, Non-Res \$79



## Aqua Endurance – Current Channel

**Ages:** 18 years and over  
The current channel provides unique resistance, endurance and balance challenges while improving strength, stamina and posture. Participants will go with and against the current, all to motivating music.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243832-C** W., 4/17-6/26 (ex. 6/19) 5:30-6:15 PM (10 classes) Res \$80, Non-Res \$88

## Aqua Strength in Current Channel

**Ages:** 18 years and over  
With the current channel off, participants will create natural water resistance while using a variety of upper body equipment. Benefits include: strength, stamina, balance and posture, all to motivating music.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243838-A** W., 4/17-6/26 (ex. 6/19) 6:15-6:45 PM (10 classes) Res \$60, Non-Res \$66

## THURSDAY

### Bodies in Motion Current Channel

**Ages:** 55 years and over  
A low-impact, full body workout walking with and against the current. Great for muscle, bone, and joint rehabilitation. Fun for all! Class is 45 minutes, walking on your own for the last 15 minutes.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243871-A** Th., 4/18-6/27 (ex. 6/20) 9:30-10:30 AM (10 classes) Res \$80, Non-Res \$88

### Aqua Circuit

**Ages:** 55 years and over  
The current is on for the first half, providing a cardio benefit. The current channel is turned off for the second half and using natural resistance and upper body equipment benefits include: strength and endurance, all to motivating music. Come in from 10:15-10:30 AM where we will concentrate on upper body exercises using various equipment.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243837-B** Th., 4/18-6/27 (ex. 6/20) 10:30-11:15 AM (10 classes) Res \$80, Non-Res \$88

## FRIDAY

### Total Body Aqua Size

**Ages:** 16 years and over  
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.

**Instructor:** Marjory Hall  
**Location:** PCC  
**Dates:** **Code: 243810-B** F., 4/19-6/28 (ex. 5/10, 5/17) 9:00-10:00 AM (9 classes) Res \$72, Non-Res \$79

### Let's Get Moving

**Ages:** 55 years and over  
Low impact! Water moves to strengthen your muscles and improve range of motion. Challenge yourself with buoys, bands, barbells and other water equipment using the resistance of the water.

**Instructor:** Marjory Hall  
**Location:** PCC  
**Dates:** **Code: 243870-B** F., 4/19-6/21 (ex. 5/10, 5/17) 10:00-11:00 AM (9 classes) Res \$72, Non-Res \$79

## SUNDAY

### Aqua Endurance – Current Channel

**Ages:** 18 years and over  
The current channel provides unique resistance, endurance and balance challenges while improving strength, stamina and posture. Participants will go with and against the current, all to motivating music.

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 243832-A** Sun., 4/21-6/30 (ex. 5/26) 9:15-10:00 AM (10 classes) Res \$80, Non-Res \$88



**Register Online Using**

**Our WebTrac System**

**See Page 16**

**<https://webtrac.perinton.org>**

## ADULT FITNESS

# Health & Fitness



Register early to avoid program cancellation due to low enrollment.

Drop In Available for classes without full roster:  
**Aerobics:** \$9.00 Res./\$10.00 Non-Res.

## MONDAY

### Bootcamp

**Ages:** 18 years and over  
Back to the "basics" exercises including cardio, interval and weight training to get you into the fighting shape you want!

**Instructor:** Marcie Nicastro  
**Location:** PCC  
**Dates:** **Code: 241866-B** M., 4/15-6/24 (ex. 5/27, TBA) 6:15-7:15 PM (9 classes) Res \$72, Non-Res \$79

## TUESDAY

### Zumba

**Ages:** 14 years and over  
"Ditch the workout...join the party!" Zumba blends hypnotic Latin rhythms and easy to follow moves. Routines feature interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. A toning segment is included.

**Instructor:** Frankie Engelbert  
**Location:** PCC  
**Dates:** **Code: 241810-E** Tu., 4/16-6/25 (ex. 5/28, TBA) 6:00-7:00 PM (9 classes) Res \$72, Non-Res \$79



## WEDNESDAY

### Thighs & Tris

**Ages:** 14 years and over  
This class uses a variety of equipment to enhance balance and build strength in all muscle groups especially to the Core. Class includes a cardio segment.

**Instructor:** Anne Marie Cymerman  
**Location:** PCC  
**Dates:** **Code: 241885-A** W., 4/17-6/26 5:30-6:30 PM (11 classes) Res \$88, Non-Res \$97

Cathy Ames *Yoga Alliance*; Anne Marie Cymerman *AFAA*;  
Frankie Engelbert *Zumba, Zumba Toning*; Jillian Heinold *ACE*;  
Marcie Nicastro *ACE, AFAA, AEA, Move It*

## THURSDAY

### Interval Training

**Ages:** 18 years and over  
Training that involves a series of high-intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.

**Instructor:** Jillian Heinold  
**Location:** PCC  
**Dates:** **Code: 241856-A** Th., 4/18-6/27 (ex. 2 TBA) 4:30-5:20 PM (9 classes) Res \$72, Non-Res \$79

### Perinton Pump

**Ages:** 16 years and over  
Total body conditioning work out, primarily weights and some cardio. Head to toe strength and toning to help improve muscle strength, tone healthy weight, high repetition of weights and strength training.

**Instructor:** Jillian Heinold  
**Location:** PCC  
**Dates:** **Code: 241815-A** Th., 4/18-6/27 (ex. 2 TBA) 5:30-6:30 PM (9 classes) Res \$72, Non-Res \$79

### Zumba Toning

**Ages:** 14 years and over  
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!

**Instructor:** Frankie Engelbert  
**Location:** PCC  
**Dates:** **Code: 241810-A** Th., 4/18-6/27 (ex. 5/30, TBA) 6:00-7:00 PM (9 classes) Res \$72, Non-Res \$79

## TUESDAY/THURSDAY

### Zumba Combo

**Ages:** 18 years and over  
**Location:** PCC  
**Dates:** **Code: 241810-EA** Tues. & Thurs., 4/16-6/27 (ex. 5/28, 5/30, 2 TBA) 6:00-7:00 PM (18 classes) Res \$129, Non-Res \$139

## SATURDAY

### Bootcamp

**Ages:** 18 years and over  
Back to the "basics" exercises including cardio, interval and weight training to get you into the fighting shape you want!

**Instructor:** Marcie Nicastro  
**Location:** PCC  
**Dates:** **Code: 241866-A** Sat., 4/20-5/18 7:45-8:45 AM (5 classes) Res \$40, Non-Res \$44

### Morning Hatha Flow Yoga

**Ages:** 18 years and over  
Clear your mind, feel light in your body and open to the possibilities of a new day. This class is Hatha-inspired, slower paced so we can explore and experience poses, develop correct alignment and move with breath. A minimum of 6 months of consistent practice is suggested.

**Instructor:** Cathy Ames  
**Location:** PCC  
**Dates:** **Code: 241841-A** Sat., 4/20-6/8 (ex. TBA) 8:00-9:15 AM (7 classes) Res \$56, Non-Res \$62

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



**Adult Co-Ed Drop-In Soccer**

**Ages:** 16 years and over  
 In our 40th year! Co-ed soccer for ages 16 and over. All levels of ability are welcome. New teams are randomly selected each week. Bring 3 different colored shirts each week for dividing into teams: Red, white and dark (blue or black). Pinnies are not provided. Shin guards and cleats are highly recommended. Call Larry Reynolds (585-259-3467) for more information.

**Supervisor:** Larry Reynolds  
**Location:** Center Park East Field 1  
**Dates:** Sun., 4/28-11/24 6:00 PM to dusk  
**Not available on WebTrac.**

**Better Balance for an Active Life**

**Ages:** 55 years and over  
 It is never too late to improve your balance! Become more confident in your movements, increase agility and coordination, and prevent a fall with balance training. Learn specific exercises you can add into your daily routine. Personal Trainer/Physical Therapist Assistant ensures safe, effective, individualized training in a small group setting. All fitness levels welcome. Chairs available.

**Instructors:** Alyssa Ziolk  
**Location:** PCC  
**Dates:** **Code: 242809-A** W., 4/17-5/8 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88  
**Code: 242809-B** W., 5/15-6/5 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88

**Boatsafe NY**

**Ages:** 10 years and over  
 This 8-hour certificate course is an introduction to the basic principles of safe and responsible boating. Students successfully completing this course earn a safe boating certificate. Must be at least 10 years old to participate. **IMPORTANT** - you must register with NYS Parks at [www.register-ed.com/programs/new\\_york](http://www.register-ed.com/programs/new_york) as well as with Perinton Recreation and Parks. NYS charges a \$10 fee for the certificate for ages 18 and older. Ages 10-17 are not charged the fee for their certificate.

**Instructor:** Kenneth G. Rainis  
**Location:** PCC  
**Dates:** **10-17 years/Veterans**  
**Code: 275841-A** Sat., 5/11 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**Code: 275841-B** Sat., 6/8 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**18 years and over**  
**Code: 275841-AA** Sat., 5/11 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55  
**Code: 275841-BB** Sat., 6/8 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55

**DANCE PROGRAMS**

**Ballroom Dance**

**Ages:** 14 years and over  
**Instructor:** Maureen Hickey, MoDancing LLC  
**Location:** PCC

**Cha Cha**

**Beginner Level.** "Let's Get Loud" – like J Lo and "Shake It Off" like Taylor Swift. You can dance the Cha Cha to a lot of popular artists as well as traditional Latin songs such as "Oye Como Va." This dance is easier than it looks on *Dancing with the Stars* and we will not be doing any lifts or drops, FYI. Singles and couples are welcome and rotating partners is optional.

**Dates:** **Code: 246867-A** M., 4/15-5/20 6:30-7:30 PM (6 classes) Res \$60, Non-Res \$66

**Rumba**

**Intermediate Level.** The dance of Love! It doesn't get any better than beautiful dance moves with exquisite songs. What a lovely way to spend a Monday night! Singles and couples are welcome and rotating partners is optional.

**Dates:** **Code: 246867-B** M., 4/15-5/20 7:30-8:30 PM (6 classes) Res \$60, Non-Res \$66

**American Style Tango**

**Beginner Level.** This hour will be filled with drama and mystery. You have to have some attitude to dance the Tango. If you are naturally shy or sweet, don't worry, so am I! It's all in the staccato movements of your feet. I'll explain..... Singles and couples are welcome and rotating partners is optional.

**Dates:** **Code: 246867-C** M., 6/3-6/24 6:30-7:30 PM (4 classes) Res \$40, Non-Res \$44

**Night Club Two Step**

**Intermediate Level.** If you want to sweep your partner off their feet, or be swept, then come join us for an hour of beautiful music and soft flowing movements. This is one of my favorite dances of all time. Singles and couples are welcome and rotating partners is optional.

**Dates:** **Code: 246867-D** M., 6/3-6/24 7:30-8:30 PM (4 classes) Res \$40, Non-Res \$44

**Combo Classes**

As long as you are out, why not take both classes? You can burn twice the calories and have twice the fun! You won't believe how fast two hours can fly when you are dancing ballroom!

**Dates:** **Code: 246867-AB** M., 4/15-5/20 6:30-8:30 PM (6 classes) Res \$108, Non, Res \$118  
**Code: 246867-CD** M., 6/3-6/24 6:30-8:30 PM (4 classes) Res \$72, Non-Res \$79

**Belly Dance**

**Ages:** 15 years and over  
 Belly Dance will have you moving like you never thought you could. Join us to get in on the fun! Improve your core strength, balance and coordination while learning this beautiful art form. Beginners and experienced dancers are welcome in this mixed level class.

**Instructor:** Deborah Robinson  
**Location:** PCC  
**Dates:** **Code: 246100-A** W., 4/24-6/19 (ex. 5/8, 6/12) 7:00-8:00 PM (7 classes) Res \$70, Non-Res \$77

# ADULT PROGRAMS

## DANCE PROGRAMS

### Latinx Dance

**Ages:** 9 years and over  
This class is directed to participants of all ages with or without disability, who shows interest in Latin American traditional dances. No experience is required. Participants will learn different folkloric dances like Cumbia and Merengue. The program will conclude in a showcase open to the community.

**Instructors:** Evelyn D'Agostino & Carlos Chediak  
**Location:** PCC  
**Dates:** **Code: 216800-A** Sun., 4/21-6/30 (ex. 5/12, 5/26, 6/16) 3:00-4:00 PM (8 classes) No charge

### Line Dance

**Ages:** 12 years and over  
Looking to put a little Spring in your step this season.....maybe with some rhythm too? Then join us on Saturday mornings in the Springtime! It's a great way to get up and get movin' with some fun Line Dance classes! Come alone or bring a friend for a fun-filled morning of music and movement! Three different levels to choose from....pick yours!

**Instructor:** Terri Anderson  
**Location:** PCC  
**Dates:** **Intermediate:** Previous intermediate experience required - have fun learning more challenging dances, along with technique tips to help make your dance steps easier to execute and more fun to do!  
**Code: 246819-A** Sat., 4/13-6/22 (ex. 5/25) 9:30-10:30 AM (10 classes) Res \$75, Non-Res \$83  
**Beginner Plus/Improver:** Previous experience and/or sessions of Beginner Plus classes are required - a continuation dancing the basics with confidence, while learning some more challenging steps at this next level!  
**Code: 246819-B** Sat., 4/13-6/22 (ex. 5/25) 10:30-11:15 AM (10 classes) Res \$75, Non-Res \$83  
**New/Basic Beginner:** No experience needed! A great starter class to learn and master "the basics" from scratch in a fun and encouraging setting!  
**Code: 246819-C** Sat., 4/13-6/22 (ex. 5/25) 11:15 AM-12:00 PM (10 classes) Res \$75, Non-Res \$83

### Seated Dance

**Ages:** 18 years and over  
Completely chair based for those who want to participate in dance. Seated ballet provides an opportunity for meaningful engagement with ballet including those who may be less mobile.

**Instructors:** M.C. Classical Productions  
**Location:** PCC  
**Dates:** **Code: 246870-A** Sat., 4/20-5/18 9:00-9:45 AM (5 classes) Res \$50, Non-Res \$55  
**Code: 246870-B** Sat., 6/1-6/29 9:00-9:45 AM (5 classes) Res \$50, Non-Res \$55



## DOG OBEDIENCE

### Basic Manners

**Ages:** 18 years and over  
Learn how to train basic behaviors with your dog! In this class, you'll practice polite greetings, leash manners, stay, coming when called and so much more with a certified professional trainer. This class is open to puppies and adult dogs alike. Dogs must be 8 weeks or older at the start of class and up-to-date on rabies, distemper and kennel cough vaccines.

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 245849-A** Tu., 4/23-5/21 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190  
**Code: 245849-B** Th., 5/23-6/20 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190

### Dog Enrichment: Tricks and Brain Games

**Ages:** 18 years and over  
This mini-course is sure to keep your dog's brain busy! We'll learn all sorts of tricks, from the classic "roll over" to advanced maneuvers like leg weaves and jumping through hoops. We'll also dive into other enrichment activities to enjoy with your dog while giving them lots of mental stimulation. Dogs must be 4 months or older at the start of class and up-to-date on rabies, distemper and kennel cough vaccines.

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 245938-A** Th., 5/2-5/16 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110

### Reliable Recalls

**Ages:** 18 years and over  
If your dog has "selective hearing" when you call them over, this mini-course is for you! We'll practice a variety of exercises to strengthen your dog's response, and learn lots of great tips to give you a reliable recall. Dogs must be 4 months or older at the start of class and up-to-date on rabies, distemper, and kennel cough vaccines.

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 245939-A** Tu., 6/4-6/18 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110





**Easy Italian Beginner –  
Conversational and Travel**

**Ages:** 15 years and over  
This fun 6-week class is ideal for those who want to learn Italian for the first time or traveling to Italy. Lessons include key words and phrases, dialogue, culture, grammar and a video. The instructor loves Italy, the food, the land, the culture and her passion is evident in class. *Vieni e parliamo!*

**Instructor:** Carol Brandani  
**Location:** PCC  
**Dates:** **Code: 245892-A** Tu., 4/16-5/21 7:00-8:00 PM (6 classes)  
Res \$115, Non-Res \$125

**FINANCE**

**Estate, Legacy & Long-Term Care  
Planning Informational Workshop**

**Ages:** 50 years and over  
The IRS is currently a financial partner of yours in your Traditional IRA assets. Come learn how to fully "Disinherit" the IRS so that you can maximize the financial legacy that you leave your chosen beneficiaries by negating the income taxes they will pay when they ultimately inherit those taxable IRA assets. The recently passed SECURE Act has dramatically changed how Traditional IRA beneficiaries are taxed. Bill will discuss those specific changes and what planning strategies now exist post-SECURE Act that will allow your beneficiaries to inherit your IRA 100% income tax-free. The goal is to make sure that the IRS is never a financial beneficiary of your estate. Your retirement assets should go to your loved ones, not the IRS.  
Bill will also be comparing traditional long-term care insurance with the popular new Hybrid Life Insurance/Long-Term Care Combination Plans, exploring all ways to avoid Probate, the advantages and disadvantages of using trusts in your estate planning, gifting strategies to benefit both children and grandchildren and much, much more.

**Instructor:** Bill Monte  
**Location:** PCC  
**Dates:** **Code: 245911-A** Th., 4/25 1:00-2:30 PM (1 class) No charge  
**Code: 245911-B** Th., 5/23 1:00-2:30 PM (1 class) No charge  
**Code: 245911-C** Th., 6/27 1:00-2:30 PM (1 class) No charge

**NEW!! Financial Planning Boot Camp!**

**Ages:** 18 years and over  
Alex Neri, CFP and Partner at SixPoint Financial Partners will be hosting a Financial Planning Boot Camp. During this three part series, we will discuss the six points of financial planning – Investment Planning, Income Planning, Risk Management, Tax Planning, Estate Planning and Custom Goal Planning. Our goal is to arm you with knowledge for a successful financial plan.

**Instructor:** Alex Neri  
**Location:** PCC  
**Dates:** **Code: 245900-A** M., 5/6-5/20 6:00-7:00 PM (3 classes) No charge

**Fund Your Future**

**Ages:** 18-35 years  
This class is specifically designed to give young adults the knowledge they need to avoid retirement planning pitfalls and get a robust financial plan in place! We will be covering topics including budgeting, investment accounts, credit, tax tables, social security, and life insurance. This presentation will highlight the importance of investing earlier rather than later.

**Instructor:** Michael Cudlipp  
**Location:** PCC  
**Date:** **Code: 245931-A** Tu., 4/23 6:00-8:00 PM (1 class) No charge

**Life After Work: Retirement  
Distribution Planning**

**Ages:** 50 years and over  
Creating monthly income that lasts throughout your retirement is tricky. A wrong decision could subject you to unnecessary taxes, penalties and inflation. You'll learn the strategies that can help you protect and sustain your retirement income over the next 30 years.

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Date:** **Code: 245902-C** Tu., 6/18 5:00-6:00 PM (1 class) No charge

**Medicare: The A, B, C and D's**

**Ages:** 60 years and over  
Are you turning 65? Losing your company health insurance and confused where to start? You may have a lot of questions about Medicare. This workshop will help by providing expert answers, allowing you to make an informed decision. Providing helpful information is part of our commitment to serving this community.

**Instructors:** Bill Gilbert & Susan Alldredge  
**Location:** PCC  
**Dates:** **Code: 245928-A** Tu., 5/7 6:00-7:30 PM (1 class) No charge  
**Code: 245928-B** Tu., 6/4 6:00-7:30 PM (1 class) No charge  
**Code: 245928-C** Tu., 7/9 6:00-7:30 PM (1 class) No charge

**Savvy Social Security Planning; How to  
Maximize Retirement Income**

**Ages:** 50 years and over  
What baby boomers need to know to help maximize retirement income! Learn answers to your questions: Will Social Security be there for me? How much can I expect to receive? When should I apply? How can I maximize my benefits? Will Social Security be enough to live on in retirement?

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Date:** **Code: 245902-A** Tu., 4/16 5:00-6:00 PM (1 class) No charge

**Savvy Tax Planning: How Taxes Change  
Through the Four Stages of Retirement**

**Ages:** 50 years and over  
In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of income to pay for your living expenses. Learn how to apply the tax code in an organized and efficient way.

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Date:** **Code: 245902-B** Tu., 5/14 5:00-6:00 PM (1 class) No charge

**How to Prepare, Stage and Sell Your Home**

**Ages:** 18 years and over  
This class will show participants how to properly prepare their home for sale in today's real estate market. Staging, pricing and updates will be discussed to obtain the maximum amount of profit in the shortest amount of time for the seller. Discussions will include strategies and tips for inexpensive improvements that can maximize your profits! Thinking of flipping homes? Here is what you need to know before you start.

**Instructor:** Robert Opett  
**Location:** PCC  
**Date:** **Code: 248103-A** Tu., 6/11 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

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

## ADULT PROGRAMS

### How to Win as a Buyer in Today's Market

**Ages:** 18 years and over  
Whether you are a new buyer or move-up buyer, you will learn how to avoid the most common mistakes buyers make in today's market. Discussions will include bidding war strategies, inspections, mortgage options, negotiations, and comparable pricing. Learn the value of home warranties and why to avoid the dangers of the dreaded for sale by owner (FSBO).

**Instructor:** Robert Opett  
**Location:** PCC  
**Date:** **Code: 248103-B** Tu., 6/18 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

### Iaido – Learn Samurai Sword Techniques!

**Ages:** 16 years and over  
Iaido is a Japanese martial art, rooted in the rich history of samurai swordsmanship. It is practiced as a non-combative, solo exercise, focused on mastering the sword in a precise, controlled, fluid motion. Students use a traditional wooden sword (bokken). Iaido is deceptively simple: students are challenged to develop warrior-like self-mastery, mental alertness and self-confidence.

**Instructors:** J. Jordan & D. Stolka  
**Location:** PCC  
**Dates:** **Code: 245821-A** Th., 4/18-6/27 7:00-8:00 PM (11 classes) Res \$110, Non-Res \$120

### Introduction to Book Publishing Workshop

**Ages:** 18 years and over  
In this engaging and interactive workshop, you'll explore your goals to becoming a published author and learn the steps involved in self-publishing or pursuing traditional publishing routes. Whether you aspire to take charge of the entire process or explore the more conventional path, this workshop will equip you with the essential knowledge and insights to navigate the world of publishing.

**Instructor:** Tricia DellAnno  
**Location:** PCC  
**Dates:** **Code: 246810-A** Tu., 4/23 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22  
**Code: 246810-B** Th., 5/2 6:00-7:00 PM (1 class) Res \$20, Non-Res \$22

### Intro to Rowing

**Ages:** 18 years and over  
Learn the basics of rowing at the Pittsford Indoor Rowing Center, a facility in which water tanks are used to simulate outdoor rowing. If you enjoy the class, you can then enroll in the Learn to Row 6-week course that begins the following week. Please wear stretchy, fitted exercise clothes and bring a water bottle.

**Instructors:** Rochester Boat Club  
**Location:** Pittsford Indoor Rowing Center, 2800 Clover Street  
**Date:** **Code: 245840-A** Sun., 6/2 1:00-3:00 PM (1 class) Res \$5, Non-Res \$6



### iPhone Camera & Photos Apps – All the Settings & Secrets Revealed

**Ages:** 16 years and over  
Improve your iPhone photography! There is more to the camera and photos apps than you think. In two consecutive evenings, we will explore all of the menus and settings to improve your photography, image organization, and sharing skills. Update your iOS to the latest version. For iPhone XR, XS, XS-Max and newer ONLY.

**Instructor:** Thom Bell  
**Location:** PCC  
**Dates:** **Code: 245917-A** M.-Tu., 4/29-4/30 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28  
**Code: 245917-B** W.-Th., 5/29-5/30 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28

### Isshin-Ryu Karate – Beginner Through Orange Belts

See Youth & Teen page 32

### Isshin-Ryu Karate – Green Through Black Belts

See Youth & Teen page 32

### Isshin-Ryu Karate – Black Belt

See Youth & Teen page 32

### Kali – Stick Fighting

**Ages:** 12 years and over  
Kali is one of the most comprehensive martial arts in existence. It is the art of stick fighting using hard bamboo sticks to strike and defend, combining reflexes, zoning movements and a variety of weapons. It teaches both empty hands and weapons together, the principles being common to both and interchangeable. It is a weapons-based martial art that is taught in a safe, non-threatening environment.

**Instructor:** David Riedel  
**Location:** PCC  
**Dates:** **Code: 245805-A** M., 4/15-6/24 (ex. 5/27) 6:00-7:00 PM (10 classes) Res \$110, Non-Res \$120



### Learn to Skate

**Ages:** 13 years and over  
This program offers a teen and adult skating curriculum for those looking to skate for fun, fitness or sport. Class promotes physical fitness and improved balance and coordination while learning proper technique. Participants are required to register with US Figure Skating Institute for insurance (\$20 fee). Skate rental available at facility for an additional fee.

**Instructor:** Pamela Warren  
**Location:** Village Sports, 2380 Baird Road  
**Dates:** **Code: 235824-C** Sun., 4/7-5/12 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145  
**Code: 235824-CC** Sun., 5/19-6/23 12:00-12:50 PM (6 classes) Res \$135, Non-Res \$145

**NOTARY PUBLIC**

**Becoming a Notary Public**

**Ages:** 18 years and over  
 ONLINE or in person class. Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures. Electronic Notary procedures are not covered in this class.

**Instructor:** Kristin A. Cavallaro  
**Location:** ONLINE or PCC  
**Dates:** ONLINE

**Code: 245910-A** Sat., 4/20 9:00 AM-3:00 PM (1 class) Res \$65, Non-Res \$72  
**Code: 245910-B** Sat., 5/18 9:00 AM-3:00 PM (1 class) Res \$65, Non-Res \$72

**Electronic Notary Training Class**

**Ages:** 18 years and over (current traditional notaries)  
 ONLINE CLASS. Effective February 2023, new NYS laws went into effect that allow for Electronic Notarizations. You may not perform Electronic Notarizations unless you have registered the capability to do so with the state. This class will train you on what you need to know to become an Electronic Notary in the State of New York and the policies, procedures and software requirements that are mandated by the State for Electronic Notarizations. Only Electronic Procedures are covered in this class. This class is only for current traditional notaries who want to learn about electronic notarization and/or students that have already taken the "Becoming a Notary Public" traditional class.

**Instructor:** Kristin A. Cavallaro  
**Location:** ONLINE CLASS  
**Date:** **Code: 245944-A** M., 5/13 5:30-8:45 PM (1 class) Res \$43, Non-Res \$47

**Perinton Senior Tennis League**

**Ages:** 50 years and over  
 For intermediate level play (no beginners) for doubles and mixed doubles, weather permitting. Players are to bring 2 cans of tennis balls on their first night as a 'registration fee' to play. In the event of inclement weather, you'll be notified of the cancellation via email. RSVP: Please notify Janet Goldman or Barb Willoth of your interest and skill level (intermediate or advanced) at janetcgoldman@gmail.com or bwilloth@gmail.com.

**Supervisors:** Janet Goldman & Barbara Willoth  
**Location:** Perinton Park and Potter Park Tennis Courts  
**Dates:** W., 5/15-8/28 (ex. 7/3)

**Not available on WebTrac.**

**Pickleball 100 – Beginner**

**Ages:** 18 years and over  
 Join the fastest growing sport in America. Pickleball provides fun, fitness and friendship. Get started now on your pickleball journey and experience what all your friends are talking about.

**Instructors:** Scott Tuttle & Pat Donaher  
**Location:** PCC  
**Dates:** **Code: 245302-A** Sat., 4/20-5/11 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 245302-B** Sat., 4/20-5/11 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 245302-C** Sat., 5/25-6/15 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 245302-D** Sat., 5/25-6/15 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53

**NEW!! Power of Journaling**

**Ages:** 18 years and over  
 In this class, you will learn techniques for focused journaling without pressure to share your writing. The journaling exercises will help you overcome blockages to success and healing as well as help you uncover goals and inner wisdom. The instructor has used journaling for over 20 years! She has found that writing down your dreams and goals helps you manifest them.

**Instructor:** Therese Kravetz  
**Location:** PCC  
**Dates:** **Code: 246811-A** Tu., 4/16-5/21 5:00-6:00 PM (6 classes) Res \$80, Non-Res \$88  
**Code: 246811-B** F., 4/19-5/24 9:00-10:00 AM (6 classes) Res \$80, Non-Res \$88

**ROC Yoga in the Park**

**Ages:** 12 years and over  
 Breathe in fresh air, embrace blue skies and sunshine in Perinton's Center Park as you rejuvenate your mind and reduce your stress with Vinyasa Yoga. Synchronized by your breath, this style of yoga is structured to meet you where you are in your personal practice and modifications are always offered. Beginners welcome. Visit www.roc योगainthepark.com for more information.

**Instructor:** Tiffany Weil  
**Location:** Center Park Amphitheatre  
**Dates:** **Code: 245845-A** W., 6/5-6/26 (ex. 6/19) 6:30-7:30 PM (3 classes) Res \$60, Non-Res \$66  
**Code: 245845-AA** W., 6/5 6:30-7:30 PM (1 class) Res \$15, Non-Res \$17  
**Code: 245845-AB** W., 6/12 6:30-7:30 PM (1 class) Res \$15, Non-Res \$17  
**Code: 245845-AC** W., 6/26 6:30-7:30 PM (1 class) Res \$15, Non-Res \$17

**Slave Experience and the Underground Railroad**

**Ages:** 13 years and over  
 Follow the slaver's ship from England to West Africa, drop down into the ship's hold as she sails across the Atlantic's Middle Passage toward the Americas, witness the sale on the auction block in the South, envision life on the run, and meet the many heroes on the Underground Railroad's routes to freedom. Join Jerry Bennett, Underground Railroad enthusiast. You don't want to miss this!

**Instructor:** Jerry Bennett  
**Location:** PCC  
**Date:** **Code: 245260-A** M., 6/24 6:30-8:30 PM (1 class) Res \$5, Non-Res \$6

**Small Group Training**

**Ages:** 55 years and over  
 An exercise program tailored towards your needs and goals by a personal trainer specializing in ages 55+. The small group allows for personalized attention, modifications, progression and safety while being enjoyable and social. Improve core, upper body and lower body strength, balance and mobility. All fitness levels welcome. Chairs available for seated and/or standing support.

**Instructor:** Alyssa Ziolk  
**Location:** PCC  
**Dates:** **Code: 242801-A** Tu., 4/16-5/14 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160  
**Code: 242801-B** Tu., 5/21-6/18 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160  
**Code: 242801-C** Th., 4/18-5/16 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160  
**Code: 242801-D** Th., 5/23-6/20 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160

# ADULT PROGRAMS

## TAEKWONDO



### Family Taekwondo

**Ages:** 7 years and over  
Taekwondo presented in a family setting allowing both youth and adults to learn self-defense, physical fitness, sparring and forms. A safe, controlled environment. [www.taekwondoclub.org](http://www.taekwondoclub.org).

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 245847-A** Th. & Sat., 4/18-6/29 6:40-7:40 PM (Th.) & 9:15-10:00 AM (Sat.) (22 classes) Res \$95, Non-Res \$105

### Adult Beginning Taekwondo

**Ages:** 17 years and over  
Set in high energy environment, develop the skills that can lead you to your black belt in Taekwondo. This adult class teaches conditioning and self-defense in the setting of the martial arts. [www.taekwondoclub.org](http://www.taekwondoclub.org).

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 245847-F** Th., 4/18-6/27 7:45-8:15 PM (11 classes) Res \$80, Non-Res \$88

### Tai Chi - Yang Style, Long Form

**Ages:** 18 years and over  
Tai Chi Long Form contains a total of 108 moves and is divided into three sections which makes it easier to learn. Each section builds on techniques learned previously. Tai Chi is excellent for improving balance and relaxation. Although based on martial arts, we simply just teach the exercise. Tai Chi is low impact and puts minimal stress on muscles and joints.

**Instructor:** Binh N Tran  
**Location:** PCC  
**Dates:** **Code: 245855-A** Sat., 4/20-6/29 9:00-10:30 AM (11 classes) Res \$88, Non-Res \$97



### Understanding Electric Vehicles

**Ages:** 18 years and over  
This class is aimed at adults who are interested in learning more about or considering purchasing an Electric Vehicle (Hybrid or Full EV). It will detail the advantages and disadvantages of an EV compared to a gas vehicle. It will also describe what to know and what is required to charge an EV at home or on the road.

**Instructor:** John Bednarczyk  
**Location:** PCC  
**Date:** **Code: 275842-A** Sat., 6/8 9:00 AM-12:00 PM (1 class) Res \$20, Non-Res \$22

### Western Riding for All Ages

**Ages:** 7-77 years  
Taught by a certified western trainer, this program is great for anyone who would like to learn how to ride a gentle western trained horse. You will learn basic maneuvers, correct body positions and neck reining at a walk and trot.

**Instructors:** JLD Equine  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 225911-A** W., 4/17-5/1 7:00-8:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 225911-B** W., 5/8-5/29 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 225911-C** W., 6/5-6/26 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190



### Women's Self-Defense/Taekwondo

**Ages:** 15 years and over  
In uncertain times, young ladies and women are introduced to the basics of self-defense to provide introduction to responding to hostile situations. No experience required. Don't wait.

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 245847-H** Sat., 4/20-6/29 11:00-11:45 AM (11 classes) Res \$85, Non-Res \$94

**Register Online Using  
Our WebTrac System - See Page 16  
<https://webtrac.perinton.org>**

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



**Zoom for Brighter, Younger Looking Skin**

**Ages:** 18 years and over  
**ONLINE CLASS.** Join us online utilizing the Zoom platform. Make sure all your information is up-to-date in order to ensure you receive the Zoom link. Also register early for a hands-on approach so that samples can be mailed to you.

**Instructor:** Colleen Beckwith  
**Location:** ONLINE CLASS  
**Dates:** **Code: 245926-A** Tu., 4/23 11:00 AM-12:00 PM (1 class) Res \$5, Non-Res \$6  
**Code: 245926-B** Tu., 4/23 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6

**Zoom for Makeup Recommendations and Tips**

**Ages:** 18 years and over  
**ONLINE CLASS.** Join us online utilizing the Zoom platform. Make sure all your information is up-to-date in order to ensure you receive the Zoom link. Also register early for a hands-on approach so that samples can be mailed to you.

**Instructor:** Colleen Beckwith  
**Location:** ONLINE CLASS  
**Dates:** **Code: 245925-A** Tu., 4/30 11:00 AM-12:00 PM (1 class) Res \$5, Non-Res \$6  
**Code: 245925-B** Tu., 4/30 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6

**Zoom Into Spanish**

**Ages:** 18 years and over  
**Learning Spanish** is a great opportunity to expand your brain. These classes are taught by an experienced native Spanish speaker in a fun way. You will learn Spanish vocabulary, as well as grammar and parts of speech.

**Instructor:** Lourdes de la Colina-Scolfield  
**Location:** PCC  
**Dates:** **Basics I**  
**Code: 232878-A** Th., 4/18-5/16 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145  
**Code: 232878-D** Th., 5/30-6/27 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145  
**Basics II**  
**Code: 232878-B** Th., 4/18-5/16 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145  
**Code: 232878-E** Th., 5/30-6/27 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145  
**Basics III**  
**Code: 232878-C** Th., 4/18-5/16 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145  
**Code: 232878-F** Th., 5/30-6/27 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145

# ADULT ARTS & CRAFTS AND COOKING

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

**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.**



## BEGINNER WOOD TURNING

**Ages:** 12 years and over  
This hands-on class for folks with little or no prior experience with wood turning, where you will learn the fundamentals of wood turning on a lathe, including safety, sharpening, machine use, and tool handling. Machines, materials and tools will be provided. It is anticipated that participants will complete a finished turned bowl during the workshop.

**Instructors:** Finger Lakes Wood Turners  
**Location:** St. Michael's Woodshop, 691 St. Paul Street, Rochester  
**Date:** **Code: 245879-A** Sat., 6/8 9:00 AM-1:00 PM (1 class) Res \$40, Non-Res \$44

## **NEW!!** CROCHET A DINOSAUR

**Ages:** 12 years and over  
Join in and crochet a cute triceratops! Terry the Triceratops features easy construction and a sweet little smile. Please bring 2 colors of medium weight yarn and a US G crochet hook. Skills needed: single crochet. Skills learned: magic ring, crochet shapes and reading crochet directions.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 222804-H** M., 5/13-6/3 (ex. 5/27) 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30  
**Code: 222804-I** M., 5/13-6/3 (ex. 5/27) 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

**Register Online Using  
Our WebTrac System - See Page 16  
<https://webtrac.perinton.org>**

## DROP IN ART I

**Ages:** 18 years and over  
Join this friendly group for fun and inspiration while creating art, using inks, pastels, pencil, watercolor, water based oils, acrylic or collage. While there is no formal instruction members share their knowledge and experience to help each other produce their art. Please bring your own materials.

**Instructor:** John Tolley  
**Location:** PCC  
**Dates:** **Code: 242830-A** W., 4/17-6/26 (ex. TBA) 1:00-3:30 PM (11 classes) Res \$22, Non-Res \$24

## DROP IN ART STUDIO II

**Ages:** 18 years and over  
This class is filled with inspiration, fun and friends! Create your own masterpieces using inks, pastels, pencils, watercolors, water-based oils or acrylics. While formal instruction is not provided, members who share their knowledge and provide assistance and advice are encouraged.

**Instructors:** Nancy Mix & Bill Ebersbach  
**Location:** PCC  
**Dates:** **Code: 242830-AA** Th., 4/18-6/27 9:30-11:30 AM (11 classes) Res \$22, Non-Res \$24

## INSTRUCTOR GUIDED ART STUDIO

**Ages:** 18 years and over  
Join this vibrant class to explore your creative talents in an instructor guided art studio environment. Paint or draw in a medium of your choice (water soluble oils, watercolor, pastels, ink, colored pencils, collage, gouache or acrylics). This class will motivate you to begin or continue to develop your artistic talents. Bring your project and favorite materials. Join us for a fun evening of creativity and fun!

**Instructor:** Danica Glamack  
**Location:** PCC  
**Dates:** **Code: 242830-B** Tu., 4/16-6/1 6:00-8:30 PM (11 classes) Res \$92, Non-Res \$101



## ADULT ARTS & CRAFTS AND COOKING

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

### LEARN TO CROCHET

**Ages:** 12 years and over  
If you have glanced at a craft magazine rack lately, you know crochet is back! This class is for anyone who would like to learn or re-learn if it has been awhile. Relax and enjoy while we learn the basic stitches (chain, single crochet, double crochet) and how to make a granny square. Please bring size J crochet hook and medium weight yarn to the first class.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 222804-A** M., 4/15-4/29 12:00-1:00 PM (3 classes)  
Res \$27, Non-Res \$30

### NEEDLES AT NOON: LEARN TO KNIT

**Ages:** 12 years and over  
Come and join the worldwide community of knitters! This class is for anyone who would like to learn how to knit or re-learn if it has been awhile. Take some time, bring a lunch and a friend and enjoy while we learn how to knit, purl, cast-on and cast-off. Please bring size 8 knitting needles and medium weight yarn to class.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 222804-C** Tu., 4/16-4/30 12:00-1:00 PM (3 classes)  
Res \$27, Non-Res \$30



### PROJECT HELP: CROCHET OR KNITTING

**Ages:** 12 years and over  
Do you need some help to get started or to work through a crochet or knitting project? Do you have a project in mind but are confused by the directions? This class is for you! Bring your yarn and pattern and the instructor will help you. You will have time to work on your project in class with the instructor instantly available to answer questions about directions, supplies and techniques.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 222804-G** Tu., 5/14-5/28 12:00-1:00 PM (3 classes)  
Res \$27, Non-Res \$30

### WATERCOLOR PAINTING CLASS

**Ages:** 18 years and over  
Have you always wanted to paint, but were not sure where to begin? In this class you will learn the fundamentals of watercolor painting. Learn layout, composition, color theory, and technique. Bring to life the world around you in a beautiful, full color. Students will need to purchase: 2H pencil, eraser, #2 and #4 Round brush, 6-8 tubes of watercolor paint, pad of 140lb rough press watercolor paper, ¼ inch flat brush, container for water, plastic palette and paper towels.

**Instructor:** Brian Petty  
**Location:** PCC  
**Dates:** **Code: 244800-A** M., 4/22-5/13 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83  
**Code: 244800-B** M., 6/3-6/24 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83



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

# PERINTON 55+

## Office Hours

**Monday through Friday**

7:30 am – 3:30 pm

Phone: (585) 223-1617

www.perinton.org

**Anke Applebaum** - 55+ Program Supervisor

**Maggie Monsen** - Office Clerk

**Retired Men's Club  
Monthly Meeting**  
First Tuesday of the Month  
10:00 AM

**Retired Women's Club  
Monthly Meeting**  
Third Tuesday of the month  
2:00 PM



Offering the Highest Quality of Aquatic & Land Therapy Exercises

Don't wait to start feeling better!

Direct Access / No Prescription Or Referral Necessary

Call 377-9626 to schedule and appointment or stop in Room #211

**HOURS**

Mon & Wed: 9am-7pm

Tue & Thur: 8am-7pm

Fri: 8am-2pm

Monthly educational sessions the second Wednesday of the month!

## CURBSIDE TO-GO

We are serving hot, homemade, delicious lunches every week (Tuesday through Friday)!

A new menu is published weekly on our social media pages, Town Website, and via email through our 55+ E-newsletter subscription.

A discount is applied for ordering all four days. In addition to the daily special, Chef Christina prepares homemade soups and salads. These are available as an add-on to any meal, or solo. Call our office for more information!



## PERINTON AMBULANCE

Blood Pressure Checks

2nd and 4th Tuesdays of the month  
9am -11am

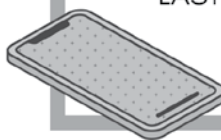
## TECH CLASSES

On the last Wednesday of every month, join our instructor, Daniel Jones, who will make tech gadgets easy to understand and use. From iPads to apps. enjoy benefits of the latest technologies through these classes.

**LAST WEDNESDAY EVERY MONTH!**

1:00 – 2:30 PM

Registration Required





# PERINTON



## SUBURBAN DRIVING

This is a NYS DMV approved 6 hr. Accident Prevention Workshop, Point/Insurance Reduction Defensive Driving Class that will allow you to apply for a 10% discount on your vehicle insurance for the next 3 years. This course will also reduce up to 4 points from your driving record net total and improve your skills at accident prevention.

**Call 223 1617 to register or on WEBTRAC: 882299**

**DETAILS:**

Class time is 9:00 AM - 3:00 PM, with a 30 minute break.  
 PRE-REGISTRATION REQUIRED.  
 Cost: \$32.00  
 Room 208B

**UPCOMING DATES**

March 12th, 2024	August 13th, 2024
April 9th, 2024	September 10th, 2024
May 14th, 2024	October 8th, 2024
June 11th, 2024	November 12th, 2024
July 9th	December 10th, 2024

## COMMUNITY GAME ROOM SCHEDULE

MONDAYS

Bingo @ 1:00 PM  
 Mah Jongg @ 1:00 PM



TUESDAYS

Mah Jongg @ 9:30 AM  
 Euchre @ 12:30 PM  
 Pinochle @ 3:00 PM



WEDNESDAYS

Bridge @ 12:45 PM  
 Bunco @ 1:00 PM  
 (every 1st Wednesday of the month)



THURSDAYS

Mah Jongg @ 9:30 AM + 1:00 PM  
 Hand & Foot @ 1:00 PM  
 Pinochle @ 2:00 PM



FRIDAYS

Pokeno @ 12:45 PM  
 Board Games @ 1:00 PM



## 55+ E-NEWSLETTER



The best way to stay informed about all scheduled programming is to subscribe to the 55+ E-NEWSLETTER. Every Wednesday evening, you'll receive the following week's Curbside Lunch menus along with information about all other scheduled events.

Call 223-1617 or register in the Town's website under 55+ > NEWSLETTERS

## SENIOR CHORUS



Do you like to sing?

Make new friends, share your talent, join the Perinton Senior Chorus!

The choir meets at 2:00 PM on Tuesdays at the PCC (Room 204 A/B) and performs seasonally for senior living communities, nursing homes, and various senior groups.

Visit the 55+ Community Room or call 223-1617 for more information.

# 55+ PROGRAMS

## 55+ FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:50 - Dylan <b>Senior Core &amp; More</b> Aerobics Room	8:30 - Karen <b>Classic</b> Room 204 A/B	8:00 - Dylan <b>Circuit</b> Room 204 A/B	8:30 - Denise <b>Classic</b> Room 204 A/B	8:00 - Karen <b>Bone Builder Class</b> Aerobics Room
8:00 - Kristi <b>Tai-Yo</b> Room 204 A/B	8:35 - Marsha Young <b>Aqua Fit</b> Lap Pool	8:00 - Joween <b>Step Interval</b> Aerobics Room	8:30 - Karen <b>Experience</b> Aerobics Room	8:00 - Joween <b>Yoga</b> Room 204 A/B
9:00 - Andie <b>Yoga</b> Room 204 A/B	9:30 - Karen <b>Circuit</b> Room 204 A/B	9:00 - Dylan <b>Yoga</b> Room 204 A/B	9:30 - Denise <b>Experience</b> Room 204 A/B	9:00 - Joween <b>CardioFit</b> Room 204 A/B
9:00 - Kristi <b>Zumba Gold Light</b> Aerobics Room	9:30 - Dylan <b>Zumba Gold</b> Aerobics Room	9:00 - Joween <b>CardioFit</b> Aerobics Room	9:30 - Dylan <b>Zumba Gold</b> Aerobics Room	9:00 - Marjory <b>Total Body Aqua Size</b> (Water in Motion) Lap Pool
9:00 - Marjory <b>Total Body Aqua Size</b> (Water in Motion) Lap Pool	9:30 - Marsha Young <b>AQUA ENDURANCE</b> Current Channel	10:00am - Joween <b>Yoga</b> Aerobics Room	9:30 - Marsha Young <b>Aqua Endurance</b> Current Channel	9:00 - Dylan <b>Zumba Gold</b> Aerobics Room
10:00 - Kristi <b>Classic</b> Room 204 A/B	10:30 - Dylan <b>Classic</b> Room 204 A/B	10:00 - Kristi <b>Classic</b> Room 204 A/B	10:30 - Dylan <b>Classic</b> Room 204 A/B	10:00 - Joween <b>Classic</b> Room 204 A/B
10:00 - Andie <b>Classic</b> Room 208B	10:30 - Kristi <b>CardioFit</b> Aerobics Room	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool
10:00 - Denise <b>Circuit</b> Aerobics Room	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	10:00 - Andie <b>Classic</b> Room 208B	11:30 - Karen <b>Bone Builder Class</b> Aerobics Room	
10:05 - Marjory <b>CIRCLE AQUA VOLLEY</b> <b>BEACH BALL</b> Lap Pool	11:30 - Dylan <b>Yoga</b> Room 204 A/B	11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	11:30 - Dylan <b>Yoga</b> Room 204 A/B	
11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	11:30 - Kristi <b>Seasoned Beginner</b> <b>Line Dance</b> Aerobics Room	12:00 pm - Kristi <b>Silent Movement &amp;</b> <b>Meditation</b> Room 208B		
11:00 - Denise <b>Booty Barre</b> Aerobics Room				
11:45 - Denise <b>Cardio Kickboxing</b> Aerobics Room				



Scan me with your smart phone to go to the reservation website!

You must reserve your space in class on the Acuity website.

SilverSneakers<sup>®</sup> FITNESS

Silver&Fit. RenewActive<sup>™</sup>  
by UnitedHealthcare

Download the ACUITY CLIENT SCHEDULING app to schedule your classes!

# 55+ FITNESS CLASS DESCRIPTIONS

## SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic bands, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Class time: 45 minutes

## SilverSneakers Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weight, elastic bands, and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. Class time: 45 minutes

## SilverSneakers CardioFit

Get up and go with an aerobics class for you; safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low or high/low impact movement, and upper-body strength, core conditioning, stretching and relaxation exercises designed to energize your active lifestyle. May incorporate floorwork.

Class time: 45 minutes

## SilverSneakers Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Class time: 45 minutes

## Bone Builder

Activate your muscles to build stronger bones in this fun, strength-training class. The class consists of short, intense, cardio- segments with alternating, slower-paced, weight-bearing exercises. The goal is to increase our muscle strength to increase our bones as they respond to increased forces applied to them.

Total time: 45 minutes

## Tai-Yo

This class is a combination of Ti-Chi and modified yoga. Gentle stretching and movement as nature intended. No forceful movements and low impact. Reinforcing balance, smooth movement, and and graceful transitions in movement. Total time: 45 minutes

## Bodies in Motion - Water Aerobics

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! Total time: 60 minutes

## Zumba Gold

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

Choreography focuses on balance, range of motion, and coordination. Class focuses on cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat, and prepare to leave empowered and feeling strong. Class time: 45 minutes

## Cardio Kickboxing

A cardio fit workout class that integrates cardio kickboxing moves with cardio fitness moves.

Learn the basic punch anatomy - the jab, cross, hook, uppercut and front and back kicks.

**Traditional kickboxing moves have been modified for the active senior lifestyle - heart healthy and gentle on the joints.** Great for strength, agility and endurance. The warm up and cool down will utilize Silver Sneakers Ener-Chi moves. Class time: 45 minutes

## Silver & Fit Experience

For moderately active older adults who exercise in some way, one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance. Class time: 45 minutes.

## Step Interval Class \* New

A circuit style class incorporating basic patterns stepping up & down on a platform alternated with strengthening work using weights & tubing. This fun filled class will help to increase your cardio strength & endurance while burning calories, increasing lean body mass, strengthening your heart & lungs and helping to improve/maintain bone density. This class will accommodate various fitness levels. Participants must have appropriate balance skills. It is a low impact class with the option of using occasional power moves. You choose the height of your step. 45 minutes

## Water in Motion

Groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill, and fitness. With land equivalent intensity, enjoy the pure fun of this 55-minute water extravaganza. Class time: 55 minutes

## Silent Movement & Meditation

Low impact. Gentle stretch, calm and flow movement. Find the balance you need while strengthening your muscles. We'll work on improving balance and range of motion you are comfortable with. Build confidence in your movement. Class time: 45 minutes

## Aqua Fit

Aqua Fit provides a well-rounded workout that includes cardio, strength, balance, and flexibility. Be prepared to move the entire class; all levels benefit from this fun and challenging music-based water class. Class time: 45 minutes

## Let's Get Moving

Low impact! Water moves to strengthen your muscles and improve range of motion. Challenge yourself with buoys, bands, barbells, and other water equipment using the resistance of the water. Class time: 55 minutes

## Booty Barre

Come get body changing results in a low to no impact workout for all fitness levels! Barre incorporates flexibility and strengthening moves in all three planes of motion. Barre signature sequencing is great for body alignment, core stability and joint mobility. Glider discs and body bars will also be used. Strengthening floor work completes our workout (alternative moves to floor work will be offered). Class time: 30 minutes

## Senior Core & More

A class for seniors who would like to improve their back health, gain strength in their core, leg and arm muscles, improve muscle tone, and increase their stability and flexibility. We will use hand weights, body bars, bands, stability balls and our own body weight for a total body strengthener with an emphasis on the core. Attendees will need to get down to and up from the floor. Total time: 45 minutes



Members of SilverSneakers, Silver&Fit, and Renew Active qualify for ALL of the classes (FREE). 55+ non-members of SilverSneakers/Silver&Fit/Renew Active pay a \$5.00 Drop-In Fee or you may purchase a 10-class pass for \$42.00 or an unlimited monthly class pass for \$47.00. Schedule is subject to change. Call 223-1617 with questions. **You must reserve your space in class on the Acuity website.** Visit [www.perinton.org](http://www.perinton.org) and click on "PCC Schedules." These classes are found under "55+ Fitness Classes."

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# PERINTON 55+ FITNESS

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**DO I QUALIFY FOR A SENIOR MEMBERSHIP WITH MY HEALTH INSURANCE?**

Those that are 65 and over may qualify. MVP Gold, Aetna, Excellus Blue Cross/Blue Shield, Wellcare, Humana, and United Health Care offer a fitness incentive to their members. Our community center works with these providers.

**I THINK I QUALIFY. WHAT DOES THIS MEMBERSHIP MEAN TO ME?**

Access to our fitness center! This includes the cardio equipment, the weight room, the aquatics center, the indoor track, drop-in pickleball, and free admission to over 30+ fitness classes especially designed for those 55 years and older. Check out our schedule on the town website or pick up a schedule in the 55+ office.

**WHAT DO I DO? WHERE DO I GO?**

If you are registering for the first time OR you have changed insurance companies for 2023/2024, bring your insurance card, and your fitness ID# (if you have received it from your health insurance carrier) to the Community Center. If visiting between the hours of 7:30 AM and 3:30 PM, please stop by the 55+ Office. If visiting after office hours or on the weekend, any clerk at the front desk, or downstairs desk, should be able to register you or renew you. If renewing your membership and your insurance company has not changed in 2023, you can call our office (223-1617) or the main desk (223-5050), or stop by our office and we can renew you.

**I'M REGISTERED! NOW WHAT?**

Make fitness part of your daily and weekly routine. The Community Center is open from 6:00 AM to 9:00 PM, Monday through Friday. On Saturday, 7:00 AM to 7:00 PM, and on Sunday, 9:00 AM to 6:00 PM. Our 55+ fitness schedule has over 30+ classes Monday through Friday. Opportunities to swim laps and water walk are offered daily. Due to Covid-19, all fitness classes require a reservation. Reservations are available 7 days in advance.

**FITNESS PASSES**

**NON-MEMBERS OF INSURANCE FITNESS BENEFITS (SILVER SNEAKERS, SILVER FIT, ETC.) OR YOUNGER THAN 65 YEARS OF AGE:**

You can still attend exercise classes by paying a \$5.00 drop-in fee or you may purchase a 55+ 10-class pass for \$42.00 , OR a 55+ Unlimited Monthly pass for \$47.00.

## Gift Certificates

Available in any monetary designation. Redeemable for all programs and facility use. 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 for all ages and interests. Call 223-5050 for more information.

## 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 providing 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 ACCESSIBLE ADVENTURES (RAA)

Rochester Accessible Adventures (RAA) is a Regional Resource Center for individuals 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@rochesteraccessibleadventures.org.

## Fairport Central School District

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.

## INSURANCE INFORMATION

### SilverSneakers

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 55+ Center at 223-1617. Plan subject to change.

## TOWN OF PERINTON

### Perinton Town Board

Ciaran T. Hanna, Supervisor

David P. Belaskas

Michael Folino

Meredith Stockman-Broadbent

Alexandra Winner

Janelle Reed, Town Clerk

### Recreation and Parks Advisory Board

Al Chesonis, Chairperson

Amy Bender

Michael Coppola

Emily Chisholm-Gallagher

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 & Cancellation Line: 425-1170

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

### Staff serving your recreation needs:

Jeff Nutting, CPRP – Commissioner of Recreation and Parks

Nick Berlin, CPRP – Recreation Director

Kelly Attridge – Assistant Recreation Director

Michael Clark – Senior Recreation Supervisor

Sydney Mooney – Recreation Supervisor

Joe Kincaid – Recreation Supervisor

Laura Silins – Pool Supervisor

Sean Anne – Lifeguard Lieutenant

Anke Applebaum – 55+ Program Supervisor

Amanda Tinsley – Senior Office Clerk

Michelle Reus – Office Clerk

Maggie Monsen – Office Clerk

Rebecca Drumm – Office Clerk

Scott Allen – Maintenance Mechanic

Mike Sozio – PCC Custodian

Jon Pitre – Building Attendant

Chris Dudley – Director of Parks

Dillon Dayton – Parks Foreman

Dan Frederes – Shop Mechanic

Rob Cooper – Ground Equipment Operator

Michael Lioudis, CPSI – Ground Equipment Operator

Matt Loveless – Ground Equipment Operator

Noah Brown – Laborer

Ryan Fox – Laborer

Brian Pallo – Laborer

### Silver&Fit

The Perinton Community Center is an in-Network facility of Silver&Fit. Qualified members may be eligible to utilize the fitness area, aquatic center and group exercise classes (some restrictions apply).

### Renew Active

The Perinton Community Center is an authorized Renew Active facility. Access includes fitness classes, the fitness area and aquatic center. For more information, please call our 55+ Center at 223-1617.

# REGISTRATION INFORMATION

## Perinton Recreation and 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 brochure and on the registration receipts.

Children are not allowed to be dropped off early or picked up late without 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](http://www.perinton.org). If the program is cancelled by our department, a full refund will be given and no processing fee will be assessed. We depend on school facilities for several programs. When school access is cancelled, our programs still incur expenses. Program refunds will not be given when there are emergency school cancellations that require us to cancel short term, school based programs.

## PROGRAM INCLUSION

We will make every effort to provide accessibility and a positive experience for all individuals in our programs. Should you or your child have accommodation requests, please contact Kelly Attridge, Inclusion Coordinator ([kattridge@perinton.org](mailto:kattridge@perinton.org)). More information on program and facility accessibility can be found on our website following this QR code:



## FINANCIAL SCHOLARSHIPS

Through the Perinton Pride Fund, we provide partial or full scholarships for programs and services based on family size and income. The application process requires completion and submittal of a brief form which will be reviewed by our staff. Please submit requests as soon as possible to avoid delays. The form can be found on our website following this QR code:



# REGISTRATION

**Residents – Registration begins M., March 25, 2024 at 10:00 AM**  
**Non-Residents – Registration begins M., April 1, 2024 at 10:00 AM**

## 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.

4. Registrations on WebTrac begin at 10:00 AM on 3/25 (Residents) and at 10:00 AM on 4/1 (Non-residents).

## HOW REGISTRATIONS ARE PROCESSED

1. All registrations are taken from the Drop Box at 10:00 AM daily (M.-F.).
  - Any registrations placed in the Drop Box after 10:00 AM are processed the following day.
2. Registrations from the Drop Box and registrations from the daily mail are combined and processed randomly.
3. Receipts will be mailed to you once posting is complete.
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 allowed to substitute anyone in their place.

## PLEASE READ THE REFUND POLICY:

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

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

## HOUSEHOLD INFORMATION

NAME \_\_\_\_\_ (Adult's first and last name)      NAME \_\_\_\_\_ (Adult's first and last name)

ADDRESS \_\_\_\_\_      ADDRESS \_\_\_\_\_

---

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_      HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMERGENCY # \_\_\_\_\_ CELL# \_\_\_\_\_      EMERGENCY # \_\_\_\_\_ CELL# \_\_\_\_\_

E-MAIL \_\_\_\_\_      E-MAIL \_\_\_\_\_

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

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

We want to make your (your child's) experience positive and successful. Please list any additional needs that we should be aware of such as sensory, physical, communication or other: \_\_\_\_\_

Our Inclusion Coordinator, Kelly Attridge ([kattridge@perinton.org](mailto:kattridge@perinton.org)), is looking forward to discussing specific accommodations with you.

Program scholarships are available through the Perinton Pride Fund. Visit the [recreation program page](#) on Town website or inquire within.

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](http://www.perinton.org). If the program is canceled by our department, a full refund will be given and no processing fee will be assessed. We depend on school facilities for several programs. When school access is cancelled, our programs still incur expenses. Program refunds will not be given when there are emergency school cancellations that require us to cancel short term, school-based programs.

\_\_\_\_\_ **SIGNATURE REQUIRED:** X \_\_\_\_\_  
 Date \_\_\_\_\_ Registrant (Parent or Guardian if under 18)

Participant Name	Grade	Birth Date	Sex	Class Code	Program Name	Fee	2 <sup>nd</sup> Choice Code

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

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

(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

PRSRT STD  
US Postage  
**PAID**  
Fairport, NY  
Permit #262

**PERINTON TOWN OFFICIALS**

*Councilperson David Belaskas, Town Clerk Janelle Reed,  
Councilperson Mike Folino, Town Supervisor Ciaran Hanna,  
Councilperson Alexandra Winner, Councilperson Meredith Stockman-Broadbent*

**ECRWSS  
POSTAL PATRON**

**Proud to Support  
Perinton Recreation & Parks**

**AIRQUIP**  
HEATING & AIR CONDITIONING

*Fairport Electric Rebates!*  
Find out more at:  
[AirquipHeating.com/FairportRebate](http://AirquipHeating.com/FairportRebate)  
Or call Airquip at 585-641-3080



Now



**New Name, Same Great Team!**

Conveniently located in Room #210



**Conditions treated:**

- Chronic Pain
- Orthopedic Injuries
- Pre & Post Surgical Rehab
- Sports Injuries

**Services provided:**

- Aquatic Therapy
- TPI Golf Rehab
- Vestibular Rehab

Call (585) 364-0136 or stop in the clinic to set up  
your appointment today!

[mvptny.com](http://mvptny.com)